



Village Trumpet



Embrace the possibilities

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

September 2024



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The Village of
East Harbor
A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



HOOOWWN

at the

HARBOR INN



THURSDAY,
SEPTEMBER 12

4:00-7:00PM

FREE

- ◇ LIVE BAND
- ◇ DANCING
- ◇ CORNHOLE CONTEST
- ◇ CRAFT SHOW
- ◇ CAR SHOW
- ◇ HORSES
- ◇ FOOD & CASH BAR



HAPPY
Grandparents
DAY

Celebration

Sunday, September 8

11:00 Chapel Service

2:30 Celebration

Activity Room



Dear Residents,

Celebrating Assisted Living Week: September 8th-14th.

As we approach Assisted Living Week, I would like to take a moment to recognize and celebrate our incredible residents and the dedicated staff who make our community here at the Village of East Harbor so special. Even though I have only been here for a short time, I've already witnessed the incredible care, passion, and uniqueness that defines our community.

This year's theme is "Inspiring Generations" which perfectly captures the essence of what we strive to achieve every day. Our community is a living testament of the power and impact of shared experiences, wisdom, and the bonds that connect us across generations. Whether it is through stories, traditions, or simply spending time together, we see on a daily basis how our residents inspire not just each other, but all of us. Throughout the week we have planned a variety of fun and engaging activities designed to bring together and celebrate these inspiring generations. It will be a time for laughter, learning, and connection as we honor our past, celebrate the present, and look forward to the future.

Thank you to our residents, families, and staff, who make The Village of East Harbor a warm, welcoming and vibrant place to live and work. Let's make this Assisted Living Week one to remember.

Sincerely,

Heather Scott

Interim Executive Director

Tiger's Presentation



Piano Concert





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

Date: Tuesday, September 10th

Location: Activity Room

Time: 1:30pm

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

Join us for a *MEET & GREET* ice cream social following the meeting.

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

Building & Grounds

Meets Tuesday, September 3 at 3:00 pm Barnett Hall.

Culinary Committee

Meets Wednesday, September 4 at 1:30 pm Barnett Hall.

Welcoming Committee

All current members will meet Wednesday, September 4 at 2:30 pm Barnett Hall.

WELCOME HOME NEW RESIDENTS

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

Shirley Bluemer —902 Harbor Inn

James Demmunik—119 Kirk

Concetta Kotula—713 Harbor Inn

Carolyn Muer—50846 Esters Way

Marilyn Parada—S 505

Arlene Tines—608 Barnett



From The Desk Of Chaplain Laura...



SEPTEMBER

In August, we wrapped up both of our Bible studies. We had a great turnout and the group is growing!! Upcoming, we will be studying The Armor of God. Please consider joining us!

Sunday, September 8 is **Grandparents Day**, a day set aside to celebrate and honor those from whom we have received wisdom, peace, and much love.

Cookies, coffee, and lemonade will be served Sunday, September 8 at 2:30

You ARE significant and you do make an impact on the lives of others.

Psalm 92:14 encourages us by stating, "They will still bear fruit in old age...", reminding us that parenting is not limited to just our own family. I have had many "grandparents" throughout my lifetime- those who have shared their wisdom, love, and encouragement.

Noah's Great-grandfather, Enoch, made an impact on Noah, who impacted our world. Enoch passed his love for the Lord on to Noah who followed in his footsteps and also became close to God. Enoch's relationship with the Lord was so close, the Bible says he did not die, but was "taken up" into Heaven.

Thank you for sharing your love, your memories, and your wisdom.

Happy Grandparents Day!

Mondays– 2:30 Bible Study

Tuesdays– 2:30 The Book of Ruth, then on to The Armor of God study

Wednesdays 2:30– Bible Trivia and Word Game; Rosary at Midrise at 4:00pm

Thursday 10:00am– Rosary in the chapel

Monday, September 23 at 2:00- Spiritual Singalong in the Midrise

LADIES LUNCHEON -Saturday, September 21 from Noon to 3- at St Peter's Lutheran Church in Eastpointe \$5. Meet in our lobby at 11. You **MUST sign up**.

Bingo/Potluck lunch at Immaculate Conception -Thursday, September 5- We will be leaving The Village lobby at 11:00am. I also pick up at the Midrise at 11:00. **Sign up**

Kirk In The Hills October 16. Leave the lobby at 9:30, then have lunch together before returning. It is going to be a very exciting trip, so please plan to sign up!! **Space is limited**.

Please see the Chapel News board in the hallway across from the Chapel for spiritual events, outings, and programs.

Clothing, food, and incidentals giveaway Thursday, September 26 from 10-2 outside of the chapel. If you have need of anything, please feel free to contact me. (586) 424-5674.

*In His Service,
Chaplain Laura Stone*

Health and Wellness News

Christina Nahorodny, Fitness Specialist

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 586-716-7385

For the safety of all of our residents, **please do not prop/leave open the Fitness Center doors.** Thank You!



Wednesday, October 2 is our annual Staff vs. Residents pool noodle whiffle ball game! You won't want to miss this awesome time to conclude baseball season! *Rain date is Friday, Oct. 4th*

Check out the monthly calendar for our other Fitness Class offerings!

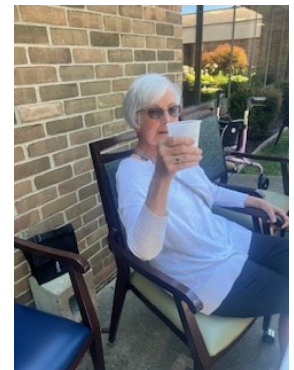
Harsen's Island Bridge Group



World's Finest Custard



Beer & Hot Dogs



Bridge to Belonging: Loneliness Reduction Skills Program

CMU College of Medicine - Healthy Aging Initiative
Project INCLUDE: Reducing Social Isolation and Loneliness

Hello,

The Healthy Aging Initiative at Central Michigan University (CMU) College of Medicine is inviting you to participate in the Bridge to Belonging: Loneliness Reduction Skills Program. This program will consist of at least **five weekly sessions by video or phone** for individuals who want to **learn more about how to address loneliness. A phone, computer, or tablet can be used to participate.**

The Bridge to Belonging Program is a free program developed by My Michigan Health that is now offered by Project INCLUDE, a collaboration between the Presbyterian Villages of Michigan (PVM) and CMU's Healthy Aging Initiative. Funding is provided by the Michigan Health Endowment Fund to reduce social isolation and loneliness among older adults.

Sessions may have participants from multiple PVM villages and last approximately an hour. They will be led by CMU faculty or students with training in mental health. Each session will cover a different topic related to loneliness, such as anxiety, grief support, and social skills.

To participate, please call (989) 774-1350 or email: healthyaging@cmich.edu.

To learn more, visit med.cmich.edu/healthy-aging.



Thank you!



Project **INCLUDE**, is a grant cooperatively operated by CMU College of Medicine and PVM with funding from the Michigan Health Endowment Fund aiming to reduce social isolation and loneliness (SIL) in older adults. This program will benefit both current and future students and community-based health care professionals.

Please consider being part of this study by filling out a survey.

You can also participate by volunteering to deliver a survey to residents who are not able to get out or to help a resident either in independent living or assisted living fill out survey.

Won't you help future generations learn to help improve social connection and reduce social isolation and loneliness?

Please contact Betsy to fill out a survey or to connect to a resident to help them fill a survey out. 586-716-7143

Memoir Writing Made Easy

EVERYONE HAS A STORY TO TELL!!

This group will meet twice a month for one hour to share stories and practice writing. You don't have to be a great or even a good writer to work on your memories and family history—you just have to be interested in chronicling these inspiring stories. Your children and grandchildren will want to read all about you through the stories you write!

There will be no penalties for errors in grammar, spelling or spilled milk on your paper.

Monday, September 9 & 23 ~ 2:30pm ~ Activity Room

Show & Tell

Do you have a special item at home that you would like to share with others? Something that has a particular story that is meaningful to you? We all remember bringing a treasured possession to school and telling our friends why we love it so much. As adults, we have many more treasures today. Consider a photo or letter, a family heirloom, an object from a job or trip, an ancient artifact, a work of art, new or old, that has meaning to you.

It's the story that counts.

**MONDAY, SEPTEMBER 9
1:30PM ~ ACTIVITY ROOM**



NATIONAL ASSISTED LIVING WEEK SEPTEMBER 8-13

THIS YEAR'S THEME IS INSPIRING GENERATIONS

HOW WILL YOU INSPIRE FUTURE GENERATIONS?

1. PARTICIPATE IN A SURVEY CONDUCTED BY CMU AND THE COLLEGE OF MEDICINE TO REDUCE SOCIAL ISOLATION AND LONELINESS AND ALSO TO HELP OUR ASSISTED LIVING RESIDENTS WITH COMPLETING THE SURVEY.

I AM LOOKING FOR VOLUNTEERS WHO WOULD LIKE TO SPEND 1/2 TO 1 HOUR OF THEIR TIME TO HELP CONDUCT THE SURVEY. PLEASE CONTACT BETSY IF YOU WOULD LIKE TO HELP.

2. PARTICIPATE IN THE MEMOIR WRITING GROUP TO INSPIRE YOUR CHILDREN, GRANDCHILDREN AND OTHERS WITH YOUR WRITINGS.

3. ATTEND THE RESIDENT ASSOCIATION MEETING AND BRING YOUR WHAT INSPIRES ME... SHEET AND WE'LL TAKE A PHOTO OF YOU FOR OUR BOARD.



Make a western bracelet
Thursday, Sept 5
1:00 pm
Activity Room
You MUST sign up in book

QUARTER BINGO
BRING YOUR QUARTERS!

FRIDAY
September 13
2:00 pm
Community Room



PACE offers preventive care and comprehensive support for eligible seniors.

Find out if PACE is right for you!

Monday, September 16
1:30 pm
Activity Room

BRING YOUR QUARTERS!



Monday
September 23
6:00 pm
Activity Room
You MUST sign up!

Travelogue to Greece

Discover more about this fantastic country.



Friday, September 6
1:30pm
Activity Room

MAKE A BOOKMARK WITH LINDA

Tuesday, September 17
1:30 pm
Activity Room
You MUST sign up!



BUNCO

Friday, September 20
1:30pm
Activity Room
You MUST sign up!



MEDICARE 2025

Learn about what is new and changes in the up coming year.

Monday, September 30
1:30 pm ~ Activity Room

Tuesday, October 1
2:00 pm ~ Community Room
You MUST sign up in book



Rotary
 Club of Anchor Bay



Saturday, October 12
Little Camille's on the Green

For more information or to purchase tickets call resident Margo Baker-586-292-3266

HARBOR INN HAPPENINGS

Regular Events

DOMINOES/CARDS

Mondays—6:00pm Community Room

CARDS / GAMES

Sundays—3:00pm

Tuesdays—6:00pm

Fridays—6:00pm

Saturdays—6:00pm

TABLE TOPICS & TEA

Tuesdays—2:00pm (please check calendar for dates)

Wii AND COOKIES

Wednesday, September 4—2:30pm—Lobby

Wii AND POPCORN

Wednesday, September 18—2:30pm—Lobby

QUARTER BINGO

Friday, September 13—2:00pm—Community Room

ROSARY

Wednesdays—4:00pm—Community Room

KNIT & CROCHET GROUP

Thursdays—2:00pm—Conference Room

PUZZLE PEOPLE

Everyday—All Day—Library

Special Events

RESIDENT ASSOCIATION

Tuesday, September 10

1:30pm—Activity Room

PACE PRESENTATION

Monday, September 16

1:30pm —Activity Room

MEDICARE 2025

Monday, September 30

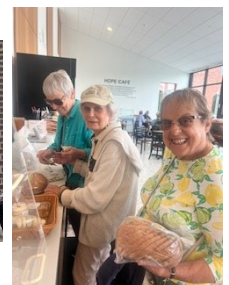
1:30pm—Activity Room

MEDICARE 2025

Tuesday, October 1

2:00pm—Community Room

Eastern Market



Wii & Popcorn



EXCURSIONS

Wednesday, September 11

Senior Zoo Day

Free Entrance

9:00 am

Lunch

On your own

Friday, September 13

MJR Theater

My Fair Lady

12:30pm

Free sponsored by Victor Whang
The Insurance Warehouse

Tuesday, September 17

Men's Lunch

Voyager

11:30am

\$\$\$ on your own

Wednesday September 18

Shoe Shopping

10:00am

\$\$\$ on your own

Saturday, September 21

Ladies Luncheon

St. Peter's Lutheran Church

11:00 am

\$5.00

Money Due September 18
(pay Chaplain Laura)

Tuesday, September 24

Ladies Luncheon

Watermark

11:30 am

\$\$\$ on your own

Monday, September 23

Shopping Penney's & TJ Maxx

1:30 pm

\$\$\$ On your Own

Friday, September 27

Smokehouse

10:00am

On your own

Thursday, October 3

Some Like it Hot

Fisher Theater

4:30pm

\$72.00

Money Due September 5

Friday, December 13

Home for the Holidays—DSO

9:00am

\$43.00

Money Due September 5

PARKINSON'S SUPPORT GROUP

Second Thursday of the month

Thursday, Sept. 12 at 4:00 pm

Activity Room

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

Alzheimer's Caregiver Support Group

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

Wednesday, September 25

Support Group -3:30 pm

Kleeman Chapel


*Birthdays
of the Month*

9/04 Leona Collins

9/04 Ronald Plesz

9/07 Maggie Peacock

9/08 Mary Bittner

9/12 Beverly Graham

9/12 Ron Sanford

9/13 Doris Duda

9/17 Carl Nowack

9/18 Irene Wagner

9/19 Lester Weil

9/21 Catherine Wright

9/22 Mark Maze

9/24 Ed Jerawski

9/27 Joyce Anderson

9/27 Barbara David

9/27 Jacquelin DeTomaso

9/30 Judy Miller

SEPTEMBER BIRTHDAY DINNER

THURSDAY, SEPTEMBER 19

12:00 PM

MARGUERITE'S RESTAURANT

PURCHASE YOUR TICKETS AT THE
FRONT DESK



\$16.00

1:30PM CHAPEL

ENTERTAINMENT BY:

KIELBASA KINGS

Receive a FREE Birthday Meal in your
Birth month!

one guest at 1/2 off!

**YOU MUST SIGN UP AT THE DESK
BY SEPTEMBER 16**

RESIDENT POTLUCK SUNDAY, SEPTEMBER 15 ACTIVITY ROOM



4:00PM—HAPPY HOUR

5:00PM—INVOCATION
FOLLOWED BY DINNER

This month's theme will be:
ITALIAN

BRING A DISH TO PASS
SIGN UP IN THE ACTIVITY ROOM
For more information contact:
Pat Mikle-248-933-1726

Directory

Accounting	
<i>Tracy Tesch</i>	716-7408
Activity Supervisor AL/IL	
<i>Betsy Miannecki</i>	716-7143
Beauty Salon	
<i>Appointments</i>	716-7180
Chaplain	
<i>Laura Stone</i>	716-7438
Dining Services Mgr.	
<i>Brandon Lewis</i>	716-7419
Director of Nursing	
<i>Karolina Jones</i>	716-7416
Driver	
<i>Ann Marie Hart</i>	716-7142
Executive Director	
<i>Heather Scott</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	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
Outpatient Therapy	273-2457
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	
<i>Kathy Moore</i>	716-7039

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

To schedule an appointment
call Ann Marie: 586-716-7142

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

Transportation services outside of
Chesterfield are subject to charge.

ALL appointments must be confirmed
by the driver.

You MUST Sign up for ALL outings
in the Binder
in the Activity Room or
call Ann Marie: 586-716-7142 or
Betsy 586-716-7143
Space is limited!

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

SAVE THIS PAGE!

This will not be reprinted monthly.