



Village Trumpet



Embrace the possibilities

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

February 2025



Candlelight Concert

An Unforgettable experience surrounded by candles Featuring a Quartet

Featured Articles

Events

Resident Association Minutes

Chaplain

Fitness

Events

Photos



FREE

SPACE IS LIMITED

THURSDAY
FEBRUARY 13

KLEEMAN
CHAPEL

7:00pm

Coffee and Cookie Reception

Immediately Following

CALL TO RSVP-586-716-7143



The Village of
East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



NATIONAL WEAR RED DAY FRIDAY, FEBRUARY 7

Wear RED and join us for Happy Hour
with Will Heine entertaining.

3:30pm ~ Marguerite's Restaurant

Cash Bar ~ Appetizers



Valentine Project



Lunch Around the World

CHINA



BIRTHDAY ENTERTAINMENT WITH ISAAC



Village of East Harbor
Residence Association Meeting Minutes January 14, 2025

The meeting was called to order at 1:30 p.m. by President Nancy Streit.

Pledge to the American flag and a prayer recited by Nancy.

First Time Attendee was Monica Adams.

The December residence meeting minutes were approved.

The treasurer's report was given and approved. Our Petty Cash balance is \$1043.61. The balance in our PVM account is unknown as we donated \$2000 to the employee Christmas fund and deposited over \$4000 earned from the Holiday Bazaar and the Candlelight Dinner. Linda Martin, one of our receipts, sent a card thanking us for her employee Christmas gift.

Executive Director Don Tolliver: The first three months of this year will be telling, as to changes he wants to implement. His focus is on campus improvements, one being with the Bistro, which will become Jim's Grill. Ideas are wanted to bring fun changes to the campus. A change had been started for Assisted Living dining that was not successful. Now, breakfast will be in the satellite dining rooms with lunch and dinner back in Marguerites. What can we do to make ourselves more attractive for people to want to live here, and for us to keep enjoying our lives here?

Chaplin Laura: Discussed the Grief Support Group. This will be on the first Monday of the month from 4pm to 5pm. This is not just for info, but to share stories. Grief can be for any type of loss: a family member, good friend, your home, a pet, your independence like not driving anymore. This can help with healing and coping skills. You can connect with others and not be alone. There are two Bible studies in process. One on Malachi and the other on Job.

Activities Betsy: There are always many events going on in the complex so please keep reading your Village Trumpet carefully each month. Secretary of State will be here from 10am – 3pm on January 21 in the Midrise. Show and Tell is to share any stories about experiences had, talk about photos and/or objects you own. Memory writing is to read what you have written about your past that you want the younger generations to know. The former Knit and Crochet group has been renamed to Needle Arts to encompass more types of fabric and wool crafts. When using the ride options, all walkers are to be emptied. Thanks were given to all Holiday Bazaar volunteers. Purchasing new flags was given as a possibility to spend some of the petty cash.

Meeting adjourned at 2:30 P.M.

Respectively submitted by Janet Lickman



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

Date: Tuesday, February 11

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, February 4 at 3:00 pm Marguerite's Restaurant.

Culinary Committee

Meets Wednesday, February 5 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

Carmen Kane—503 Capman

Herbert Melkert—600 Barnett

Raymond Schultz—918 Harbor Inn



**RESIDENT
POTLUCK
SUNDAY, FEBRUARY 16
ACTIVITY ROOM**

4:00PM—HAPPY HOUR

5:00PM—INVOCATION

FOLLOWED BY DINNER

SOUP MONTH

Please bring your own bowl and spoon!

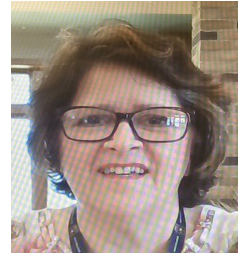
**BRING A DISH TO PASS
SIGN UP IN THE ACTIVITY ROOM**

For more information contact:

Pat Mikle-248-933-1726



From The Desk Of Chaplain Laura...



FEBRUARY
DEDICATED TO LOVE

For decades, "Valentines Day" has been celebrated as a time of love, through symbols of greeting cards, sweets, hearts, and flowers.

During the time of the Roman Catholic Priest St. Valentine, a persecutor of the Church named Claudius, banned marriage of young since a wife and children were thought to be a distraction to the focus on war.

However, the church believed marriage to be sacred between a man and a woman, for life, and was to be encouraged. Even though it was banned, St Valentine secretly began marrying couples. He was caught, persecuted, beaten and imprisoned for doing so.

He eventually lost his life for the cause of **LOVE**.

Father O'Gara of Dublin, Ireland stated, "Valentine has come to be known as the patron saint of lovers. Before you enter into a Christian marriage you want some sense of God in your life—some great need of God in your life. And we know, particularly in the modern world, many people are meeting God through his Son, Jesus Christ", adding, "What Valentine means to me as a priest, is that there comes a time where you have to lay your life upon the line for what you believe. And with the power of the Holy Spirit we can do that —even to the point of death."

TRUE LOVE.... laying your life down for another.

Read "Chaplain's Corner" here in your Trumpet for details regarding upcoming events and outings such as.....

NEW!! Grief Support Group * NEW!!! Bible Study in the Midrise (March)

Potluck and Bingo at Immaculate Conception and

VALENTINE'S CANDY MAKING-

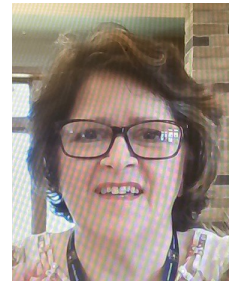
Should you need prayer, someone to talk to, would like a visit, or need assistance with anything, please feel free to contact me (586) 424-5674

*In His Service,
Chaplain Laura Stone*



Chaplain's Corner

February 2025



NEW!! Grief Support Group

The first Monday of every month from 4-5pm in the Chapel.
Open to everyone experiencing any type of grief.

COMING IN MARCH 6 at 10am in the Midrise!! A new Bible study series, exploring one of the most important books of the new testament—The story of how Paul became the great evangelist and missionary to early converts to the new religion following the death and resurrection of Jesus; how it was being sabotaged by those who were perverting the gospel, how he suffered and persevered through many trials during his journeys. Thursdays at 10am. Bring your Bibles and join us as we discover Paul's amazing journey.

Potluck and Bingo

At Immaculate Conception. Thursday, Feb 6. You **MUST** sign up. We need at least 6 to go. Leave lobby at 11am. I will also pick up at the Midrise at 11:05.

VALENTINE'S CANDY MAKING-

Wed Feb 12, 12:30- Activity Room. **Limited space. You MUST sign up**

IN THE CHAPEL WEEKLY:

- ◆ **Sunday Church Services** in the Chapel at 11am. All are invited to attend all services
- ◆ Every Monday at 2:30— **Religious Education**—
- ◆ Every Tuesday at 11:30— Join us for **Catholic service** at 10:45 with Deacon Dave and Father Joe Esper from Immaculate Conception Church.
- ◆ Every Tuesday at 2:30 **Beginner and Intermediate Scripture Studies** currently in the book of Job. Join us for discussion and fellowship
- ◆ Every Wednesday at 2:30—**Bible Trivia and Biblical games**. Come join us for fun and fellowship. We have a great time!

ALL ARE WELCOME TO JOIN US IN THE CHAPEL PROGRAMS.

LET YOUR STAFF KNOW if you would like to attend and they will bring you.

If you have need of anything or would like a visit from me, please ask your staff person to contact me, or you may call me directly at (586) 424-5674. I will come to visit, pray, or provide communion; whatever your needs may be.

I am here for you!

Health and Wellness News

Christina Nahorodny, Fitness Specialist

February is American Heart Month!



A primary cause of heart attack and strokes is atherosclerosis, aka hardening of the arteries. It is the result of plaque buildup on artery walls, leaving little room for blood to flow to your organs and tissues.

Plaque is a sticky substance made of fat, cholesterol, calcium and other substances and can be caused by a number of factors including a diet high in fat, cholesterol and refined sugars. Lack of physical activity contributes because it encourages poor circulation, Higher cholesterol and increased mental and physical stress. Atherosclerosis is very common and the leading cause of death worldwide, especially since symptoms often don't start until the artery is very narrow, fully blocked or when the plaque ruptures and causes a blood clot.

Key takeaway:

Heart disease is the leading cause of death worldwide, yet 80% of heart attacks and strokes are preventable by eating a healthy diet, getting 20-30 minutes of exercise 5 days a week, and getting sufficient, restful sleep. Also important for maintaining heart health is limiting alcohol and caffeine consumption and connecting with loved ones, (in person or on the phone). Additionally, get regular check-ups and screenings and take prescription medications as directed by your doctor. Seek medical attention immediately if you notice any of the symptoms noted above.

Friday, February 7 is National Wear Red Day

Come to the Activity Room to take a group picture share in the Trumpet and/or social media to raise awareness for the fight against heart disease!

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

Warning signs of atherosclerosis



Chest discomfort during exercise or emotional stress.



Leg cramps when walking.



Shortness of breath with light activity.

**QUARTER BINGO
BRING YOUR QUARTERS!**



**Saturday's
10:30-Activity Room**

**Monday, February 10
6:00 pm - Activity Room**

**Monday, February 17
2:30 pm-Harbor Inn**

BINGO

TIME CHANGE

**Saturday's-10:30 am
Monday's -11:00 am
Activity Room**

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, February 3
1:30 pm-Activity Room**

Memoir Writing

**Everyone has a story to tell
Mon., February 10 & 24, 1:30 pm-
Activity Room**



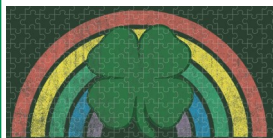
St Patrick's Day Painting w/ Linda

Tuesday, February 18

1:00 pm

Activity Room

You MUST sign up!



Make a St. Patrick's Door Hanger

Thursday, February 27

1:30 pm

Activity Room

You MUST sign up!



FEBRUARY BIRTHDAY DINNER

THURSDAY, FEBRUARY 20

12:00 PM

MARGUERITE'S RESTAURANT

**PURCHASE YOUR TICKETS AT THE
FRONT DESK**

\$16.00



**ENTERTAINMENT
JAMES, VIOLINIST
1:30 PM CHAPEL**

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

**YOU MUST SIGN UP AT THE DESK BY
February 17**

Valentine's BUNCO



Friday, February 28

2:00 pm

Activity Room

You MUST sign up!

Table Topics & Tea

Engage in insightful conversation with moments of connection and laughter in a warm friendly atmosphere while sharing a cup of tea.



Tuesdays 2:30 pm

Harbor Inn Community Room

**This group does not meet on the 2nd
Tuesday of the month.**

Grief Support Group

This group will help anyone in the community who is experiencing grief or loss, understand their feelings with support and coping strategies to help with their journey forward.

FIRST MONDAY OF EVERY MONTH

4:00-5:00 PM

Kleeman Chapel

For more information contact:

Facilitator: Laura Stone , MSW 586-424-5674

Alzheimer's

Caregiver Support Group



This Support group provides an opportunity for caregivers affected by Alzheimer's disease or a related dementia to share their experiences and receive inspiration, guidance and support.

Fourth Wednesday of each Month

3:30 pm-4:30 pm

Kleeman Chapel

Ann Marie Hart- 586-716-7142



Learn • Connect • Support

Parkinson's Disease Support group

Join us once a month for a compassionate, informative and interactive meeting. Receive the encouragement needed to live well with Parkinson's Disease.

Caregivers are welcome.

Second Thursday of each month

4:00 pm – 5:30 pm

Inquires: 586-725-6030

Needle Arts Group

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.

This group meets

Thursday, February 13th & 27th.

2:00 pm, Harbor Inn Community Room



The Village of East Harbor Tech Club.



A new club for residents who come to learn, explore and share smart technology together. The first meeting will cover topics that you would like to learn about. We will have guest speakers tips and recommendations to further your technology skills.

Monday, February 17

1:30 pm, Activity Room



The brain is not a muscle but it can function like one. Marcia Reylea will present how the five senses can keep your brain in shape.

You MUST SIGN UP in the Book

Wednesday, February 26

2:30 pm, Harbor Inn Community Room

HARBOR INN HAPPENINGS

Regular Events

CARDS and/ or GAMES

Sundays—3:00 pm
Mondays—2:30 pm
Tuesdays—6:00 pm
Fridays—6:00 pm
Saturdays—2:00 pm

DOMINOES / CARDS

Mondays—6:00pm Community Room

TABLE TOPICS & TEA

Tuesdays—2:30 pm (Not on 2nd Tuesday)

Wii AND POPCORN

Wednesday, February 12—2:30 pm—Lobby

KARAOKE

Wednesday, February 5—2:30 pm
Wednesday, February 19—2:30 pm

BRAIN FITNESS

Wednesday, February 26—2:30 pm

QUARTER BINGO

Monday, February 17—2:30 pm

ROSARY

Wednesdays—4:00 pm—Community Room
Note: Wednesday, February 26—4:30 pm

NEEDLE ARTS GROUP

Thursdays—2:00 pm—Community Room
Meets the 2nd & 4th Thursday of the month

PUZZLE PEOPLE

Everyday—All Day—Library



New Year's Eve Party



EXCURSIONS

Tuesday, February 4

Walmart
on your own
9:00 am
On your own

Thursday, February 6

Shoe Shopping
Footwear Footcare
9:30 am
\$\$\$ on your own

Friday, February 7

Lunch around the World
Italian
DeFrancesca's
11:30am
\$\$\$ on your own

Wednesday, February 12

Men's Lunch
11:30am
On your own

Wednesday, February 19

Women's Lunch
11:30am
On your own

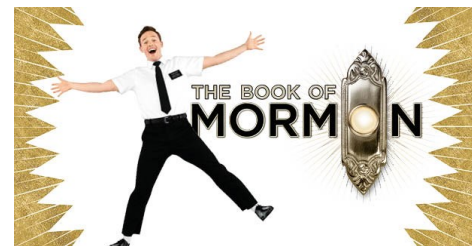
Friday, February 21

Ave Q
Boardwalk Theater
\$39.00
Money Due February 3



Friday, March 21

Little Shop of Horrors
Richmond Theater
\$18.00
Money Due February 10



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. This month we will be visiting ITALY!

Armchair travel
ITALY!

Thursday, February 6
1:30 pm
Activity Room





FEBRUARY BIRTHDAYS

2/01 Betty Arnold

2/01 Euginia Bisoski

2/01 Colette Koch

2/01 Bill Creed

2/02 Rita Hughes

2/04 Ronald Sauer

2/05 Carol G. White

2/07 Audrey Bolton

2/11 Irle Boehm

2/13 Anna Miceli

2/13 Jeanne Zandarski

2/14 Joan Errington

2/15 Lynda DeBolt

2/17 Opal Coffman

2/17 JoAnn Hebert

2/17 Patricia Lopata

2/18 Joanne Fowler

2/20 William Lewis

2/23 Carmen Kane

2/23 Mae Lea VanBuren

2/24 Robert Jones

2/26 Joyce Beauvais

2/27 Lawrence Chamberlain

2/27 Steven Huber

2/28 Diane Blumline

2/29 Pam Deville

A Beautiful Noise and dinner at Villa



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.**

IT'S TIME TO CELEBRATE

ST. PATRICK'S DAY

AT THE VILLAGE OF EAST HARBOR

WITH GOOD CHEER, GREEN BEER,
DINNER & DANCING

THURSDAY, MARCH 13TH

MARGUERITE'S RESTAURANT

5:00 PM-8:00 PM

BUFFET DINNER

\$20.00

CASH BAR

Purchase tickets at the front desk.

The Village of East Harbor · 33875 Kiely Drive · Chesterfield, MI 48047

