



# Village Trumpet



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June 2023



Presbyterian  
Villages  
OF MICHIGAN  
SERVING SENIORS & COMMUNITIES



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The Village of  
East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## Village Palooza

**Harbor Inn Parking Lot**  
**June 29th**  
**2 pm-8 pm**

**Craft Show · Car Show · Caricatures**  
**Food · Drinks · Music · Dancing**

<b>3:00</b>	<b>4:30</b>	<b>6:30</b>
<b>Donny Rod</b>	<b>The Heartbreakers</b>	<b>Dr. Pocket</b>

FOR MORE INFORMATION CONTACT BETSY AT 586-716-7143 OR [BMIANECKI@PVM.ORG](mailto:BMIANECKI@PVM.ORG)



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

Happy Memorial Day. I always reflect on those who came before us and gave their lives so we can enjoy our freedom. This includes my Grandfather that I never met, Commander John Grotenrath, United States Navy. He died while serving as Provost Marshall on the Island of New Guinea. May we never forget that Freedom is not Free.

The Fashion Show was a sold out success. The team put on a fabulous show and brunch. A fun day of laughing, shopping, and making new friends. Our models did an exceptionally great job walking the runway. The brunch was delicious. If you were not able to get a ticket this year, please buy your tickets early for next year.

We love testimonials. Many of you stop us when on tour and have great things to share. If you would be so inclined, we would love to get some of your testimonials on video. If this is something, you would like to do please reach out to me and we will set up a time to record your testimonials. One thing we would ask you not to do is, please do not invite strangers who are looking around our campus into your homes. This is a dangerous thing to do. Let our staff tour them and give them information. If you would like to be on a list that staff could call to see your apartment when we have a tour; to see a furnished apartment please call the front desk and ask for Suzanne McCallum.

The Garden Club has started meeting. I am looking forward to getting input on plants and flowers to dress up our front entrance. Our staff will do the planting. Cannot wait to see your suggestions.

Do not forget if you need outpatient therapy, we have our beautiful new health and wellness center. A Doctor's order is required for outpatient physical therapy, call for more information. Take advantage of your one free Hydroworx appointment with Chris Nahorodny, our fitness specialist, and see for yourself what the underwater treadmill can do for you.

Next up our Village Palooza Event. We have entertainment featuring three bands, Donny Rod to kick off the event. Next up the Heartbreakers singing musical tributes comprised of classic songs. The final act is Dr. Pocket Band featuring our own Bobby G. It is sure to be an evening of wonderful entertainment. Looking forward to seeing you there.

Happy Memorial Day Weekend,

Carolyn



Village of East Harbor  
Residence Association Meeting Minutes for May 9th 2023

The meeting was called to order by President Janet Lickman at 1:35 p.m. Pledges to the United States flag and the Christian flag were recited. Louise Edwards was recognized for attending her first residence meeting. April minutes were highlighted by Janet Lickman and approved unanimously

Finance report was rendered and approved. Pat Mikle suggested that we take money out of our current finances and give seed money to the Garden Club. President Janet suggested \$350. Motion made By Bill Creed for \$350 and seconded by Bob Jones.

Chaplin Laura - Boomers and Beyond will be meeting at Immaculate Conception Church on June 1st 2023 at 11:30 a.m. We are pleased to announce that all our Bible services are picking up and you are welcome to join. Notification of all classes are in the trumpet. A deposit of \$150.00 for the Ark tour is due by the end of May .

Devon Meier - Announcement that we met our goal of 42,000 there was a big round of applause . Devon mentioned that we are still having Legacy fundraising.

Administrator Carolyn- Announced masks are no longer required at the Village of East Harbor. Window cleaning will take place on May 14th in the main building and May 15<sup>th</sup> for outer buildings. Caroline thanked all the residents on how wonderful it is to see neighbor taking care of neighbor.

Fitness Chris - Advised anyone who is interested in exercise programs please contact her or check out the monthly Trumpet. Also if interested in the hydro works, contact Chris for lessons and information. An audience question was asked about the village Victory cup Club. Answer was no information at this time but will keep us posted.

Activity Betsy - The Mother's Day and fashion show will be Saturday May 13th 11:30 a.m. Tickets are \$15.00 The birthday dinner will be Thursday May 18th at 12:00. You may purchase a ticket at the front desk. The potluck dinner will be May 21st at 4:30 p.m. The crochet Club meets two times a month, Thursdays at 3:00 p.m. Bridge lessons are 10:00 to noon on Fridays in the mid-rise. We will be going to Jusko's Greenhouse May 15<sup>th</sup>. Tuesday May 30<sup>th</sup>, we will be making a trip to Frankenmuth. Please sign up as soon as possible. June 14<sup>th</sup>, we are scheduled for a Detroit Tiger baseball game also on August 31st. The Village Palooza will be held on June 29th in the Mid Rise parking lot from 2pm – 8pm. Please sign up for ukulele lessons if you are interested. We are looking into a partnership with the Chesterfield Library for checking out books for all residents. Contact Betsy for any other information.

Motion to adjourn meeting made by Pat Mikle. Seconded by Nancy Huff. Meeting adjourned at 2:45 p.m.

Respectfully submitted  
Sally de Schepper

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

**Date: Tuesday, June 13**

**Location: MARGUERITE'S RESTAURANT**

**Time: 1:30 pm**

**ALL Residents are members and encouraged to attend**

***After the meeting enjoy a special treat provided by the retiring president,  
Janet Lickman***

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

**Building & Grounds**

**Meets Tuesday, May 2 at 3:00 pm in Marguerite's.**

**Culinary Committee**

**Meets Wednesday, May 3 at 3:00 pm Marguerite's.**

**FOOD VOUCHER CARDS**

MAY BE USED IN BISTRO, CAFÉ AND ALL DINING SERVICES  
TAKE 10% OFF YOUR FOOD ORDER  
WHEN YOU USE YOUR CARD  
EXCLUDES BIRTHDAY DINNER AND SPECIAL EVENTS

AVAILABLE FOR PURCHASE IN ANY DENOMINATION  
SEE SALLY 586-716-7423



Sign up for ALL crafts and  
activities in the Binder in  
the Activity Room.

***Space is limited!***

**Don't be turned away,  
sign up today!**

**WELCOME HOME NEW RESIDENTS**

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

Theresa Johnson—912 Harbor Inn

Joanne Goetgeluck—617 Barnett Hall

Stella Goodson—L2

Mae Van Buren—L2

Lester Weil—614 Barnett Hall

Evelyn & William Skonieczny—50830 Esther's Way

Jodi Charbonneau—819 Harbor Inn

Colleen & Dennis Berger 50870 Esther's Way



*From The Desk Of Chaplain Laura...*

**JUNE**

In honor of all fathers everywhere, I want to wish you all a Happy Father's Day!

Although we have celebrated Father's Day since the beginning of time, Father's have been nationally celebrated beginning June 19, 1924.

*Father's Day, SUNDAY, June 18* gives us a chance to honor those who stand at the helm and lead their family or others through life's battles.

Not all fathers have had biological children. I have known many who have taken the spirit of a father and was a blessing to many children and families.

What is a "father" to you? To me, a father is one who will love, nurture, care for, have compassion for, provide and protect.

**A father PROTECTS** Psalm 91 mentions God's protection saying, "My refuge and my fortress, my God, in whom I Trust."

**A father will PROVIDE.** "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning". James 1:17

**A father will TEACH and TRAIN.** "And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.". Deuteronomy 6:6-7. "Train up a child in the way he should go, and from it, he will never depart Proverbs 22:6. I have known many father-figures who have taught someone to change a tire, tie their tie properly, how to treat one another with respect, or have taken a child fishing. These are examples of the heart of a father.

To all of those who have protected, provided, taught, trained, or have "been there"... we thank you.

Please see CHAPLAIN'S CORNER for all programs including **Sundae Sunday!**

May you have the most blessed Father's Day this year.

If you would like prayer, a visit, or have other spiritual needs, please contact me at (586) 424-5674. I am here to serve you and am only a phone call away.

*In His Service,  
Chaplain Laura Stone*



# Chaplain's Corner

JUNE, 2023



**MONDAY, JUNE 1 11:00 AM– LUNCHEON AT IMMACULATE CONCEPTION CHURCH.**

**Father's Day service– Sunday, June 18**

**Sunday, June 18, 9:00 AM– Father's Day fellowship– coffee & morning snack .Activity Room**

**SUNDAE SUNDAY– JUNE 11 AT 1:00 IN THE ACTIVITY ROOM– Join us for an ice cream sundae to celebrate SUMMER!!!**

- ⇒ **Sundays at 11:00 am**, join us for our non-denominational Chapel Service and worship.
- ⇒ **Sundays at 2:00 pm Scripture Study in the Chapel (not on Father's Day June 18)**
- ⇒ **Sunday, June 18– 9am Father's Day fellowship– coffee & morning snack-Activity Room**
- ⇒ **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**- Beginner / Intermediate Bible Study. Join us on our journey THROUGH THE Bible in our new study, "The Chronological Guide to the Bible" as we travel through scripture.
- ⇒ **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.
- ⇒
- ⇒ **Trip to Noah's Ark and Creation Museum in Ky (overnight) ONLY 5 TICKETS LEFT!!! IF YOU WANT TO GO SEE CHAPLAIN LAURA FOR PRICING AND TO REGISTER.**

*Blessings,*

*Chaplain Laura*

# Health and Wellness News

Christina Nahorodny, Fitness Specialist



**Vitamin D:** Exposing your skin to sunlight causes it to make Vitamin D which is essential for optimal health. But the sun's UVB rays can't penetrate through windows so get outside for just a few minutes each day to soak up some rays and reap the benefits of stronger bones and teeth, improved brain function, a stronger immune system just to name a few! It's no wonder it's called the Sunshine Vitamin! Of course, too much sun can be damaging to your skin so be careful not to overdo it. The good news is it only takes about half the time to make sufficient levels of Vitamin D than it would take for your particular skin type to become sunburned. For example, if you know you tend to burn after 20 minutes, only stay out for about 10 and know that you will be doing your body a world of good. Unable to get outside? Not to worry! You can get Vitamin D from cheese, milk, eggs, red meats and fortified cereals and juices or supplements.

Anyone wishing to use the Fitness Centers MUST have an orientation and updated paperwork on file. Please contact Chris Nahorodny, Fitness Specialist, to schedule your orientation or anything else fitness related

## Fitness Class Descriptions:

### Mondays

9:00 & 10:30\* Cardio Exercise  
*Low impact, heart healthy exercises*

1:30 Strength & Balance  
*challenge your muscles to serve you better!*



### Tuesdays

9:00 Balance Exercise

11:30 Strength Circuit

1:30 Chair yoga / Drum Fitness  
(alternating weeks)



### Wednesdays

9:00 & 10:30\* Yoga Stretch  
*Relax your body, mind and spirit*

1:30 pm Tai Chi (seated or standing)  
*Sun style program designed to relieve joint pain and improve balance*

### Thursdays

9:00 Move & Groove  
*Rhythmic cardio exercise to improve coordination and have fun!*

11:30 Drumming Exercise aka Chicks with Sticks!  
(seated or standing)  
*No musical experience necessary!*

1:30 Cardio & Coordination

### Fridays

9:00 & 10:30\* Strength Exercise

*\*10:30 classes are taught from a seated position*

*Interested in trying out classes? Questions?*  
*Contact Chris Nahorodny @586-716-7385*  
*or cgorde@pvm.org*

# BIRTHDAY DINNER

THIS MONTH BIRTHDAY DINNER WILL BE ON  
THURSDAY, JUNE 15

12:00 PM

MARGUERITE'S RESTAURANT

PURCHASE YOUR TICKETS AT THE FRONT DESK

ENTERTAINMENT TO FOLLOW IMMEDIATELY  
IN MARGUERITE'S RESTAURANT

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



## Knit & Crochet Group

Meets Every Thursday

3:00 pm

Harbor Inn Midrise  
Community Room



## Calling ALL Euchre players

**Play**

**BID EUCHRE**

**Tuesday's 10:00 am**

**Harbor Inn Community Room**

**Questions call: Betsy 586-716-7143**

## RESIDENT POTLUCK

SUNDAY, JUNE 18

**CANCELED IN JUNE DUE TO**

**FATHER'S DAY**



Bridge Lesson Series

Friday Mornings

10:00 am-12:00 pm

Harbor Inn Community Room

## SATURDAY MATINEE

1:00 pm

CAPMAN HALL

Movie to be announced via robo call



# Show & Tell

**Monday, June 5**  
**1:30 pm**  
**Activity Room**

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

## The Village Garden Club

We will be visiting Jusko's Garden Center to purchase flowers for the front entrance.

Monday, June 5

9 am Lobby

Planting flowers when we return



# Memoir Writing

Will take a break for the summer...

See you in the fall.



**Mondays 2:30 pm Activity Room**

## Creative Expression & Yoga with Angela

Mindful meditative art combines mindfulness, meditation and expressive art activities with yoga.

**Thursday, June 8**

**1:00 pm**

**Activity Room**

Please sign up in the binder



## Learn to play the UKULELE

### Introduction Class

**Friday, June 9**

**11:30 am**

**Activity Room**

Cost will be approximately \$50.00 for Ukulele and supplies

Please join us for "Tea Time with Tony" with our very own Macomb County Clerk Anthony G. Forlini, as we discuss issues important to you as well as information on protecting yourself and your loved ones from potential real estate fraud with our fraud alert guards.

Plus learn about FREE services and resources offered to Macomb County residents followed by Q & A.

**Monday, June 12—1:30 pm—Marguerite's Restaurant**



# BRING YOUR QUARTERS!

**MONDAY, June 19**

**6:00 PM**

**ACTIVITY ROOM**

# Father's Day Beer Tasting Party



**Friday, June 16**

**1:30 pm**

**Activity Room**



**Celebrate the First Day of Summer**  
**Paint a flowerpot with Northbrook Academy**  
**Wednesday, June 21**

**1:30 pm**

**Activity Room**

## *Paint a Butterfly with Linda*



**Thursday, June 22**  
**10:30 am**

**Activity Room**

*You MUST sign up  
for this activity in  
the binder.*

## **National Pink Day**

Join us for a pinktastic afternoon  
of pink snacks, drinks and Bobby G  
Be sure to wear your pink and you may  
win a special prize!

**Friday, June 23~1:30 pm ~ Activity Room**



**A NEW weekly chat group of  
men and women who meet  
for coffee and conversation.**  
**Come talk about current  
events with people who are interested in  
what's going on locally and globally.**

**Tuesday's 9:30 am, Activity Room**

## **Courtyard Clean-up**

**Friday, June 9**

**1:30 pm Activity Room**

**Bring your gloves and help us  
plant & clean  
Fritz's Garden.**

## **Alzheimer's Caregiver Support Group**

This support group is for caregivers  
affected by Alzheimer's disease or a  
related dementia.

**Fourth Wednesday at 3:30 pm**  
**Marguerite's Restaurant**

More information please contact  
**Ann Marie (586)716-7142**



## **PARKINSON'S SUPPORT GROUP**

**Second Thursday at 6:00 pm**  
**Marguerite's Restaurant**

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

# Fashion Show & Fitting Fun



## Show & Tell



## Residents-vs-Staff Baseball Game



## Jusko's Greenhouse



## Cinco de Mayo



# EXCURSIONS

Thursday, June 1

*Six the Musical*  
*Fisher Theater*

4:00 pm

Monday, June 5

*Jusko's Greenhouse*

9:00 am

\$\$\$ on your own

Wednesday, June 7

*Shoe Shopping*  
*Footwear Footcare*

9:30 am

\$\$\$ on your own

Wednesday, June 14

*Tiger's -vs-Atlanta Braves*

10:30am

Tuesday, June 20

*Women's Lunch*  
*Catch 22*

11:30 am

\$\$\$ on your own

Tuesday, June 27

*Men's Lunch*  
*Catch 22*

11:30 am

\$\$\$ on your own

Friday, June 30

*Who Makes the BEST Burger*

*Mercury Bar-Detroit*

11:00 am

\$\$\$ on your own

# Upcoming Excursions

Thursday, July 13

*Great American Trailer Park*  
*Snug Theater*

4:00pm

\$38.00 money due June 5

Thursday, August 31

*Tiger's -vs-NY Yankees*

\$33.00 money due June 16

July or August

Tuesday or Thursday

Date to be announced

*Royal Eagle Tea Room*  
*Harper Woods*

\$41.00 money due June 23

Sunday, Sept 24-Monday, Sept 25

*Ark Encounter/Creation Museum*  
*Overnight Trip*

\$262.00

\$150.00 deposit

Contact: Chaplain Laura for  
more information

There are still some spots available

Sign up for outings in the Binder in

the Activity Room or

call Ann Marie: 586-716-7142

Space is limited!

# Directory

<b>Accounting</b>	
Tracy Tesch	716-7408
<b>Activity Supervisor AL/IL</b>	
Betsy Mianeki	716-7143
<b>Administrator</b>	
Carolyn Martin	716-7221
<b>Beauty Salon</b>	
Appointments	716-7180
<b>Chaplain</b>	
Laura Stone	716-7438
<b>Dining Services Mgr.</b>	
Hisam Chowdury	716-7419
<b>Director of Nursing</b>	
Karolina Jones	716-7416
<b>Driver</b>	
Ann Marie Hart	716-7142
<b>Executive Director</b>	
David Miller	716-7410
<b>Fitness Specialist</b>	
Chris Nahorodny	716-7385
<b>Front Desk</b>	
Receptionist	725-6030
<b>Harbor Inn-Admin. Asst.</b>	
Beth Humble	586-273-2440
<b>Harbor Inn Manager</b>	
Wenona Breazeale	586-273-2559
<b>Housekeeping / Laundry Mgr.</b>	
Michelle Willer	716-7418
<b>Maintenance Work Request</b>	
Front Desk	725-6030
<b>Maintenance</b>	
Emergencies After 11:00 pm	248-996-2470
<b>Marketing Manager</b>	
Sue McCallum	907-3709
<b>Physical Therapy Mgr.</b>	
Kim Frabotta, Agility Therapy	716-7398
<b>Rehab Admissions</b>	
Jen Moreno	716-7427
Darcy Stalker	716-7183
<b>Resident Care Mgr.</b>	
Toni Greig	716-7426
<b>Sales &amp; Leasing Specialist</b>	
	716-7223
	716-7397
Kathy Moore	716-7039



6/01 Margo Baker

6/07 Alan Edwards

6/07 Helmut Breiling

6/09 Kathy Borwick

6/12 Sally DeSchepper

6/16 Nancy Burandt

6/16 Janet Lickman

6/22 Dolores Matthews

6/25 Rose Brisley

6/25 Sharon Frantz

6/26 Marilyn Boehm

6/26 Georgina Rudolph



**Saturday, June 17**

**6:30-?**

**Harbor Inn Community Room**

## **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.

### **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

**Mercury Bar**

**Detroit**

**Friday, June 30**

**11:00 am**

**Sign up for outings in the Binder in  
the Activity Room or**

**call Ann Marie: 586-716-7142**

**Space is limited!**

**Car/bus trips can be scheduled Mon-Fri  
from 8 am-4:30 pm, upon availability.**

**Independent residents can schedule up  
to 2 car/bus transports per month free  
within the Chesterfield and New  
Baltimore area.**

**Anything over 2 will see a charge.**

**Any questions making appointments or  
with regards to charges, please contact**

**Ann Marie-586-716-7142**

### **HARBOR LIGHTS**

**Sing-a-long**

**Thursdays**

**4:00 pm**

**Chapel**

