



Village Trumpet



Embrace the possibilities

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

February 2022



FEBRUARY IS...

Featured Articles

Administrator

Marketing & Events

Resident Association
Minutes

Chaplain

Fitness

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Photos

Directory

Heart Health



Healthy Heart Presentation

Friday, February 4~ 11:00am~Activity Room

Wear Red Picture

Friday, February 4~ 11:30am~ Activity Room



Discover important people who made a change,
their stories throughout the main building.

Movie

Friday, February 11 ~1:30pm Activity Room



The Village of
East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



CHINESE NEW YEAR 2022

Chinese Horoscope and Fortune Cookie

Thursday, February 3

1:30pm Activity Room



Valentine Party

Monday, February 14~1:30pm~Activity Room

Kindness Bingo

Tuesday, February 15~1:30pm~Activity Room

Birthday Entertainment

Frank Sinatra Impersonator

Thursday, February 17, 1:30pm~Chapel

FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:



Our Assisted Living community is required to have a State of Michigan annual survey in order to qualify for our HFA license. I am proud of our team and happy to report a 0 citation survey.

This is a fabulous achievement. Our dining service department, maintenance department, housekeeping, and our caregivers received high praise. Resident Care Coordinator Toni Grieg and her Care team are outstanding.

Speaking of outstanding, join us for our numerous fun activities, trips and enjoy making new friends. Betsy, our Shenanigans coordinator is the queen of fun, stop in and check in with Betsy and her staff and let her know if you have any suggestions of things you would like to do. Hope you are participating in the Detroit style pizza challenge. Ann Marie is driving residents to the various Detroit Pizza locations around the metro area to rate the pizza based on cheese, sauce and overall appearance. Each resident receives a scorecard and at the end of the contest we will pick our favorite pizza location based on the scorecards. First up was Cloverleaf in Eastpointe. Next location is Shields in Shelby Township. Sign up in the activity room to join in the fun!

The winner of the Polar Bear Plunge T-shirt contest was Nancy Huff. Her design will be sold at the Lion's Winterfest. Enjoy the winter festivities. A few years back we participated in the Polar Bear plunge. For me it was one and done. Good memories.

What was your childhood hangout? We hope your new hangout will be the Village Bistro, watch for announcements soon. The fitness equipment for the wellness center is has been delivered. We will hold a tour an open house when everything is in place.

Daily specials are available for your convenience. Call front desk to find out what the special is and to place your order. Our new dining service Manager, Hisam has joined our team. He is looking forward to meeting all of you. He is excited to be part of the Village team. He is looking forward to getting our Café, Bistro, and eventually Marguerite's restaurant open.

New Village T-shirts are available for purchase. T-shirts are \$10. Village cookbooks are available for \$15. Proceeds for cookbooks go to resident association.

Stay Warm and join us inside!
Carolyn Martin

BILL CREED



After serving in the Air Force Bill joined CRG Productions, where he promoted and produced many music concerts featuring such entertainers as Dottie West, Little Jimmy Dickens and The Platters. In 1980, after a debilitating case of Encephalitis, he was unable to read or write. Eventually with the Lord's help, he became an award winning author of a series of novels about the End Times. The last twenty years, Bill, with his wife Sharon lived in the Creed family home in Romeo, Michigan and in 2019 came to reside in VEH where he enjoys painting, cards, bingo and his neighbors.



Marketing News February 2022

We have made it half way through winter! Robins have been spotted on the Campus, a sure sign of Spring! While it has been so cold outside, our new construction project, Harbor, Inn is hot, hot, hot! We are excited to announce next month, March 16th, we are hosting “Wellness Wednesday” “Lunch and Tour”. We are very excited to extend an invitation to you to join us as we open the doors for a tour and lunch of our new Wellness Center and Bistro!! We would love to have you join us on the 16th, between 11AM to 2PM. Please call and reserve your spot. The Sales staff is available to answer any questions you may have about Harbor Inn.

Don’t forget, we still offer commissions for your referrals here at East Harbor!

WELCOME HOME NEW RESIDENTS

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

Margo Baker—50817 Esther’s Way

Leona & Dewey Collins— 50825 Esther’s Way

Ed Jarowski—50834 Esther’s Way

Joyce Jerow—C301

To share timely information regarding COVID-19, we have set up a toll-free number for our residents, families and staff.

**Call our Community Care Line at:
888-412-5999**

You can get the latest report straight from David at The Village of East Harbor



Secure A Fixed Rate Annuity to Generate Income for Life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



For more information, call Paul Miller at the PVM Foundation **248.281.2045**

www.pvmgifts.org



Shawna Kesler

Sales & Leasing Specialist

Shawna Kesler is our new Sales & Leasing specialist. Shawna comes from the insurance industry and has 10 years of sales and marketing experience. Shawna enjoys cheering on her 9 year old son at sporting events and watching her 13 year old daughter dance. In her free time, Shawna is a member of The Kiwanis Club, a nonprofit organization aiding in helping children within the community. Shawna is very excited to be a part of the Village of East Harbor team!

Kathleen Moore

Sales & Leasing Specialist

Please welcome Kathleen Moore to the Sales and Leasing team. She has been an employee at PVM since October of 2021 first working in the hair salon. She loves to do hair but also has a passion for fast paced office settings. She joined the sales and marketing team as a Leasing Specialist knowing the fast paced environment will be a good fit. Kathy appreciates the culture at VEH as well as the daily interactions with the residents and resident families. She enjoys many hobbies and things that keep her busy. Kathy finds the most joy spending time with her family. They love to camp, hike and bike in the summer and spring months. She also has an adorable dog named Cody Bear.



Brooklin Appel

Activities Assistant

Hello! My name is Brooklin and I am the new Wellness Assistant. I've work in activities for almost a year. I love to dance and spend time with my five cat children. Can't wait to see you at all the activities!



New outdoor signs throughout the Village!



**Village of East Harbor
Residents Association
January 18th 2022**

The meeting was called to order at 1:30 p.m. by president Janet Lickman.
Following are the reports from the VEH Staff.

Fitness specialist

1. Health and Wellness cardio equipment should be in by the end of February.
2. All other health programs will continue at their regular times and dates.
3. Only residents can partake in exercise programs at this time because of covid-19

New restaurant manager Hasam

1. Working to open new Bistro. Waiting for final equipment and staffing .
2. Hoping to open a Cafe, Bistro, and Restaurant very soon.
3. Will need reservation when these Facilities open.

Chaplain Laura

1. Will be making blankets in February again. A very worthwhile activity for all.
Suggestion made that blankets could be given to Rotary Club for a needy project.
2. A delightful cookbook available for all residents cost \$20:00. Funds benefit residents Association .

Administrator Carolyn Martin

1. As of this date there is no active covid-19 in this building. All have been vaccinated
Wellness Center to open in February still working out some details
2. Ranch homes are available for showing. new Mid high rises are not available for showing construction zone and not safe.
3. Covid-19 test kits are available at Menards hardware.
4. We are continuing with the gnome theme So you'll be seeing many gnomes around the building. There is gnome place like the Villages of East Harbor.

Building and grounds- Scott Miller

1. Interviewing for new employees for various positions.
2. Good amount of construction going on in the facility be aware.
3. Be aware of where your car is located when snow removal services are necessary.
4. New signage for streets has been ordered and should be in in the spring.
5. Will be working around foliage that has overgrown as soon as weather permits.

6. Any Concerns should be expressed in a work order. Let the front desk know.

Activity leader A/L & I/L

1. Brooklyn is our new assistant over programs and activities
2. Check your monthly brochure for all the activities that are going on daily.
3. Check your calendars and sign up for the trips to many fine shows and Restaurants.

Sign up for these events soon for they fill up quickly.

4. If you need a ride anywhere please contact Ann Marie or Betsy.

Financial Report

1. Resident Association account January 18th 2022 balance \$1,607.19
2. Residents Association petty cash account January 18th 2022 balance \$526.12

Meeting adjourned at 2:45 p.m.

Respectively submitted Sally Deschepper

The Village of East Harbor RESIDENT ASSOCIATION MONTHLY MEETING

Date: Tuesday, February 8

Location: Marguerite's Restaurant

Time: 1:30pm

All Residents are invited and encouraged to attend.

JUST A REMINDER...

Committee Meetings are open to ALL Residents!

Building & Grounds

Meets the 1st Tuesday of the month at 3:00pm in Marguerite's Restaurant.

This month will meet Tuesday, February 1 at 3:00pm.

Culinary Committee

Will Meet the 1st Wednesday of the month at 3:00pm in Marguerite's restaurant.

This month will meet Wednesday, February 2 at 3:00pm.

ALL INDEPENDENT RESIDENTS...

Do you have your **red folder** containing medical information in case of an emergency? Is it filled out and up to date? Is it on top of your refrigerator?

If you need a new one, please contact:

Sally Retell-586-716-7423



VILLAGE COOKBOOK

ON SALE NOW

IN THE CAMERON CAFÉ!

\$15.00

Get yours today!

ALL Proceeds benefit Resident Association





Chaplain's Corner

FEBRUARY, 2022



⇒ **Sundays at 11:00 am**, join us for our non-denominational Chapel Service and worship.

Join us in the Chapel for various spiritual programs including:

- ⇒ **Tuesdays at 2:30** is Beginner / Intermediate Bible Study. Join us on our journey as we travel through the New Testament. All are welcome.
- ⇒ **Wednesdays at 2:30** Bible Trivia and Games. Join us for a hour of fun and fellowship!
- ⇒ **Thursdays at 9:30 am** for Inspirational Readings. (**NOTICE- TIME CHANGE**)

Bring a neighbor and meet some interesting friends for an hour of great discussion. Come and share with us.

- ⇒ **Every Thursday- 11:00 am in the Chapel is Rosary.** Invite a friend or neighbor to join us.
- ⇒ **Tuesday, February 8 at 9:30 am.** Make a simple Valentine craft (shown above right side) based on John 3:16, and learn about St Valentine, after whom Valentine's Day is named.

- ⇒ **Tuesday February 24th at 9:30 am.** Make a simple no-sew lap blanket to donate to a local hospital for seniors and children. (some assistance will be available). Materials are supplied but please sign up to ensure we have enough fabric. Sign up **by** February 20th.



- ⇒ **Are you in need of a wig?** A kind and generous donor has given me a wig for someone who may be in need. It is a woman's style short cut, sandy blonde in color. If you have need, please contact me. (586) 424-5674
- ⇒ **Have you lost a snowflake earring in the Chapel? One was found. Please contact me.**

Blessings,

Chaplain Laura

Health and Wellness News

Christina Nahorodny, Fitness Specialist



February is American Heart Month!

Heart disease is the leading cause of death worldwide.

In 2019, statistics showed a 17% increase in death due to cardiovascular disease worldwide over the previous decade. Unfortunately, for much of the population the COVID-19 pandemic contributed to many unhealthy lifestyle behaviors such as poor eating habits, excessive sedentary screen time, and higher alcohol consumption. These factors, combined with the stress of social isolation and changes to work and sleep habits plus a decline in regular check-ups/screenings can increase the risk for heart disease. It is so important to take good care of yourself by getting 20-30 minutes of exercise 5 days a week, limiting alcohol and caffeine intake, getting a good night's sleep, connecting with family and friends virtually if necessary and following your doctor's advice especially regarding check-ups, screenings and taking prescription medications as directed.

Friday, February 4 is National Wear Red Day

We will host a healthy heart presentation in the Activity Room and take a group picture of everyone wearing red to post in the Trumpet and potentially on social media. What a great way to raise awareness for the fight against heart disease!

Coming soon...

The new Health and Wellness Center equipment is starting to be delivered which means it will be open for business soon! We will keep you updated on progress and when you can come out and enjoy the new facility!

For more information on any of the above, or for anything else fitness related, please contact: cgorde@pvm.org OR 586-716-7385

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.

Mondays 2:30pm Activity Room

Crochet and Knitting



Join Us for some Yarn Therapy
All levels Welcome!

**Every 1st & 3rd Tuesday
2:30pm—Activity Room**

You will have the option to donate your creations to those in need.

Card Players Wanted!

Check calendar for games being played.

**Monday-Thursday
6:00pm
Activity Room**



SING-A-LONG WITH HARBORLIGHTS

Sing along with Harbor Lights to all your old favorites songs or learn some new ones!
Thursdays-4:00pm-Chapel

VALENTINE BRACELET CLASS THURSDAY, FEBRUARY 10



1:30PM ~ ACTIVITY ROOM

ST. PATRICK'S DAY DOOR HANGER THURSDAY, FEBRUARY 24



1:30PM ~ ACTIVITY ROOM

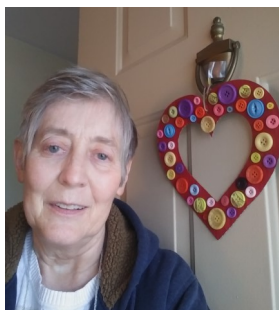
Random Acts of Kindness Week



Tuesday, February 15 at 9:30am in the Activity Room we will be baking treats to show our appreciation to the Chesterfield Fire Department. We will also take donations of baked goods and treats. On Wednesday, February 16 at 11:00am we will deliver a basket of our baked goods to the Fire Department.

Please join us in this Random Act of Kindness.

DON'T FORGET TO TAKE A PICTURE AT OUR KINDNESS WALL!



**VALENTINE
HEART
DOOR
HANGER**



EXCURSIONS

Thursday, February 10

Scenic Bus Drive

Free
9:30am

Wednesday, February 16

*Men's Lunch
Brio*

11:30am
\$\$\$ on your own

Friday, February 18

Lion King

\$50.00
4:00pm
Money due:

Tuesday, February 22

Walmart

\$\$\$ on your own
9:30am

Wednesday, February 23

*Women's Lunch
Sugarbush Tavern*

\$\$\$ on your own
11:30am

Friday, February 25

*Who Makes the Best Pizza Contest
Shield's Pizza*

11:30am
\$\$\$ On your own

**Scenic Bus Ride
Along Lake St. Clair**



**Friday, February 11
10:00am-Lobby**

CANDLELIGHT CONCERT



An intimate ambience in a beautiful venue bathed in candlelight

A talented string quartet performing renditions of your favorite ABBA songs.

The stunning architecture of the iconic Chapel at The Masonic.

Wednesday, March 2

4:00pm

\$45.00

Money Due February 1

LORENZO CULTURAL CENTER At Macomb Community College *Floating Palaces of the Great Lakes*

Join Joel Stone, curator of the Dossin Great Lakes Museum, while we take a look at the history of the Great Lakes' floating palaces.

Wednesday, March 23

10:00am

Lobby

FREE

Excursions & Activities

***May be CANCELED at anytime
without prior notice
due to COVID outbreaks, weather
conditions or illness.***

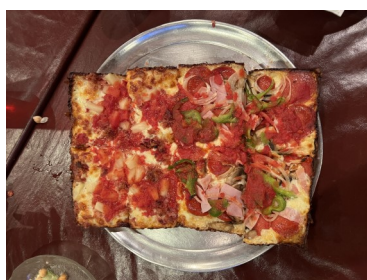
Knit-Sew group



Ladies Lunch



CloverLeaf Pizza



Directory

Accounting	
Tracy Tesch	716-7408
Activity Lead A/L & I/L	
Betsy Mianecki	716-7143
Administrator	
Carolyn Martin	716-7221
Admissions Coordinator TCU	
Beth Humble	716-7427
Assisted Living Nurse	
Denise Klimaszewski	716-7115
Beauty Salon	
Appointments	716-7180
Chaplain	
Laura Stone	716-7438
Community Liason	
Sue McCallum	716-7395
Dining Services Mgr.	
Hisam Chowdury	716-7419
Director of Nursing	
Jeff Robinson	716-7416
Driver	
Ann Marie Hart	716-7142
Environmental Serv. Adm. Asst.	
Michelle Willer	716-7418
Executive Director	
David Miller	716-7410
Fitness Specialist	
Chris Gorde	716-7385
Front Desk	
Receptionist	725-6030
Haven Hall Nurse	
Derek Vanhaaren	716-7384
Housekeeping / Laundry Mgr.	
Teri Lynn Taylor	716-7418
Maintenance Work Request	
Front Desk	725-6030
Maintenance	
Emergencies After 11:00pm	248-996-2470
HCC Activity/Volunteer Mgr.	
Sheri Stover	716-7021
Physical Therapy Mgr.	
Kim Frabotta, Agility Therapy	716-7398
Resident Care Mgr.	
Toni Greig	716-7426
Sales & Leasing Specialist	
Liz Eland	716-7397
Peggy Carroll	716-7397



2/01 Bill Creed

2/01 Colette Koch

2/03 Archille Jones

2/05 Carol G. White

2/07 Audrey Bolton

2/14 Joan Errington

2/17 JoAnn Hebert

2/17 Patricia Lopata

2/24 Robert Jones

2/27 Marlene Batts

2/27 Lawrence Chamberlain

2/27 Steven Huber

2/28 Diane Blumline



Paint & Sip

Join us and create your very own masterpiece

You don't have to be Picasso to enjoy painting and refreshments at The Village of East Harbor in our NEW BISTRO.

Everyone can have fun painting no matter your experience level.

Includes paint supplies and refreshments.

**Tuesday, February 22
3:00pm
Bistro**

**Call Betsy to reserve your spot-586-716-7143
Only 20 spots available.**