



# Village Trumpet



Embrace the possibilities

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

November 2024



## Featured Articles

Events

Resident Association  
Minutes

Chaplain

Fitness

Events

Photos



## Veterans Day Breakfast

HONORING ALL OUR VETERAN HEROES

**Tuesday, November 12**  
**8:00-10:00am Kirk Hall**

**Veterans & Spouses: Eat Free**  
**Non-Veterans: \$10.00 per person**

Purchase Tickets at the Front Desk  
Veterans RSVP by November 7  
Please include your branch of service.



The Village of  
East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



# Holiday Bazaar



**Friday, November 8 - 9 am - 4 pm**  
**Saturday, November 9 - 9 am - 3 pm**

- Shop from over 50 vendors for handcrafted goods for home & garden.
- Handmade items
- Food Specials

**If you would like to bake, sign up activity room.**



Dear Residents, Families, and Staff,

I am thrilled to introduce myself as the new Executive Director of Village of East Harbor. My name is Donald M. Tolliver Jr, and I am honored to join such a vibrant and caring community. With a passion for enhancing the lives of seniors and a commitment to quality care, I am excited to work alongside all of you to continue our mission of providing a supportive and enriching environment.

I bring with me 26 years in the short and long-term care industry, I hold an MBA degree From the University of Phoenix and a BS from Wayne State University. My journey in the senior care sector has taught me the importance of compassion, respect, and community engagement. I believe that every resident deserves to be treated with dignity and to have their voices heard.

During my first few weeks, I look forward to meeting each of you—residents, families, and staff members. I am eager to hear your stories, understand your needs, and learn about the wonderful traditions that make the Village of East Harbor a special place. Your insights will be invaluable as we work together to enhance our community and ensure that it remains a place where everyone feels valued and connected.

Thank you for welcoming me into your community. I am looking forward to getting to know each of you and embarking on this journey together. Please feel free to reach out to me at [dtolliver@pvm.org](mailto:dtolliver@pvm.org) if you have any questions, suggestions, or simply want to chat.

Warm regards,

Donald M. Tolliver Jr  
Executive Director  
Village of East Harbor



# The Bridge to Belonging

The Bridge to Belonging program is a workshop of five sessions aiming to teach participants how to identify, address, and prevent loneliness in themselves and their communities. Each session will last approximately an hour and cover a different topic each week relating to loneliness. The goal is for individuals to learn and connect with others who might have valuable insight or support. The topics are:



1. What is Loneliness?
2. Thoughts
3. Social Anxiety and Building Support
4. Motivation
5. Interpersonal Skills

Won't you help future  
Doctors & Psychologists?

They are led by a Clinical Psychology graduate student from Central Michigan University with support from Project INCLUDE, a grant-funded initiative of the CMU College of Medicine 's Healthy Aging Initiative.

**MONDAY'S STARTING NOVEMBER 4 ~ 1:00PM ~ ACTIVITY ROOM**

## Step up to more with PACE Southeast Michigan

At PACE Southeast Michigan, we offer comprehensive healthcare aimed at preserving independence, dignity and high quality of life for older adults. During Medicare Open Enrollment, we're looking forward to welcoming new participants!

You may qualify for PACE Southeast Michigan services if you...

- Are 55 years or older
- Can live safely in the community with support from PACE Southeast Michigan services
- Are eligible for nursing home-level care
- Live in Macomb County, Wayne County or Oakland County

Detroit Resident Ingrid Thompson, a PACE Southeast Michigan participant of 12 years, said she's been able to live an active life with the help of PACE Southeast Michigan despite her physical disabilities from a stroke.

"PACE is the best place for seniors with disabilities," she said. "I know that for a fact."

Ingrid especially enjoys the free activities offered to all participants at PACE Southeast Michigan's Day Health Centers, saying they are fun ways to socialize while staying physically and mentally fit.

Learn how you can age in place at your Presbyterian Villages of Michigan residence and rely on PACE Southeast Michigan for all-inclusive care (medical, spiritual and social) designed with older adults in mind.

Visit our website at [www.pacesemi.org](http://www.pacesemi.org) to learn more.

To speak with a PACE Southeast Michigan Enrollment and Outreach Representative, please call us at [\(855\) 445-4554](tel:8554454554) (TTY: 711).

Village of East Harbor  
Residence Association meeting minutes October 8th 2024

The meeting was called to order at 1:30 p.m. . by President Nancy Striett  
Pledge to the United States and Christian flags were recited  
New attendees were Carol Carter, and Mary Ferrick.

**Betsy MianECKi** Introduced our new director Donald Tolliver. Donald introduced himself and spoke on how pleased he was to be our new director. Advise residents that his door would always be open for any questions. Bruce Braylock was introduced as Oversight director for Presbyterian Village of Michigan . Advise residents that changes need to be made with staff because of deficit A \$5 million in the Presbyterian Village of Michigan . They are looking at other facilities that are on our target area, to show us which way to go. "For the next hundred years."

**Nancy Striet** brought up the topic of safety around the campus. Advise residents to be aware of what is around them that may cause accidents, rugs, street crossings, uneven sidewalks.

**Chaplain Laura Stone:** Laura announced she is on campus for services and other duties you may need Sunday through Thursday . If you need a funeral planning worksheet, pick it up in her office. Advise residents a good idea to have predetermined arrangements. We do carry services in the chapel when requested. We are working on getting rid of spam calls. Three and a Tenor will be December 7, 2024. Make your arrangements early very popular show.

Adian Majello Was introduced and advised if there is any request for kitchen please contact him.

**Steve Budd** gave a report on the buildings and grounds committee. Things are looking better and work is being done. We have hired some new help. If you have any questions please contact Steve. Sandra Noche made a suggestion that residents could do some cleaning around their homes.

**Fitness Specialist Chris Nahorodny:** Chris will be off the next few days but the hydro works is open if you are qualified will be available for you. Advised if you need any help contact Janet Lickman next few days.

**Harbor Inn Administrative Assistant Beth Humble:** Would like to bring food and games closer to the mid-rise. Beth is available for all questions if needed you may email her.

**Nancy Streit** questioned whether we need a suggestion box. it was met with mixed reaction. TBD

**Activity supervisor Betsy MianECKi:** We were updated on all the activities going on in the month of October. Upcoming events November 8th holiday bazaar and bake sale, Sweat-shirts will be available for purchase. December 8th, candle light dinner PTD, December 13th Home for the Holidays DSO \$43.00, January 2nd 2025 Neil Diamond \$80.00 due 10/25/24. Elaine Walton announced that letters for donation gifts for staff Will be going out soon.

SUPPORT THE  
RESIDENT ASSOCIATION

Buy a holiday sweatshirt!

On Sale now.

\$25

Purchase in the Activity Room Office



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

**Date: Tuesday, November 12**

**Location: Chapel**

**Time: 1:30pm**

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

Join us for a *MEET & GREET* in the activity room following the meeting.

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

**Building & Grounds**

**Meets Tuesday, November 5 at 3:00 pm Kirk Hall.**

**Culinary Committee**

**Meets Wednesday, November 6 at 1:30 pm KirkHall.**

**WELCOME HOME  
NEW RESIDENTS**

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

Jane Englinton—121 Kirk

Helen Johnson—50862 Esthers Way

Victoria Latella—901 Harbor Inn

Ruth Nichols—115 Kirk

Mike Powell—806 Harbor Inn

**RESIDENT  
POTLUCK  
SUNDAY, NOVEMBER 17  
ACTIVITY ROOM**



**4:00PM—HAPPY HOUR**

**5:00PM—INVOCATION**

**FOLLOWED BY DINNER**

**This month's theme will be:  
Thanksgiving**

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



*From The Desk Of Chaplain Laura...*

## **NOVEMBER**



### **A TIME OF GRATITUDE AND PRAISE**

PSALM 7:17- "I will give thanks to the LORD because of his righteousness; I will sing the praises of the name of the LORD Most High"

Thanksgiving is a time to give praise to our God and to give thanks for one another, to:

**Gather in unity** – People come together in celebration of a common purpose for reconciliation of differences, a time of healing, sharing our victories and our struggles.

**Prepare our hearts**- In gratitude, we reflect upon all the gifts in our lives such as family, friends, and our health.

#### **The Original Meaning of Thanksgiving is to Give Praise to God**

Biblically, Thanksgiving reflected adoration, sacrifice, praise, or an offering. Thanksgiving is an expression of gratefulness to God as an act of worship. "These things I remember as I pour out my soul; how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng" (Psalm 42:4).

The true meaning of Thanksgiving focuses upon relationship. One between God and man.

Upon their arrival at New Plymouth, the Pilgrims composed The Mayflower Compact, honoring God. Thanksgiving begins with acknowledging God as faithful, and giving Him thanks, in advance, for His abundant blessings. "In everything, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6). Thanksgiving is an attitude of the heart that reinforces a personal relationship with God.

Tuesday, Nov 12th at **9:30am**, in Kirk dining room we will **celebrate our Military Veterans** with a **free (for Veterans and spouses)** breakfast buffet. (Staff and residents are \$10 each). Buy tickets from Chaplain Laura and sign up on the signup sheet. **Everyone must sign up.**

#### **THREE MEN AND A TENOR are RETURNING for their 4th show at The Village!!**

An entertaining, interactive A Capella group that every age group enjoys.

Purchase your tickets from Chaplain Laura; **Residents \$10; others \$15. All are WELCOME**

If there is anything you need or if you would even like a visit or need information, please feel free to call me at (586) 424-5674. I am here for you for whatever your needs are.

*In His Service,  
Chaplain Laura Stone*

# Health and Wellness News

Christina Nahorodny, Fitness Specialist

## November is Alzheimer's Awareness Month!

Wearing teal this month helps raise awareness and show support for the more than 6 million Americans suffering with this progressive brain disorder, as well as for the over 16 million people providing care to those with Alzheimer's Disease. Teal is the color used by the Alzheimer's Foundation of America (AFA) since it is a calming color and helpful when used to decorate spaces for those living with Alzheimer's

Alzheimer's disease is not the only medical condition which can cause memory loss.

Cognitive health can also be negatively impacted by chronic illnesses such as diabetes, cardiovascular disease, obesity and high blood pressure. Other causes can include vitamin deficiencies, thyroid issues, UTIs, insomnia and depression.

The Alzheimer's Foundation of America (AFA) offers a **free confidential memory screening** from a qualified professional using your computer, smart phone or tablet. Screenings are completely confidential and only takes about 10-15 minutes. *You can schedule an appointment by calling the AFA at 888-232-8484 Monday-Friday.*

### Other things the AFA suggests to age our brains successfully are:

- ◆ Eating a low-fat, healthy diet
- ◆ Staying physically active and socially engaged
- ◆ Reviewing medications with your doctor or pharmacist
- ◆ Challenging your brain by learning new things
- ◆ Quitting smoking and limiting alcohol intake
- ◆ Consistently getting 7-9 hours of sleep

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

## Painting with Linda



## QUARTER BINGO BRING YOUR QUARTERS!



**Friday, November 1  
2:00 pm  
Community Room  
Harbor Inn**



## Thanksgiving Door Hanger

**Tuesday, November 5  
1:00pm  
Activity Room  
You MUST sign up!**

### Paint a Christmas Bell

*To be featured on the New Baltimore  
Christmas Tree*  
**Wednesday, November 13**



**1:00 pm  
Activity Room**

### Make a Holiday Bracelet

**Thursday, November 14**



**1:00 pm  
Activity Room  
You MUST sign up in  
book**

## Thanksgiving BUNCO

**Friday, November 15**

**1:30pm**

**Activity Room**

**You MUST sign up!**



## BRING YOUR QUARTERS!



**Monday,  
November 18  
6:00 pm  
Activity Room**

**You MUST sign up!**

## NOVEMBER BIRTHDAY DINNER

**THURSDAY, NOVEMBER 21**

**12:00 PM**

**MARGUERITE'S RESTAURANT**

**PURCHASE YOUR TICKETS AT THE  
FRONT DESK**

**\$16.00**



**ENTERTAINMENT BY:  
PAUL RICHIE  
1:30PM CHAPEL**

**FREE Birthday Meal in your Birth month!  
one guest at 1/2 off!**

**YOU MUST SIGN UP AT THE DESK BY  
NOVEMBER 18th**

### Memoir Writing

**Everyone has a story to tell**

**Monday, November 4 & 18**

**2:30pm-Activity Room**

### Show & Tell

**Monday, November 11**

**2:30pm-Activity Room**



# PLEASE JOIN US FOR

## *Cider, Donuts & Medicare Changes in 2025*

### **GREAT DISRUPTION FOR MEDICARE IS COMING IN 2025!**

If you are on Medicare or close to it, find out if your plan will be affected in this in-depth discussion of the new federal rules for 2025 as they pertain to the closing of the "donut hole" and if costs for the drugs you take and benefits you receive may be affected.

**Wednesday, November 6  
1:30pm  
Activity Room**

Victor Whang, "The Insurance Professor" and owner of Insurance Warehouse in New Baltimore, will be sharing information in an educational workshop. Free one-on-one counseling sessions will be available.



## **PARKINSON'S SUPPORT GROUP**

**Second Thursday of the month**

**Thursday, November 14**

**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, November 27**

**Support Group -3:30 pm**

**Kleeman Chapel**

# 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 (check calendar for dates)

### Wii AND POPCORN

Wednesday, November 6—2:30pm—Lobby

### BALLOON VOLLEYBALL

Wednesday, November 20—2:30pm—Lobby

### KARAOKE

Wednesday, November 13—2:30pm

### KARAOKE & KOOKIES

Wednesday, November 27—2:30pm

### QUARTER BINGO

Friday, November 1—2:00pm—Community Room

### ROSARY

Wednesdays—4:00pm—Community Room

### NEEDLE ARTS GROUP

Thursdays—2:00pm—Community Room

### PUZZLE PEOPLE

Everyday—All Day—Library

## Special Events

### RESIDENT ASSOCIATION

Tuesday, November 12

1:30pm—Activity Room



## NEEDLE ARTS *Group*

**THURSDAYS  
2:00PM  
HARBOR INN**

Do you like to knit or crochet? Like to do embroidery, needlepoint, quilting, latch hook or other needlework?

Bring your project to work on in a fun and informal atmosphere.

All levels of experience are welcome.

This is not a class, however, sharing of tips and experience is encouraged.



# EXCURSIONS

Thursday, November 7

*IC Potluck & Bingo*

11:00am

On your own

Tuesday, November 11

*Veterans Day Men's Lunch*

*Applebee's*

*Bring your Military ID to get a*

**FREE meal**

10:30am

\$\$\$ on your own

Wednesday, November 13

*MJR*

12:30pm

Free sponsored by Victor Whang  
The Insurance Warehouse

Tuesday, November 19

*Women's Lunch*

*Catch 22*

11:30am

On your own

Wednesday, November 20

*Holiday Greektown Casino*

10:00am

On your own

Tuesday, November 26

*Frankenmuth*

*Bavarian Inn / Bronner's*

9:00am

On your own

Thursday, January 2

*A Beautiful Noise*

*The Neil Diamond Story*

*Fisher Theater*

3:30pm

\$80.00

\$\$\$ due October 25

*Some Like it Hot!*





# NOVEMBER

## BIRTHDAYS

11/01 Ralph Franks

11/04 Paul Hildebrand

11/04 Jane Mize

11/08 Lillian Zitka

11/10 Diane Gamble

11/10 Barbara Phillians

11/11 Jodie Charbonneau

11/12 Francoise Marcus

11/13 Michael Canu

11/15 Stella Goodson

11/18 Kathleen June

11/19 Betty Cirello

11/19 Joseph Noce

11/20 Stephen Budd

11/21 David Carey

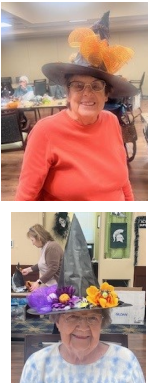
11/24 Theresa Beels

11/27 Audrey Miller

11/28 Louise Doyle

11/30 Ken Fowler

11/30 Leonard Yandura



# Directory

<b>Accounting</b>	
<i>Tracy Tesch</i>	716-7408
<b>Activity Supervisor AL/IL</b>	
<i>Betsy Miannecki</i>	716-7143
<b>Beauty Salon</b>	
<i>Appointments</i>	716-7180
<b>Chaplain</b>	
<i>Laura Stone</i>	586-424-5674
<b>Dining Services Mgr.</b>	
<i>Brandon Lewis</i>	716-7419
<b>Director of Nursing</b>	
<i>Karolina Jones</i>	716-7416
<b>Driver</b>	
<i>Ann Marie Hart</i>	716-7142
<b>Executive Director</b>	
<i>Donald Tolliver</i>	716-7410
<b>Fitness Specialist</b>	
<i>Chris Nahorodny</i>	716-7385
<b>Front Desk</b>	
<i>Receptionist</i>	725-6030
<b>Harbor Inn-Admin. Asst.</b>	
<i>Beth Humble</i>	586-273-2440
<b>Harbor Inn Manager</b>	586-273-2559
<b>Housekeeping / Laundry Mgr.</b>	
<i>Michelle Willer</i>	716-7418
<b>Maintenance Work Request</b>	
<i>Front Desk</i>	725-6030
<b>Maintenance</b>	
<i>Emergencies After 11:00 pm</i>	248-996-2470
<b>Marketing Manager</b>	
<i>Sue McCallum</i>	907-3709
<b>Outpatient Therapy</b>	273-2457
<b>Physical Therapy Mgr.</b>	
<i>Kim Frabotta, Agility Therapy</i>	716-7398
<b>Rehab Admissions</b>	
<i>Jen Moreno</i>	716-7427
<i>Darcy Stalker</i>	716-7183
<b>Resident Care Mgr.</b>	
<i>Toni Greig</i>	716-7426
<b>Sales &amp; Leasing Specialist</b>	
<i>Kathy Moore</i>	716-7039

**SAVE THIS PAGE!**

**This will not be reprinted monthly.**

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

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

**Please call at least 24 hrs  
Prior to your needed ride**

**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.**



# Annual Candlelight Dinner

Sponsored by The PVM Foundation and  
The Village of East Harbor

*Doors open: 4:30pm*

*Cocktails: 5:00pm*

*Dinner: 5:30pm*

*\$20.00 per person*

*Menu to be announced*

*Tickets go on sale at the front desk November 4.*

*Entertainment*

*Cash Bar*

*Gift Basket Raffles*

*Entertainment*

*100% of proceeds to benefit the Village of East Harbor Resident Association*

*Cash or Check only.*