

The Village of East Harbor



# Village Trumpet



Embrace the possibilities

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March 2022



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The Village of  
**East Harbor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

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



Spring is around the corner and I saw some daffodils starting to sprout. Warm temperatures cannot be far away. We can only hope. I heard that dogs started shedding early in Ontario. The farmer's almanac of predicting an early spring check your dogs, lol.

Our Cameron Café is back open. New merchandise is on the shelves. The shelves stocked in the refrigerator with grab and go food items. Our Café stocked and the coffee is hot and ready. Stop by and see what we have to offer. I found gifts for my Mom and Daughter for their March Birthdays. Nice to be able to shop and enjoy our Village pricing. We price everything lower than you would find in traditional boutiques and gift stores as a benefit for residents and staff.

We are scheduling an Open House to tour the Health and Wellness Center and Bistro on, March 31<sup>st</sup> 2pm. Watch for more information. We cannot wait to show it off. We are pleased with the way it turned out and hope you will be as well.

A Midrise Model expected to open end of March. More details to come. The Mid-Rise is coming soon. We have been inside to see the view from the 3<sup>rd</sup> floor. The floor plans are extremely nice. We will schedule an open house for residents to get a first look. More to come.

We are also creating a new Virtual Tour of the campus, East Harbor Website, and campus map. The campus map is almost complete. We have not had a map encompassing the entire Village. The virtual tour will be nice to show out of State family where you live. We decided to have our own separate Web page. It will make it easier to Navigate for people who are interested in the Village.

Covid numbers have receded. I joined the residents on a trip to the theater in Detroit to see Lion King. We went to Traffic Jam and the show. I had a wonderful time and I hope you can join us on our next trip. Our plans are to have events, Church Service, and gatherings inside and outside the building. Looking forward to seeing you all soon.

Happy spring,

Carolyn

# Cameron Cafe

## NOW OPEN



# MARKETING

March is a busy calendar month. Lent begins on the 2<sup>nd</sup> day of March. We “Spring Forward” on the 13<sup>th</sup>, when Daylight Savings Time begins. Of course, there is St. Patrick’s Day on the 17<sup>th</sup>, a day when everyone is Irish for a day. In addition, Spring officially begins on the 20<sup>th</sup>. Whew!

Reflecting on Lent, and the 40 days of preparation for Easter Sunday, planning for your new Senior Home takes time, preparation and lots of prayer! The Sales Team at East Harbor understands that and are here to help you navigate that next big step; moving to a Senior Community. The Village of East Harbor is a Five Star rated senior community. We have been here, in Chesterfield, serving Michigan seniors since 1978 and we are still growing, creating new possibilities for quality living.

We have immediate occupancy available in our new, beautiful Ranch Apartments. We also have immediate availability in our Assisted and Memory Care communities. Sales Consultants, Kathy, Liz and Peggy are happy to speak with you. Give us a call, schedule a tour and start today preparing for your next great adventure at The Village of East Harbor.

## WELCOME HOME NEW RESIDENTS

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

**Karen Frater —601 Barnett**

**Anna Thomas— 619 Barnett**

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

## DAYLIGHT SAVINGS TIME STARTS SUNDAY, MARCH 20

Be sure to set your  
clocks ahead before  
going to bed  
Saturday night.



## **Minutes of the Residents Association**

**February 8, 2022**

The meeting was called to order at 1:35 p.m. by President Janet Lickman.

There were two new attendees.

### **Carolyn Martin -Administrator**

The annual HFA survey done by the state went well and we received a 100% rating. VEH will be having its own website with video photography of new buildings and showing what is available. During the recent snow storm, all staff were here all night with no call ins.

### **Laura – Chaplin**

We are doing blankets until the end of March. These are donated to the homeless, hospitals and seniors. Hope we will be able to do these more often. We still have cook-books available for \$15:00.

### **BETSY-Activity Lead**

All residents should have the Red Folder with your personal information in it. If you do not have it, please contact Sally. The Memory Writing Class can do a talking printing class on the computer for easier writing of your memories. Call Betsy if you are interested in any upcoming trips. There will be a new card game called "Hand and Foot". Check the Trumpet for days and times of card games.

### **CHRIS-FITNESS**

We will be getting equipment in for the new fitness center soon and will let you know when it will open. We are still doing regular days and hours in old building. Will continue fitness in old building even when new building opens.

### **HISAM-New restaurant manager**

Hisam is working on staffing for the new restaurant. Staffing should be complete in 2-3 weeks. In process of having pick up on a limited basis. There will be \$5.00 food specials and soup and salad available every day.

### **JANET LICKMAN-President**

We are always in need of help on various committees, if you would be interested, please let me know.

**The Residents Association account balance as of January 8, 2022 is \$1607.18**

**The Residents Association petty cash balance as of January 8, 2022 is \$585.12.**

**Meeting Adjourned at 2:25 pm.**

Respectfully submitted

Diane Gamble





## **TIGERTALK**

**With Matt Olinik**  
**Account Executive of Group Sales**  
**for the Detroit Tiger's**  
**Friday, March 11**  
**1:30pm ~ Marguerite's Restaurant**

# OPEN HOUSE!

## Health & Wellness Center

**Thursday, March 31**  
**2:00pm**  
**Enter at the entrance located past Haven Hall**



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

**Date: Tuesday, March 8**  
**Location: Marguerite's Restaurant**  
**Time: 1:30pm**

### **Beauty Shop Presentation**



Visit with our beauticians  
and hear all the services that are  
available to our Residents.

**Friday, March 18**  
**10:00am ~ Activity Room**

### ***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, March 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, March 2 at 3:00pm.**



## *Chaplain's Corner*

### **MARCH**



**ASH WEDNESDAY/LENT- March 2, at 11am– Receive your ashes in the Chapel.**

**Thursday, March 3 at 9:30 Join us to Make A Blanket to donate to a local hospital.** This is a great opportunity to “volunteer” for Lent. Blankets will be donated to a local hospital that serves children and senior citizens’ needs.

**Thursday, March 10, at 2:30– St Patrick’s Craft and Inspirational Reading.** Come learn about why we celebrate at St Patrick’s Day. We will make a simple craft and have a time of discussion and inspirational readings. Please come join us and bring a friend.

- ⇒ **Sunday Services**– 11am Come Join us for our Non-Denominational Service.
- ⇒ Every Tuesday **Bible Study**- 2:30pm . Bring a friend and meet some interesting residents and family members for an hour of great discussion. Come and share with us. We are currently reading through the Gospel according to Matthew.
- ⇒ Every Wednesday is **Bible Trivia and Games** at 2:30. Bring a friend for an hour of fun and great fellowship!
- ⇒ Every Thursday at 11:00 am in the Chapel is **Rosary**. Please bring a friend to join us in Rosary prayer.
- ⇒ Thursday’s at 2:30– **Inspirational Reading**. Join us for encouraging and uplifting readings and discussion.

**Come join us in the fun!**

*Chaplain Laura Stone*

*From The Desk Of Chaplain Laura...*



## WELCOME MARCH!

### ANSWERS TO YOUR QUESTIONS

**Ash Wednesday** is the first day of Lent, falling 46 days before Easter Sunday and comes from the ancient Jewish tradition of repentance, prayer, and fasting. This year, it falls on March 2. Ash Wednesday opens Lent, which is a season of fasting and prayer, based on a person's understanding of what earthly comforts distract them from worship or are crutches that prevent them from fully understanding their own sinfulness. **RECEIVE YOUR ASHES AT 11AM, March 2, IN THE CHAPEL.**

The practice includes wearing of ashes on the forehead, symbolizing the dust from which God made us. As the ashes are applied to the forehead, "Remember that you are dust, and to dust you shall return" is stated. Ashes also symbolize our grief- that we have sinned and caused division from God (Romans 3:23). It is a day of prayer and fasting and is considered a day of mourning, repentance, and reflection. Fasting while in prayer, prepares us for Christ's Resurrection on Easter Sunday, through which we receive redemption.

**Lent** lasts forty days, (not counting Sundays), which begins on Ash Wednesday and ends the Saturday before Easter., representing the time Jesus spent in the wilderness, fasting and enduring the temptation of Satan. It is a time of repentance, fasting and preparation for the coming of Easter. Believers should focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

**St Patrick's Day**- At age 16, Patrick from Roman Britain, was kidnapped and brought to Ireland as a slave. He escaped and later returned to Ireland, bringing **Christianity** to it's people. In the centuries following Patrick's death (believed to have been March 17, 461), Christianity became more ingrained in the Irish culture. **The most well-known legend is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.**



**Wednesday March 2, at 11am– Receive your ashes in the Chapel.**

**Thursday, March 3 at 9:30 Join us to Make A Blanket to donate to a local hospital.** (An opportunity to "volunteer" for Lent).

**Thursday, March 10, at 10:30– St Patrick's Craft and Inspirational Reading**

**PLEASE SEE "CHAPLAIN'S CORNER" FOR DETAILS**

*In His Service,*

*Chaplain Laura Stone*

# Health and Wellness News

Christina Nahorodny, Fitness Specialist

March is National Colorectal Cancer Awareness Month.



In 2022, an estimated **151,030 people** will be diagnosed with this

highly preventable disease. They will join more than **1.4 mil-**  
**Friday, March 4 is National Dress in Blue Day**

By wearing blue, you bring awareness to this disease and show support for the Colorectal Cancer Alliance and the work they do — as well as honor all who are impacted by colorectal cancer. We go blue for them, their families, and their community. [#DressInBlueDay](#)

**Regular colorectal cancer screening** is one of the most powerful tools for preventing colorectal cancer.

With regular screening, most polyps can be found and removed before they have the chance to turn into cancer. Screenings also help detect colorectal cancer early, when it's small and easier to treat. If you have a strong family history of colorectal polyps or cancer, talk with your doctor about your risk.

*Other preventative measures that may help lower your risk of colorectal cancer include:*

- **Staying at a healthy weight**
- **Increasing the amount *and intensity* of your physical activity**
- **Limiting red and processed meats and eating more fruits, vegetables, and whole grains**

For more information on any of the above, or for anything else fitness related, please contact: [cgorde@pvm.org](mailto: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!

**1st & 3rd Tuesday of every month**

**Will not meet the 1st Tuesday This month only!**

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**



**Hand & Foot  
Wednesdays  
1:30pm  
Activity Room**



**BUNCO  
Friday, March 18  
1:30pm  
Activity Room**

## SHAMROCK BRACELET CLASS THURSDAY, MARCH 3



**1:30PM ~ ACTIVITY ROOM**

## ST. PATRICK'S DAY SHAMROCK THURSDAY, MARCH 10



**1:30PM ~ ACTIVITY ROOM**



## WELCOME SPRING CRAFT

**LEARN HOW TO DECOUPAGE A PLANTER  
THURSDAY, MARCH 24  
1:30PM ~ ACTIVITY ROOM**

~

**PLANT A FLOWER IN YOUR PLANTER  
THURSDAY, MARCH 31  
1:30PM ~ ACTIVITY ROOM**

# EXCURSIONS

**Wednesday, March 2**

***Candlelight Concert***  
***ABBA***

\$\$\$ on your own  
4:00pm

**Monday, March 14**

***MGM Casino***

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

**Tuesday, March 15**

***Men's Lunch***  
***Red Robin***

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

**Wednesday, March 23**

***Lorenzo Cultural Center***  
10:00am

**Wednesday, March 30**

***Women's Lunch***  
***Pantry***

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

**Friday, March 25**

***Who Makes the Best Pizza Contest***  
***Buddy's Original***

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

## **LORENZO CULTURAL CENTER** **At Macomb Community College** ***Lighthouses***

Michigan historian and lighthouse expert Wayne Sapulski, will talk about the beacons of the Great Lakes that guide boats to safe passage.

**FREE**

**Thursday, April 7**  
**10:00am**

**Father Solanus Casey**  
**Lenten Mass and Light Lunch**  
**Wednesday, April 13**  
**10:00am**



**TopGolf**

climate-controlled golf hitting bays

Located in Auburn Hills

10.00 per person

Lunch and drinks on your own

Monday, April 11

9:00am

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



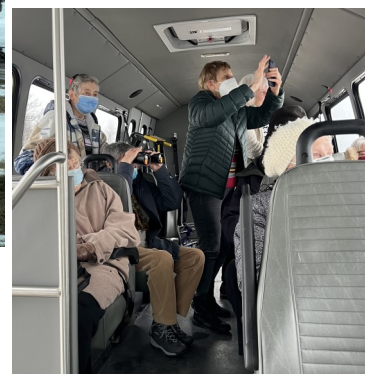
# Tea Time



## Ladies Lunch



## Ice Jam & Eagle tour



# Directory

<b>Accounting</b>	
Tracy Tesch	716-7408
<b>Activity Lead A/L &amp; I/L</b>	
Betsy Mianecki	716-7143
<b>Administrator</b>	
Carolyn Martin	716-7221
<b>Admissions Coordinator TCU</b>	
Beth Humble	716-7427
<b>Assisted Living Nurse</b>	
Denise Klimaszewski	716-7115
<b>Beauty Salon</b>	
Appointments	716-7180
<b>Chaplain</b>	
Laura Stone	716-7438
<b>Community Liason</b>	
Sue McCallum	716-7395
<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>Environmental Serv. Adm. Asst.</b>	
Michelle Willer	716-7418
<b>Executive Director</b>	
David Miller	716-7410
<b>Fitness Specialist</b>	
Chris Gorde	716-7385
<b>Front Desk</b>	
Receptionist	725-6030
<b>Haven Hall Nurse</b>	
Derek Vanhaaren	716-7384
<b>Housekeeping / Laundry Mgr.</b>	
Teri Lynn Taylor	716-7418
<b>Maintenance Work Request</b>	
Front Desk	725-6030
<b>Maintenance</b>	
Emergencies After 11:00pm	248-996-2470
<b>HCC Activity/Volunteer Mgr.</b>	
Sheri Stover	716-7021
<b>Physical Therapy Mgr.</b>	
Kim Frabotta, Agility Therapy	716-7398
<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



<b>3/01 Virginia Visner</b>
<b>3/04 Patricia Helmrich</b>
<b>3/07 Frances Masters</b>
<b>3/08 Carol White</b>
<b>3/10 Alice Chamberlain</b>
<b>3/10 Robert Morrill</b>
<b>3/10 Joyce Salame</b>
<b>3/15 Marceline Roche</b>
<b>3/24 Norman Fuqua</b>
<b>3/25 Larry Woodcox</b>
<b>3/26 Sharon Emeloff</b>
<b>3/27 Anna Bauer</b>
<b>3/31 Donna Bowman</b>





g a m e  
n i g h t

**Saturday, March 19**  
**6:30-?**  
**BISTRO**

**Bring your favorite game**

Snacks & drinks will be provided

RSVP by: March 14

Betsy-586-716-7143

