



# Village Trumpet



## Embrace the possibilities

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

June 2014

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## FATHER'S DAY CELEBRATION!

Calling all fathers, grandfathers, uncles, and brothers to join us in this 2 day event!

**Thursday, June 12 @ 2:00 pm**

Gentlemen's Grooming & Massage (AR)

**Friday, June 13 @ 12:30 pm**

Beer tasting & BBQ (AR)

Please sign up in the Activity Room



Come celebrate those who have survived cancer by decorating a stone in their honor.

Monday, June 2

1:30 pm, Activity Room



The Village of  
East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



# I ♥ The 70's

**Week of June 16—June 20**

Come and get your Groove on

Mon, June 16 @ 1:30 Make a Tie Dye Shirt

Tue, June 17 @ 1:30 Make a Head Band

Wed, June 18 @ 2:00 TV in the 70's

Thur, June 19 @ 10:00 70's Game Show

Fri, June 20 @ 1:30 Flip Flop Day

## From Your Village Administrator



I would like to extend a special thank you to the residents who nominated our staff for the annual Shining Star Awards. This award recognizes staff that exhibits excellence in their jobs, and demonstrate commitment to our residents. I am happy to announce out of 209 nominated employees from all villages, The Village of East Harbor staff members earned three of the top awards.

Deborah Hillebrand, Nurse Manger received the Leadership in Action Award.

Melissa Malane, Resident Assistant received the Caring Spirit Award.

Mindy Raulston was one of the top ten shining star candidates. All three, Deborah, Melisa and Mindy exhibit stewardship, positive attitude, integrity and responsiveness to our residents through teamwork and commitment. We are very proud to have them as part of our team.

Within the next few weeks the resident satisfaction surveys will be hand-delivered to all residents. To encourage participation we will be offering a \$5.00 Golden Gift Certificate for every survey completed and returned to the main reception desk. Surveys will be kept confidential. Please contact one of our Managers or let the main reception desk know, if you need a volunteer to assist you in completing the survey due to poor vision or another limitations.

In the past your comments and feedback have given us direction to improve the Village while we continue to build on the things we do well. This is why our survey is so important. Please continue to share your thoughts with us, your feedback and comments help us deliver the quality of life you expect and deserve.

Thank you in advance!

Joan Sonnenberg



Melissa Malane,



Deborah Hillebrand



Mindy Raulston

## Corporate Compliance

Presbyterian Villages of Michigan strives to adhere to the highest ethical standards and

practices. Every employee signs a Code of Conduct which states clearly, and without ambiguity, what our expectations are for each employee. Volunteers, including board members, are also held to those standards. Presbyterian Villages also requires that each board member and staff person in a position of authority, complete a "Conflict of Interest" statement annually. As Corporate Compliance officer for Presbyterian Villages, my job is to make sure that our procedures and practices are in compliance with all federal and state laws.

An important component of the corporate compliance program is our hotline where someone can report a concern or tip about a possible violation of our policies, procedures or any federal or state laws. Anyone may make a referral to the hotline. This may be done anonymously. The hotline is monitored daily during the week by me. You may also go to our website, [www.pvm.org](http://www.pvm.org) and submit a referral. Either way, when I get the referral, I open an investigation. First I must establish that this is indeed a corporate compliance issue and not another issue. If it is another issue, I forward the concern to the right department. If indeed it is a corporate concern, I begin an investigation. After conducting a full investigation I issue a report to the Presbyterian Villages of Michigan Corporate Compliance committee including an action plan that shows the steps that have been taken to fix the issue. In some cases my investigation shows that there was no violation. In all cases the investigation is conducted swiftly, confidentially and with integrity. If necessary violations are reported to the proper agencies for follow up.

If you have a corporate compliance concern, such as Quality of Care, billing practices, conflict of interest or any other compliance concern, please call the **HOTLINE at 1-866-964-6494**. Anyone, resident, family, vendor, or staff member can make a referral. Together we can keep Presbyterian Villages of Michigan an organization with the highest standards.



## For Your Safety.

By Carrie L. Moon-Dupree,  
Vice President of Risk Management & Quality



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

*This month I have a distinguished guest columnist, a resident from the Village of Brush Park who has some words of wisdom to share.*

### Edward's Words of Advice

Through the years, I have learned a lot about aging successfully. This list expresses what I think will help you and others enjoy life more after 60:

- \* Create good health habits that make your body better.
- \* Avoid the TV and telephone, and keep moving
- \* Think about positive things.
- \* Try to make each day better.
- \* Remember to love yourself and others.
- \* Pray
- \* Read all you can.
- \* Be thankful for what you do have.
- \* Don't forget you made it this far.
- \* Don't get knocked out in life's boxing match.

My name is Edward Leonard. With 89 years of life experience, I hope my words of advice will do you some good. I fought for my country. My wish for all you is peace of mind.

*If you would like to be a guest columnist, please contact me by phone at 248-281-2047 or via email at [twyllie@pvm.org](mailto:twyllie@pvm.org).*

## I Remember the ↑'s and ↓'s by resident Annette Gobert

I Remember my childhood as a series of ↑ups and ↓downs - quite a few as you will see.

Our neighbors had a large pile of cinders behind their garage. I thought it was fun to climb to the top and run ↓, until I fell and cut my knee. My neighbor (owner of the cinders) took me in and tried to clean the wound with rubbing alcohol (!) which hurt more than the original injury, and wasn't very effective. I had a scar with a piece of cinder in it for a few years.

In good weather I would roller skate to school and back. Remember those skates with the toe clamps you had to tighten with a key? I wore the key on a string around my neck, so it wouldn't get lost. One day a clamp came loose and ↓ I went, scrapping both hands and knees. It was a while before I could skate again. ↑'s and ↓'s.

Before there were storm sewers, front yards had ditches for rain and snow melt to drain into. Ours had several 2" x 8" planks as a "bridge." As I was turning my bicycle onto the "bridge", I misjudged. The front wheel hit the edge of the "bridge" and I flew over the handlebars! ↑'s and ↓'s.

There were two huge pear trees in our back yard. My brother challenged me to see who could climb the highest. He won, of course, because I fell out of the tree! ↑'s and ↓'s.

Playing ball at school one day, I was the catcher. The batter got a hit, threw the bat and I also got a hit. Right on my nose. Batter ↑, me ↓ with a very bloody nose! It was the last time I played ball!

A life lesson. It has it's ↑'s and ↓'s, when you're ↓, you had better bounce ^ and be ready for the next round.

\*\*\*

I would like to encourage our residents to write their memoirs, as Annette did. I never knew the history of my grandparents but I wish I did. Nothing was put in writing, and children were often seen and not heard, in the days of my youth. You could write your family story as you know it, or you could draw a family tree naming as many family members as you are aware, or you could do a family genealogy study. In any case what a wonderful gift you could give to those who follow you. I know that other residents would enjoy reading of your experiences if you would care to share them with us. If we, in many cases the oldest members of our families, do not do it who will. Family members, who come after you, will enjoy your story.

Fred Pankow

# Live Long, Stay Strong!



Now that the weather is warming up and the sun has been making an appearance lately...

The Live Long, Stay Strong fitness class will be forming an **outdoor walking club!**

Grab your sunglasses, sunscreen, and join me for some fresh air and moderate exercise!

\*This will be effective starting

**Thursday, June 5, 2014.\***

**\*\*With the only exception of Thursday,**

**June 19, 2014\*\***

**\*\* (Board Members will be joining us for**

**exercise class in the Fitness Center on Thursday,**

**June 19, 2014. We will have the Live Long, Stay Strong class indoors**

# Chat with Chaplain Pat

This quote by A.A. Milne, placed on the heart and lips of dear Winnie the Pooh, certainly captures my heart as we say farewell to Fr. Nick Zukowski this month. Fr. Nick has been assigned to St. Martin De Porres Church in Warren after serving the Village of East Harbor for a very long tenure. Fr. Nick also served on the committee that raised the Chapel and with St. Mary Queen of Creation furnished the altar and pulpit in the chancel area.

We will gather to wish Fr. Nick a loving farewell on **Tuesday, June 10, 2014. SHHHHHHHH**...we are attempting to do this as a surprise! I invite you to gather in the Chapel between 10:15 and 10:30 AM. Light refreshments will be served and a sharing of goodbyes will be said at this time.

Beginning Sunday, June 1, a memory book will be placed on a table in the Chapel for all to sign or share a special greeting or memory for Fr. Nick. All are welcome to sign this book.

Remember, this is to be **a surprise!**

**Secondly!** Beginning this month and through September, we will have a **Saturday afternoon concert, hymn-sing, or a movie; a summer themed social, and Church!**

Mark the dates! **June 21, July 19, August 16 and September 20.** There will be **NO church service in the Chapel on the Sunday following these dates!** I am looking forward to sharing these special afternoons with each of you!

May the month of June bring many warm and sunny days your way. Chaplain Pat.

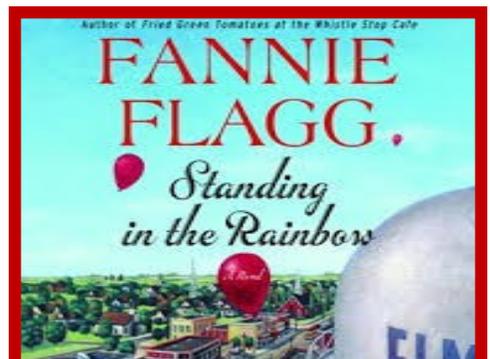


**Love is...A Study of II Corinthians,  
Chapter 13 starts Monday, June 2.**



**3:00 PM in the Chapel  
All Are Welcome!**

**Moving into a New Now: Spirituality  
for the Later Years: Tuesdays at 3:00  
In the Chapel.**



**June 4, Wednesday  
Afternoon at 3:00  
Chapel: Listen to a NEW  
Bestseller!**

## *Whazzup with Wellness...*

Well it's June and the sun is finally shining and it's time to start our summertime excursions!

### **Heart of the Hills presents "42nd Street"**

Warren Community Center  
Wednesday, June 4, 12:00 pm  
\$14.00

### **Quick Trip**

Cold Stone Ice Cream Shop  
Thursday, June 5, 2:00pm



### **Wild Game Museum**

Tuesday, June 17, 2:00

### **Men's/Women's Luncheon**

Olive Garden  
Wednesday, June 18, 11:30

### **Clinton River Cruise**

Tuesday, June 24,  
10:00am  
\$29.00 due June 12



### **Christmas Tree Shoppe and TGIF for Lunch**

Friday, June 13, 10:00am



### **Randazzo Fruit Market**

Wednesday, June 25, 9:30

### **Quick Trip**

Tastee Freeze  
Thursday, June 26, 1:30



Calling all Crafters! It is not too early to start planning for the annual Holiday Shopping Bazaar. It will be a two-day affair, Friday, November 14, 2014 and Saturday, November 15, 2014. Those who have attended this fun event in the past know it gets bigger and better each year. There is no charge for an 8-ft table, it is on a first-come basis and we are looking for unique, quality items such as handmade jewelry, knitted items, wooden carved pieces, artwork or special gourmet items. Space is limited. Please call Betsy with any questions or to obtain an application form at 586-716-7413.

We have just initiated a special rate for our apartments in Barnett, Kirk and Haven Hall that will lock in the base rate through the end of this year. This special is offered only until July 1<sup>st</sup>, and can save you (or someone you know) thousands of dollars per month! If you are thinking about making a move to assisted living, or know someone who is, NOW is the time to act! Call Nancy at 716-7183 for details. Also, we are still paying \$250 cash referral fee to anyone who refers a friend or family member to assisted living or memory care upon move-in.

# Office Numbers

Visit us online at <http://www.pvm.org>

**Accounting – 716-7408**

*Tracy Tesch*

**Administrator – 716-7414**

*Joan Sonnenberg*

**Assisted Living Nurse – 716-7115**

*Denise Klimaszewski*

**Beauty Salon – 716-7180**

**Chaplain – 716-7438**

*Pat DeBruce*

**Dining Services – 716-7419**

*Nolan Poloney*

**Director of Nursing – 716-7416**

*Terry Mavis*

**Driver – 716-7142**

*Mindy Raulston*

**Fitness Center Specialist – 716-7164**

*Lisa Sonnenberg*

**Haven Hall Nurse – 716-7384**

*Lynette Sanday*

**Housekeeping/Laundry Mngr. – 716-7418**

*Mary Breen*

**Maintenance Manager - 716-7417**

*Rod Brandt*

**Nursing Wellness Manager – 716-7021**

*Sheri Stover*

**Physical Therapy Manager– 716-7398**

*Kim Frabotta, Agility Therapy*

**Resident Care – 716-7426**

*Toni Greig*

**Sales & Leasing Specialist– 716-7397**

*April Myers & Nancy Smiley*

**Sales & Leasing Manager – 716-7221**

*Carolyn Martin*

**T.C.U. Admission Specialist – 716-7427**

*Sue McCallum*

**Wellness Lead Assisted Living &  
Independent Living – 716-7143**

*Betsy Mianiecki*



- 6/3 Doreen Vermiglio**
- 6/17 Norma Matthews**
- 6/17 Shirley Richard**
- 6/18 Dona Kvocka**
- 6/18 Florence Scott**
- 6/22 Loraine Luckee**
- 6/23 Mary Morgan**
- 6/24 Theodell Colbert**
- 6/24 June Myers**
- 6/25 Mildred Yetter**
- 6/26 Margaret Williams**



## [PVM Foundation Raises \\$200,000 through Friends & Family Appeal and Inspire Possibilities Breakfast](#)

Due to the generosity of over 860 donors, the PVM Foundation raised nearly \$200,000 through April and May to benefit residents from every PVM Village.

The eleventh annual Friends and Family Appeal ran through the month of April and raised over \$138,000 toward various projects in many of the PVM Villages. A special incentive was offered for Villages who met their fundraising goals. Congratulations to **The Village of East Harbor, Rosebush Manor, Mill Creek** and **Harmony Manor** who all met and exceeded their fundraising goals! For more information on how much each individual Village raised, please visit [www.pvmfoundation.org](http://www.pvmfoundation.org).

The fourth annual Inspire Possibilities event was held at The Hilton Garden Inn in Southfield on Thursday, May 8, 2014. 300 guests attended and donated and pledged over \$60,000 to support the PVM Mission. Residents from **The Village of Oakland Woods** energized the crowd with a wellness warm-up and resident presenters from **The Village of St. Martha's, Westland** and **Brush Park Manor Paradise Valley** all shared their stories and kept the crowd engaged. **Mike Damone** of **The Damone Group** also shared his story of how his family established the Claire Damone Fall Prevention Fund at the PVM Foundation in memory of his mother.

The fundraising success this Spring would not have been possible without many donors and volunteers. Thank you to each and every one of you who made this possible and who contributed to a better life for so many seniors!

Warm regards, Paul J. Miller, CFRE

# *Make your money grow!*

## SUPPLEMENT OTHER RETIREMENT INCOME

# *...now or later!*

UP TO  
**9%**  
RETURN

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?



For more information, call  
Paul Miller at the PVM Foundation

**248.281.2045**

[www.pvmfgifts.org](http://www.pvmfgifts.org)

# Calling All Gardeners!



If you have a green thumb and want to help maintain the fitness center garden area, please come to the fitness center on

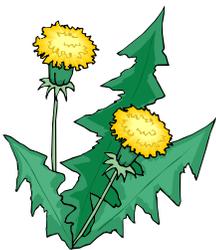
Friday, May 30, 2014 at 2:30

We will be pulling weeds and tilling the soil

Then the next garden meeting will be

Friday, June 6, 2014 at 2:30

We will be planting veggies and flowers



We are also looking for someone who would be interested to help maintain the garden area after it is finished!

Let's get outside and enjoy this beautiful weather!

# ENJOY THE FINEST SENIOR LIVING IN CHESTERFIELD!



## Wellness Wednesday Fitness and Aging

Wednesday \* June 11, 2014 \* 1:30 pm



Lisa Sonnenberg  
Fitness Specialist

### The Topic this month is Fitness

You're never too old to engage in physical activity and exercise! As we become older we lose muscle mass and bone density which can result in being more prone to falls and becoming dependent on others to help with activities of daily living. Seniors need to engage in regular exercise because of all the many benefits it provides, such as: promotes higher energy levels, lowers the risk of high blood pressure, diabetes, arthritis, osteoporosis, heart disease, Alzheimer's disease and obesity; Improves sleep quality, relieves pain and stress.

You are invited to meet Lisa Sonnenberg the Fitness Specialist at The Village of East Harbor. Lisa is a certified Fitness Trainer. Come and join her and get all your fitness questions answered. Learn how to prevent falls and bone loss and more...



For more information  
call 586.725.6030

TTY# 800.649.3777

[www.pvm.org](http://www.pvm.org)

The Village of East Harbor is  
located on Kiely Drive just south of  
23 Mile Rd. in Chesterfield

33875 Kiely Drive  
Chesterfield, MI 48047-3604



The Village of  
**East Harbor**

A SENIOR LIVING COMMUNITY

A Member of Presbyterian Villages of Michigan

[www.pvm.org](http://www.pvm.org)

# Village Victory Cup Practice Schedule

*Final Pirate Practices*

*Airplane Distance and Puzzlers*



Monday	June 2, 2014	3p.m. (KIRK)
Tuesday	June 3, 2014	3p.m. (KIRK)
Thursday	June 5, 2014	3p.m.
Monday	June 9, 2014	3p.m.
Tuesday	June 10, 2014	3p.m.
Friday	June 13, 2014	3p.m.
Monday	June 16, 2014	3p.m. (KIRK)
Tuesday	June 17, 2014	3p.m.
Wednesday	June 18, 2014	3p.m.
Friday	June 20, 2014	3p.m. (KIRK)
Monday	June 23, 2014	3p.m.
Tuesday	June 24, 2014	3p.m.

**PIRATES**

