



Village Trumpet



Embrace the possibilities

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

January 2025



Featured Articles

Events

Resident Association
Minutes

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Events

Photos



The Village of
East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



On occasion residents will receive robo calls (automated calls to your phone that is recorded by a staff member) informing you of upcoming events, information or emergency situations on campus. If you are not receiving robo calls and would like to be put on the list, or if you have changed your phone number please contact Sally or Betsy .



Dear Residents, Families, and Staff,

Happy New Year to all.

I hope that everyone had a very wonderful holiday.

Thank you to everyone who came out for the townhall meeting. Hopefully we addressed many of your thoughts and concerns.

With the new year comes a new beginning for The Village of East Harbor.

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 if you have any questions, suggestions, or simply want to chat.

Warm regards,

Donald M. Tolliver Jr
Executive Director
Village of East Harbor

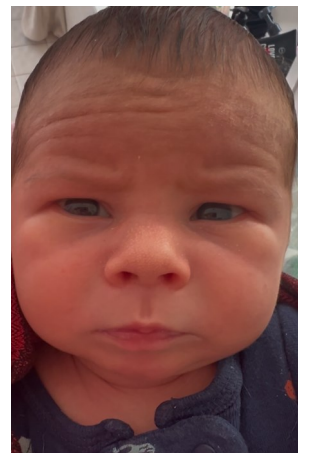


**Please welcome Betsy's first
Grandson, Rowan Michael Mianeki.**

Born December 5.

8lbs, 6oz

21 inches long



Village of East Harbor

Residence Association meeting minutes December 12th 2024

The meeting was called to order at 1:35 p.m. by Nancy Streit, President.

Pledges to the United States and Christian flags were recited.

Nancy Streit thanked Brandon for the lovely candlelight dinner.

Laura Stone Chaplin: Attendance for the concert Three men and a tenor was 144. December 16th 2024 We will have the Motor City Corral performing.

Joan Lehoczky: Looking for help on December 21 at 2:30 p.m. to help decorate Christmas cookies in Haven Hall.

Nancy Streit read a poem if anyone wants a copy please see her after the meeting.

Betsy Miannecki: Thanked all those who helped serve the delicious dinner at the candlelight . There will be a town hall meeting hosted by Don Oliver in 2 weeks. a robocall will be sent out for time and date. Following are our December events. 12 /15/ 24 potluck, 12/16/ 24 Ashley Elementary students, 12/16/24 Motor City Corral, 12/ 19/24 piano concert, 12/ 27/19/24 bunco party 12/31/24 Roaring Twenties New Years party Bobby 12/ 19/ 24 Christmas birthday party Aaron Caruso \$16:00 1:30 PM. , 1/2/25 Neil Diamond story Fisher Theater 3:30 p.m., 4 /1 /25 Book of Mormon. Will be starting a technology Club in 2025 looking for notices. Betsy is a new grandma congratulations

Chris Nahorodny Fitness specialist: No new news Check Trumpet for updates.

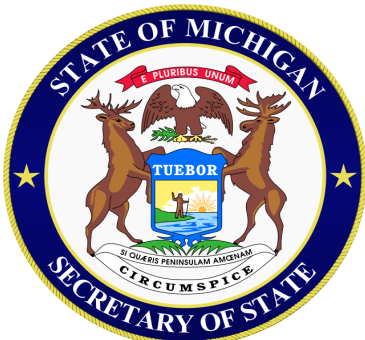
Treasurer's report given by Barbara Anderson \$1,508.17 Balance of December 10th 2024 Sugar Bowl November \$57.00.

Our hardest congratulations to John and Barbara David for delivering the Trumpet for the last 7 years. Thank you very much.

Motion to adjourn Joe Noce second Pam Budd 2:45pm.

Respectfully submitted

Sally De Schepper



Michigan Secretary of State

Mobile Office is coming to The Village of East Harbor

Tuesday, January 21

10:00am-3:00pm

Harbor Inn Community Room

First time Michigan ID • Renew Driver's License or State ID
Transfer Title • Apply/Renew Disability Placard

For more info or to schedule an appointment, contact
Betsy-586-716-7143

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

Date: Tuesday, January 14

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, January 7 at 3:00 pm Marguerite's Restaurant.

Culinary Committee

Meets Wednesday, January 8 at 1:30 pm Marguerite's Restaurant.

**WELCOME HOME
NEW RESIDENTS**

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

Leonard & Euginia Bisoski—B202
Geraldine Chambers—612 Barnett
William Lewis—619 Barnett
Marie McDougal—913 Harbor Inn
Raymond Schultz—918 Harbor Inn
Adam Sebastian—122 Kirk

**RESIDENT
POTLUCK
SUNDAY, JANUARY 19
ACTIVITY ROOM**



4:00PM—HAPPY HOUR

5:00PM—INVOCATION

FOLLOWED BY DINNER

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

HAPPY NEW YEAR



As we approach a new year, my prayer is for renewal. May we ponder the things the Lord has already done and look forward to what he has in store for us in 2025!

We are in a season of “newness”; a time of refreshing and new beginnings.

Although many have gone through some tough times and many changes, there is a shift in the land, just as was spoken of in Jeremiah 24. The Israelite exiles were told that He would “build them up and not tear them down” (Jeremiah 24:6). It was a time of renewal and refreshing; a time to rejoice! God took something bad and turned it around for good. He does the same for us today.

As we move in to the new year, The Apostle Paul reminds us in Philippians 3:13-14, “Forgetting what is behind and pressing on toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. “

May our future be filled with faith, hope, joy and the Love of the Lord. If you do not have a relationship with the Lord, today is the day of salvation!

Please join us at 11:00 am for our Sunday morning non-denominational services, and on Tuesdays at 10:45 for our Catholic communion services in the chapel.

Mondays, Tuesdays, and Wednesdays at 2:30 are Bible Studies and Spiritual programs in our Chapel. If you would like to attend and need assistance, please let us know.

If you do not know the Lord, don’t let another day pass. Contact me and I will come to pray with you and share scripture with you.

I am here for you for any and all of your spiritual needs, if you would like a visit, or have suggestions for additional programs, please contact me at: (586) 424-5674

The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.

In His Service,
Chaplain Laura

Fitness Center News

Christina Nahorodny, Fitness Specialist

It's a new year and, for many, a time to start a new fitness routine! If you're not sure where or how to start, contact me so that I can help you develop a routine that best suits your needs. At

Monday Cardio	Tuesday Balance	Wednesday Stretch	Thursday Coordination	Friday Strength
<p>Increased heart rate during exercise strengthens the heart and reduces the overall risk of heart attack and stroke.</p> <p>Examples: jog or march in place, Stepping or jumping jacks, kickboxing, etc.</p>	<p>Safely challenge your balance and strengthen core muscles to help prevent falls and improve posture and activities of daily living.</p> <p>Examples: heel-to-toe stance, front, side and/or rear leg raises, bird-dog, etc.</p>	<p>Stay limber and mobile with both dynamic and static stretches for all major muscle groups.</p> <p>Examples: Torso twists, arm and leg crossovers or swings, cat/cow, toe touches, lunges, etc.</p>	<p>Improve body awareness, maintain stability and learn to adapt to changing situations</p> <p>Examples: compound movements/actions, tai chi, dancing along to a video, etc.</p>	<p>Use bands, free weights or body weight to strengthen muscles and improve bone density</p> <p>Examples: bicep curls, squats, bent over rows, lunges, push ups on counter, etc.</p>

Standing leg raises



Bent over Row



Bicep



Bird Dog



Lunges



Push up on counter



"Chris pushes me in the 9:00 am exercise but also encourages. We laugh a lot so it makes it fun. ...I'm so thankful for class every morning at the Health and Wellness Center." Mary Maze,

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

QUARTER BINGO BRING YOUR QUARTERS!



Friday, January 3 & 17
2:30
Harbor Inn

Monday, January 6
6:00 pm
Activity Room

Hand & Foot

Join us for this social card game that is easy to learn and fun to play!



Wednesday's
2:00 pm
Activity Room

New Year BUNCO



Friday, January 31
1:30pm
Activity Room
You MUST sign up!

TRIVIA TIME!

Bring your team of 5 people to test your skill at trivia and win prizes! If you don't have a team one will be assigned to you.

Friday, January 3— 1:30—Activity Room

You MUST Sign up in the book

If you have a team please sign up
all team members



Winter Painting w/ Linda

Tuesday, January 21
1:00pm
Activity Room

Make a Valentine Door Hanger

Thursday, January 30

1:00pm
Activity Room



JANUARY BIRTHDAY DINNER

THURSDAY, JANUARY 16

12:00 PM

MARGUERITE'S RESTAURANT

PURCHASE YOUR TICKETS AT THE
FRONT DESK

\$16.00



ENTERTAINMENT
1:30PM CHAPEL

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

YOU MUST SIGN UP AT THE DESK BY
JANUARY 13

Show & Tell

Bring & share a treasured object or story. This might be a favorite book, souvenir, family heirloom or something that sparks a memory.

Monday, January 6
1:30pm-Activity Room

Memoir Writing

Everyone has a story to tell
Mon., Jan. 13, 1:30pm-Activity Rm
Mon., Jan. 27, 1:30pm-Harbor Inn



HARBOR INN HAPPENINGS

Regular Events

DOMINOES / CARDS

Mondays—6:00pm Community Room

CARDS / GAMES

Sundays—3:00pm

Mondays—2:30pm

Tuesdays—6:00pm

Fridays—6:00pm

Saturdays—2:00pm

TABLE TOPICS & TEA

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

Wii AND POPCORN

Wednesday, January 15—2:30pm—Lobby

KARAOKE

Wednesday, January 8—2:30pm

Wednesday, January 22—2:30pm

Community Room

QUARTER BINGO

Friday, January 3—2:30pm

Friday, January 17—2:30pm

Community Room

ROSARY

Wednesdays—4:00pm—Community Room

NEEDLE ARTS GROUP

Thursdays—2:00pm—Community Room

PUZZLE PEOPLE

Everyday—All Day—Library

SECRETARY OF STATE

Tuesday, January 21—10-3:00pm

Library

Make appointments at 586-716-7143



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.

**JOIN US FOR AN
INFORMATIONAL
MEETING**

**AND ENJOY A PIECE
OF PIE AND COFFEE**

**Thursday, January 23
2:00pm
Harbor Inn
Community Room**



PARKINSON'S SUPPORT GROUP

Second Thursday of the month

Thursday, January 9

4:00 pm

Activity Room

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

More information call: 586-716-7143

Alzheimer's Caregiver Support Group

This support group is for caregivers affected by Alzheimer's disease or a related dementia
Meets the fourth Wednesday of the month.

Wednesday, January 22

Support Group -3:30 pm

Kleeman Chapel

More information please contact:

Ann Marie (586)716-7142

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. Start 2025 off on the right foot with our all-inclusive services!

At PACE Southeast Michigan, your care is all in one place.

Our services include

- Primary care
- Specialty care (physical therapy, women's health, dentistry and more)
- Spiritual support
- Prescription and over-the-counter medication
- Transportation
- Meal support
- Social activities
- And more!

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
- Are eligible for nursing home-level care
- Live in Macomb County, Wayne County or Oakland County

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 to learn more.

Top of Form

Bottom of Form

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

EXCURSIONS

Thursday, January 2

A Beautiful Noise
Fisher Theater
Dinner on your own
3:00pm
On your own

Thursday, January 9

Lunch around the World
Chinese
New Moon
11:30am
\$\$\$ on your own

Wednesday, January 22

Men's Lunch
Tina's Tavern
11:30am
On your own

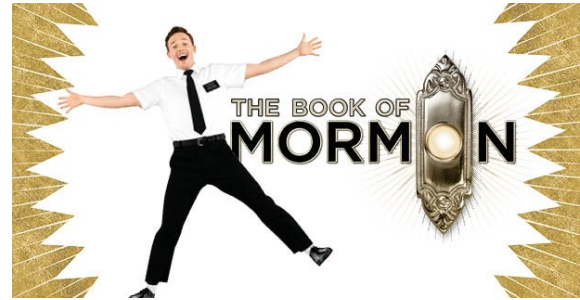
Wednesday, January 29

Women's Lunch
Tina's Tavern
11:30am
On your own



Friday, February 21

Ave Q
Boardwalk Theater
\$39.00
Money Due January 20



Tuesday April 1

The Book of Mormon
Fisher Theater
\$78.00
Money Due February 10

Armchair Travel



Around the World

Engage in cultural appreciation and awareness from around the world. Each month, a country is chosen in which we will visit a

restaurant and take an armchair travel to that country. You will receive a passport and it will be stamped when you participate in one of the related activities.

At the end of the series you will be entered into a drawing to win a prize.

The series will run from January to June.

Our first stop is China

Lunch at China Moon

Thursday, January 9-11:30am

Armchair travel

Friday, January 10

1:30pm

Activity Room

Born in January

1/02 Robert Healy

1/03 Victoria Latella

1/04 Elizabeth Rogerson

1/05 Tamara Wood

1/08 Sharon Creed

1/09 Rafael Perez

1/11 Nicholas Disipio

1/14 Elaine Walton

1/19 Lucille Corrion

1/20 Jane Eglinton

1/29 Sherrie Knudson

1/29 Darrin Phillians

1/30 Phyllis Massey



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>	586-424-5674
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>Donald Tolliver</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/Sales	
<i>Jen Moreno</i>	716-7427
<i>Darcy Stalker</i>	716-7183
Resident Care Mgr.	
<i>Toni Greig</i>	716-7426

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.**