



Village Trumpet



Embrace the possibilities

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

July 2023



Featured Articles

- Administrator
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- Resident Association Minutes
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You are Invited to BIRTHDAY DINNER

Thursday, July 20
12:00 pm
Marguerite's Restaurant
\$15 purchase tickets at front desk
Entertainment in the Chapel
1:30 pm
prizes for best costume

DIGITAL LEARNING DAY

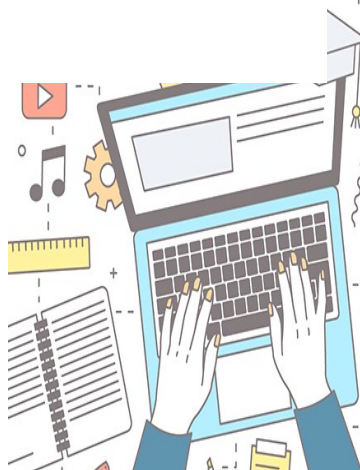
Friday, July 14
1:30 pm

Marguerite's Restaurant

ASK THE EXPERT...

JOIN THE TECHNOLOGY TEAM TO LEARN MORE ABOUT THE TECHNOLOGY YOU OWN.

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



The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:



We said Good Luck and wished Fred from Maintenance a well-deserved retirement. It was wonderful to see residents and staff show up in large numbers to wish Fred a Happy Retirement. He touched many lives. He truly loved working for the residents and sharing his skills.

Rehabilitation Services are available for outpatient therapy. Most insurances accepted. Get a doctor's order for therapy and have the convenience of working with our skilled therapist. Let them work their magic to get you up and running. It is amazing what a difference therapy can make. Staff are able to use our therapy services too. Our own Betsy said she was grateful to be able to do therapy on site. You can also stop by and have your balance checked for free or attend one of the fall risk screenings this month listed in the Trumpet. Don't let a fall get you down. No pun intended!

We have had a large number of new residents move to the campus. If you see a new face be sure to say hi. Did you know loneliness is bad for your health? Don't stay away. Join in and make new friends. We have many ongoing fitness, spiritual, and social engagements planned just for you. Check your calendar and see what you might like to try. Try it you might like it as the old TV cereal commercial stated.

Struggling with Parkinson's or Alzheimer's? Join our support groups. Whether it is you or a family member. Find comfort talking with others dealing with the same challenges. See calendar for support group time and days. Talking to others reduces anxiety, improves self-esteem, and you may learn new coping strategies. Share common experiences or issues.. Take advantage of the opportunity right here on our campus.

What a strange Summer with all the smoke on our horizon from the Canadian fires. I don't remember ever having a time when so many days were filled with air quality alerts. Keep Canada and the firefighters in your prayers.

Saturday is movie day at the Village. Movies shown in Capman Hall for Independent Residents, Activity Room for Assisted Living Residents. Enjoy popcorn and films with your friends. Movie suggestions welcomed.

Did you know downtown New Baltimore has a Farmer's Market on Sunday mornings? They sell fresh produce, trinkets, baked goods, honey, mushrooms, and more. While you are there check out the beach. Watch the boats go by and stop by the variety of shops. Small town at its finest.

Our new Village Flag Shirts are on sale in the Cameron Café. Makes a nice gift or 4th of July outfit. Red Shirts with an American flag. Let freedom ring!

Have a safe and Happy 4th of July.

Carolyn Martin

Administrator

Village of East Harbor
Residence Association Meeting Minutes for June 13, 2023

The meeting was called to order by President Janet Lickman at 1:40 p.m. Pledges to the United States flag and the Christian flag were recited. Jody Charbonneau was recognized for attending her first residence meeting. May minutes were highlighted by Janet Lickman and approved unanimously

Pat Mikle gave the finance report and noted that this would be her last, for she is retiring. The finance report was approved unanimously.

Frank Gitre introduced the new slate of candidates for 2023/2024. Janet Lickman requested for any nominations from the floor; there were none. The nominations were closed and a vote taken. The slate was unanimously approved. Next year officers will be as follows Nancy Streit President, Sandra Noce Vice President, Barbara Anderson Treasurer, Sally De Schepper Secretary, A grateful thank you was given to Elaine Walton for all her years of service to the Residents Association. She will be sorely missed. Also retiring Janet Lickman and Pat Mikle, We thank both ladies; they carried out their position with professionalism and dignity.

Jennifer introduced Michelle who is our new Health and Wellness Therapist.

Chaplin Laura: Updated all the goings on in her Department and advised keep reading the Trumpet for updates The Ark Encounter/Creation/Museum trip is full and payment is due at the end of June.

Fitness specialist Chris: Will be going on vacation but will fit all into any spot you need service in this week. Chris will be gone for 1 week and you are allowed to use any of the equipment in the facility if you have had instruction. The next district Victory cup will be in June 2024. We will have our own in-house Victory cup will be in September.

Activity supervisor Betsy: Advised that if you have signed up for a trip and will not attend, please contact her. Any event you are attending that requires a fee, the fee has to be paid in the time that is stated on the signup sheet. The venue companies are requesting on time payments. Following are reminders of upcoming events June 29th Village Palooza, July 13 Great American Trailer Park Snug Theater, cost \$38.00, July or August on Tuesday or Thursday, Royal Eagle Tea Room \$41.00, August 31 Detroit Tigers vs New York Yankees, cost \$33.00.

A Welcoming committee report was given by Marilyn Shaheen. If any members need help or want to serve on the committee please contact Marilyn.

Meeting adjourned 2:40 P.M.

Respectively submitted

Sally De Schepper

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

**On hiatus till September
ALL Residents are members**

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

Welcoming Committee

Already a Member? Would you like to find out more about what this committee does? Would you like to be part of this committee?

Meeting Tuesday, July 11 at 1:00pm, Marguerite's Restaurant

Building & Grounds

Meets Tuesday, July 11 at 3:00 pm in Marguerite's.

Culinary Committee

Meets Wednesday, July 12 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**



WELCOME HOME NEW RESIDENTS

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

Eva Cummings—C-306

Rose Marie Curley—618 Barnett

Nick Disipio—I-2

Prem Gupta—S-505

Estee Koval—B-202

Virginia Masel—916 Harbor Inn

Jane Mize—114 Kirk

Ingrid Pfeiffer—D-404

Venus Sawyer—A-103

Lillian Zitka—919 Harbor Inn



*From The Desk Of
Chaplain Laura...*

JULY

Happy Independence Day!

The Declaration of Independence

"The Want, Will, and Hopes of the People."

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Long before the signing of the Declaration of Independence, on July 4, 1776, God allowed us our independence, instituting Life, Liberty, and the pursuit of happiness. Through Christ, we have many freedoms.

With independence comes responsibility. Galatians 5:13- "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh, rather, serve one another humbly in love." Our freedoms were meant to serve others.

Proverbs 16:9 tells us that our steps are ordered by the Lord, "In their hearts, humans plan their course, but the Lord establishes their steps."

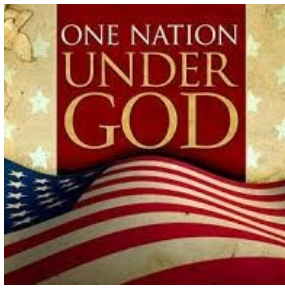
We are all called to be imitators of Christ, so we give as God gave and as Christ gave. "Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself for us as a fragrant offering and sacrifice to God" (Eph 5:1).

Celebrate and honor those who have fought for our freedoms. Pray for the sick and hurting. Serve the widowed and orphaned. Love everyone.

The trip to the Ark Encounter in Kentucky is full, however, we do have a "Wait List" in case of cancellations or if we are able to get a larger bus.

Future outing in **OCTOBER**, we will be attending the Potluck Luncheon & Bingo at Immaculate Conception Church. We had a great time last month!! Invite a friend to come along.

*In His Service,
Chaplain Laura Stone*



Chaplain's Corner

JULY



Join us in the Chapel for various spiritual programs including:

- ⇒ **Sundays at 11:00 am** Non-denominational Church Service and worship.
- ⇒ **Sundays at 2:00**– **Beginner/Intermediate Scripture Study** in the Chapel
- ⇒ **Mondays at 2:30** -Inspirational Reading. Read and discuss poems and short stories.
- ⇒ **Tuesdays at 10:45 am** -Catholic service. The 3rd Tuesday of every month is Mass.
- ⇒ **Tuesdays at 2:30** is Beginner / Intermediate Scripture Study. Join us on our journey as we travel through Scriptures. All are welcome; Please join us.
- ⇒ **Wednesdays at 2:30** Bible Trivia & Word Games. A fun time to gather, learn, and share.
- ⇒ **Thursdays- 11:00am** Rosary in the Chapel. Invite a friend or neighbor to join you.

SPECIAL EVENTS/OUTINGS

- ⇒ **In OCTOBER**, We will be attending the monthly Potluck Luncheon & Bingo at Immaculate Conception Church. We had a great time when we went in April. Invite someone to attend with you.

The trip to the Ark Encounter & Creation Museum is full, however, we have a waiting list in the event of receiving enough interest that we can reserve another Motor Coach. If interested, please sign up in the Sign Up book under "Trips" in the Activity Room.

I am here for you. If you have any needs, please contact me and I will do my best to assist you. I am available to you for discussion, prayer, visits, and to assist with linking or coordinating services or finding resources for you. Call me if you have need (586) 424-5674

Blessings,

Chaplain Laura

Health and Wellness News

Christina Nahorodny, Fitness Specialist

July is UV awareness month. Be sure that you are wearing sunscreen if you will be outside for more than 10-15 minutes. This is especially important between the hours of 12-3:00pm when the sun's damaging UV rays are the strongest, even on cloudy days. In addition, you should protect your eyesight with sunglasses. *Be sure to use glasses that specifically protect from UVA and UVB rays which should be indicated on the sticker when you buy them.* Don't be fooled by dark glasses that don't specify this as they cause your pupils to open larger allowing even more of the damaging UV rays to enter. Also helpful are wide brimmed hats to shade your eyes and face. Stay safe and enjoy the sunshine!!

Chair Yoga

Tuesday, July 11 at 1:30

Both standing and seated postures will help to strengthen muscles and assist balance and range of motion



**Check
this**

Indoor Pickleball

Tuesday, July 18 & 25 at 1:30

What in the world is pickleball? Think of a combination of tennis and ping pong played with paddles and a wiffle ball and 4 players



Any resident 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, Hydroworx appointment or anything else fitness related

cgorde@pvm.org or 716-7385

BIRTHDAY DINNER

THIS MONTH BIRTHDAY DINNER WILL BE ON
THURSDAY, JULY 20

12:00 PM

MARGUERITE'S RESTAURANT

PURCHASE YOUR TICKETS AT THE FRONT DESK



ENTERTAINMENT IN THE CHAPEL AT 1:30 PM

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



Bridge Lesson Series

Friday Mornings

10:00 am-12:00 pm

Harbor Inn Community Room

RESIDENT POTLUCK

SUNDAY, JULY 16

4:30 PM-HAPPY HOUR

5:00 PM-DINNER

MARGUERITES RESTAURANT



BRING A DISH TO PASS ~ SIGN UP IN THE ACTIVITY ROOM

SATURDAY MATINEE

1:00 pm Capman Hall

July 1—No Movie

July 22—The Curious of Benjamin Button

July 8—Make me Believe

July 29—Twins

July 15—That Thing You Do!

Reminisce

Discussion of different topics to encourage fond memories of events, places and people from your past.

Mondays 1:30 pm Activity Room

This group will not meet on July 10, join us for show and tell that day.

Show & Tell

**Monday, July 10
1:30 pm
Activity Room**

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

Learn to play the **UKULELE**



**Thursday's
1:00 pm
Activity Room**

NO CLASS ON BIRTHDAY DINNER DAY



A 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



**BRING YOUR QUARTERS!
MONDAY, July 17
6:00 PM
ACTIVITY ROOM**

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.

Happy Hour Beer Tasting Party



**Friday, July 7
1:30 pm
Activity Room**

YOU MUST SIGN UP IN BINDER TO ATTEND!

**Make a TIE DYE shirt
for**

60's Birthday Bash

Monday, July 17

1:30 pm Activity Room

must sign up in binder by July 12

Bracelet Craft



Make a summer bracelet

**Thursday, July 6
1:30pm**

**Activity Room
YOU MUST SIGN UP!**

Flower Picture with Linda



Thursday, July 13

10:30 am

Activity Room

**YOU MUST SIGN UP FOR
THIS ACTIVITY IN THE BINDER.**

FIND OUT YOUR FALL RISK FREE VIRTUSENSE SCREENING



MAINTAIN YOUR INDEPENDENCE BY REDUCING YOUR FALL RISK.

Virtu-Sense technology uses artificial intelligence and machine vision to identify deficits in balance, gait and function - the three leading indicators of fall risk.

Monday, July 10 ~ 10:00 am ~ Harbor Inn Health & Wellness Center

Wednesday, July 19 ~ 11:00 am ~ Activity Room

For more information and to RSVP, please call:

Jennifer Trewhella

586-273-2457

Jtrewhella@pvm.org

MARGUERITE'S RESTAURANT

JOIN US FOR DINNER...

\$15



Friday, July 28
5:00pm

You MUST purchase a ticket by
Tuesday, July 25



Saturday, July 15
6:30-?

Harbor Inn Community Room

Who makes the BEST BURGER?

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

This month we will be going to

Mercury Bar

Detroit
Friday, July 21
11:00 am

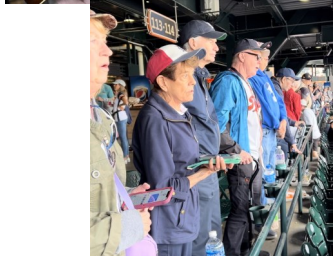


Sign up for outings in the Binder in
the Activity Room or
call Ann Marie: 586-716-7142
Space is limited!

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

UKULELE CLASSES

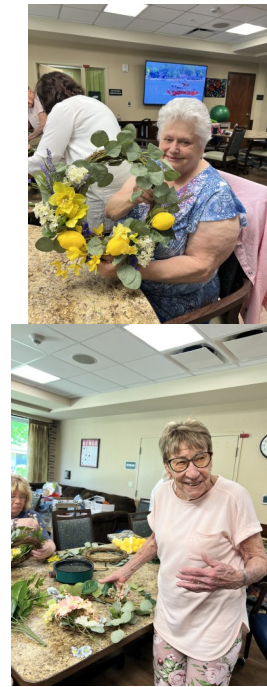


Tigers™

Ping Pong Fun



Wreath Making



Dinner and a Show



Painting with Linda



EXCURSIONS

Tuesday, July 11

*Summer Food Truck Roundup
Brandenburg Park*

2:45 pm

\$\$\$ on your own

Thursday, July 13

*Great American Trailer Park
Dinner before the show*

\$\$\$ on your own

4:30 pm

Tuesday, July 18

Women's Lunch

11:30 am

\$\$\$ on your own

Friday, July 21

Who Makes the BEST Burger

Mercury Bar-Detroit

11:00 am

\$\$\$ on your own

Tuesday, July 25

Men's Lunch

11:30 am

\$\$\$ on your own

Thursday, July 27

Old Club Luncheon

Harsen's Island

11:30 am

\$\$\$ on your own

Upcoming Excursions

Friday, July 28

*Bass, Brews & BBQ
Brandenburg Park*

12:00pm

\$\$\$ on your own

Thursday, August 31

Tiger's -vs-NY Yankees

\$33.00

July or August

Tuesday or Thursday

Date to be announced

*Royal Eagle Tea Room
Harper Woods*

\$41.00 money due July 5



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!

call Ann Marie: 586-716-7142

Space is limited!

Directory

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



7/01 Louise Edwards

7/03 Arnold Wilson

7/04 Joyce Sawyer

7/05 Ann Parski

7/07 Maddalene Coletti

7/10 Virginia Masel

7/12 Judith Ballard

7/13 Glenn Bonino

7/14 Henry August

7/15 Geraldine Bellak

7/15 Francis Weingartz

7/20 Marilyn Shaheen

7/26 Juliann Thomas

7/27 David Harrison

7/30 Hank Hughes

7/31 Dewey Collins