



Village Trumpet



Embrace the possibilities

33875 Kiely Drive • Chesterfield, Michigan 48047 • www.pvm.org

September 2023



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The Village of East Harbor Presents...

HOEDOWN

at
HARBOR INN

**FRIDAY,
SEPTEMBER 29
4:00-7:00PM**



**LIVE BAND
LINE DANCING DEMONSTRATION
& LESSONS
PIE EATING CONTEST
SCARECROW CONTEST
FOOD
CASH BAR**



The Village of
East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



CALLING ALL RESIDENTS ENTER THE SCARECROW CONTEST

Contest Entry is FREE !

Enter individually or as a group.

Scarecrows will be displayed throughout the
Village and voting is by individual ballot.

Pick up entry form, scarecrow form and ballots
in activities or chapel

For more info please call Betsy-586-716-7143



FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:

Howdy Y'all,

We are gearing up for the Hoedown at the Harbor Inn on, Friday September 29th.

Wear your favorite cowboy hat if you have one. We will have a live band, line dancing demonstration and lessons. Line dancing is great exercise. We will also have a pie eating contest too. Food and Cash Bar will be available including cowboy drink cocktail specials. We love putting on these seasonal events. It takes a lot of planning and hard work but when we see all the happy faces, it is worth it. See ya'all at the Hoedown.

Speaking of events. We are no longer able to provide tables or chairs to outside individuals for private gatherings. We only have a few folding tables left. We had 16 tables and now have 4 tables which are in use most days at the Village. When we hold events outdoors, we rent tables and chairs. We rent tables and chairs for the Holiday Bazaar as well.

Watch for information coming on the Scarecrow contest. You can enter as a block or individuals. There will be prizes for the Best in Show. We will provide the form for the scarecrow if you wish to participate. We hope to line the street with scarecrows. Staff will be encouraged to participate as well as individuals or departments. Winners announced at the Hoedown. I cannot wait to see the creativity flow.

I hope you had an opportunity to attend the Fall Reduction seminar with Dr. Grady. Excellent information shared on how to reduce fall risk. Our Fitness Specialist, Chris also shared how exercise and building your strength can reduce falls. For more information please see Chris who can guide you on what you can do to reduce your chances of falling. 1 in 4 people fall after the age of 65. Although the odds are not in our favor, there are things to do to reduce you being a fall statistic.

Carolyn Martin

ANCHOR BAY ROTARY PRESENTS

SATURDAY  OCTOBER 7th, 2023
5:30-10 PM

  

\$40 PRE-SALE TICKETS THRU SEPT.30

ENJOY A FULL GERMAN FOOD BUFFET INCLUDING STUFFED CABBAGE, MASH POTATOES, SAUSAGE & SAUERKRAUT, GERMAN NOODLES, GERMAN POTATO SALAD, CUCUMBER SALAD, CREPES,

APPLE STRUDEL & ICE CREAM

Contact Carolyn Martin for tickets

\$45 AT THE DOOR CASH BAR

The Village of East Harbor RESIDENT ASSOCIATION MONTHLY MEETING

Date: Tuesday, September 12th

Location: MARGUERITE'S RESTAURANT

Time: 1:30pm

**ALL Residents are members of the Resident Association
and encouraged to attend**



Join us for a *MEET & GREET* chocolate milkshake and coffee social following the meeting.

JUST A REMINDER...Committee Meetings are open to **ALL Residents!**

Building & Grounds

Meets Tuesday, September 5 at 3:00 pm in Marguerite's.

Culinary Committee

Meets Wednesday, September 6 at 3:00 pm Marguerite's.

Welcoming Committee

Wednesday, September 6 at 1:30 pm Marguerite's (this group meets quarterly)

WELCOME HOME NEW RESIDENTS

We welcome these new residents to our Village of East Harbor Family

Colleen & Dennis Berger —50870 Esther's Way

Judy & Pete Ballard—50790 Geering

Pamela & Stephen Budd—50842 Esther's Way

Eleanor Chapman—811 Harbor Inn

Mary Ann Mason—608 Barnett

Mary Ann McKenna—118 Kirk

Patrick McKenna—922 Harbor Inn

Lynn Parrott—101 Kirk

Frances Pavelek—822 Harbor Inn

Rafael Perez—705 Harbor Inn



From The Desk Of Chaplain Laura...

SEPTEMBER



In August, we wrapped up our study of the Chronological Guide to the Bible, an amazingly concise, comprehensive study from Genesis to Revelation. **THANK YOU** to Sam for bringing this wonderful study! We enjoyed a recap and an end-of-session party. It was an exciting 12 weeks. I hope you can join us for our study in Romans every Tuesday at 2:30. Please consider joining us.

WAFFLE WEDNESDAY was a **GREAT** success with 45 residents and visitors attending. Thank you for joining us! See you again in November!!

Sunday, September 10 is **Grandparents Day**, a day set aside to celebrate and honor those from whom we received wisdom, peace, and much love.

You ARE significant and you do make an impact on others.

Noah's Grandfather, Enoch, made an impact on Noah, who impacted our world. Enoch passed his love for the Lord on to Noah who followed in his footsteps and also became close to God. Enoch's relationship with the Lord was so close, the Bible says he did not die, but was "taken up" into Heaven. Enoch passed many traditions on to Noah, who passed them on to his children.

Thank you for sharing your love, your memories, and your wisdom.

Happy Grandparents Day!

Sunday, September 10 at 2:00, is **Sundae Sunday** to honor all grandparents. If you are able to, please join us in the Activity Room.

ALL MONIES ARE NOW DUE FOR THE ARK ENCOUNTER TRIP.

PLEASE SEE ME FOR TRIP INFORMATION AND DETAILS.

In His Service,

Chaplain Laura Stone

Chaplain's Corner

SEPTEMBER



Happy Grandparents Day!!– On Sunday Sept 10 at 2:00 in the Activity Room, please join us for **Sundae Sunday to celebrate with our grandparents.**



Join us in the Chapel every Sunday at 1:00pm during September (except September 24) to paint **SMILE Sun Catchers**. We are painting them to give them away to bring smiles to others' faces. It is an uplifting feeling when we uplift others. Join us. It's a great time and very relaxing!

MONEY IS DUE IN FULL FOR THE **ARK TRIP**. IF YOU HAVE A BALANCE DUE, PLEASE PAY in full by TUESDAY, SEPT 5. **See Chaplain Laura for details about the trip.** We are **LEAVING HERE at 5am** on September 25.

Sunday– 11:00 am Chapel Service

Monday– 2:30-Study of the Parables

Tuesday 10:45– Catholic Service (the third Tuesday is Mass).

Tuesday– 2:30-Romans Bible Study

Wednesday– 2:30-Trivia and Word Game

Thursday– 11:00 Rosary in the Chapel

Please continue to check your calendar and our Chapel Bulletin board for news and updates. The experience of reaching out to others is rewarding.

*In His Service,
Chaplain Laura Stone*

Health and Wellness News

Christina Nahorodny, Fitness Specialist

September is National Healthy Aging month. Washington DC VA Medical Center geriatrician, Dr. Karen Blackstone, shares some practical tips for maintaining your health and enjoying life in your golden years. She advises eating a nutrient dense diet of fruits, vegetables, whole grains, lean meats, and low-fat dairy keeping artificial ingredients to a minimum. She also advises drinking plenty of liquids, especially water, and avoiding or limiting alcohol. Additionally, she recommends that you move more, sit less, enjoy a hobby, quit smoking, get regular checkups and be aware of changes in emotional and cognitive health. All of these tips are supported by scientific research from the National Institute on Aging. Dr. Blackstone also recommends talking to your doctor early and often regarding changes you can make to take care of your physical, emotional and mental health.

Another important factor to Healthy Aging is preventing falls! Last month, the PVM foundation hosted a fall prevention presentation in Marguerite's restaurant, presented by Dr. Graddy of our Board of Directors. Dr. Graddy shared the following **10 tips on how you can help to prevent falls**:

1. Be sure to follow the advice and recommendations of your doctors/health professionals
2. Maintain close contact with family, friends and other support
3. Engage in problem solving and memory challenge activities for 1-2 hours each day
4. Prioritize nutrition and physical activity in your daily life
5. Be mindful of your own body mechanics, how they've changed over time and how to safely adjust the way you perform ADLs (activities of daily life) to accommodate these changes
6. Be aware of side effects of medications so that you can make appropriate choices to safely manage daily tasks
7. Use properly installed railings and grab bars and prescribed assistive walking devices
8. Maintain a clutter free and well-lit home environment
9. Replace pants, shoes, pajamas, etc. which no longer fit properly or create tripping risks
10. Practice moving mindfully ie.: SLOW DOWN!

Any resident wishing to use the Fitness Centers **MUST** have an orientation and updated paperwork on file. Please contact Chris Nahorodny, Fitness Specialist, to schedule your orientation, Hydroworx appointment or anything else fitness related

cgorde@pvm.org or 716-7385

SEPTEMBER BIRTHDAY DINNER

THURSDAY, SEPTEMBER 21

12:00 PM

MARGUERITE'S RESTAURANT

PURCHASE YOUR TICKETS AT THE FRONT DESK



ENTERTAINMENT IN THE CHAPEL AT 1:30 PM

Receive a FREE Birthday Meal on your Birth month!

And one guest at 1/2 off!



RESIDENT POTLUCK

SUNDAY, SEPTEMBER 17

4:30 PM-HAPPY HOUR

5:00 PM-DINNER

MARGUERITES RESTAURANT

BRING A DISH TO PASS ~ SIGN UP IN THE ACTIVITY ROOM

MARGUERITE'S RESTAURANT JOIN US FOR BUFFET DINNER...

**Friday's
5:00pm
\$15**

**All Alcohol
MUST
be purchased
in Marguerite's**



**NO
CARRY-OUTS**

September 1 - Classic Cuisine

September 8 - Friday Fish Fry

September 15 - Pasta night

September 22 - Bar Food Night

Purchase Tickets at the Front Desk by the Tuesday before the dinner.

Memoir Writing Made Easy

EVERYONE HAS A STORY TO TELL!!

This group will meet once a week for one hour to share stories and practice writing.

You don't have to be a great or even a good writer to work on your memories and family history—you just have to be interested in chronicling these stories. Your children and grandchildren will want to read all about you through the stories you write!

There will be no penalties for errors in grammar, spelling or spilled milk on your paper.

Paper and pens will be supplied. Starting September 11

Mondays 2:30pm Activity Room

Show & Tell

Do you have a special item at home that you would like to share with others? Something that has a particular story that is meaningful to you? We all remember bringing a treasured possession to school and telling our friends why we love it so much. As adults, we have many more treasures today. Consider a photo or letter, a family heirloom, an object from a job or trip, an ancient artifact, a work of art, new or old, that has meaning to you. It's the story that counts.

MONDAY, SEPTEMBER 11

1:30 PM-Activity room

SATURDAY MATINEE

1:00 pm Capman Hall-Independent Living

1:30 pm Activity Room-Assisted Living

September 2—It's Complicated

September 9—Hook

September 16—The Forgotten Battle

September 23—The Other Boleyn Girl

September 30—Doggone



Bridge Lesson Series

Friday Mornings

10:00 am-12:00 pm

Marguerite's Restaurant

You must sign up in the book

Let's Play Cards

There's always a card game at
The Village!



Check the calendar for
time and place.

WORD GAMES



Monday's
1:00 pm
Activity Room

Crossword



Tuesday, September 12 & 19
10:00am
Activity Room

Themed BINGO

Wednesday's 9:30am
Activity Room
Check the Calendar for the Theme

Knit & Crochet Group



Meets Every Thursday
2:00 pm
Harbor Inn Midrise
Community Room



Monday Night Games

September 11-Scrabble
September 18-Quarter Bingo-bring your quarters
September 25-Dominoes
All games start at 6:00 pm-Activity Room



Make a western bracelet
Thursday, Sept 7
1:00 pm
Activity Room
Sign up in book



HARBOR LIGHTS

Sing-a-long
Thursdays
4:00 pm
Chapel

Paint a Boot with Linda



Thursday, September 14

10:30am

Activity Room

FRIDAY GAME NIGHT!

FRIDAY'S IN SEPTEMBER
6:30 PM
HARBOR INN COMMUNITY ROOM
NO GAMES SEPTEMBER 1ST OR 29TH



Saturday, September 16
6:30-?
Harbor Inn Community Room

Pink Day



Purple Rose



TIGER TALKS



WOMEN'S Lunch



Show and Tell



Diamond Jack's River Tours

EXCURSIONS

Wednesday, September 13

*Senior Zoo Day
Free Entrance*

\$\$\$ on your own
9:00 am

Tuesday, September 5

*Eastern Martket
8:45 am*

\$\$\$ on your own

Friday, September 8

*Smokehouse
Almont*

11:00 am
\$\$\$ on your own

Thursday, September 14

*Men's Lunch
11:30 am*

\$\$\$ on your own

Tuesday, September 18

*Women's Lunch
11:30 am*

\$\$\$ on your own

Monday, Sept 25-Tuesday, Sept 26

*Noah's Ark
5:00 am
Return
9:00 pm*

FOOD VOUCHER CARDS

MAY BE USED IN BISTRO, CAFÉ AND ALL
DINING SERVICES TAKE 10% OFF YOUR
FOOD ORDER

WHEN YOU USE YOUR CARD
EXCLUDES BIRTHDAY DINNER AND
SPECIAL EVENTS

AVAILABLE FOR PURCHASE IN ANY
DENOMINATION

SEE SALLY 586-716-7423



**Sign up for outings and activities in
the Binder in the Activity Room or
call Ann Marie: 586-716-7142
Space is limited!**

Car/bus trips can be scheduled Mon-Fri
from 8 am-4:30 pm, upon availability.
Independent residents can schedule up
to 2 car/bus transports per month free
within the Chesterfield and
New Baltimore area.

Anything over 2 rides will see a charge.
Any questions making appointments or
with regards to charges, please contact
Ann Marie-586-716-7142

**Sign up for ALL crafts and activities in
the Binder in the Activity Room.**

***Space is limited!*
Don't be turned away,
sign up today!**

Directory

Accounting	
Tracy Tesch	716-7408
Activity Supervisor AL/IL	
Betsy Mianeki	716-7143
Administrator	
Carolyn Martin	716-7221
Beauty Salon	
Appointments	716-7180
Chaplain	
Laura Stone	716-7438
Dining Services Mgr.	
Hisam Chowdury	716-7419
Director of Nursing	
Karolina Jones	716-7416
Driver	
Ann Marie Hart	716-7142
Executive Director	
David Miller	716-7410
Fitness Specialist	
Chris Nahorodny	716-7385
Front Desk	
Receptionist	725-6030
Harbor Inn-Admin. Asst.	
Beth Humble	586-273-2440
Harbor Inn Manager	
Wenona Breazeale	586-273-2559
Housekeeping / Laundry Mgr.	
Michelle Willer	716-7418
Maintenance Work Request	
Front Desk	725-6030
Maintenance	
Emergencies After 11:00 pm	248-996-2470
Marketing Manager	
Sue McCallum	907-3709
Outpatient Therapy	273-2457
Physical Therapy Mgr.	
Kim Frabotta, Agility Therapy	716-7398
Rehab Admissions	
Jen Moreno	716-7427
Darcy Stalker	716-7183
Resident Care Mgr.	
Toni Greig	716-7426
Sales & Leasing Specialist	
Wayne Hindmarsh	716-7199
Andrew Hoeltzel	716-7397
Kathy Moore	716-7039



9/01 Estelle Koval
9/04 Leona Collins
9/04 Ronald Plesz
9/07 Maggie Peacock
9/12 Beverly Graham
9/12 Ron Sanford
9/13 Doris Duda
9/14 Mary Ann Mason
9/18 Irene Wagner
9/19 Lester Weil
9/21 Catherine Wright
9/24 Ed Jerawski
9/27 Barbara David
9/27 Kathleen Markie
9/28 Phyllis Chadwick
9/30 Betty Bennett
9/30 Judy Miller