



Village Trumpet



Embrace the possibilities

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

January 2024



Featured Articles

Administrator

Marketing & Events

Resident Association Minutes

Chaplain

Fitness

Events

Photos

Directory



The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Could YOU be the next Silver Bachelor?

We are looking for the next Silver Bachelor and Silver Bachelorettes

Please call Betsy:

568-716-7143

Our Bachelors will be invited to be interviewed
And one gentleman will be chosen to participate in
The Silver Bachelor where he will choose from our lovely
bachelorettes to attend an exclusive meal at
Louie's Chop House.

Meet and vote for the next possible Silver Bachelor!

January 18 at 1:30pm in the Chapel

Silver Bachelor Rose Ceremony on

Thursday, February 15

1:30pm

Chapel





FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:

2024 is here and another year has passed. Our Parkinson support group has a new facilitator, Angela and a new time, 4:00 pm. Angela works in the activity department and is a lifelong friend of Betsy. Angela has been leading a Parkinson's support group in the Grosse Pointe area for many years. Her husband Lynn has Parkinson's and has performed with their daughter, Gabriela, on our campus so Angela can relate to challenges you and your loved ones may be experiencing. Please check out the meeting and note the new 4:00 pm start time.

The search is on for the first Silver Bachelor at The Village of East Harbor. Nominate your favorite candidate before January 18th by calling Betsy. Join us on January 18 at 1:30 pm in the Chapel where our judges will select the new Bachelor. The only criteria is the candidate must be single or widowed.

Snow season will soon be here. Please make sure your outdoor decorations and door mats are not in the way of snow removal. We don't want to see your valuables destroyed by the plows. Also keep in mind the campus is very large, if you have to get out early for an appointment please let the front desk know and we will attempt to remove snow as early as possible. However, we do recommend you stay off the streets if it is icy or dangerous conditions.

It has come to my attention that 911 is frequently being used by some independent residents. If you need assistance on a daily basis to be moved, picked up off the ground for numerous falls and assistance please note that if you are calling too often you should consider a different level of care. The township or MedStar reserves the right to charge for what they would consider excessive use. VEH will not pay any fees or penalties that might be billed.

Keep in mind we offer outpatient therapy. Many of our residents have taken advantage of the convenience and expertise of our trained physical therapist in our Health and Wellness Center. They accept most Insurances. See the back of the newsletter for phone contact number.

If you are experiencing any symptoms, flu or cold please do not come into the main building. Please remain at home until you are symptom free. If you go out to the hospital please let the front desk know so we can follow up should you need rehab or possibly a respite stay.

Looking forward to serving you on the New Year!

Happy New Year,

Carolyn

Village of East Harbor
Residence association meeting minutes for December 12th 2023

The meeting was called to order at 1:35 p.m.

Pledges to the United States and Christian flags were recited.

There were no new residents.

The treasurer's report was given and will be as follows Total Association balance as of December 12th 2023 \$7,427.11. Petty cash / Sugar Bowl As of November 14th 2023 \$484.04, Sugar Bowl as of 12/12/23.\$85.54 in attendance 48.

Carolyn Martin administrator : Requests from residence were as follows. ATM service has been tried before and did not have enough residents using the service. Dispensers in restrooms trouble pulling out paper will mention this to the housekeeper. Look into sports tickets; they seem to be pricey. Thanks to the ground crew for all the good work they did this summer. The Bistro needs to have longer hours. Need more technology staff to help with appliances in all residents. Are name tags a good idea at residence meetings? This has been tried before and could be looked into again. End of residence requests.

Laura Stone chaplain: If you have any technology questions please contact Laura .Check Trumpet for events coming from the Chaplin Laura.

Chris Nahorodny Fitness specialist: There will be some changes in next month's Trumpet of events read carefully.

Betsy Miannecki Activity supervisor: Just a reminder everything you need to know will be in the Trumpet so read it carefully. December 22nd Christmas party Bobby will be your entertainment. December 29th New Year's party. Look for news of the upcoming silver Bachelor event.

Elaine Walton gave the report on the gifts to the staff. They are as follows: \$15,000 collected 191 contributed.

Motion to adjourn made by Sue and seconded by Colleen Motion carried at 2:45 p.m.

Respectfully submitted
Sally DeSchepper

ROBO CALLS

On occasion residents will receive robo calls (automated calls to their phones that are recorded by staff member) informing you of upcoming events, information or emergency situations on campus. If you are not receiving robo calls or if you have changed your phone number please contact Sally or Betsy .

If you choose to receive your calls via text:

TEXT WORD : ALERT TO 22300



RESIDENT POTLUCK

SUNDAY, JANUARY 21

4:30PM-HAPPY HOUR

5:00PM-DINNER

ACTIVITY ROOM

COME OUT TO SEE YOUR NEIGHBORS
AND MEET NEW FRIENDS

BRING A DISH TO PASS—SIGN UP IN
BINDER IN THE ACTIVITY ROOM

For more information contact:

Pat Mikle-248-933-1726

The Village of East Harbor
RESIDENT ASSOCIATION MONTHLY MEETING

Date: Tuesday, January 9

Location: MARGUERITE'S RESTAURANT

Time: 1:30pm

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

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

Building & Grounds

Meets Tuesday, January 2 at 3:00pm in Marguerites.

Culinary Committee

Meets Wednesday, January 3 at 3:00pm Marguerites.

WELCOME HOME NEW RESIDENTS

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

Gediminas Balanda—600

Ann Brody—113

Linda James—109

Theresa Lefchick—602

Mary Lou Zweng—120



PARKINSON'S SUPPORT GROUP

Thursday, January 11 at 4:00 pm

Kirk Hall

This meeting is open to everyone, people with Parkinson's, family and caregivers.

Please note NEW Time and place

Alzheimer's Caregiver Support Group

This support group is for caregivers affected by Alzheimer's disease or a related dementia.

Wednesday, January 24

3:30 pm

Kleeman Chapel



*From The Desk Of
Chaplain Laura...*

JANUARY, 2024

HAPPY NEW YEAR!!!



As we approach 2024, the calling for the church is for spiritual growth and strength.

Historically, many people make new year's resolutions; a commitment to change, growth, and to something that holds great meaning and importance to them.

As believers in Christ, may we heed that calling for spiritual growth and move forward toward what the Lord has called us to in 2024 and prepare ourselves for what is to come.

We will be engaging in new spiritual programs and diving deeper into Scripture to gain better understanding, growing deeper, and strengthening our spiritual foundation.

Moving into the new year, we consider the Apostle Peter's words in 2 Peter 1:5-8, stating, "... make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ." Let's grow deeper together!

Please join us in the Chapel at 11:00 am for our Sunday morning non-denominational service, and on Tuesdays at 10:45 for our Catholic services. Mass with Father Joe is the third Tuesday of every month. Mondays, Tuesdays, and Wednesdays at 2:30 are Spiritual Programs including Biblical studies.

I am here for you for any and all of your spiritual needs. Please call me or have a staff member contact me if you are unable to.

We had an outpouring of love with our collection for the students in need. Thank you to all who gave!

In His Service,
Chaplain Laura
(586) 424-5674



Health and Wellness News

Christina Nahorodny, Fitness Specialist

Happy New Year! Let's start 2024 with *12 WEEKS of FITNESS*

***Learn healthy habits to incorporate into your daily routine
After 12 weeks, you will have attained new healthy habits that can be
continued throughout the year and, hopefully, for a lifetime!***

Week 1—Spend this week ridding your cupboards/refrigerator of junk food, soda, etc.

Week 2—Trade your coffee for tea at least one day this week.

Week 3—Make at least one meal completely from scratch and enjoy by candlelight..

Week 4—Pick a day to go entirely meatless.

Week 5—Do 5-10 minutes of exercise each day (like dancing to a song or two).

Week 6—Turn off the TV and put away your phone during meals.

Week 7—Try a new fitness class that you've never tried before.

Week 8—Turn off all electronics one hour before bed.

Week 9—Remove any unnecessary clutter from your bedroom.

Week 10—Take a walk after dinner each evening.

Week 11—Add an extra serving of vegetables each day.

Week 12—Spend at least 10 minutes each day reading and/or journaling.

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 586-716-7385



New Year's Eve Party



Show & Tell

**Monday, January 8
2:30pm**

Activity Room

Bring your treasured items to share in the traditional style of show and tell.

Memoir Writing Made Easy

EVERYONE HAS A STORY TO TELL!!

This group meets once a week to share stories and practice writing. You don't have to be a good writer to share your memories.

Paper and pencil will be supplied.

**Monday, Jan 15 & 29
2:30pm Activity Room**

Group Crossword Puzzle

Tuesday, January 9 & 23

9:30 am

Activity Room



Wheel of Fortune

Tuesday, January 2, 16 & 30

9:30 am

Activity Room



NATIONAL TRIVIA DAY

LET'S PLAY TRIVIAL PURSUIT!

Thursday, January 4

1:30pm—Activity Room

Activity Room



PAINT SNOWFLAKES

Friday, January 5

1:30pm

Activity Room



You MUST sign up in book

National Hot Tea Day

Tea Time: Tea Types and their Health Benefits

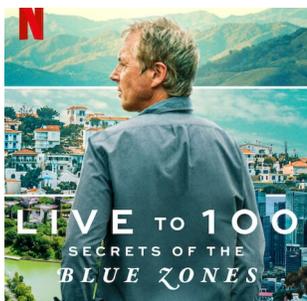
Presented by: Total Health Systems

Friday, January 12

1:30 pm Activity room



LIVE TO 100—SECRETS OF THE BLUE ZONES



In this Netflix series we will travel around the world

To discover five unique places where people live extraordinarily long and vibrant lives.

Enjoy a healthy snack after the show.

**Wednesdays starting January 3
2:30pm, Community Room**

SATURDAY MATINEE

Check the calendar for movie being shown

1:15pm

Activity Room

1:30pm

Capman

Make a Valentine Door Hanger

Thursday, January 25

1:30pm

Activity Room

You MUST sign up in book





How To Play Mexican Train Dominoes

DOMINO LESSONS

Would you like to learn how to play?

Tuesday, January 16, 20 & 30

3:00pm

Activity Room



Table Topics & Tea

Topics are picked with insightful conversation while sharing a cup of tea.

Tuesdays, January 2, 16, 23, 30

Harbor Inn Community Room

2:30pm

NEW YEAR BUNCO PARTY

Friday, January 12

3:00 pm

Activity Room



YOU MUST SIGN UP IN THE BOOK!!!!

JANUARY BIRTHDAY DINNER



THURSDAY, JANUARY 18

12:00 PM

MARGUERITE'S RESTAURANT

PURCHASE YOUR TICKETS AT THE

FRONT DESK

SILVER BACHELOR 1:30PM CHAPEL

Receive a FREE Birthday Meal on your Birth month!



g a m e
n i g h t

Saturday, January 20

6:30-?

Activity Room



HAPPY HOURS

Bobby G

Friday, January 19

2:15 pm

Activity Room

Karaoke

Friday, January 26

1:30 pm

Activity Room

BINGO NIGHT

BRING YOUR QUARTERS!

Monday

January 29

6:00 pm

Activity Room

EXCURSIONS

Thursday, January 4

Immaculate Conception Pot Luck

11:00am

Sign up in book

Wednesday, January 10

Shoreliner

\$8.00

Money Due Friday, January 5

Tuesday, January 16

Men's Lunch

Alconac Flaming Grill

11:30am

\$\$\$ on your own

Tuesday, January 30

Women's Lunch

Algonac Flaming Grill

11:30am

\$\$\$ on your own

Thursday, February 1

Opera House

Wicked

4:00 pm-Dinner –on your own

7:30 pm– Show starts

*Coming in February 2024
Lunch around the World*

*We will have a travelogue followed by a
lunch from that country.
Stay Tuned for more information.*



Thursday, April 25

Fisher Theater

4:00 pm-Dinner

7:30 pm-Show starts

\$62.00

Money due March 15

**TRANSPORTATION
SERVICES AVAILABLE
MON-FRI, 8:00AM-4:00PM**

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

**Before making appointments,
Please call Ann Marie for availability .**

Transportation services outside of
Chesterfield are subject to charge.

**Independent residents can schedule up
to 2 car/bus transports per month free
within the Chesterfield and
New Baltimore area.**

**ALL appointments must be confirmed
by the driver.**

**If you need transportation to an
activity please make an appointment
24 hours prior to the event.**

**BEFORE GOING ON ANY TRIPS YOU
MUST EMPTY YOUR WALKER!
WE WILL NOT LOAD WALKERS THAT
ARE FULL.**

Directory

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



1/01 Paul Kersanty

1/01 Joanne Mowery

1/01 Venus Sawyer

1/02 Robert Healy

1/04 Elizabeth Rogerson

1/08 Sharon Creed

1/08 Bernadine Puwal

1/09 Rafael Perez

1/11 Nicholas Disipio

1/13 Ingrid Pfeiffer

1/14 Elaine Walton

1/18 Kim Victory

1/19 Lucille Corrion

1/29 Sherrie Knudson

1/31 Robert Jaworski