



# Village Trumpet



Embrace the possibilities

33875 Kiely Drive • Chesterfield, Michigan 48047 • [www.pvm.org](http://www.pvm.org)

December 2022



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The Village of  
East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



You're invited to our

## Christmas Party Birthday Dinner

12:00pm Marguerite's Restaurant  
**\$12.00**

1:30pm Entertainment—Chapel  
Donny Rod Christmas Show

2:30pm Christmas Party—Activity Room

## Red Carpet Event

**Harbor Inn  
Commercial Premiere**

**Friday, December 16**  
**1:30pm**  
**Chapel**  
**Semi-Formal Attire**

## NEW YEARS EVE PARTY

Featuring Soundz of Music  
**THURSDAY, DECEMBER 29**  
**1:30pm**  
**MARGUERITE'S RESTAURANT**

## FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:



**Rate increases are announced every year. We wish we didn't have to increase prices. The reality is inflation, employee cost, supplies, insurance and other costs increase. This year we were hit hard with inflation.**

The good news is we have a lock in two year rate special for the Harbor Inn. Even though it is on our campus, it is a separate budget which allows us to offer this great special for all *new* deposits. If you live in another part of the campus and wish to control costs you should consider moving to the new Harbor Inn, this special ends December 31st.

Another way to get bonus dollars is to refer your friends and family. We pay \$500 to you when your referral moves to East Harbor and mentions your name. We love paying referral bonuses.

Candlelight dinner is back this year. Our PVM Foundation is sponsoring the dinner which consists of prime rib or chicken and values over \$25. The tickets are only \$10 with the proceeds going to the resident association. Tickets are selling quickly. We have gift basket raffle tickets being sold in the main lobby. Winning tickets will be picked on the night of the Candlelight dinner. The baskets were created using merchandise donated by our holiday bazaar vendors, a purse gift basket worth over \$300 and a lottery ticket gift package with a possible worth of over \$7,000,000 and all proceeds of the ticket sales will go to the resident association fund.

Thank you to those residents who contributed to the employee Christmas bonus. Since employees are not allowed to accept gratuity, your once a year donation to thank them for their efforts is truly appreciated.

Watch for our series of three commercials featuring our new additions to the campus using our own residents and staff. We will be holding a Red Carpet premiere party on Friday, December 16 at 1:30pm in Marguerite's Restaurant.

As the year comes to a close we are grateful for all of our residents. Holding events on campus and watching participation grow after all that has happened in the last two years makes our hearts swell with joy. Seeing longtime residents and new Harbor Inn residents mingle and become friends is gratifying. As the song goes "make new friends but keep the old, one is silver the other is gold".

Wishing you a safe and Happy Holiday Season!

Carolyn Martin  
Administrator

Village of East Harbor  
Resident Association Meeting Minutes 11/09/2022

The meeting was called to order at 1:40 p.m. by president Janet Lickman.

Pledges to the American and Christian flags

New members attending the residents meeting were as follows:

Joe and Sandra Noce

Connie August

Wayne and Judy Miller

Last month's minutes were approved as well as the treasurer report.

Yalonda Jackson from the PVM Foundation explained about the Gala Raffle that is held yearly. Tickets are \$25. You could win \$5000 cash or \$100 a week for groceries from Kroger for a year. Call 248-281-2040 for details. The drawing will be at noon on December 12th 2022.

Manager Sally: Introduced the food voucher. Using the voucher will get you a 10% discount on food purchases from the Kitchen, Cameron Cafe and the Bistro. The voucher can be reloaded as needed. See Sally to purchase.

Chaplain Laura: Looking for talent for our Christmas concerts. Contact Laura if you are interested or know of any talent interested in performing here.

Administrator Carolyn: The last form of advertising, a video, will be taped this Sunday. A resident talked about the new 911 system having her incorrect contact number. Another resident asked to see the storage area in the Mid Rise.

Fitness Chris: Check the Trumpet for exercise times and locations. Tai Chi was discussed and is held on Wednesdays at 1:30pm in the Health and Wellness Center.

Activities Betsy: Sweatshirts for Thanksgiving and Christmas are being sold for \$25. The Holiday Bazaar is taking place Friday and Saturday November 11th and 12th from 9am to 4pm, in the Mid Rise. Everyone is encouraged to come out and join in the fun. Cameron Cafe is currently open for takeout only. The Candlelight dinner is December 11, 2022 at 4:30pm. Get your tickets early, as it always sells out. Please read the Trumpet carefully each month for any events that may interest you. The Trumpet is a great source of information for all VEH residents. Keep it Handy!

Respectfully Submitted,

Sally DeSchepper



**The Village of East Harbor**  
**RESIDENT ASSOCIATION MONTHLY MEETING**

**Date: Tuesday, December 13**

**Location: MARGUERITE'S RESTAURANT**

**Time: 1:30pm**

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

**Christmas Cookie Decorating Contest immediately following the meeting!**

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

**Welcoming Committee**

**ALL Welcoming Committee members and anyone who would like to be a welcoming caller.**

**Meeting Tuesday, December 6 at 1:30pm in Marguerites.**

**Building & Grounds**

**Meets Tuesday, November 1 at 3:00pm in Marguerites.**

**Culinary Committee**

**Meets Wednesday, November 2 at 2:00pm Marguerites.**

**WELCOME HOME NEW RESIDENTS**

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

Joyce Beauves—610

Rose Brisley—713

Jean Ciaramitaro—717

Maddalene Coletti—907J

Joan & Ken Fowler—904

Ann Gasowski—102

Daviv Menendez—618

Georgina Rudolph - 116

Robert Schmidt—610





*From The Desk Of Chaplain Laura...*



**DECEMBER–**  
**REMEMBERING CHRIST IN**  
**CHRISTMAS.**

A time of HOPE, New Birth, Love, and Joy

The news of the gift of the birth of Christ instills a sense of joy, hope, and newness in our hearts, spreading love and cheer to those we love and those around us. May we remember the true message of Christmas during the hustle and bustle of the season, and hold fast to the reason for the season, which is Christ our Lord. May we always remember Him as we move through **CHRIST**mas and in to the new year.

We have several Christmas concerts, sing-a-longs, projects and programs scheduled for December. Please be sure to read your calendar as soon as it comes since it is full of events, programs, and FUN!.

Don't miss out on **candy making Thursday, December 22 at 1:30.**  
Space is limited, so sign up early!

If you know someone in need of prayer, a call, or a visit, please reach out to me. (586) 424-5674. If you are in need of food from the distribution, I can obtain boxes of food for you. Would you like a visit or a phone call?  
Please contact me. I am in the office Sundays through Thursdays.

I have **programs scheduled to be held at the Midrise**, so please see your calendar and read your Trumpet for details.

**SEE MY "CHAPLAIN'S CORNER" FOR SPECIFIC DATES AND TIMES.**

*We wish you all a very blessed Christmas. May the Joy of the Lord be with you throughout the Christmas season and into the new year.*

*In His Service,  
Chaplain Laura Stone*



## **DECEMBER CHAPLAIN'S CORNER**

*Chaplain Laura*



### **Chapel/Spiritual Programs:**

**Every Sunday– 11:00 am– Non-Denominational Chapel Service.**

**Monday's 1:00– Devotional.** MidRise Apartment. See Chaplain Laura for a copy of the book "30 Days to Knowing God Better"

**Mondays- 2:30– Inspirational Reading.** Come and be inspired by the readings of author/poet, Helen Steiner Rice and others. It is a great time of fellowship, thought-provoking practical readings, and discussion

**Tuesdays-10:45am**-Catholic Service- Chapel. **(Every THIRD Tuesday of the month is MASS at 10:45 am)**

**Tuesdays- 2:30– Scripture Study.** The Gospel according to Mark. Join us for a general study and fellowship.

**Every Wednesday 2:30– Bible Trivia and a Word Game.** We have a great time together learning and understanding the Word of God through 'basic and beyond' scriptural understanding and games to challenge us.

**Every Thursday 11:00– Join us in the Chapel for Rosary**

**CANDY MAKING– Thursday, Dec 8 at 1:30–** Activity Room

### *Christmas Concerts and Sing-Alongs*

- \* *Wed, 12/7 2:00pm.... Concert and Sing-Along*
  - ♦ *Saturday, 12/17....1:30pm– The Judelaires*
- \* *Monday, 12/19.... 7:00pm- Interfaith Choir*
- \* *Tuesday, 12/20....2:30pm –Gabriella– Sing-Along*
  - \* *Thursday, 12/22....4:00 pm Harbor Lights*
  - \* *Thursday 12/22....6:00 pm Piano Recital*

**Contact Chaplain Laura for any of your Spiritual needs (586) 424-5674**

# Fitness Center News:

## 12 days of Fitness Challenge (on other side)

On the **1st** day of the challenge is a wide stance squat while you brush your teeth in the morning or for up to one minute.

On the **2nd** day do 2 calf raises plus a squat. You may hold onto a counter for balance.

On the **3rd** day do 3 push ups on the counter plus 2 calf raises and squat. As you can see, each day you will add a new exercise plus include all of the exercises from the day(s) before.

On the **4th** day add 4 mountain climbers which are done in a push up position on the counter (or wall). Alternate legs bringing one knee towards the elbow of the same arm then switch legs without bouncing. Do 4 on each leg (then complete the exercises from days 3, 2 and 1.)

On the **5th** day add 5 full body extensions. Come into a mini squat being sure to keep your chest and head up while you push your tailbone back and down. Extend your arms downward and slightly behind you, then stand up straight raising your arms overhead. Be sure not to bring your knees past your toes when going into your squat and don't come so low that you feel pain in your knees or back. You should feel these in your butt and thighs at the bottom of the move and a long torso stretch at the top..

(Don't forget to do the exercises from days 4, 3, 2, and 1!)

On the **6th** day add side leg raises. Hold a chair or counter for balance and lift your leg directly to the side as high as you can comfortably. Try to keep your toes pointing forward and lift with the side of your foot. Do 6 repetitions on each leg then finish with the exercises from days 5, 4, 3, 2 and 1.

On the **7th** day hold a hand towel taught in both hands at your chest then press upwards overhead and slightly forward. Do not tense your shoulders or lift to a point of pain. Complete 7 repetitions then the other exercises from the previous days.

On the **8th** day you will work your torso and hips by drawing a figure 8 with your hips, keeping your knees soft and abs drawn in. Complete 8 repetitions and then the other exercises.

On the **9th** day add 9 high knee raises on each leg. You may hold a chair for balance.

On the **10th** day add 10 bicep curls with weights or elastic bands. If you have no weights to use, keep your arms out in front with palms up and tap your shoulders with your fingertips 10 times.

On the **11th** day add 11 bicep curls with weights, water bottles or elastic bands. Another option is to extend your arms out in front with palms up and tap your shoulders with your fingertips 11 times.

On the **12th** day, add 12 lunges on each leg. Save your knees by lunging back (instead of forward). Step back, bending your front knee and keeping your shin perpendicular to the floor; now lower your back knee towards the floor maintaining good posture. I hope you finish this challenge feeling stronger and that you will continue through the holidays and into the new year!

**Merry FIT-mas!**

# The Village of East Harbor's 12 days of Fitness



12

legs  
a-lunging



11

biceps  
pumping



10

seconds  
jogging



9  
high knees  
(each leg)



8

figure 8 hips



while I'm  
brushing my teeth

Each day will build on the last. On the first day, you will do a squat while brushing your teeth. On the 2nd day do 2 calf raises and then your squat; on the 3rd day, 3 push ups on the counter, 2 calf raises and squat, etc. Hang this up to remind you each day of what exercised to do. Each of the exercises are fully explained on the other side of this sheet.

Questions? Call Chris 586-716-7385 or email [cgorde@pvm.org](mailto:cgorde@pvm.org)

2

calf  
raises



On the last day of Christmas my trainer challenged me to 12 legs a-lunging, 1 biceps pumping, 10 seconds jogging, 9 high knees-each leg, 8 figure 8 hips, 7 towel pull-downs, 6 side leg raises, 5 FULL BODY EXTENSIONS!

5

BODY  
EXTENSIONS!



6

side leg  
raises



3

push ups



4

mountain  
climbers





## *Make a Christmas Doorhanger*

*Thursday, December 1*

*1:30pm*

*Activity Room*



## **MAKE A CHRISTMAS ORNAMENT**

**Interim Healthcare will be here  
to make an ornament with you.**

**Monday, December 5**

**1:30pm**

**Midrise Community Room**



## **Gingerbread House Decorating Competition**

Get your teams  
together and join us  
for a fun gingerbread  
house competition!

Teams should consist  
of 4-6 people.

Register your team  
December 1st-6th.



We supply the  
gingerbread house  
and all the  
decorations.  
Your team may add  
extra decorations of  
their own.

First Place Winners get  
Bragging Rights!

**Get your team together and join us**

**Thursday, December 8**

**1:30pm**

**Activity**



## 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.

**Mondays 2:30pm Activity Room**

### Crossword Puzzle

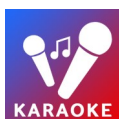


**MONDAY'S~1:30PM**

**Activity Room**



**Tuesday's ·9:30am ·Activity Room**



**KARAOKE**

**Tuesday, December 27**

**2:30pm**

**Activity Room**



**CHRISTMAS WREATH**

**Thursday, December 1**

**1:30pm- Activity Room**

## Show & Tell

**Tuesday, December 6**  
**2:30pm Activity Room**

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

## Men's Lunch

**Louie's Chophouse**  
**Monday, December 12**  
**11:30am-Lobby**

**Christmas Movie  
& Popcorn**  
**Saturday, Dec 3 & 10**  
**1:30pm—Activity Room**



**Shoreliner**

**Christmas Feast**

**Wednesday, December 14**

**Sign up by December 5**

**11:00am**

**\$8.00 pay at door**



## Women's Lunch

**Louie's Chophouse**  
**Tuesday, December 27**  
**11:30am-Lobby**

### Christmas Light Tour

Ride through some of the best lit  
Neighborhoods.  
**Wednesday, December 14**  
**6:00pm— Lobby**



### Shopping at Somerset Mall

**Wednesday, December 7**

**9:30am— Lobby**



# TRANSPORTATION SERVICES

The Village offers transportation services for all scheduled trips and outside appointments between 8:00am-4:00pm by appointment only.

PRIOR TO MAKING APPOINTMENTS PLEASE CONTACT ANN MARIE FOR AVAILABILITY, THIS WILL AVOID UNNECESSARY CANCELING OF APPOINTMENT.



Transportation services outside of the chesterfield area are subject to a fee.

**YOU MUST SIGN UP FOR ALL TRIPS AND SHOPPING IN THE  
BINDER IN THE ACTIVITY ROOM  
OR CALL ANN MARIE: 586-716-7142**



**IF YOU HAVE NOT SIGNED UP PRIOR TO A TRIP YOU WILL NOT BE ALLOWED ON  
THE BUS!**

**Space is limited!**

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

**IF YOU ARE IN NEED OF TRANSPORTATION TO ANY ACTIVITIES  
PLEASE CALL ANN MARIE TO ARRANGE FOR A PICK-UP.**

If you need transportation beyond our area or before or after hours,  
Please call Ann Marie and she can give you information on other options for  
transportation.





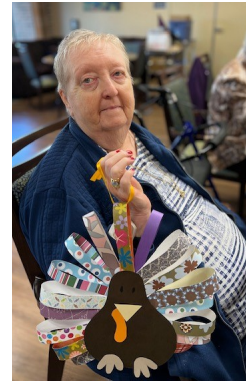
## Buddy's and Parade Co.



## Craft Show Treasures



## Turkey Door Hanger



## Chris taking time out of her busy schedule to teach "The Floss"





# EXCURSIONS

Wednesday, December 7

*Shopping & Site Seeing  
At Somerset*

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

Friday, December 9

*The Sound of Music*

4:00pm  
\$\$\$ dinner on your own  
Tickets \$30.00  
Tickets still available

Monday, December 12

*Men's Lunch  
Louie's Chophouse*

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

Wednesday, December 14

*Shoreliner*

11:00am  
\$8.00  
Sign up by December 5

Wednesday, December 14

*Christmas light tour*

6:00pm  
Free  
Space is Limited

Wednesday, December 21

*Les Miserables*

11:00am  
\$65.00  
Tickets still available

Tuesday, December 27

*Women's Lunch  
Louie's Chophouse*

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

## Upcoming Excursions

Thursday, February 2

*Beetlejuice*

8:00pm show starts  
\$65.00  
Opera House  
Money due January 3

## PODIATRIST



Kristi Schons

Phone: 248-568-8692

For Appointments

All podiatry appointments should be made  
directly to the number listed above.

**FOOD VOUCHER CARDS**

**NOW AVAILABLE**

**MAY BE USED IN BISTRO,**

**CAFÉ AND ALL DINING**

**SERVICES ORDERS**

**PLEASE SEE SALLY RETTELL IF**

**YOU WOULD LIKE TO**

**PURCHASE ONE**

# Directory

<b>Accounting</b>	
Tracy Tesch	716-7408
<b>Activity Lead A/L &amp; I/L</b>	
Betsy Mianeki	716-7143
<b>Administrator</b>	
Carolyn Martin	716-7221
<b>Beauty Salon</b>	
Appointments	716-7180
<b>Chaplain</b>	
Laura Stone	716-7438
<b>Community Liason</b>	
Sue McCallum	907-3709
<b>Dining Services Mgr.</b>	
Hisam Chowdury	716-7419
<b>Director of Nursing</b>	
Jeff Robinson	716-7416
<b>Driver</b>	
Ann Marie Hart	716-7142
<b>Executive Director</b>	
David Miller	716-7410
<b>Fitness Specialist</b>	
Chris Gorde	716-7385
<b>Front Desk</b>	
Receptionist	725-6030
<b>Harbor Inn-Admin. Asst.</b>	
Beth Humble	586-273-2440
<b>Harbor Inn Manager</b>	
Wenona Breazeale	586-273-2559
<b>Housekeeping / Laundry Mgr.</b>	
Michelle Willer	716-7418
<b>Maintenance Work Request</b>	
Front Desk	725-6030
<b>Maintenance</b>	
Emergencies After 11:00pm	248-996-2470
<b>Physical Therapy Mgr.</b>	
Kim Frabotta, Agility Therapy	716-7398
<b>Rehab Admissions</b>	
Jen Moreno	716-7427
Darcy Stalker	716-7183
<b>Resident Care Mgr.</b>	
Toni Greig	716-7426
<b>Sales &amp; Leasing Specialist</b>	
Liz Eland	716-7223
Peggy Carroll	716-7397
Kathy Moore	716-7183



12/03	Jessie Strange
12/04	Joan Krueger
12/06	Edith Martini
12/06	Kathy Nummer
12/10	Nancy Dickson
12/11	John Lewandowski
12/14	Alice Errington
12/14	Lynn Loftis
12/15	Marion Welchner
12/17	Irma Black
12/17	Pat Healy
12/18	Charlotte Gitre
12/18	Mary Lawlor
12/19	Jean McKeehan
12/19	Joan Rifenberg
12/20	Doris Dear
12/21	Velma Williams
12/22	Conchita Mendinueto
12/24	Kathy Micheli
12/25	Ed McKeehan
12/27	Mary Jacob
12/28	Anna Thomas



# Annual Candlelight Dinner

Sponsored by The PVM Foundation and  
The Village of East Harbor

**Sunday, December 11, 2022**

*Doors open: 4:30pm*

*Cocktails: 5:00pm*

*Dinner: 5:30pm*

*Purchase your Tickets at the Front Desk*

***\$10.00 per person***

*100% of proceeds to benefit the Village of East Harbor Resident Association*



*Purchase  
Tickets  
At the  
Front  
Desk*

## Menu

Creamy Toasted Tomato Soup  
Michigan Cherry Salad

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### Prime Rib

Garlic & Cheese Fingerling Potatoes  
Roasted Asparagus with Cherry Tomatoes

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Honey Glazed Chicken Quarter

Rice Pilaf

Todd's Vegetable Mix

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Vegetarian Option

Spinach & Ricotta Gnocchi

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Apple Cobbler with Vanilla Bean Ice Cream



## **Calling ALL Euchre/Card players**



**Play cards with your neighbors**

**Tuesday's 6:30pm**

**Community Room**

**Questions call: Betsy 586-716-7143**

## **LET THE GOOD TIMES ROLL**



**Never played? We'll teach you!!**

**Need a refresher? We'll help you!!**

**Seasoned player? Come and join the fun!!**

**Saturday, November 19**

**2:00pm**

**Midrise community Room**



**Saturday, November 26**

**6:30-?**

**Midrise Community Room**