



Village Trumpet



Embrace the possibilities

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

February 2024



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The Village of East Harbor
A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Valentine's Day Meet & Mingle

Meet all the Silver Bachelors and Bachelorettes

In person at our
St. Valentine's Day Party

Wednesday, February 14
1:30pm
Activity Room

The Silver Bachelor Rose Ceremony

Could YOU be the next Silver Bachelorette?

Please call Betsy:
568-716-7143

Our Silver Bachelor will be choosing one lucky lady to be his Silver Bachelorette to attend a meal at Louie's Chop House.

Silver Bachelor Rose Ceremony on
Thursday, February 15

1:30pm
Chapel





FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:

Please keep in mind if you need driving services, you need to contact the driver well in advance. We have many residents on campus. Call in advance to ensure you will have a ride when you need it. We are not Uber. We do not have on demand driving availability. Our driver will do her best to accommodate your request.

In regards to driving. It is our understanding some residents are calling other residents for rides. It is okay to say No to the request. We do not recommend residents providing rides for other residents.

When you moved in sales provided you with a Personal Response Button used in case of emergency. When you press the PRS button, the service will call the number that you provided when you moved in. Lately, we have discovered some of you changed phone numbers but did not contact the front desk with the new phone number. Therefore, we are asking everyone to fill out the form in the newsletter to make sure we have the correct phone number on file connected with your PRS button.

Do you have a Power of Attorney? A legal document allowing someone to make decisions on behalf of another person. Have you given a copy to the Sales office to have on file? What happens if you do not have a POA on file? If you have issues like an accident, memory loss, or anything that renders you incapable of making a decision temporarily or permanently and do not have a POA; Adult Protective Services or the hospital will file to get an emergency guardian. This court appointed emergency guardian will not be of your choosing. It will be a company selected to provide guardianship. The guardian company would take over financial and health decisions for you. If you have identified someone in advance in POA paper work, you will have made your own choice in advance and we believe that is the best solution. Plan and be prepared. Learn more on Estate Planning and how to protect yourself presented by Chawla Law Offices, Thursday, February 22 at 1:30pm in the activity room.

The Silver Bachelor will choose his Bachelorette on, February 15th. Whom did you pick to be the Silver Bachelor? Find out on February 15th. Join us in the Chapel and watch as the Bachelor ask questions of our Bachelorettes. Fun is in the air!

Happy Valentine's Day,

Carolyn

Village of East Harbor
Residents association meeting minutes January 9th 2024

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 attendees

Treasures report was given and will be as follows total Association balance of \$7,427.11 as of January 9th 2024 . Sugar Bowl \$60.25. Number of attendees was 53.

Carolyn Martin administrator: A report was given on the new courtesy Patrol program. Silver Bachelor event will be coming up shortly and a report will be given by Betsy. A concern was presented by a member of the community of the Pledge to the Christian Flag. Would like you to keep it under consideration. Food plans for Marguerite's are available at the front desk.

Laura Stone chaplain: Following are the programs from this office Mondays comparative religions, Tuesday inspirational readings, Wednesday Bible trivia. Waffle Wednesdays May return. Investigations going on for needs for sound recalibration for Chapel. If you have any suggestions please contact Chaplin Laura.

Brandon new chef: Introduced himself and his programs.

Chris Nahorodny Fitness specialist: Advised residents to read the Trumpet All the programs are listed in green on the calendar. Remember February is heart health month. There is something for everyone in the fitness Department.

Resident requested that we should have some programs for veterans . working on at this time.

Betsy Miannecki activity supervisor: All need to know information is always in the Trumpet read it carefully. Silver Bachelor sign up guys' vote will be taken at the birthday dinner. Looking for bachelorettes if you're interested contact Betsy. If you are not getting robocalls, contact Betsy or Sally. If you are interested in the Parkinson support group please come to the meeting the second Thursday at 4:00 p.m. and Capman. Alzheimer's meetings are the fourth Wednesday of each month. Looking for a veteran's support group, we are in the process of finding a leader for this group. All are invited to show and tell please come you'll have a great time. Benefits tea will be on Friday January 12th 2024, Secrets of Blue Zone on Netflix will be January 10th at the mid-rise 2:30 P.M., Domino's will be on Tuesday at 3:00 p.m. Mexican train will also be offered, DSO is offered every other month and sign up early. Potluck January 21st 2024 in activities room. If you want to rent the facilities please contact Betsy.

Winona Breazeale Harbor Inn Manager: Some concerns about lint traps in Mid Rise, please be diligent about keeping them clean.

Motion To adjourn Bill Creed seconded by Nancy Huff. Adjourned at 2:45 p.m.

Respectfully submitted

Sally De Schepper

RESIDENT ASSOCIATION MONTHLY MEETING

Date: Tuesday, February 13

Location: Activity Room

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, February 6 at 3:00pm in Kirk Hall.

Culinary Committee

Meets Wednesday, February 7 at 3:00pm in Kirk Hall.

WELCOME HOME NEW RESIDENTS

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

Peter Batts—602

Harry Lippman—113

Mary Bittner—813

Alyce Hallman—917

Barbara Balfour—818

Opal Coffman—109

FEBRUARY BIRTHDAY DINNER



THURSDAY, FEBRUARY 15

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!

Estate Planning and how to avoid the pitfalls of not planning



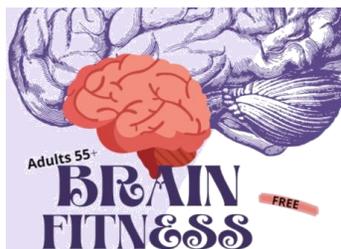
Presented by:

Chawla Legal Group

Thursday, February 22

1:30pm

Activity Room



The brain is not a muscle but it can function like one. Learn how the five senses can keep your brain in shape.

This program will meet once a month for four months.

Thursday, February 29

1:30pm, Activity Room

PARKINSON'S SUPPORT GROUP

Second Thursday of the month

Thursday, February 8 at 4:00 pm

Activity Room

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. Fourth Wednesday of the month

Wednesday, February 28

3:30 pm

Kleeman Chapel



From The Desk Of Chaplain Laura...



FEBRUARY
DEDICATED TO LOVE

At the time of Roman Catholic Priest St Valentine, marriages were banned by a persecutor of the Church because "a wife and children would be a distraction to the focus on war". St Valentine began secretly marrying couples in the church, was caught, beaten and imprisoned for performing marriages.

"What Valentine means to me as a priest, is that there comes a time where you have to lay your life upon the line for what you believe. And with the power of the Holy Spirit we can do that —even to the point of death." (Father O’Gara, Dublin Ireland)

TRUE LOVE.... laying down your life for another.

- ◆ **Ash Wednesday Service February 14 at 1:00pm** in the Chapel with Immaculate Conception Church and Chaplain Laura.



BREAKFAST WITH OUR CHAPLAIN- THURSDAY, February 8. Leaving lobby at 8:30. Midrise will be picked up.

YOU MUST SIGN UP. Include your address and phone number

IN THE CHAPEL WEEKLY:

- ◆ **Sunday Church Services** in the Chapel at 11am. All are invited to attend all services
- ◆ Every Monday at 2:30– **Religious Education**– Various religions are discussed each week
Every Tuesday Join us for **Catholic service** at 10:45
- ◆ Every Tuesday at 2:30 **Beginner and Intermediate Scripture Studies**
 - ◆ Every Wednesday at 2:30—**Bible Trivia and Biblical games.**

ALL ARE WELCOME TO COME TO THE CHAPEL PROGRAMS.

LET YOUR STAFF KNOW IF YOU WANT TO ATTEND AND THEY WILL BRING YOU.

ANCHOR BAY JAZZ ORCHESTRA-MONDAY, FEBRUARY 12 AT 6:30PM IN THE CHAPEL

If you have need of anything or would like a visit from me, please ask your staff person to contact me, or you may call me directly at (586) 424-5674. I will come to visit, pray, or provide communion. I may also be able to assist with some cell phone issues, setting garage doors/lock codes, obtaining medications, and all spiritual needs.

I am here for you!

Chaplain Laura

Health and Wellness News

Christina Nahorodny, Fitness Specialist

February is American Heart Month!

- Cardiovascular diseases (CVDs) are the leading cause of death globally.
- CVDs are disorders of the heart and blood vessels and may interfere with supplying blood to the heart or brain, causing heart attacks and strokes.
- Deep vein thrombosis is another type of CVD which causes blood clots in veins such as in the legs which can break free and travel to the heart or lungs.
 - CVD claims more lives than all cancers combined.

Wear RED Friday, February 2nd to help raise awareness that cardiovascular disease is the leading cause of death in women

Each year, 1 in 3 women die of CVDs worldwide.

Heart attack signs are oftentimes different in women as compared to men. Women may experience shortness of breath, nausea, back or jaw pain and are more likely to ignore their symptoms.

Heart Health presentation and Wear Red Photo

Friday, February 2nd @ 1:30pm in the Activities Room

For more information on Cardiovascular diseases, their symptoms and potential preventative measures, check out www.heart.org

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



American Heart Association.
Go Red for women.

National Wear Red Day[®]
FRIDAY, FEBRUARY 2, 2024

WearRedDay.org

1:30pm-Activity Room



NATIONAL WEAR RED DAY

Heart Disease Presentation
& Picture

Friday, February 2
1:30pm- Activity Room



Make a Valentine Stain Glass

Thursday, February 8
Activity Room ~ 1:00pm
You MUST sign up in book



Valentine's Bunco

Friday, February 9
1:30 pm
Activity Room

YOU MUST SIGN UP IN THE BOOK!!!!



St. Patrick's Day
Door Hanger
Thursday, February 22
10:30am
You MUST sign up

DOMINOES LESSONS

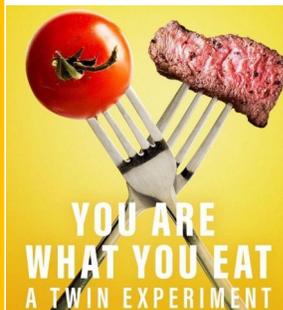
Learn to Play!
Tuesday, February 6, 20,
27
3:00pm



YOU ARE WHAT YOU EAT

A Twin Experiment

Netflix documentary in
which a scientific
experiment of identical
twins adopt different diets
and lifestyles for 8 weeks
to see how food impacts
the body.



Wednesdays, 2:30pm
Harbor Inn Community Room

Table Topics & Tea

insightful conversation while
sharing a cup of tea.
Tuesdays in February
Harbor Inn Community Room
2:30pm



SATURDAY MATINEE

Check the calendar for movie being shown
1:15pm
Activity Room

1:30pm
Capman

RESIDENT POTLUCK

SUNDAY, FEBRUARY 18

4:30PM-HAPPY HOUR

5:00PM-DINNER

Activity Room

BRING A DISH TO PASS

SIGN UP IN THE ACTIVITY ROOM

For more information contact:

Pat Mikle-248-933-1726



g a m e
n i g h t

Saturday, February 17
6:30-?
Activity Room

BINGO
NIGHT
BRING YOUR QUARTERS!

Monday
February 26
6:00 pm
Activity Room

Door Hanger Craft



EXCURSIONS

Thursday, February 1

Immaculate Conception Pot Luck

11:00am

Sign up in book

Thursday, February 1

Wicked

Opera House

3:30pm-Dinner –on your own

7:30pm– Show starts

Wednesday, February 7

Women's Lunch

Sugarbush

11:30am

\$\$\$ on your own

Monday, February 19

Casino

MGM

10:00am

\$\$\$ on your own

Wednesday, February 21

Shoreliner

11:00am

\$8.00

Pay at door

Tuesday, February 27

Men's Lunch

Longhorn Steakhouse

11:30am

\$\$\$ on your own



Red Carpet Film Scores

Friday, March 8

9:00am, Showtime– 10:45am

\$42.00

Money Due February 8



Thursday, April 25

Fisher Theater

3:30 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.**

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>Brandon Lewis</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

2/01 Betty Arnold
2/01 Bill Creed
2/01 Colette Koch
2/01 Joy Harris
2/02 Rita Hughes
2/02 Marie Kuhn
2/05 Carol G. White
2/07 Audrey Bolton
2/13 Anna Miceli
2/14 Joan Errington
2/15 Jeff Bobb
2/17 Eva Cummins
2/17 JoAnn Hebert
2/17 Patricia Lopata
2/18 Joanna Fowler
2/20 William Lewis
2/23 Mae Lea Van Buren
2/24 Bobbie Cason
2/24 Robert Jones
2/27 Lawrence Chamberlain
2/27 Steven Huber
2/28 Diane Blumline
2/29 Pam Deville

URGENT



Please submit a current phone number you would like to use for your PRS (PERSONAL RESPONSE BUTTON)

It is critical to have a correct phone number on file.

Some residents have changed phone numbers but have not updated front desk with new number.

ALL INDEPENDENT RESIDENTS

MUST SUBMIT CURRENT PHONE NUMBER .

If you press your PRS button this number will be called.

PLEASE UPDATE THE FOLLOWING FORM

DETACH AND SUBMIT THE FORM TO THE FRONT DESK.

Name: _____

Address: _____

Phone Number: _____
