



Village Trumpet



Embrace the possibilities

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

February 2023



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The Village of
East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Live from The Village of East Harbor...it's



Tuesday, February 28
1:30pm
Chapel

Join the Village of East Harbor for an afternoon of fun as eligible senior bachelors and bachelorettes compete for a chance to meet a new flame (or friend)!

We are seeking interested seniors, ages 55 and older, who are looking for companionship and are willing to do it blindly in front of a live audience!

Winning couples will be treated to a dinner at Marguerite's Restaurant.

Call Betsy for more information: 586-716-7143



Celebrate FAT TUESDAY Polish Style!
Tuesday, February 21, 1:30pm, Activity Room

FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN



Happy Lunar New Year! Today is a good day to have a good day. Positive affirmations are believed to elevate mood and may be able to reshape how you feel.

Beauty is in the eye of the beholder. What I like may not be to your liking what you like might not be appealing to me.. I think of Van Gough. His art while he was alive was not successful during his lifetime. He was considered a madman and a failure. Only after his death did he become famous and to be considered a misunderstood genius in the public imagination. We put on all kinds of programs and events. Some may be to your liking and some may not. We give you choices. We try and change it up. The team puts in time and effort to put on events, trips, and programming. We are fortunate to have choices. If there is something you would like to see added please bring your suggestions to Betsy, myself, or to the resident association meetings.

The snow removal team does their best to keep the roads and sidewalks clear. If you need to leave extra early and know we are anticipating heavy snow please let front desk know. While we rather you stay home and safe, sometimes there may be appointments you cannot miss. They do their best to remove snow and ice in a timely fashion but we have a big area to maintain. Thank you for your understanding. New equipment was purchased to increase productivity and help our maintenance team maintain snow in a timely fashion.

The dating game is Feb. 28th. It has been on hiatus for a while. Back in the day we had a love/friendship connection made. The goal is to have fun, laugh, and entertain. Making a new friend might be a bonus. The setup is similar to the old dating game.

In the future I hope to have the not so newlywed game, jeopardy, and family feud. How about you? What would you enjoy?

Proud to announce our HealthCare Center is 5 STARS. A rating provided by the Center for Medicare and Medicaid Services (CMS). Our residents always get priority access to rehab services and sub-acute care. If you go out to the hospital please let our front desk staff know so they can notify the team you may need a potential rehab bed. We have weekly placement meetings and daily stand up to discuss who gets first priority for these beds. The same goes for Long Term Care. If health declines to the point you cannot safely stay in your apartment and need 24 hour care as a resident you get priority to these beds as we call them as well. All we ask is to let us know so we can start planning and looking ahead. If you need guidance, contact Sales and Leasing or Admissions. Numbers can be found on the back of the newsletter. It has been wonderful to see so many new faces in the buildings. Attending events, participating in classes, and enjoying Birthday Dinner. Kudos to Chef Todd. We heard wonderful feedback about January's Birthday Dinner. Don't forget to purchase your new Dining Card to get 10 percent off all dining options. The card can be used in Cameron Café, The Bistro, take out, and Birthday Dinner. Pre-loading your card with dining dollars would make a great gift for family to give to their loved ones.

Happy Valentine's Day. Home is where your heart is.

Carolyn Martin

Village of East Harbor
Residence Association Meeting Minutes January 10, 2023

The meeting was called to order at 1:35 p.m. by President Janet Lickman.
Pledges to the American and Christian flags were recited.

New Members / First Time Attendees were as follows:

Lucia Marshall
Irene Wagner
Christine Plegue

The December residence meeting minutes were approved.

The treasurer's report was given and approved.

Chaplin Laura: Breakfast with her at Strawberry Fields was very successful. Any programs from her Department will always be found in the trumpet. A visit to Noah's Ark in Kentucky is being scheduled for April or May 2023. If you are interested please sign up as soon as possible. The cost is approximately \$300.00 with an overnight stay included.

Fitness Chris: The many programs going on in the complex are being very well received. Thanks to everyone who has been participating. Just a reminder, any programs will always be in the trumpet, or you can call Chris.

Activities Betsy: There are always many events going on in the complex so please keep reading your Village Trumpet carefully each month. Beetlejuice is scheduled for February 2nd at the Opera House. Cost is \$65.00. February 10th is Frank & the Ladies of Song at the DSO. Cost is \$33.60. Throughout this year, we will visit famous burger restaurants to vote for who made our favorite burger. The first visit will be to Seeburger Cheeseburger on January 20th.

Steven Huber suggested a steak cookout later in the year. The idea was well received.

Frank Gitre is heading the nominating committee for next year's officers. If you are interested in any position, please let Frank know.

Meeting adjourned at 2:45 P.M.

Respectively submitted

Sally De Schepper

ROBO CALLS

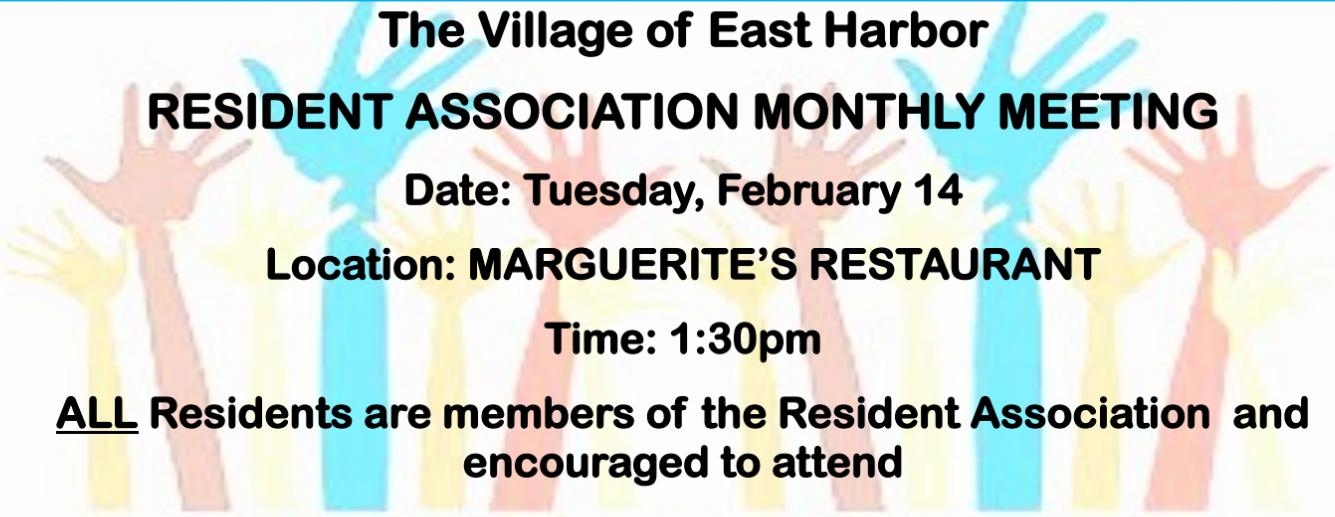
On occasion residents will receive robo calls (automated calls to their phones that are recorded by staff members) informing you of upcoming events, information or emergency situations on campus.

If you haven't been receiving these calls and wish to do so, please contact Sally or Betsy.

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, February 14

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, February 7 at 3:00pm in Marguerites.

Culinary Committee

Meets Wednesday, February 8 at 3:00pm Marguerites.

WELCOME HOME NEW RESIDENTS

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

JoAnn Eovoldi—106 Kirk

Anna Malicki—109 Kirk

Sally McNinch—608 Barnett

George Myler—603 Barnett

Carol Silverberg—50858 Esther's Way

Mary Van Sweden—607 Barnett

FOOD VOUCHER CARDS

MAY BE USED IN BISTRO, CAFÉ AND ALL DINING SERVICES

TAKE 10% OFF YOUR FOOD ORDER

WHEN YOU USE YOUR CARD

AVAILABLE FOR PURCHASE IN ANY DENOMINATION

SEE SALLY 586-716-7423



From The Desk Of Chaplain Laura...

FEBRUARY
DEDICATED TO LOVE



The story of **St Valentine** is a remarkable one that I like to share. As The Father's love and Christ's love for us, St Valentine's love is to be shared.

Roman Catholic Priest, St. Valentine is remembered for his dedication to the expression of **love**. At the time, Claudius, (a persecutor of the Church) banned marriage, stating that a family would be a distraction to the focus on war. The church believed marriage to be sacred between two people, for life, and was to be encouraged. St Valentine secretly began marrying couples in the church, was caught, beaten and imprisoned for performing marriages.

As did Jesus Christ, he eventually lost his life for his cause... **LOVE**.

"Valentine has come to be known as the patron saint of **lovers**. Before you enter into a Christian marriage you want some sense of God in your life—some great need of God in your life. And we know, particularly in the modern world, many people are meeting God through his Son, Jesus Christ.", stated Father O'Gara of Dublin, Ireland, adding, "What Valentine means to me as a priest, is that there comes a time where you have to lay your life upon the line for what you believe. And with the power of the Holy Spirit we can do that—even to the point of death."

TRUE LOVE.... laying down your life for another.

What cause or person would you lay your life on the line for?

I have many items that have been donated. **Please see "CHAPLAIN'S CORNER"** for more information. If anyone is in need of any incontinence or diabetic supplies, compression socks, etc, please contact me.

***** See Chaplain's Corner in this bulletin for spiritual programs, Noah's Ark trip, Immaculate Conception trip, and computer class info.**

I am here for all your spiritual needs. If you have a need, would like a visit, a phone call, etc., Please contact me at (586) 424-5674

*In His Service,
Chaplain Laura Stone*



Chaplain's Corner

FEBRUARY, 2023



Do you or someone you know need incontinence supplies, bed pads, compression socks, diabetic supplies, etc? We have had an excessive amount of donations come in for anyone who could use them. We will not have a "give-away table", so please contact me.

- ⇒ **Sundays at 11:00 am**, join us for our non-denominational Chapel Service and worship.
- ⇒ **Tuesdays at 10:45 am** -Catholic service. The 3rd Tuesday of every month is Mass.

Join us in the Chapel for various spiritual programs including:

- ⇒ **Mondays at 2:30** -Inspirational Reading. Read and discuss poems and short stories.
- ⇒ **Tuesdays at 2:30** is Beginner / Intermediate Bible Study. Join us on our journey as we travel through the New Testament. Currently in The Gospel of Luke. All are welcome.
- ⇒ **Wednesdays at 2:30** Bible Trivia & Word Games. A fun time to gather, learn, and share.
Bring a neighbor and meet some interesting friends for an hour of great discussion.
- ⇒ **Every Thursday- 11:00 am Rosary** in the Chapel. Invite a friend or neighbor to join us.
- ⇒ **Sunday, February 12 at 1:30** . Make a simple **Valentine craft** (shown above right side) based on John 3:16, and learn about St Valentine, after whom Valentine's Day is named.
- ⇒ **BASIC COMPUTER CLASS**– Learn the basics of typing and sending a letter, develop an email address, learn about Social Media (Facebook) to link to friends and loved ones, learn how to pay bills from your computer, and more. **Every Thursday in February** in the Chapel at 3:00. If you have a laptop or tablet, please bring it. Due to limited laptops, **class is limited to 4 people**. Please sign up. Additional class will be added if needed.
- ⇒ **Noah's Ark meeting Monday February 6 at 3:30** in the Chapel. Videos/pictures, costs, itinerary will be among what will be discussed. Please bring questions/suggestions.
- ⇒ **Trip to Immaculate Conception Catholic Church- for Mass and Adoration- Tuesday, Feb 21, leaving at 6:00 PM-** Please sign up- we need a minimum of 6 people to be able to go. This can last up to 2 hours.

Blessings,

Chaplain Laura

Harbor Inn Outpatient Physical and Occupational Therapy

MEET KELLY REED...



I am the physical therapist at The Village of East Harbor Therapy Clinic.

The Clinic is conveniently located in between the Bistro and Midrise apartments. Being located directly on campus, has many advantages for our residents here in the Assisted and Independent Living dwellings.

Our Therapy clinic offers services such as hydro therapy/aquatics in our Hydro works underwater treadmill, massage therapy, therapy from head to toe including post covid 19 recovery and balance disorders.

Being a new clinic, our hours of operation are flexible. If you or a family member has questions about our Wellness program or about Physical therapy here at VEH, come down and see us! We are always available to talk, answer questions and show you the clinic.

I have always believed that communication with a patient and their referring physician is a strategy for success. The patient's best interest is always my priority.

I have worked in many realms of Physical Therapy and each one has made me a better clinician. I am a graduate of Oakland University and have been in practice since 2000. I am here to assist you in your recovery and with your outpatient physical therapy needs here at Harbor Inn.

On a personal note, I have a wife and two daughters who keep me on my toes...we enjoy skiing, hiking, bike riding, and playing board games. We have a one year old cockapoo named Dexter ...who is a character and a fuzz ball.

If you live on campus, don't be a stranger-

Our contact address is: 33875 Kiely Dr Chesterfield, Mi 48047.

Office: 586-273-2457. Fax:586-273-2445.

Many times in Therapy..."it is not always what you do, but when and how you do it..."

Your friend and Therapist,
Kelly Reed, Lead PT

MEET JENNIFER...

Jennifer Trehwella is our front desk/PT tech extraordinaire who assists us with many clinical duties...

I am a mother of two wonderful kids. I live in the Anchor Bay area where I work so community is important to me. I love to spend time with my family playing cards and board games. I am excited to be a part of the Village of East Harbor, Health Pro Heritage family.



Health and Wellness News

Christina Nahorodny, Fitness Specialist



February is American Heart Month!

Heart disease is the leading cause of death worldwide, yet 80% of heart attacks and strokes are preventable by limiting alcohol and caffeine intake, maintaining a healthy diet, getting 20-30 minutes of exercise 5 days a week, and following your doctor's advice—especially regarding check-ups, screenings and taking prescription medications as directed.

Also important for maintaining heart health is to get sufficient, restful sleep and to connect with loved ones, (either in person or on the phone),

Friday, February 3 is National Wear Red Day

Come to the Activity Room to do heart healthy exercise and take a group picture of everyone wearing red to share in the Trumpet and social media. What a great way to raise awareness for the fight against heart disease!

Some reminders when it comes to the snow and ice. Please be safe and avoid areas not salted. It's true that salt is less effective in extremely cold temperatures (ie.: 10 degrees and below), especially at night when there's no sunshine to help it along. Sand (if available) can help with traction in this case but the safest bet is to avoid going out during those extremes if possible. If you must go out, wear shoes with good traction, walk slowly and take small steps. In addition, when coming inside after walking through snowy or wet areas, be sure to mop up any wet spots on your floors to avoid slipping inside. Be safe!

For more information on any of the above, or for anything else fitness related, please contact: cgorde@pvm.org OR 586-716-7385



Thursday, February 9
6:00pm.

Marguerite's Restaurant

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

Alzheimer's Caregiver Support Group

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, February 22 at 3:30pm

Harbor Inn

Midrise Community Room

To register or for more information
please contact your facilitator

Ann Marie (586)716-7142



Thursday, February 9
2:30pm
Harbor Inn Midrise
Library

This group will meet every Thursday, except Birthday Dinner Day

Model Train Demo with The Train Man



BIRTHDAY DINNER

Entertainment
1:30pm
Chapel

THURSDAY, FEBRUARY, 16
12:00PM

MARGUERITES'S RESTAURANT

PURCHASE YOUR TICKETS AT THE FRONT DESK

Receive a FREE Birthday Meal on your Birth month!
And one guest at 1/2 off!



Show & Tell

**Monday, February 6
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**

Paint a Valentine Picture



**Thursday, February 2
1:00pm
Activity Room**

**NATIONAL WEAR RED DAY FOR
HEART DISEASE**



HAPPY HOUR

**Friday, February 3
1:30pm- Activity Room**



**PRE Super bowl
Friday, February 10
1:30pm
Activity Room**

Valentine's Party

**Tuesday, February 14
2:30pm**

Marguerite's Restaurant

Happy Hour with

Bobby G

Guitarist & Entertainer



**Friday, February 24
2:15pm Activity Room**



*Random
Acts
of
Kindness
Day*

FEBRUARY 17

Friday, February 17

Share Kindness & Happy Hour

1:30pm

Activity Room

SATURDAY MATINEE

1:30pm

ACTIVITY ROOM

**Featuring Black History Movies
Movie will be posted in Activity Room**



Calling ALL Euchre/Card players
Play cards with your neighbors
Tuesday's 6:00pm
Harbor Inn Community Room

Questions call: Betsy 586-716-7143

RESIDENT POTLUCK
SUNDAY, FEBRUARY 19



4:30PM-HAPPY HOUR

5:00PM-DINNER

MARGUERITES RESTAURANT

Dining Services will be making spaghetti

BRING A DISH TO PASS

that goes with spaghetti

SIGN UP IN THE ACTIVITY ROOM

For more information contact:

Pat Mickle-248-933-1726

♥ *bunco* ♥

Thursday, February 9

1:30pm

Harbor Inn Community Room

Wear your favorite Valentine's Outfit



g a m e
n i g h t

Saturday, February 25

6:30-?

Midrise Community Room



DIGITAL LEARNING DAY

FEBRUARY 22

1:30pm

Marguerite's



ASK THE EXPERT...

JOIN THE TECHNOLOGY TEAM TO LEARN MORE ABOUT HOW TO SET UP PASSWORDS, PHISHING ATTACKS, MALWARE AND CYBER-ATTACKS.

BRING YOUR LAPTOPS, PHONES AND TABLETS AND HAVE SOMEONE FROM THE TEAM LOOK AT THEM AND ANSWER ANY QUESTIONS YOU MAY HAVE.



EXCURSIONS

Wednesday, February 8

Women's Lunch
Check the Binder

11:30am

\$\$\$ On your own

Friday, February 10

DSO

Frank & The Ladies of Song

9:00am show starts

\$33.60

Money due January 6

Monday, February 13

Men's Lunch
Check the Binder

11:30am

\$\$\$ on your own

Monday, February 20

Paczki Run
Zerilli's Bakery

Get your Paczki before everyone else

8:30am

\$3.50 each

Friday, February 24

Who Makes the BEST Burger
Knapp's Garage

11:30am

\$\$\$ on your own

Thursday, March 2

Firekeeper's Casino

7:30am

\$40.00

Money due: February 13

Who makes the BEST BURGER?

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

This month we will be going to

Knapp's Garage

New Baltimore

Friday, February 24

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

Winterfest chili cookoff



Valentines Craft



Red Carpet Premiere



Directory

Accounting

Tracy Tesch 716-7408

Activity Lead A/L & I/L

Betsy Mianeki 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

716-7223

Peggy Carroll 716-7397

Kathy Moore 716-7039



2/01 Colette Koch

2/01 Bill Creed

2/02 Marie Kuhn

2/03 George Myler

2/05 Carol G. White

2/07 Audrey Bolton

2/11 Irle Boehm

2/13 Anna Miceli

2/14 Joan Errington

2/15 Jeff Bobb

2/17 JoAnn Hebert

2/17 Patricia Lopata

2/18 Joanne Fowler

2/24 Bobbie Cason

2/24 Robert Jones

2/27 Marlene Batts

2/27 Lawrence Chamberlain

2/27 Steven Huber

2/28 Diane Blumline

2/29 Pam Deville