



# Perry Villager



## Embrace the possibilities

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

April 2018

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## Friends & Family 2018

### April 1<sup>st</sup>-30<sup>th</sup>

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

### 2018 FRIENDS & family

April 1-30

#### Give today, for Beatrice.

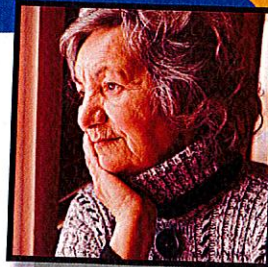
Local seniors like Beatrice are growing older in fear every day. **You can change that.**

Beatrice had numerous health issues. They kept her living in fear, and from living a full life. Thanks to programs at her Village—made possible by donors—she lost weight, got healthy and became more involved with her community.

Your gift to Perry Farm means a better life for a senior like Beatrice. You can give residents the latest technology to stay **safe and connected**, social activities to stay **engaged** or exercise equipment to stay as **healthy** as possible.

Will you give today?

Thank you!



Generous donors like you have given residents at Perry Farm:

- more comfortable & functional community spaces to socialize & avoid loneliness
- tools to learn, explore & stay connected with loved ones
- a new, senior-friendly bus to get to the doctor or grocery store

You can make Perry Farm the BEST place to age

2018 Goal: \$10,000

TO MAKE A GIFT:  
See the front desk for a donation envelope or

ONLINE:  
pvmf.org/Perry  
CALL:  
248.281.2040

MAIL:  
PVM Foundation  
26200 Lahser Road  
Suite 300  
Southfield, MI 48033



Perry Farm Village

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

Presbyterian Villages of Michigan Foundation is a 501(c)(3) nonprofit organization, Michigan Charitable Solicitation Registration #983533871.

### Board Members



#### PFVA

- Hon. James Churchill
- Karin Flint
- Don House
- Linda Rhodes-Pauly
- Ken Ostrowski

#### PFDC/Hillside

- Kay Flavin
- Karin Flint
- Roy Griffiths, Jr.
- Kate Kelly
- Don House
- Jean Jardine
- Andy Spence
- Linda Rhodes-Pauly
- Linda Riley
- Debra Schirmer
- Fred Walstrom
- Linda Rachwitz



Perry Farm Village

A SENIOR LIVING COMMUNITY  
A Mission of Presbyterian Villages of Michigan

Look for PVM on:





## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### An Aging Well Attitude Can't Be Beat!

I often speak about the importance of having an Aging Well Attitude as an important aspect of aging. Recently inspiration has arrived in the personhood of Sister Jean Schmidt, Loyola-Chicago's 98 year old chaplain. She has been their basketball team's good luck charm during their NCAA March Madness tournament journey. Sister Jean has a sense of humor and is talented when it comes to branding. During her team's Elite 8 game versus Kansas she was spotted wearing custom-made Nikes; and she is even the star of her own Bobblehead. She of course is not making any claim for profits but is simply supporting the team and university. She has become "the face of Loyola-Chicago".

Schmidt prays with the players before games and gives them scouting reports the next day, according to the Associated Press and Fox News. Her players consider her to be their not-so-secret weapon. They have proven themselves to be a team that can't be beat for now. Sister Jean has proven that having an Aging Well Attitude can't be beat. In fact, the qualities and assets inherent in this story match reports of studies as to what creates quality of life and even perhaps longevity: Having a passion, dedicating oneself to the pursuit of that passion, having a sense of belonging and being a part of something greater than oneself, to be engaged and engaging...

There's a lesson to be learned from this for us all. WHAT IS YOUR PASSION?

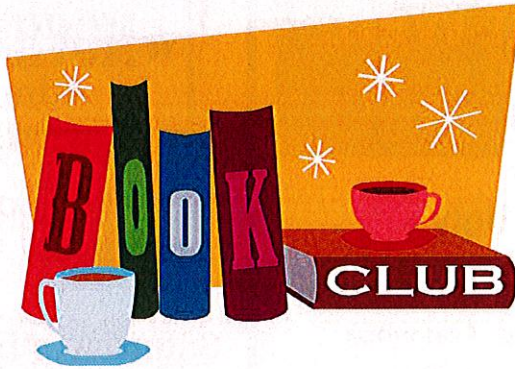


## Birthdays!

8<sup>th</sup> Milly W.  
10<sup>th</sup> Jim C.

*Happy Birthday  
from all of us at  
Perry Farm  
Village!*

April    
SHOWERS  
BRING  May  
FLOWERS 



The next meeting of the Perry Farm Book Club will be on April 7<sup>th</sup> at 2 pm in the Card Room.

Our current “read” Queen Victoria’s *Mysterious Daughter* by Lucinda Hawkey is a sympathetic portrait of the Queen’s unconventional daughter. A daughter much ahead of her time who supported women’s rights but her life was inexplicably deleted from history by her mother. Why was her life story shielded for years from public view?

Please join us to investigate this most intriguing woman!

Happy Reading,

Marni-Apartment 1



“Spring is  
nature’s way  
of saying, ‘Let’s  
Party!’”  
*Robin  
Williams*





## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### Alcohol: the Good, the Bad, & the Ugly

Alcohol is a part of American culture. We celebrate and socialize with it, and it plays a prominent role in many of our religions. And while moderate alcohol consumption may have some health benefits ( $\leq 2$  drinks/day for men,  $\leq 1$  drink/day for women), it's excessive drinking that you have to worry about. Most of you know that drinking too much increases your risk of injury, especially if you get behind the wheel, but did you know that it can wreak havoc on your brain, heart, liver, pancreas, and immune system?

Drinking alcohol in excess can shrink your brain, permanently impairing your ability to think, learn, and remember. It can also enlarge your heart causing it to sag and droop thus limiting its ability to deliver nutrient rich blood to your body and increasing your risk of heart attack and stroke. Your liver can become too fatty and/or riddled with scar tissue and lose its ability to clean toxins from your blood, which in turn can cause severe and sometimes permanent damage to your tissues and vital organs. Your pancreas can swell causing it to malfunction resulting in diabetes and your immune system can become compromised such that you are no longer able to effectively fight off infection, sometimes resulting in serious illnesses such as pneumonia and tuberculosis.

So how much alcohol is too much? Adults age 65 and older should limit their alcohol intake to no more than 3 drinks on any given day and no more than 7 drinks per week. One standard drink contains about 0.6 fluid ounces of pure alcohol, which generally equates to 12 fluid ounces of beer, 8-9 fluid ounces of malt liquor, 5 fluid ounces of table wine, or a 1.5 fluid ounce shot of 80-proof distilled spirits. If you take medication, however, it may not be a good idea for you to drink any alcohol at all since mixing alcohol with certain medications can have disastrous results. Your doctor or pharmacist should be able to advise you as to whether or not you should be drinking alcohol.

For more information on the health effects of alcohol, visit [www.niaaa.nih.gov](http://www.niaaa.nih.gov).

★ **MOVIE NIGHT** ★  
Admit One

**Saturday, April 7<sup>th</sup>**  
Wonder

**Saturday, April 14<sup>th</sup>**  
Just Getting Started

**Saturday, April 21<sup>st</sup>**  
The Post

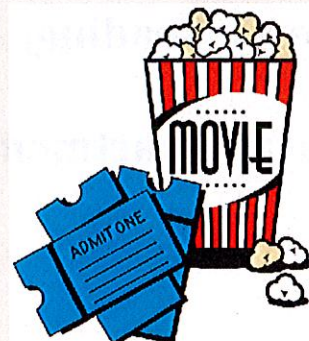
**Saturday, April 28<sup>th</sup>**  
The Greatest Showman

**Card Room at 6:45 pm**  
**every Saturday!**

**Sunday, April 8<sup>th</sup>**  
Mickey Blue Eyes

**Sunday, April 22<sup>nd</sup>**  
Billy Elliot

**Sunday Movie Matinees**  
**At 2pm**  
**In Card Room**



# April Happenings 2018



| Sun   | Mon   | Tue  | Wed  | Thu   | Fri   | Sat  |
|---|---|--|--|---|---|--|
| 1<br><i>Easter</i><br>Easter Dinner<br>4:00 pm<br>                                    | 2<br>Bus Day<br>10:30 am<br>Sit & Fit   | 3<br>1pm Scrabble<br>2pm <b>Lemonade &amp; Cookies</b><br>       | 4<br>Bus Day<br>10:30 am Sit & Fit<br>1pm <b>Detroit Tigers Home Game</b> with snacks!<br> | 5<br>11 am Euchre<br>2pm Travel Series                                    | 6<br>Bus Day<br>10:30 am Sit & Fit<br><b>Free</b> Friends & Family Kick-Off Luncheon at 12 pm | 7<br>Movie Night at 6:45 pm<br>"Wonder"                |
| 8<br>Movie Matinee<br>At 2 pm<br>"Mickey Blue Eyes"                                   | 9<br>Bus Day<br>10:30 am Sit & Fit<br>Movie at The Lyric<br>Time: <b>TBD</b>  | 10<br><br>1:30 pm Kilwins<br>Chocolate Tour                      | 11<br>Bus Day<br>10:30 am Sit & Fit<br>2pm Bible Study                                     | 12<br>11 am Euchre<br>2pm Travel Series<br>                               | 13<br>Bus Day<br>10:30 am Sit & Fit<br>5 pm Dinner at The Pier                                | 14<br>Movie Night at 6:45 pm<br>"Just Getting Started" |
| 15<br>Great Lakes Chamber Orchestra<br>"Bach Family Festival"<br>at 4 pm              | 16<br>Bus Day<br>10:30 am Sit & Fit<br>11:30 am Lunch at<br>Thai Orchid<br>   | 17<br>1pm Yahtzee<br>2pm <b>High Tea</b><br>                     | 18<br>Bus Day<br>10am Perry/Hillside Shopping Day<br>10:30 am Sit & Fit<br>2pm Bible Study | 19<br>11 am Euchre<br>2pm Travel Series<br>With Munchies                  | 20<br>Bus Day<br>10:30 am Sit & Fit   | 21<br>Movie Night at 6:45 pm<br>"The Post"             |
| 22<br>Earth Day<br>Movie Matinee<br>At 2 pm<br>"Billy Elliot"                         | 23<br>Bus Day<br>10:30 am Sit & Fit<br>Movie at The Lyric<br>Time: <b>TBD</b> | 24<br>1pm <b>Tie Blankets</b><br>4:30pm <b>Dinner at Vivio's</b> | 25<br>Bus Day<br>10:30 am Sit & Fit<br>2pm Bible Study                                     | 26<br>11 am Euchre<br>12 pm <b>Taco Extravaganza</b><br>2pm Travel Series | 27<br>Bus Day<br>No Exercise!   | 28<br>Movie Night at 6:45 pm<br>"The Greatest Showman" |
| 29<br>Little Traverse Choral Society<br>"Songs of Peace, Strife and Hope."<br>At 3 pm | 30<br>Bus Day<br>10:30 am Sit & Fit   |  |  | <b>Friends &amp; Family Campaign Month</b>                                |   |  |



# April Lunch

|    | Sun                 | Mon                        | Tue                         | Wed                          | Thu                       | Fri                          | Sat                        |
|----|---------------------|----------------------------|-----------------------------|------------------------------|---------------------------|------------------------------|----------------------------|
| 1  | Egg Salad Sandwich  | 2<br>Pulled Pork Sandwich  | 3<br>Meatball Submarine     | 4<br>Blue Cheese Club        | 5<br>Chicken Caesar       | 6<br>Spinach & Swiss Quiche  | 7<br>Cheeseburger          |
| 8  | Fish Sandwich       | 9<br>Bratwurst             | 10<br>Grilled Cheese & Soup | 11<br>Chicken Salad Sandwich | 12<br>French Dip          | 13<br>Tuna Melt              | 14<br>Sloppy Joe           |
| 15 | Hot Dog             | 16<br>Egg Salad Sandwich   | 17<br>Quiche Lorraine       | 18<br>Chicken Sandwich       | 19<br>Tuna Salad Sandwich | 20<br>Maurice Salad          | 21<br>Grilled Ham & Cheese |
| 22 | Turkey Sandwich     | 23<br>Pulled Pork Sandwich | 24<br>Chef Salad            | 25<br>Derby Sandwich         | 26<br>Taco Extravaganza   | 27<br>Chicken Salad Sandwich | 28<br>BLT                  |
| 29 | Roast Beef Sandwich | 30<br>Corned Beef Rubeen   |                             |                              |                           |                              |                            |

# April Dinner



|    | Sun                      | Mon                           | Tue                     | Wed                        | Thu                    | Fri                    | Sat                     |
|----|--------------------------|-------------------------------|-------------------------|----------------------------|------------------------|------------------------|-------------------------|
| 1  | <i>Easter Dinner 4PM</i> | 2<br>Pork Loin                | 3<br>Pot Roast          | 4<br>Country Fried Chicken | 5<br>Sautéed Whitefish | 6<br>Chicken Enchilada | 7<br>Crab Cakes         |
| 8  | Spaghetti                | 9<br>Seared Duck Breast       | 10<br>Baby Back Ribs    | 11<br>Macaroni & Cheese    | 12<br>Beef Burrito     | 13<br>Country Pork     | 14<br>Seafood Casserole |
| 15 | Meaty Lasagna            | 16<br>Apricot Glazed Ribs     | 17<br>Broiled Whitefish | 18<br>BBQ Chicken          | 19<br>Beef Stir-Fry    | 20<br>Stuffed Peppers  | 21<br>Atlantic Salmon   |
| 22 | Cranberry Chicken        | 23<br>Spaghetti W/ Meat Sauce | 24<br>Sautéed Whitefish | 25<br>Baby Back Ribs       | 26<br>Crab Cakes       | 27<br>Pork Tenderloin  | 28<br>Lamb Stew         |
| 29 | Pot Roast                | 30<br>Chicken Stir-Fry        |                         |                            |                        |                        |                         |



# Giving Matters.

By Paul J. Miller, CFRE,  
President, PVM Foundation

## *April is Friends & Family!*

*Why does giving to your local Village matter?*

*Giving to your local Village = residents' power to choose.*

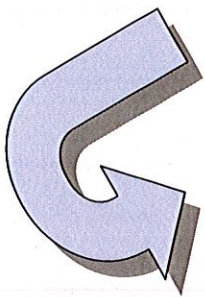
Funds given to Village offer residents an opportunity to look around and say, "What is the number one thing we need?"

Sometimes it's funds for **combating isolation**. Sometimes it's **tools to stay connected**.

**Always, it's something important to the residents that can't be done by the Village and PVM alone. It can't be done *without you*.**



## Here are some examples of what giving locally has done:



- A new bus at The Village of Westland!
- Resident activities in Jackson, Harbor Springs, Detroit and beyond!
- A library and computers at The Village of Our Saviour's Manor!
- Community room improvements at The Village of Oakland Woods!
- Financial assistance to residents who can't afford furniture, pay their bills, buy medical supplies or other essential needs!

***And so much more!***

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,

Paul J. Miller, CFRE



**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](http://www.pvm.org)

**Office Numbers Main Office (231) 526-1500**

**Village Staff**

Normal open office hours: Mon-Fri 8:30a-4:30p  
and Saturdays 10:00a-3:00p

**Mary Catherine Hannah**

*Executive Director*

**Joseph Mastaglio**

*Executive Chef*

**Andy Schaefer**

*Registered Nurse*

*Tammy Stclair*

*Susan Storrs*

*Janell Terrian*

**Jill Tibbits**

*Administrator*

**Sandy Jakubiak**

*Cook*

**Resident Assistants**

*Farrell Thompson*

**Katie Parr**

*Perry Club Manager*

**Mary Jane Kiogima**

*Susan Foley*

*Joele Weld*

**Jon Terrian**

*Maintenance Tech*

**Dawn Svatora**

*Dietary Assistants*

*Colleen Froats*

*Christine Woodward*

*Eva Gray*

*Sheree Woollard*

*Rose Gokee*

**Transporter**

*Shellie Harrington*

*Jim Flick*

*Brooke Maki*

*Jack Frank*

*Amanda Rockwell*

*Jane Rye*

**EMERGENCY NUMBER**

911

**24/7 Resident Assistant Desk, Terrace Level**

(231) 526-1500 x 4



**Main Office 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](http://www.pvmfoundation.org)

4241 Village Circle Drive  
Harbor Springs, MI 49740

**Embrace the possibilities**