



# Village Trumpet



Embrace the possibilities

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

November 2016



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The Village of East Harbor Spelling Bee Team came in second place in the 2016 Spelling Bee held at Clinton Township Senior Center.



Managed by Presbyterian Villages of Michigan

Look for PVM on:

The Village of East Harbor

## Holiday Bazaar

Friday • Saturday, November 11 & 12 10am-4pm

**No Admission Fee!**  
**Over 50 Vendors!**  
**Start Your Holiday Shopping Early!!!**

Holiday decorations	Crafts
Hand Painted items	Hand Knitted Items
Gourmet Chocolate	Unique Jewelry
Bird Houses	Baked Goods
Apparel	Cosmetics

**From the desk of the Executive Director:**



The Assisted Living/Nursing project and renovations are still coming along. We have replaced the Haven Hall roof and we are now on track to start renovations and new construction the end of November. The new wing for the nursing center transitional care unit will start first but there will be some work done simultaneously in assisted living, like the new dining venues in Kirk Hall and Barnett Hall as well as the new café.

As construction and renovations continues over the next 8 to 10 months we will be working in and around the living areas of our residents in assisted living and nursing. Our goal is to work on vacant rooms or areas first but there may be a need to move some residents around for their safety. Ultimately, there will be safe work zones built in order to project those living here while this all goes on.

We are excited about the progress happening at our Village but it will come with challenges along the way. We appreciate your prayers and patience throughout this exciting historical step we are taking together.

A quick update on what PVM is accomplishing on the east side. The Thome Rivertown campus located downtown off of Jefferson, is wrapping up their construction on a brand new 21 bed “Green House” Care center. It is a three story building connected to the PACE program on this campus. There will be 11 residents on second floor/wing and 10 on the third floor/wing who will receive nursing care. This Thome Rivertown campus has a PACE program that serves close to 500 seniors from around the Detroit area with meals, activities, transportation, pharmacy, and physicians services to help them stay in their homes longer. It also has an affordable assisted living program, independent living apartments, and the new Green House Care Center will open in January of 2017.

In St. Clair Shores PVM partnered with an organization called Cypress Partners to build a new independent living senior apartment and memory care facility off of Jefferson and 11 mile road. This will be a multi-story building serving around 150 seniors. They broke ground this past July and hope to be open for business in August of 2017.

Please feel free to email me, stop by the office, or call me anytime with questions or concerns. This is your home and we are here to serve you.

Respectfully Submitted: David Miller



Do you love living at The Village of East Harbor? Are you proud to call The Village of East Harbor your home? When someone asks where you live, do you answer “in Chesterfield” or do you say “at The Village of East Harbor”? We have so much to enjoy – the beautiful campus, the exciting new improvements, convenient options and fun activities, and especially our wonderful neighbors and friends! Yes, Chesterfield is also a great place to live for many reasons, but specifically let’s get used to talking about The Village of East Harbor as your home.

Another exciting change is that effective September 1<sup>st</sup>, Morrison officially became our new food service provider. Brian Williams is the director, and has brought in a new chef and some new staff. Brian’s contact number is 716-7419 if you have any comments or suggestions, but we will be looking for some improvements in selection and quality once they get through the transition period. We do appreciate your patience during this process.

The Marketing & Admission Department wishes all of our residents a happy, healthy, beautiful Autumn, and many blessings to be thankful for.

## WELCOME NEW RESIDENTS

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

Tom Kubic—108  
Gerald Malburg— 410  
Geneva Malone—D-401

## Alzheimer’s Support Group

Hosted by Pauline Zeig

**3rd Tuesday of every month**  
**2:00pm**  
**Chapel**

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

#### Building & Grounds

**Meets the 1st Tuesday of every month at 2:30pm in Kirk Hall.**

#### Communication Committee

**Meets the 1st Wednesday of every month at 3:00pm in the Conference Room.**

#### Culinary Committee

**Meets the 1st Tuesday of every month at 1:30pm in the Dining Room.**



*From the Desk of Chaplain Mindy ...*



**November is here the month we turn our hearts toward thankfulness!**

The benefits of practicing gratitude are nearly endless.

People who regularly practice gratitude by taking time to notice and reflect upon the things they're **thankful** for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.

And gratitude doesn't need to be reserved only for momentous occasions: Sure, you might express gratitude after receiving a promotion at work, or a good report from your doctor, but you can also be thankful for something as simple as a delicious piece of pie or a cool autumn breeze.

(Research by UC Davis psychologist Robert Emmons)

**So put on a heart of thankfulness and have an attitude of gratitude!**

Thankful for our great team at VEH and our residents who make it worthwhile to serve. Thankful for having insurance and healthcare for my family. Thankful that my Mom can live at VEH and benefit from all the wonderful services we provide. Thankful for my husband who always puts his family first, my children, family members, and my dog, Bazooka. Thankful for a job with a great boss, and a career that I love

**(Carolyn Martin)**

I'm thankful for my family, who I love deeply. I'm thankful for the family of God, Christians who come along side of me in this journey of life. I'm thankful for the residents at VEH who teach and inspire me and I'm thankful for the staff, at VEH, who make coming to work a joy!

**(Mindy Raulston)**

I am always Thankful for the time I get to spend with the residents here at the Village. I've learned so much from each of you and continue to learn every day. You all hold a special place in my heart.

**(Amy Mruk)**

My family is very thankful for the success of my daughter's surgery. She battled her pain and tumors in her foot for six long years and we finally found a hospital that specialized in her rare health problem and she is pain free and off all medications for the first time in several years. **(David Miller)**

I am thankful for my family and all the support they give me. **(Lisa Sonnenberg)**

I am thankful for my family, my new daughter in law and my friends. I'm thankful for the residents and staff at VEH who are like family to me. I have served here for the last 25 years and I'm am very grateful for that opportunity. **(Mary Breen)**



I am thankful for being able to work here at the Village of East Harbor for the last 24 years. We are like a large family and I care deeply for my co-workers and the leadership but especially hold dear to my heart are the residents whom live here. I have had several family members that have also worked here over the past years and they also have had a special love for everyone here. I look forward to several more years here with my Village family.

**(Sheri Stover)**

I am thankful for the friendship and support of all the caring people in my Village of East Harbor family. I appreciate and cherish you every day, but especially during this past year. I am truly blessed!

**(Nancy Smiley)**

I have so much to be Thankful for I could go on and on. First, I Thank God for his Grace and protection he has given me. I am thankful for my family and grand puppy (Winston) that makes me laugh. My friends who have to listen to my crazy stories! I am thankful for my job and all the residents that I have the privilege to take care of...

**(Ann Marie Hart)**

I am thankful for LOVE - for letting you feel what it means to truly be alive.

**(Kelly Riggi)**

I am thankful for family, friends, my health and my faith and when all else fails chocolate!

**(Chris Gorde)**

I am thankful for so many things, I do not really know where to start. First I am thankful for my Lord and Savior, Jesus Christ. My husband, children and my family and friends. I am thankful for each and every blessing in my life; my health, my home, my job, my residents, my employees. My list is so long for things I am thankful for and for that I am truly blessed.

**(Toni Grieg)**

### **Give Thanks!**

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.” **Epictetus**

“No duty is more urgent than that of returning thanks”.

**Unknown**



# Some Are Better Than Others

by Fred Pankow

As I wrote my columns, for publication in *The Trumpet*, my neighbor John told me he read and saved them. He also said, "Some are better than others."

I sought and received the approval of the administrative staff of The Village of East Harbor. My purpose was to encourage others to recall their life adventures. The titles of the early articles included the words "I Remember". Eventually the titles became more topical. I invited you to write about your adventures. Some of you did submit stories which were published and for which you were credited. Thank you for that.

I told you my stories were based on facts and my life experiences. When I wrote about a student bullying another student, for carrying a Bible, in the story "*You Carry it*", I referred to the high school principal; I was the principal.

When I wrote about an Indian lady in the story "*I Remember tock-shoe-blue*", who was putting together a book about her native Indian language, I asked you if you believed the story was fact or fantasy. It was fact.

When I wrote about a student who did not play the games other students played because of a physical deformity, "*A Boy in Littleton*". I was the teacher.

When I wrote about "*Joyce's Dove*" it was about a baby dove Joyce raised from baby dove until Dove finally left us as a fully mature adult bird.

At this time I feel my supply of topics of interest to you and to me may be running low. I have been writing here monthly for about five years and I do not want my "stuff" to become a bore to the residents of The Village. I continue to write, however, I do not believe it is of universal interest. My past work, and that which I continue to do, is a mental exercise from which I hope I have received benefits and will continue to do so.

I give to you, as he gave it to me, "Here is the first word of your first story, 'The'".

I am privileged to have been associated with wonderful people during the adventures of my life. I continue to encourage you to write of the adventures in your life. I know there are many. A well known Michigan author and teacher, to whom I wrote, replied to my letter and encouraged me to write. I give to you, as he gave it to me, "Here is the first word of your first story, 'The'".

As you write remember you will not always remember the positives as it seems it may be easier to remember the negatives. Winter is not my favorite time of the year, however, it makes my summers great. There would be no ups if there were not downs. Mountains would be missing if there were no valleys. It takes the night for us to appreciate the day. Gray skies are always followed by blue skies with white clouds. We are truly blessed and our Father makes no mistakes.

I write these thoughts because this is the last column I plan to submit for publication in the Trumpet.

For those who were nice enough to read my "stuff" and to go so far as to compliment me on it I give thanks and my expression of appreciation. I hope these writings have kept my "memory cells" working while they entertained you.

Naturally this would not have been possible without the cooperation of the staff members who have had the responsibility of publishing the Trumpet: Sheri Stover, Denise Funke, and currently Betsy Mianecki. At no time was I told what I may or may not write. I avoided politics or other topics about which I might be considered unqualified to speak or were obviously controversial. My subject matter topics were chosen to bring on a pleasant thought, a remembrance, a smile. I hope you have been entertained.

*Editors note:*

*Thank You so much Fred for the years of informative and entertaining stories that you shared in the Trumpet.*

*Betsy Mianecki*

## November EXCURSIONS.....

**Wednesday, November 2**

*Women's Lunch  
Pantree*

\$\$\$ on your own  
11:00am

**Wednesday, November 9**

*Gleaners & Lunch*

\$\$\$ on your own  
1:30pm

**Friday, November 11**

*Visit the Tallest Flagpole*  
1:30pm

**Monday, November 14**

*The Parade Tour & Lunch*  
\$10.00—Lunch on your own  
Money due by November 1  
9:00am

**Friday, November 18**

*Tchaikovsky 1st Concerto  
Detroit Symphony Orchestra*  
9:30am

**Tuesday, November 22**

*Men's Lunch  
Pantree*  
\$\$\$ on your own  
11:00am

**Monday, November 28**

*Morley Candy Tour*  
Free  
9:30am

**Wednesday, November 30**

*Mall Trip ~ Birch Run  
Lunch at Tony's*  
9:00am

## December EXCURSIONS.....

**Wednesday, December 7**

*Mystery Tour  
Moderate Walking*  
10:30am

**Sunday, December 18**

*Christmas with  
The Detroit Concert Choir  
Macomb Center for the Performing  
Arts*  
\$18.00 due November 21  
1:30pm



**DON'T GET  
LEFT BEHIND!**

You **MUST** sign up for **ALL** shopping  
TRIPS and EXCURSIONS in the book  
found in the lobby and money in by the  
due date!

## VETERANS DAY

Friday, November 11, 2016

The Village of East Harbor would like to extend a Thank You to all our Veterans. To honor your service we are offering a free meal either in our Dining Room or Golden Treasures.

We would also like to thank the Resident who gave us this idea to honor our Residents who have served our Country.

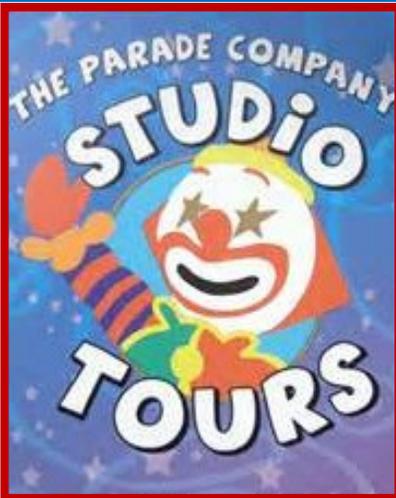
Please pick up your gift certificate from Chaplain Mindy.

### VISIT THE TALLEST FLAGPOLE IN MICHIGAN

Friday, November 11

1:30pm

Lobby



Discover Detroit's most enchanting hidden treasure! Venture into the magical ParadeLand and experience a behind the scenes look at America's Thanksgiving Parade®. Learn more about the Parade's fascinating history, explore the 200,000 square-foot storyland of floats and see how our award-winning artisans bring them to life.

**\$10.00**

Money due  
Nov.1

Monday, November 14

9:00am

Lobby

### Tchaikovsky's First Concerto

Detroit Symphony Orchestra

Friday, November 18

\$35.00

9:30am



### Morley Candy Factory Tour

Monday, November 28

9:30am

Lobby

Tour is Free



### Support our Future Occupational Therapists

Students from Macomb Community College will be giving presentations on:

- What is Occupational Therapy.
- Productive aging.
- Home modification and Aging.
- Energy conservation and joint protection.

Friday, November 4, 1:30pm  
Activity Room

Friday, November 18, 1:30pm  
Activity Room

# All Saints Day “Memorial Service”

Tuesday, Nov. 1st—2pm in the Chapel

Join us & Kindred at Home Hospice  
as we remember all our residents/friends  
who have passed on this year.

This will be a time for our residents, our staff and family  
to recall fond memories, light candles,  
and remember those who have departed.

“When someone you love becomes a memory,

# GLEANERS

# COMMUNITY FOOD BANK



## Join Us!

Wednesday, November 9  
Bus leaves at 8:45am  
Lunch after, \$ on your own

*Sign up in the chaplain office or  
Call Chaplain Mindy 586-716-7438*

Community  
Service is  
good for the  
soul!

# Save the Date

## Candlelight Dinner

### Sunday, December 4



## FITNESS NEWS: *NOVEMBER IS DIABETES AWARENESS MONTH*

### DID YOU KNOW:

- ⇒ ONE IN ELEVEN AMERICANS HAVE DIABETES?
- ⇒ DIABETES CAUSES MORE DEATHS THAN AIDS AND BREAST CANCER COMBINED?
- ⇒ YOU CAN HELP PREVENT THE RISK OF TYPE 2 DIABETES WITH DIET AND EXERCISE?

### *Here are some things you can do to reduce your risk:*

- Try to avoid pre-packaged foods. Most include high levels of salt, sugars and additives.
- Sugar-free foods rarely mean wholesome or nutritious. They are usually loaded with sugar alcohols and other carbohydrates which will impact blood sugar levels.
- Not all fats are the same, and not all are harmful. Make smart choices regarding fat intake. Opt for nuts instead of chips, avocado instead of cheese, peanut butter sandwiches
- One or two snacks per day can help you manage hunger and avoid bingeing at your next meal. Be sure to use these mini meals as a way to fill in nutrition gaps — extra veggies or
- Thirty minutes of exercise every day can help dramatically reduce your risk of developing type 2 diabetes. It doesn't need to be overly vigorous. Vary the intensity throughout the week with some cardio and weight training classes, brisk walks and restorative yoga or tai
- Finally, try to get quality sleep each night for more consistent blood sugar levels. A regular exercise routine will help you to rest better.

**Starting in November, 11:30 am classes will be held in the Activities Room:**

**STRETCH AND RELAX—Mondays, Wednesdays and Fridays**

*Seated class focusing on deep breathing, gentle movements and flexibility*

**STABILITY BALL BEAT—Tuesdays**

*Dynamic movements enhance motor skills and hand dexterity with drumming*

**FALL PREVENTION FITNESS—Thursdays**

*Exercises from the evidence based Matter of Balance program*

# Frankenmuth



## Tillson Street, Romeo with Channel 4 Interview



# MDNR



## Jiffy Factory Tour



## Lunch at The Common Grill & Purple Rose Theater



# Directory

<b>Accounting</b>	
<i>Tracy Tesch</i>	716-7408
<b>Activity Lead A/L &amp; I/L</b>	
<i>Betsy Miannecki</i>	716-7143
<b>Admissions Specialist T.C.U</b>	
<i>Sue McCallum</i>	716-7427
<b>Assisted Living Nurse</b>	
<i>Denise Klimaszewski</i>	716-7115
<b>Beauty Salon</b>	
<i>Appointments</i>	716-7180
<b>Care Sync Case Manager</b>	
<i>Josie Villegas</i>	716-7092
<b>Chaplain</b>	
<i>Mindy Raulston</i>	716-7438
<b>Dining Services Mgr.</b>	
<i>Brian</i>	716-7419
<b>Director of Nursing</b>	
<i>Melissa Freiburger</i>	716-7416
<b>Driver</b>	
<i>Ann Marie Hart</i>	716-7142
<b>Fitness Specialist</b>	
<i>Chris Gorde/Lisa Sonnenberg</i>	716-7164
<b>Front Desk</b>	
<i>Receptionist</i>	725-6030
<b>Haven Hall Nurse</b>	
<i>Lynette Sanday</i>	716-7384
<b>Housekeeping / Laundry Mgr.</b>	
<i>Mary Breen</i>	716-7418
<b>Maintenance Work Orders.</b>	
<i>Front Desk</i>	725-6030
<b>Maintenance</b>	
<i>Emergencies After 11:00pm</i>	248-996-2470
<b>HCC Activity/Volunteer Mgr.</b>	
<i>Sheri Stover</i>	716-7021
<b>Physical Therapy Mgr.</b>	
<i>Kim Frabotta, Agility Therapy</i>	716-7398
<b>Resident Care Mgr.</b>	
<i>Toni Greig</i>	716-7426
<b>Sales &amp; Leasing Mgr.</b>	
<i>Carolyn Martin</i>	716-7221
<b>Sales &amp; Leasing Specialist</b>	
<i>Peggy Carroll</i>	716-7397
<i>Nancy Smiley</i>	716-7183



**11/4 Jane Mize**

**11/12 Ivan Bassett**

**11/18 Darlene Wallace**

**11/23 Annette Gobert**

**11/25 Frances Packer**

**11/26 Elizabeth Gigliotti**

**11/27 Audrey Miller**

**11/27 Marie Kowalczyk**

**If you need a  
Podiatry Appointment...  
Please call—  
Dr. Krietman  
586-772-3500**

