Perry Farm Village

Perry Villager

Embrace the possibilities

4241 Village Circle Drive • Harbor Springs, Michigan 49740 • www.pvm.org

December 2015

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Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:

Trite? Corney? Heartfelt? Thanksgiving and the question "What are you thankful for this year" always seems to get lost somewhere between Halloween and the madness of the ever-longer Christmas season. As – I'll say it – my favorite holiday fades into the rear view mirror I hope to continue to be mindful of that question...which continues to resonate into Christmas and the new year: What am I thankful for? I am thankful for so many things, which in and of itself is something to be thankful for – that I have so much in my life and that I live in a place (and time) where I can use all of my gifts for work, family, community.

As we wrap up 2015 and look to welcome 2016, I am thankful for all of our residents and residents' families at Perry Farm Village and The Village of Hillside. I am thankful for the great resilience and patience shown by those residents from Hillside who are living for months out of their homes and without all of their things around them. I am thankful for our wonderful board of directors and all of their support and wisdom, and thankful for the amazing work of our fundraising committee who raised the money needed for our new building. I am thankful for my amazing team(s) at both Villages and their dedication to their work, to each other and to the residents. I am thankful for the team at the PVM home office who invest and support the vision we have locally for us, for new projects and for the communities we serve every day. I am thankful that I will have gotten to spend Thanksgiving with my parents – and that my kids to get to know them so will and recognize the amazing people they are and the rich family history that they are a part of.

So – as winter starts to arrive (dress warmly, be careful on slick walkways and drive safe) and we batten down for the season to rest, renew and get ready to take on 2016 a huge big THANK YOU for all of you from all of us.

As always – please come and find me (or call or email or text or send out a flare) to share whatever is on your mind.

Mary Catherine

Board Members

PFVA

Judge Jim Churchill
Karin Flint
Don House
Linda Rhodes-Pauly
Ken Ostrowski

PFDC/Hillside

Kay Flavin
Karin Flint
Don House
Jean Jardine
Lois Manville
Webb Martin
Rob Mossburg
Linda Rhodes-Pauly
Linda Riley
Debra Schirmer
Fred Walstrom
John Deegan
Linda Rachwitz

The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

STAY HEALTHY BY FOLLOWING THE FOUR BASIC STEPS OF FOOD SAFETY

With the upcoming holidays I would like to share important information from the Oakland County Health Division:
Hot foods should be kept at 140 degrees Fahrenheit or warmer. On the buffet table, keep hot foods hot with chafing dishes, slow cookers and warming trays. Cold foods should be kept at 40 degrees Fahrenheit or colder. Keep foods cold by nesting dishes in bowls of ice and replenishing ice as it melts. Otherwise, use smaller serving dishes and exchange with cold dishes of food from the refrigerator at least every two hours.
Here is a look at the Health Division's four basic steps of food safety in detail:

Clean

- Wash hands with soap and warm water for at least 20 seconds before and after handling food.
- Keep food preparation surfaces clean.
- Rinse fruits and vegetables under running water and use a brush to remove any dirt so bacteria cannot spread from the outside in.
- Avoid washing meats, poultry, or eggs.

Separate - Don't Cross Contaminate

- Secure meats, poultry or seafood in plastic bags to keep the juices contained.
- Wash all plates, utensils and cutting boards that held raw meat, poultry or seafood before reusing for perishable or cooked food.
- The juices of raw meat or poultry should never come in contact with cooked meat or other ready-to-eat foods.

Cook

- Meat, poultry, and seafood should be cooked for a long enough time at a high enough temperature to kill harmful bacteria that can cause foodborne illness.
- To check the temperature of a turkey, stick the thermometer into the inner most part of the thigh and wing and into the thickest part of the breast. Turkey's should be cooked according to package directions or at a minimum when internal temperature reaches 165 degrees Fahrenheit.
- Bring sauces, soups and gravies to a rolling boil when reheating them.

Chill

- Refrigerate foods and leftovers within two hours of serving to avoid bacterial growth. Cold foods should be stored at 40 degrees Fahrenheit or below.
- Defrost foods in the refrigerator, under cold running water, or in the microwave. Cook foods thawed under cold running water or in the microwave immediately.

Typical symptoms of foodborne illness include stomach pain, vomiting and diarrhea. Symptoms are not usually long-lasting in healthy people, but foodborne illness can be severe and even life-threatening to older adults, infants, young children, pregnant women, or people with HIV/AIDS, cancer or any condition that weakens the immune system.

Maintenance Corner

Reminder to please clean, sort, and breakdown your recyclables! Remember your neighbors use this space also!

Thanks,

Jon

Give the Gift of Health

What a better way to say
Merry Christmas
than with the gift of health!
This includes the following:

- Exercise Classes
- One-on-One Personal Training
- Massage Therapy
- Pedicures
- Meals from the Perry Farm Kitchen
- Housekeeping Services

Please see the Perry Farm Village office if you are interested in purchasing gift certificates!

Birthdays!

Happy Birthday from all of us at Perry Farm Village!

3rd Doris Schwaderer
12th Bob Brown
21st Sandy Croll
28th Mary Lee Moon

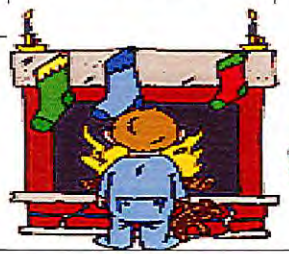
December Happenings 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1pm Christmas Tree Trimming	2 *Bus Day* 10:30 am Sit & Fit **2pm Resident Meeting**	3 11am Euchre 2pm Bingo 3pm Bible Study	4 *Bus Day* **10:30 am Sit & Fit**	5 Movie Night At 6:45p "White Christmas" "A Trio of Glorias" At 7:30pm
6 Movie Matinee at 2pm "It's a Wonderful Life"	7 *Bus Day* 10:30 am Sit & Fit *11:45am Lunch at Perry Hotel in the H.O. Rose Dining Room*	8 2pm Wii Bowling	9 *Bus Day* 10:30 am Sit & Fit 2pm Christmas Tea Party	10 11am Euchre 2pm Bingo 3pm Bible Study *4pm Lake Street Ensemble*	11 *Bus Day* **10:30 am Sit & Fit**	12 Movie Night At 6:45 pm "Scrooged"
13	14 *Bus Day* 10:30 am Sit & Fit 2pm Cookie Decorating *6pm Music with Catherine*	15 2pm Weaving the Wind Christmas Concert w/ Snacks	16 *Bus Day* 10:30 am Sit & Fit 11:45 am Perry/Hillside Shopping Day	17 11am Euchre 2pm Bingo/3pm Bible Study *6:15p Great Lakes Chamber Orchestra "Messiah Plus"*	18 *Bus Day* 10:30 am Sit & Fit 4:30 pm Cocktails *5pm Annual "Celebration of Christmas Dinner"*	19 Movie Night At 6:45 pm "A Christmas Carol"
20 2:30 pm The Nutcracker Movie Matinee at 2pm "A Bing Crosby	21 *Bus Day* 10:30 am Sit & Fit *1pm Cocoa, Cookies and Carols*	22 2pm Wii Bowling	23 *Bus Day* 10:30 am Sit & Fit 6pm Christmas Light Tour	24 *Office Closed*	25 *Office Closed & No Bus*	26 Movie Night At 6:45 pm "Miracle on 34th Street"
27	28 *11:45 am Lunch at Whitecaps*	29	30 *11:45 am Lunch at The Pier*	31 *Office Closed*	Jan. 1 *Office Closed & No Bus*	Jan. 2 Movie Night At 6:45 pm "Hello, Dolly!"

December Lunch Menu 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Whitefish Sandwich	2 Mediterranean Sandwich	3 Irish Stew	4 Soup and Sandwich	5 Chicken Caesar
6 Chili & Corn bread	7 Grilled Cheese & Tomato Soup	8 Shrimp Salad	9 Turkey Reuben	10 Blue Cheese Club	11 Chicken Salad	12 Sloppy Joes
13 Soup & 1/2 Sandwich	14 Beef Stew	15 Chicken Strudel	16 Grilled Ham &Cheese	17 Quiche	18 Soup & Sandwich	19 Chili Dog & Fries
20 Country Ham Sandwich	21 French Dip	22 Devonshire Sandwich	23 American Grilled Cheese	24 BLT	25 Merry Christmas Dinner @ Noon	26 Burger
27 Pastrami Sandwich	28 Steak Caesar	29 Chicken Pasta Salad	30 Cold Tuna Sandwich	31 Shrimp Salad		

December Dinner Menu 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Spaghetti	2 Tilapia	3 Beef stroganoff	4 Country Style Beef	5 Stuffed Cabbage
6 Lasagna	7 Tenderloin Tips Pappardelle	8 Pan Seared Salmon	9 Country Style Pork	10 Salisbury Steak	11 Chicken Parmesan	12 Veal Picatta
13 Manicotti Pasta	14 Shrimp Stir– fry	15 Grilled Lamb Chops	16 Scallops	17 Chicken Fettuccini	18 Resident Christmas Dinner	19 Meatloaf
20 Country Style Beef	21 Crab en Croute	22 Grilled Duck w/ Pineapple	23 Swiss Steak	24 Breaded Chicken Breast	25 Roulade of Chicken At 12:00p	26 Comparison of Lamb
27 Chicken Dijon	28 Shrimp and Rice	29 Italian spaghetti	30 Cranberry Chicken	31 Pork Ribs		

How "Merry Christmas" is said Around the World...

African/Eritrean/Tigrinja: Rehus-Beal-Ledeats
Arabic: Milad Majid
Brazilian: Feliz Natal
Chinese: (Cantonese) Gun Tso Sun Tan'Gung Haw Sun
English: Merry Christmas
Finnish: Hyvaa joulua
French: Joyeux Noel
German: Frohliche Weihnachten
Greek: Kala Christouyenna
Hawaiian: Mele Kalikimaka
Hebrew: Mo'adim Lesimkha. Chena tova
Iraqi: Idah Saidan Wa Sanah Jadidah
Irish: Nollaig Shona Dhuit
Italian: Buon Natale
Japanese: Shinnen omedeto. Kurisumasu Omedeto
Navajo: Merry Keshmish
Spanish: Feliz Navidad
Welsh: Nadolig Llawen

★MOVIE NIGHT★
Admit One

Saturday, December 5th
White Christmas

Saturday, December 12th
Scrooged

Saturday, December 19th
A Christmas Carol

Saturday, December 26th
Miracle on 34th Street

Saturday, January 2nd
Mr. Holmes

Card Room at 6:45 pm every Saturday!

Sunday, December 6th
It's a Wonderful Life

Sunday, December 20th
A Bing Crosby Christmas

Sunday Movie Matinee's At 2pm In Card Room

It's beginning to look a lot like Christmas...

It's beginning to look a lot like Christmas
Ev'rywhere you go;
Take a look in the five-and-ten, glistening once again
With candy canes and silver lanes aglow.

It's beginning to look a lot like Christmas,
Toys in ev'ry store,
But the prettiest sight to see is the holly that will be
On your own front door.

A pair of hopalong boots and a pistol that shoots
Is the wish of Barney and Ben;
Dolls that will talk and will go for a walk
Is the hope of Janice and Jen;
And Mom and Dad can hardly wait for school to start again.

It's beginning to look a lot like Christmas
Ev'rywhere you go;
There's a tree in the Grand Hotel, one in the park as well,
The sturdy kind that doesn't mind the snow.

It's beginning to look a lot like Christmas;
Soon the bells will start,
And the thing that will make them ring is the carol that you sing
Right within your heart.

Merry Christmas from all of us at Perry Farm Village!

Presbyterian Villages of Michigan Mission Statement

Guided by our Christian heritage, we serve seniors of all faiths and create new possibilities for quality living.

www.pvm.org

Office Numbers (231) 526-1500

Village Staff

Mary Catherine Hannah
Executive Director

Jill Tibbits
Administrator

Katie Parr
Wellness Coordinator

Greg Goodman
Executive Chef

Sandy Jakubiak
Cook

Mary Jane Kiogima
Mary Niswander
Dietary Assistants

Jon Terrian
Groundskeeper

Andy Schaefer
Registered Nurse

Resident Assistants
Mariah Brecht
Tanya Chevalier
Colleen Froats
Eva Gray
Rose Gokee
Shellie Harrington
Amanda Kleinert
Wendy Nellett
Amanda Rockwell
Susan Storrs
Janell Terrian
Farrell Thompson

CDL Transporter
Jane Rye

Housekeeper
Tracy Archey

EMERGENCY NUMBER	*(231) 526-1500 x 4*
Resident Assistants' Desk Cell	*(231) 557-4403*
Fax Number	*(231) 526-6462*

Presbyterian Villages OF MICHIGAN
THE FOUNDATION

Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit **www.pvmfoundation.org**

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