



# Village Trumpet



Embrace the possibilities

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May 2024



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The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



The Village of East Harbor

# Lavender & Lilac

Mother's Day Brunch  
&  
Fashion Show

Saturday, May 11  
11:30 am

Marguerite's Restaurant  
Tickets: \$18.00

Purchase your tickets by  
May 6  
at the front desk

FASHIONS BY:  
SUZANNE'S OF PORT HURON  
MINI CRAFT SHOW



The Hydration stations are back up in the buildings. Drink, drink, drink, the fruit infused water. Water has many benefits besides being refreshing. Water aides in digesting by breaking down food and assisting in nutrient absorption. Water helps regulate temperature. It lubricates the joints reducing friction preventing joint pain. Proper hydration can improve skin elasticity. Water flushes out toxins and waste removal. Water facilitates energy production, cognitive function, weight management, and general well-being. Plus water is free for you on campus. We pay your water bills. Drink Up!

Spring is in the air and that means the annual Fashion Show is quickly approaching. It is a great way to celebrate Mother’s Day with friends or family or enjoy a day out with friends. Suzanne’s will be back with numerous items to purchase on site. See an outfit in the show buy it that day. We will also have crafts featured from our own fabulously talented Linda Martin, soaps, fun gift items, and more. Enjoy a wonderful brunch, lavender mimosas, and watch your friends, staff, and neighbors model. This years the theme is Lavender & Lilac. Betsy , Ann Marie, and the team always set up a beautifully decorated event. If you have purple or lavender, wear it. It is the one color I didn’t own. I went out and treated myself to a new dress and discovered I like the color! Be sure to purchase your tickets soon, there are only a few remaining and I will see you on May 11.

Our grounds crew is working hard on our lovely 44 acre campus. Trees and flowers are blooming. The beauty of our campus is beyond compare in the springtime. Take a walk and stop in and get a drink of water from the Hydration Station. 😊

May 1<sup>st</sup> is the pickup for St. Vincent DePaul. Please have all donated items out by the curb by 10 am. They will not come up your driveway, garage, or go in your apartment for pick up. It’s spring cleaning time!

If you are in need of outpatient therapy, remember you can discuss with your physician and ask for orders. We now have outpatient therapy. Check with our therapist to see if we accept your insurance for payment. Take advantage of this benefit. It is the best gift to give yourself. Want your balance checked out. Give Chris a call. Falls frequently lead to decline. Please do yourself a favor and do what you can to prevent a fall that could be life ending. Living here you have options to work out, go to classes, rehab, or walk the grounds. We want to keep you living your best life and long as you can.

Wishing all the Mother’s a wonderful Mother’s Day ,  
 Carolyn Martin  
 Administrator

## WELCOME HOME NEW RESIDENTS

**Estee Koval— 702 Harbor Inn**

**Rafael Perez—610 Barnett**

**Frank Gitre—611 Barnett**

**Stella Goodson/Mae Van Buren—N-1**

**Sharon Johnson—50830 Esther’s Way**

**Barbara & Darrin Phillians—801 Harbor Inn**

**Mary Rose—113**

**Jeanne Zandarski—P-1**

Village of East Harbor  
Residence Association meeting minutes April 9, 2024

The meeting was Called to order at 1:30 P.M. by President Nancy Streit

Nancy thanked Devon Meyer for all her work on the talent show. Devon then spoke and said she had been asked by several to have the show at night or on the weekend so family and those who work could attend. \$4393 has been collected towards our outdoor venue space, to be located between the mid-rise and health care buildings. Pledges to the American and Christian flags were recited. A motion was made to accept the March minutes.

Barb Anderson gave the treasurer report. \$875 for the Candlelight dinner room charges is still pending, bringing the February balance down from \$7427.22 to \$6552.11. Petty cash has \$651.86 which included \$88.54 from last months sugar bowl and the \$38.92 spent for cookies. Carolyn Martin Administrator: Thanked everyone for our \$2000 donation to Friends and Family. More than a one time donation can be done to East Harbor. Consider leaving part of your yearly RMD or you can donate monthly. Speak to Devon for more information. Garbage collection is Tuesday and Friday, not Tuesday and Thursday as stated in the Trumpet. Be aware of all the scammers that are targeting seniors. NEVER give private information over the phone to anyone. If you don't feel good about a call, hang-up and call that Company's Customer Service, a family member or a trusted friend. Also use Google for verification. One of the biggest scams now is when gift cards are being asked for.

Chris Nahordny Fitness specialist: Victory cup practices will resume this week check your Trumpet for dates and times. Looking for people to partake in The Puzzler games. Hydro works is very busy. Making an appointment with Chris for instructions and times and dates is essential.

Betsy Miannecki activities supervisor: Upcoming events you may be interested in are as follows Table topics and tea 2:00 on Tuesdays and Thursdays in April, Make a spring picture April 11th Thursday 1:00 in the activities room, rolled into spring Bunco Friday April 12th in the activities room at 1:30 p.m, birthday dinner April 18th in Marguerite's Restaurant, bring a dish to pass. Earth bingo at the Harbor Inn Monday April 22nd 3:00 p.m., April 29th Bingo night and activities room 6 o'clock p.m. bring your quarters, Detroit Tiger baseball tickets available for Friday May 29th and August 29th sign up this event goes fast, DSO tickets available for May 17th Friday disco music and July 26th Elvis, Village of East Arbor Spring Clean yard sale will be Friday April 26th from 9:00 a.m. to 4:00 p.m. tables are limited contact Betsy. This year's fashion show will be May 11th at 11:30 a.m. in Marguerite's restaurant. Tickets are \$18.00. Models needed; contact Betsy. St Vincent de Paul will be coming out for curb pickup on May 1st 2024

New business none. Motion to adjourn by Joe Noce seconded by Janet Lickman at 2:30 p.m. 48 attendees

\$51.00 sugar bowl

Respectfully submitted

Sally De Shepper



*From The Desk Of Chaplain Laura...*



**MAY**

Thursday, May 2 is **The National Day of Prayer**, held the first Thursday of May, it was created in 1952 by a joint resolution of the U.S. Congress and signed into law by President Harry S. Truman. Beginning at noon, people across the nation, in all 50 states, will turn to God in prayer and meditation. Please join the nation in personal prayer at noon or a local church who may be having a special service.

Thursday, May 2, **National Day of Prayer, Potluck luncheon & Bingo at Immaculate Conception Church, leaving here at 11:00 am.** Bring a snack or a favorite dish to pass, or pitch in \$3 toward food. Please sign up

**Mother's Day is Sunday, May 12,** A day set aside since 1914, by President Harry S. Truman to commemorate and celebrate all mothers.

**Please join us for a special Mother's Day service Sunday, May 12.**

**SPRING CLEANING!!!** Wednesday, May 1 **ST Vincent de Paul** will pick up donations in front of your home and in front of the Midrise.

Please have all good, resalable items **to the curb by 10:00am.**

Monday, May 13 at 7:00 PM, Interfaith Choir will be coming to sing for us. Please join us. Invite friends, family, and neighbors to join us in our beautiful Kleemann Chapel to enjoy the concert together.

To ALL Mothers and to those who were a Mom to a child in need,

I wish you all a very **Happy Mother's Day!!**

Thank you for all you do and have done to better a child's life.

*In His Service,  
Chaplain Laura Stone*

# Health and Wellness News

Christina Nahorodny, Fitness Specialist

## Official Village Victory Cup Sign-Up/Kick-Off Party Friday, May 17th @ 2:30

*Please make every effort to attend, even if you just come to see what it's all about, you're sure to have fun!*

*The party will end with a Balloon Volleyball "mini-tournament"! Be the last team standing for a chance to represent East Harbor and compete at*

### ***Village Victory Cup***

***Friday, June 21st***



**Hoop Shoot:** sit and shoot a ball in a 5 foot tall basketball hoop

**Beanbag Toss:** cornhole with lighter bags

**Wellness Walk:** 50 yard walk, including participants with walkers

**Balloon Volleyball:** Don't allow the balloon to hit the ground or go out of bounds

**Puzzler:** This team has already been chosen but try your hand at competing against them

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

## RESIDENT ASSOCIATION MONTHLY MEETING

Date: Tuesday, May 14

Location: Activity Room

Time: 1:30pm

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

## JUST A REMINDER...

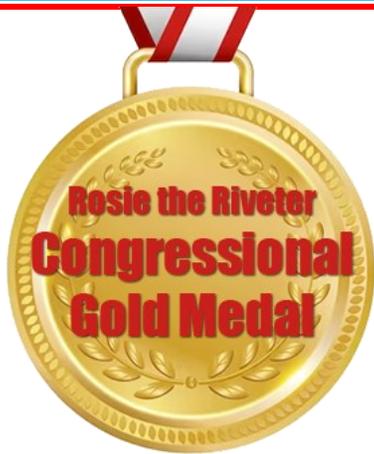
**Committee Meetings are open to ALL Residents!**

### Building & Grounds

**Meets Tuesday, May 7 at 3:00pm in Kirk Hall.**

### Culinary Committee

**Meets Wednesday, May 1 at 3:00pm in Kirk Hall.**



Join us as we celebrate our very own Rosie's Fran Masters and Audrey Bolton Wednesday, May 15 1:30pm Activity Room

## MAY BIRTHDAY DINNER



THURSDAY, MAY 16

12:00 PM

MARGUERITE'S RESTAURANT  
PURCHASE YOUR TICKETS AT THE FRONT DESK

PAMELA EDWARDS

1:30PM CHAPEL

Receive a FREE Birthday Meal on your Birth month!

## RESIDENT POTLUCK SUNDAY, MAY 19



4:30PM-HAPPY HOUR

5:00PM-DINNER

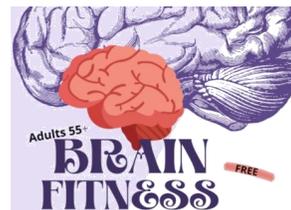
Activity Room

BRING A DISH TO PASS

SIGN UP IN THE ACTIVITY ROOM

For more information contact:

Pat Mikle-248-933-1726



The brain is not a muscle but it can function like one.

Learn how the five senses can keep your brain in shape.

You **MUST SIGN UP** in the Book

Thursday, May 23

1:30pm, Activity Room

## PARKINSON'S SUPPORT GROUP

**Second Thursday of the month**

**Thursday, May 9 at 4:00 pm**

**Activity Room**

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

## Alzheimer's Caregiver Support Group

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

**Wednesday, May 22**

**Support Group -3:30 pm**

**Kleeman Chapel**



**Make a Spring Picture**  
**Thursday, May 2**  
**Activity Room ~ 1:00pm**  
**You MUST sign up in book**



***PARTY***  
***Friday, May 3***  
***1:30pm***  
***Activity Room***



**Spring Wreath**  
**Monday, May 6**  
**1:30 pm**  
**Activity Room**  
**YOU MUST SIGN UP**  
**IN THE BOOK!!!!**



**Table Topics & Tea**  
 insightful conversation while  
 sharing a cup of tea.  
 Tuesdays 2:00pm check calendar  
 for dates  
 Harbor Inn Community Room



**Memoir Writing**  
**Everyone has a story to tell**  
**Monday, May 13 & 20**  
**1:30pm**  
**Activity Room**



***Interfaith Choir***  
**Monday, May 13**  
**7:00pm**  
**Kleeman Chapel**



**Monday**  
**May 20**  
**6:00 pm**  
**Activity Room**  
**BRING YOUR QUARTERS!**



**TEACHING KITCHEN**  
 Join Chef Todd as he teaches  
 us how to make risotto.  
 Tuesday, May 21  
 2:00pm- Activity Room



**BUNCO & BEER**  
**Friday, May 24**  
**2:30pm**  
**Activity Room**  
**You MUST sign up!**



**Bobby G**  
**performs**  
**Friday, May 24**  
**1:15 pm**  
**Activity Room**

## **ROBO CALLS**

On occasion residents will receive robo calls (automated calls to their phones that are recorded by staff members) informing you of upcoming events, information or emergency situations on campus. **We will be running a test call on Thursday, May 2 at 11:00am and 2:00pm.** If you **DO NOT** receive a call on this day, please call either Betsy or Sally if you would like to receive all future robo calls.

If you choose to receive your calls via text:

**TEXT WORD : ALERT TO 22300**

*Come & Wine With Us*

THE VILLAGE OF EAST HARBOR

WINE

TASTING

**THURSDAY, MAY 30**

**4-6 pm**

**HARBOR INN**

**COMMUNITY ROOM**

**\$20 PER  
PERSON**



**Sample Fine Wines  
Charcuterie Boards  
Coffee & Desserts  
Wine for Sale**



**Tickets on sale at the front desk till May 24**

**tickets at the front desk**

An evening of  
**MOTOWN**

at

**THE VILLAGE OF EAST HARBOR**

**Thursday, June 27**

**6-8pm**

**Harbor Inn Parking Lot**

- **Craft Show**
- **Car Show**
- **Caricatures**

**Food ▪ Drinks ▪ Music**  
**▪ Dancing**

FOR MORE INFORMATION CONTACT BETSY AT 586-716-7143  
OR [BMIANECKI@PVM.ORG](mailto:BMIANECKI@PVM.ORG)





**THE FINAL ROSE**



**Fitness w/Chris**



# EXCURSIONS

**Thursday, May 2**

*Immaculate Conception Pot Luck*

11:00am

Sign up in book

**Monday, May 13**

*Jusko's Garden Center*

11:00am

\$\$\$ on your own

**Friday, May 17**

*DSO*

*Disco Fever*

9:00 am

\$43.00

Money Due April 17

**Tuesday, May 21**

*Men's Lunch*

11:30am

\$\$\$ on your own

**Wednesday, May 22**

*Women's Lunch*

*Check the book*

11:30am

\$\$\$ on your own

**Wednesday, May 29**

*Tigers-v-Pirates*

10:30 am

\$32.00

Money Due April 17

**Tuesday, June 4**

*Dow Gardens*

11:00 am

\$15.00

Money Due May 23

**Friday, July 19**

*Pin-Up Girls*

*Riverbank*

3:30pm

\$38.00

Money Due June 19

**Friday, July 26**

*DSO*

*Elvis*

9:00 am

\$56.00

Money Due June 26

**Thursday, August 29**

*Tigers-v-Angels*

11:00 am

\$34.00

Money Due June 17

**Thursday, September 5**

*Fiddler on the Roof*

*Boardwalk*

3:30pm

\$38.00

Money Due August 5

# Directory

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



**5/01 Alyce Hallman**

**5/02 Dennis Berger**

**5/03 Byron Moore**

**5/10 Barb Anderson**

**5/11 Susanna Defever**

**5/15 Fred Cline**

**5/16 Joan Yoshida**

**5/17 Susan Hoenle**

**5/18 Shirley Walter**

**5/20 Theresa Johnson**

**5/20 Ellen Kunath**

**5/24 Robert Horvath**

**5/24 Mary Lou Zweng**

**5/26 Anna Gasowski**

**5/27 Venus Sawyer**

**5/28 Beverly Glass**

**5/29 Maria Bagan**

**5/30 Roberta Keller**

**5/31 Ila Cline**

**5/31 Donald Cramton**

Receive a FREE Birthday Meal at  
Birthday Dinner on your Birth  
month!

And one guest at 1/2 off!