The Village of East Harbor

Village Trumpet

Embrace the possibilities

33875 Kiely Drive • Chesterfield, Michigan 48047 • www.pvm.org January 2023

Presbyterian Villages OF MICHIGAN
SERVING SENIORS & COMMUNITIES
75 YEARS

Featured Articles

Administrator

Marketing & Events

Resident Association Minutes

Chaplain

Fitness

Events

Photos

Directory

The Village of East Harbor
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan

Look for PVM on:

Red Carpet Event

Harbor Inn Commercial Premiere

Friday, January 13

1:30pm

Chapel

Semi-Formal Attire

FROZEN HARBOR WINTERFEST

Tuesday, January 24

1:00-4:00pm

Marguerites Restaurant

- **Snowman Building Contest**
- **Chili Cook-off Contest**
- **Entertainment**
- **Live Ice Carving**
- **Chili Tasting**
- **S'mores and Hot Cocoa Bar**

Residents, Family, Friends and Staff are invited to submit their favorite Chili Recipe for the Frozen Harbor Chili of the Year Award.

Sign your group up for the snowman building contest

Please call 586-716-7143 to enter.

Space is limited.

FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:

Thank you for the thoughts and prayers regarding the passing of my Mom, Virginia Visner. She passed away in HealthCare after a short decline. My family and I were grateful for the support and care she was provided. As the Administrator, I guide families and speak of our services we provide all the way to the end. Speaking as the daughter of a resident I can tell you our staff support is something to treasure. My Dad passed away in rehab on Christmas Eve, 2010. My Mom, Dec. 10, 2022. The support and guidance received from staff is one of those priceless benefits we talk about, hear about, and see. Experiencing it firsthand brings to light how fortunate we are to have compassionate staff who truly care about our residents. May you all experience the guidance and shining light of our staff in the New Year in joyful ways. Whether it is attending exercise classes, events, programs or answering questions you have peace knowing they are here for each one of you if needed to provide support and guidance.

If you find yourself struggling, reach out to Chaplain Laura. We have programs and funds to assist those in need. It may be a bill or something you need. She can guide you with the application.

Kick off the New Year trying something new. Attend a spiritual program. Join us for the red carpet commercial preview, winter fest, chili cook off, try a new exercise class or learn a new card game. If you have not gone on any trips or to the theater, I highly suggest going. If you have a suggestion of something you would like to see, let us know.

Do not forget you can now purchase cards for dining options. Ten percent off all food purchases including grab and go snacks, daily specials or take out meals. The cards can be used in the bistro, café, or take out. If you have, questions give Sally a call. She will get you all set up with a reloadable card.

Winter is here. If you want to come to the building but it is too cold to walk, give Ann Marie a call to make arrangements. Preferably, call the night before to liken the availability of scheduling a ride.

Wishing you a New Year filled with Joy, Good Health, Wealth, and happy surprises,

Carolyn

Village of East Harbor

Resident Association Meeting Minutes 12/13/2022

The meeting was called to order at 1:40 p.m. by President Janet Lickman.
Pledges to the American and Christian flags

Janet gave thanks to all residents for their donations to the Employee Christmas Gift Fund. Also thanked were all involved in the making of our wonderful Candlelight Dinner.

For health reasons, our current VP has submitted her resignation. We are looking for an interim VP until the next election. Anyone interested should contact President Lickman.

New members attending the residents meeting were as follows:

Pat and Sandy McClellan
Marie Kuhn
Ken and Joan Fowler

Last month's minutes were approved.
The detailed report of our current finances given by Pat Mikle were appoved..

A motion was made to send a thank you letter to VEH Supervisory Staff and the PVM Foundation Officers who cooked, served and cleaned for the Candlelight dinner. Our secretary was requested to draft this letter.

Chaplin Laura: Reviewed events that are taking place for the Christmas season. Check the Trumpet or the church board.

Fitness Chris: Explained the 12 Days of Christmas exercise challenge in the Trumpet. Tai Chi is a favorite, held on Wednesdays at 1:30p.m.

Activities Betsy: Always check the Trumpet for monthly activities and trips. Sweatshirt sales were very successful, only one left. Monies from them go to the Resident Association fund.

Bob Jones passed out a survey asking questions on how and when IL residents would use Marguerites. These were collected and Bob will present the results to Hasim.

Janet reminded the residents that we are looking for members to help with the Welcoming Committee at the Mid-Rise. Please contact Janet Lickman or Marilyn Shaheen. Also needed are one or two residents willing to be on the Nominating Committee for officers for next year. If you are interested please contact Janet..

Meeting adjourned at 2:30 p.m.

Respectfully Submitted,
Sally De Schepper

ROBO CALLS

On occasion residents will receive robo calls (automated calls to their phones that are recorded by staff member) informing you of upcoming events, information or emergency situations on campus.

If you choose to receive your calls via text:

TEXT WORD : **ALERT TO 22300**

If you need help contact Sally or Betsy.

The Village of East Harbor

RESIDENT ASSOCIATION MONTHLY MEETING

Date: Tuesday, January 10

Location: MARGUERITE'S RESTAURANT

Time: 1:30pm

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

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

Building & Grounds

Meets Tuesday, January 3 at 3:00pm in Marguerites.

Culinary Committee

Meets Wednesday, January 4 at 3:00pm Marguerites.

WELCOME HOME NEW RESIDENTS

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

Peter Ballard—50845 Esther's Way

Irle & Marilyn Boehm—918

Geraldine Feehan—805

Margaret Follin—919

Joann Gauerke—601

Gary Grove—803

Richard Hines—809

Claudia Hutto—734

Merrill Landuyt—812

Christine Plegue—502

Arlene Tines –806

Kim Victory—816

Joan Yoshida—50818 Esther's Way

Mary Lou Zweng—818

As we approach a new year, my prayer is for renewal. May we ponder the things the Lord has already done and look forward to what he has in store for us in 2023!

In 2023, we will be engaging in new spiritual programs and projects, and dive into Scripture to learn more about various events and people of the Bible and how Jesus' disciples and others made their way through these changes.

*****There will be NO New Year's Day service on Sunday, January 1. *****

The trip **planning meeting** to the Ark Encounter, the replica of Noah's Ark in Kentucky, is postponed until early spring to be sure all independent residents interested in going may attend the meeting. If you may be interested in this overnight trip to Kentucky, possibly in May, please call me or stop by and I will give you information to help you start planning. Total trip including hotel will be approximately $265 per person plus meals.

As we move in to the new year, The Apostle Paul reminds us in Philippians 3:13-14, "Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for that which God has called me heavenward in Christ Jesus. "

BREAKFAST WITH OUR CHAPLAIN– Monday, January 9. Meet in the lobby at 8:30 am.
Need to be picked up? please contact Chaplain Laura by Sunday to make arrangements.

May our year be filled with hope and the Love of the Lord. If you do not know the Lord, today is the day! Contact me; I will come to pray with you and share scripture with you.

Please join us at 11:00 am for our Sunday morning non-denominational service, and on Tuesdays at 10:45 for Catholic services in the chapel. Father Joe is here the third Tuesday of every month for Mass. I am here for you for any and all of your spiritual needs. Contact me at: (586) 424-5674 if you have a need.

The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.

In His Service,
Chaplain Laura

Fitness Center News:

Happy New Year! Let's start the year with 12 WEEKS of FITNESS

The idea is to learn little healthy habits to incorporate into our daily routines and chart our progress so that we stay encouraged and motivated. After 12 weeks we will have completed our chart and be able to clearly see our progress and appreciate our new lifestyle changes that we will continue throughout the rest of the year and, hopefully, a lifetime!

Below is the chart we will be using. You might notice that there are 13 weeks represented. This is to give everyone an opportunity to begin either the first or second week of January according to what works for their schedule. Place a ☺ 😐 ☹ in each day to indicate how you did and/or felt that day so that you can see what works for you and what doesn't. Here are the first 5 weeks of healthy habits which will take us into February.

if weight loss is your goal, weigh yourself a the start of each week

Week 1—Explore myplate.gov to find healthy recipes, download app, etc.

Week 2—Spend this week ridding your cupboards/refrigerator of junk food, soda, etc.

Week 3—Surf the web or myplate.gov for healthy recipes and try at least 2 new dishes this week

Week 4—Pick a day to go meatless and try to involve loved ones in meal planning/preparation

Week 5—Each day this week, do 5 minutes of cardio exercise (like dancing to a song or two)

Jan 1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	**Feb 1**	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	**Mar 1**	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Apr 1

We are starting a new Parkinson's Support Group

If you are interested in learning more about Parkinson's Disease and how to cope with it, please come to the first meeting

Thursday, January 12 at 6:00pm.
Harbor Inn Midrise Community Room

This meeting is open to everyone, people with Parkinson's, family and caregivers.

Alzheimer's Support Group Meeting

alzheimer's association®

This Support group provides an opportunity for caregivers affected by Alzheimer's disease or a related dementia to share their experiences and receive inspiration, guidance and support.

Wednesday, January 25 at 3:30pm
Harbor Inn Midrise Community Room

To register or for more information please contact your facilitator

Ann Marie (586)716-7142

alzheimer's association®

Show & Tell

Monday, January 9
1:30pm
Activity Room

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

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

NATIONAL TRIVIA DAY

LET'S PLAY TRIVIAL PURSUIT!

Wednesday, January 4
1:30pm—Activity Room

NATIONAL BIRD DAY

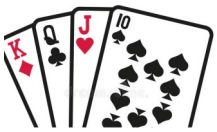
PAINT A BIRD

Thursday, January 5
1:30pm- HI Community Room

Make a Valentine Door Hanger

Thursday, January 26
1:30pm
HI Community Room

BRIDGE LESSONS



This series of bridge lessons is intended for beginners as well as those who need a refresher.

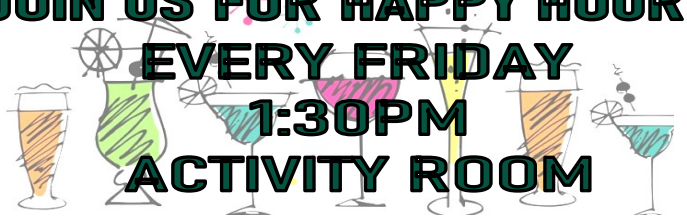
Please register **only** if you can attend **all** the sessions as they build on each other.

Space is limited, so sign up in the book in the activity room or call Betsy, 586-716-7143.

FRIDAYS

10:00am Harbor Inn Community Room

JOIN US FOR HAPPY HOUR



EVERY FRIDAY
1:30PM
ACTIVITY ROOM

SATURDAY MATINEE

1:30pm
ACTIVITY ROOM

Movie will be posted in Activity Room

During snow season, please be sure to remove all mats from the ground (they get caught in the snow blowers).

Please put all garbage out **Tuesday and Friday MORNING ONLY** in black or colored bags (no white), so it is visible when picking up.

Happy Hour with
Bobby G
Guitarist & Entertainer
Friday, January 27
2:15pm
Activity Room

Calling ALL Euchre/Card players

Play cards with your neighbors
Tuesday's 6:00pm
Community Room

Questions call: Betsy 586-716-7143

HARBOR INN RESIDENT ORIENTATION

WEDNESDAY,
JANUARY 18
10:00am-12:00pm
Midrise Community Room

RESIDENT POTLUCK

SUNDAY, JANUARY 15

4:30PM-HAPPY HOUR

5:00PM-DINNER

MARGUERITES RESTAURANT

COME OUT TO SEE YOUR NEIGHBORS AND MEET NEW FRIENDS

BRING A DISH TO PASS—SIGN UP IN BINDER IN THE ACTIVITY ROOM

For more information contact:
Pat Mikle-248-933-1726

Saturday, January 28
6:30-?
Midrise Community Room

EXCURSIONS

Thursday, January 12

Women's Lunch
Check the Binder
11:30am
$$$ On your own

Tuesday, January 17

Men's Lunch
Check the Binder
11:30am
$$$ on your own

Friday, January 20

Who Makes the BEST Burger
Seeburger Cheeseburger
11:30am
$$$ on your own

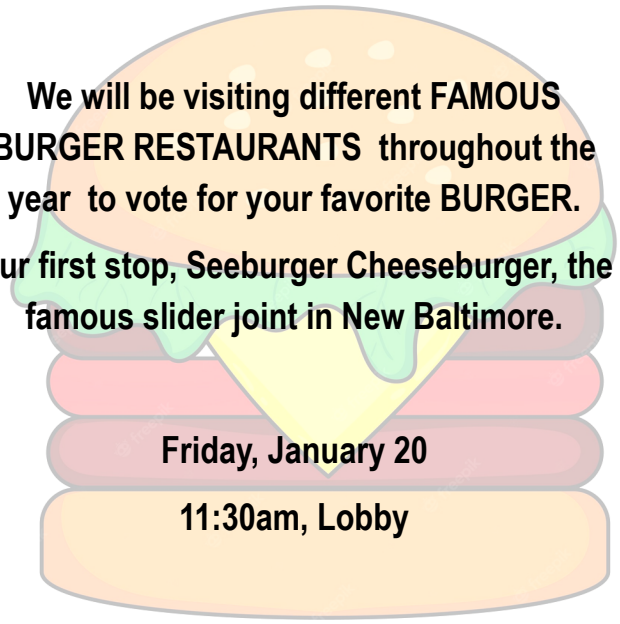
Thursday, February 2

Beetlejuice
8:00pm show starts
$65.00
Opera House
Money due January 6

Friday, February 10

DSO
Frank & The Ladies of Song
10:45am show starts
$33.60
Money due January 6

Who makes the BEST BURGER?



We will be visiting different FAMOUS BURGER RESTAURANTS throughout the year to vote for your favorite BURGER.

Our first stop, Seeburger Cheeseburger, the famous slider joint in New Baltimore.

Friday, January 20

11:30am, Lobby

TRANSPORTATION SERVICES AVAILABLE MON-FRI, 8:00AM-4:00PM

Sign up for outings in the Binder in the Activity Room or call Ann Marie: 586-716-7142
Space is limited!

Before making appointments, Please call Ann Marie for availability .

Transportation services outside of Chesterfield are subject to charge.

If you need transportation to an activity please make an appointment 24 hours prior to the event.

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

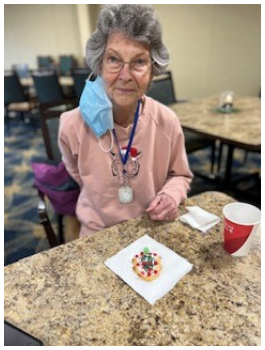
Ann Marie: 586-716-7142

Sharon wins a Bingo Blanket

Bridge Players

les Miserables

Cookie Decorating Contest



Christmas Party

New Year's Eve Party

Directory

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

1/01 Michael Canu

1/01 Sarah Mcninch

1/01 Joanne Mowery

1/01 Mary Zweng

1/02 Robert Healy

1/02 Patricia Dupuis

1/03 Jeanne Payer

1/04 Elizabeth Rogerson

1/08 Sharon Creed

1/08 Bernadine Puwal

1/14 Elaine Walton

1/18 Kim Victory

1/19 Lucille Corrion

1/22 Helga Hermann

1/29 Sherrie Knudson