



Embrace the possibilities

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

September 2025



Featured Articles

News and Information

Chaplain

Wellness

Upcoming Events

New Residents

Birthdays

Staff Directory



The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:

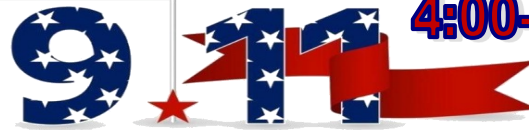


The Village of East Harbor *Patriot Day*



September 11

4:00-7:00 pm



Featuring: The Heartbreakers

FREE



- ◇ LIVE BAND
- ◇ DANCING
- ◇ CRAFT SHOW
- ◇ CLASSIC CARS
- ◇ CORNHOLE CONTEST
- ◇ FOOD FOR PURCHASE & CASH BAR

FOR MORE INFORMATION CONTACT CHRIS AT 586-716-7143
OR cnahorodny@pvm.org

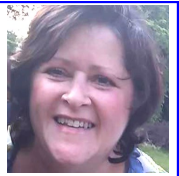


AGELESS Adventure

NATIONAL ASSISTED LIVING WEEK® • SEP 7-13, 2025
Take the time during this weeklong celebration to express your appreciation for our dedicated Assisted Living staff!



From The Desk Of Chaplain Laura...



SEPTEMBER

In August, we wrapped up both Bible studies. We had a great turnout and the group is growing!! We have some great studies coming up, so please consider joining us!

Sunday, September 7 is **Grandparents Day**, a day set aside to celebrate and honor those from whom we have received wisdom, comfort, and much love.

Thank you for sharing your love, your memories, and wisdom. **Happy Grandparents Day!**

Sundays--Non-Denominational Church Service 11:00

Mondays-- 2:30 Bible Study

Tuesday 10:45- Catholic Communion Service

Tuesdays-- 2:30 Scripture Study

Wednesdays 2:30-- Inspirational Reading. Enjoy hearing a story or poem? Have visual difficulties? Join us as I read through several inspiring poems and stories. Come and be uplifted!

Thursday 10:00am-- Rosary in the chapel

***** Grief Support Group** The first Monday of EVERY month Sept 8 at 4:00 in the Chapel

Bingo & Potluck lunch at Immaculate Conception -Thursday, September 4. Leaving The Village lobby at 11:00am, then picking up at the Midrise at 11:00. **Sign up**

STEAKOUT at New Baltimore VFW!! **4:00 LAST ONE- Friday, 9/19 Don't miss out! \$18** for your choice of Ribeye, sides, & dessert. You grill your steak to your liking on their grill (seasonings provided), (**some** assistance is available), come inside for entertainment while you relax and enjoy your meal with a group of great people (US!!). Minimum of 8 people, maximum of 12 (on the bus). You must sign up and pay me by September 16.

LADIES LUNCHEON -BACK BY REQUEST- Saturday, **October 4** from Noon to 3 at St Peter's Lutheran Church in Eastpointe only \$5. Come enjoy table upon table of salads (sweet, savory, and in between), a variety of desserts, in addition to coffee, and other light drinks and VENDORS. Meet in our lobby at 11. Sign up is **REQUIRED**; money due to Chaplain Laura no later than Thursday, September 25. **Minimum 8 people needed**

SHOWTIME!!!- "The Last Rodeo". SUNDAY September 7 at 1:30 in the Chapel

Please see the Chapel board in the hallway across from the Chapel for updates.

GATHER YOUR DONATIONS!! Donations pick up coming soon! (Please **Do NOT** bring them to me or leave them by my door. **Please hold them until donation day.**

*In His Service,
Chaplain Laura Stone*



Wellness News

Kristine LeBlanc, Fitness Specialist

kleblanc@pvm.org

586-716-7385

Class Descriptions:

Monday Momentum: Kickstart the week with an invigorating cardio and functional fitness circuit class to boost stamina, and overall vitality.

Sit and Strengthen: A seated class designed to keep your body strong, steady and capable!

Mobility and Stability: A balance and mobility class designed to improve flexibility, range of motion and everyday movement.

Drumming: An energizing, music-driven class combining rhythm, coordination and fun. Everyone is always welcome!

Stretch and Shine: A peaceful stretch class that relaxes the body while gently uplifting your energy.

Sit and Stretch: Gentle seated stretches to release tension and improve mobility.

Golden Grooves: A fun, upbeat dance class with Zumba-style moves and follow-along videos.

Strong Foundations: Build strength and endurance with a full body circuit workout.

Friday Flow: A seated class that combines strength, stretch, cardio and breathing for total wellness.

Walk Group: Lace up and join your neighbors for a friendly, refreshing walk through the village. *Meet in activities room*

Wellness Circle: Life is all about *balance*. *This is your time to pause, connect and restore. Enjoy refreshments, aromatherapy and uplifting conversation as we explore health and wellness topics and share stories, laughter, and connection. A little retreat in your week- without going far!*

Harbor Inn Health and Wellness Center hours:
8am-5pm Monday-Friday
Those with a key fob and who have had an orientation may use it during off hours

Barnett Hall Fitness hours:
8am-8pm every day
(including weekends)
Anyone wishing to use *either* of our Fitness Centers **MUST** have an orientation and updated paperwork on file.

THE VILLAGE OF EAST HARBOR OFFERS OUTPATIENT THERAPY RIGHT ON CAMPUS
Our expert therapy staff is trained in the latest advances in physical, occupational and speech therapy. all today to find out how the Village of East Harbor Therapy Department can help restore your independence, confidence and quality of life. 586-273-2457

VITA is a free tax preparation service in Macomb County that would like to visit residents at our Village to help them receive the Michigan Home Heating Credit if they qualify. To qualify for the Credit the resident's total household income cannot be more than \$16,500 for one resident per unit and \$22,500 for a couple living in an unit. A 2024 Michigan tax return *cannot* have been filed. The process takes approximately 30 minutes. One signature will be required and each resident would receive a copy of their return. This credit expires September 30, 2025.

The required documentation is: a valid drivers license or State ID, 2024 Social Security Statement 1099 SSA, and any other income forms, interest, pension, etc. For Direct Deposit, their Bank name, routing number and account number are necessary.
If you qualify and are interested in receiving this credit, you may contact:
Debbie Beauchamp-Turgeon,
VITA Site Coordinator
586 940-0766 or beauchamp7343@gmail.com

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

Date: Tuesday, September 9th

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.

President of the Resident Association, Dr. Patrick McClellan, has requested that if you have issues of any kind that you would like addressed at the meeting, please bring them to his attention in writing and drop off at the front desk by 5:00 pm Monday, September 8th for him to pick up. This will give him time to look into appropriate feedback, solutions, etc.

**WELCOME HOME
NEW RESIDENTS**

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

Michael Budnick—K-2

Marlene Thomas 615—Barnett

Christine Toth—716 Harbor Inn

Alex & Beverly Sanger—908 Harbor Inn

JUST A REMINDER...

Committee Meetings are open to ALL Residents!

Building & Grounds

**Tuesday, September 2
3:00 pm in Barnett Hall.**

Culinary Committee

**Wednesday, September 3
1:30 pm in Barnett Hall.**

Welcoming Committee

**All current and interested members will meet
Thursday, September 25
3 pm in Barnett Hall**



Cruise to
the
River
Crab



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.

September 8th

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

Joan Lehoczky – 586-716-7143



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 Harbor Inn

Inquires: 586-725-6030

Knit/Crochet 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.

Thursday, September 4 & 18
2:00 pm, Harbor Inn Community Room

Monday, September 8 & 22
9:45 am, Activity Room



SEPTEMBER BIRTHDAY DINNER

THURSDAY, SEPTEMBER 18TH
12:00 PM

MARGUERITE'S RESTAURANT

PURCHASE YOUR TICKETS AT THE
FRONT DESK

\$16.00



ENTERTAINMENT
KIELBASA KINGS
1:00 PM CHAPEL

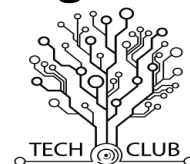
FREE Birthday meal in your birth month! PLUS one guest at 1/2 off! YOU MUST SIGN UP AT THE DESK

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, September 15th
1:30 pm-Activity Room**

The Village Tech Club



Tuesday, September 23rd
10:15 am, Activity Room

We will discuss cell phone basics.
Please bring your phones.



SHOWING IN THE CHAPEL
SUNDAY September 7 at 1:30

To save his grandson, a retired rodeo star enters a high-stakes bull-riding competition. Along the way, he confronts his past, discovers faith, and proves that true courage lies in the family..

SERVING MOVIE
POPCORN



At New Baltimore VFW.
Friday, September 19. Only \$18 from 4:00-7:00

Leaving The Village at 4:00 SHARP.

Includes a "YOU GRILL" New York Strip, Sides, and Dessert Only \$18. **Sign up and payment to CHAPLAIN LAURA is required BY Sept 16**



LIVE ENTERTAINMENT!

Suzi Marsh

Saturday, Sept. 13
 3:00 pm
 Activity Room

Bobby G.

Friday, September 26
 1:15 pm
 Activity Room



QUARTER BINGO

bring 8 quarters to play



Monday, September 8
6:00 pm - Activity Room

Tuesday, September 16
2:30 pm - Harbor Inn

Friday, Sept. 26

2:30 pm

Activity Room



PLEASE sign up so that we can be sure to have enough prizes for our WINNERS!!

Balloon Volleyball

Tuesday September 16 @ 11:30

Seated version played according to the rules used at the Village Victory Cup Games!

Curious? Come find out more :)

Armchair Travel



Engage in cultural appreciation and awareness from around the world.

Armchair Travel to Spain

Friday, Sept. 12
1:30pm
Activity Room



Yay! It's back!

RESIDENT POTLUCK



Sunday, September 21

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



Friday, September 5 @ 3:00pm
Come out for refreshments and to play



a fun and easy dice game!
If you know which way is left, center
and right, you can play!!

Craft with Linda

Tuesday, September 23

1:30 pm

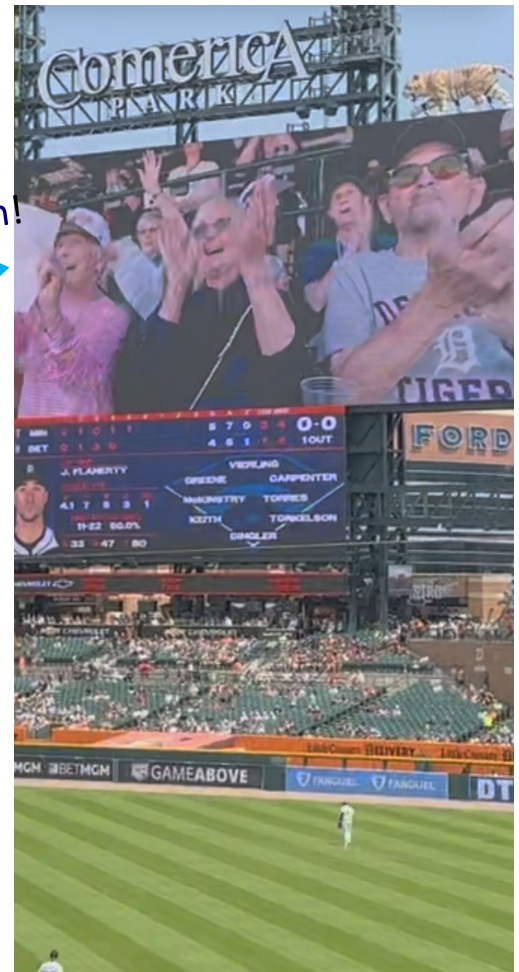
Activities Room

Sign up in the book!

St Peter's Lutheran Church in Eastpointe.
Saturday, October 4 from Noon to 3 only \$5.
Come enjoy table upon table of salads (sweet,
savory, and in between), a variety of desserts,
light drinks. **VENDORS.** Meet in our lobby at
11. Sign up is **REQUIRED**;
money due to Chaplain Laura
no later than Thursday,
September 25. **Minimum 8**
people/Maximum 13



Look who
made it
on the
Jumbotron!



DRUM CLASS



HARBOR INN HAPPENINGS

Regular Events

MEN'S COFFEE HOUR

Tuesdays—9:00 am



WOMEN'S COFFEE HOUR

Thursdays—9:00 am

CARDS and/ or GAMES

Sundays—3:00 pm

Mondays—2:30 pm

Tuesdays—6:00 pm

Fridays—6:00 pm

Saturdays—2:00 pm

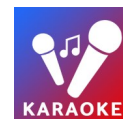


DOMINOES / CARDS

Mondays—6:00pm Community Room

KARAOKE

Wednesday, September 10 & 24—
2:30-4:00 pm Community Room



QUARTER BINGO

Tuesday, September 16—2:30 pm



ROSARY

Wednesdays—4:15 pm—Community Room

KNIT/CROCHET GROUP

Thursdays, September 4 & 18—2:00 pm
Community Room



PUZZLE PEOPLE Everyday, All Day!
Library



THE TELEHEALTH POLICY CLIFF: PREPARING FOR OCTOBER 1, 2025

Without Congressional action, key telehealth flexibilities that have been in place since the COVID-19 pandemic will expire on September 30, 2025. The extension of these flexibilities were tied to the federal continuing resolution. With ongoing political uncertainty and a large number of competing priorities, there's a real possibility that Congress may not act in time to prevent a return to pre-pandemic restrictions. telehealth-based care if reimbursement disappears.

Without Congressional action, key telehealth flexibilities that have been in place since the COVID-19 pandemic will expire on September 30, 2025. The extension of these flexibilities were tied to the federal continuing resolution. With ongoing political uncertainty and a large number of competing priorities, there's a real possibility that Congress may not act in time to prevent a return to pre-pandemic restrictions.

What does this mean? If the policy cliff isn't addressed, Medicare beneficiaries may no longer be able to receive reimbursed telehealth visits from their homes. Rural and facility restrictions will be reinstated. Critical programs like Hospital at Home could face disruption. Federally Qualified Health Centers (FQHCs) and Rural Health Clinics (RHCs) will lose their ability to serve as distant site providers for most telehealth services. And while the DEA has extended flexibilities for prescribing controlled substances via telehealth until December 2025, providers may struggle to sustain telehealth-based care if reimbursement disappears.

The very short version of what's expounded upon is as follows:

Telehealth flexibilities established during the COVID pandemic are now important tools for patients and providers across the long-term care continuum. These flexibilities will expire at the end of this month unless Congress acts to extend them.

To Take Action: Write or call your members of Congress today and urge them to support the year-long Continuing Resolution which extends these important telehealth flexibilities!

For more information, visit: <https://telehealthresourcecenter.org/resources/the-telehealth-policy-cliff-preparing-for-october-1-2025/>

EXCURSIONS

Wednesday, September 10

Senior Zoo Day

9:00 am

Free!

Wednesday, September 17

Show Shopping

Footwear Footcare

9:45 am

Money on Own

Friday, September 19

Steak Out @ VFW

4:00 pm

\$18.00 due by Sept. 16

Wednesday, September 24

Swingin' in September

with Sinatra & Dino

10:15 am

Andiamo Banquet Center

\$60 (includes lunch and show)

Money due by Sept. 10

Thursday, September 25

Men's & Women's Lunch

The Latin Kitchen

11:00 am

Money on Own

Tuesday, September 30

Blake's Orchard

1:00 pm

Money on Own

Friday, October 3

Troupe Vertigo @ the DSO

9:00 am

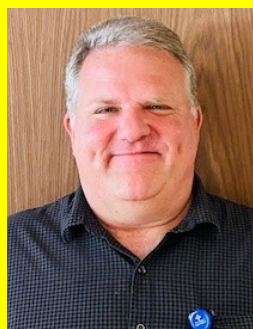
\$42.00 due by Sept. 15

**TO SCHEDULE AN APPOINTMENT FOR
TRANSPORTATION SERVICES
CALL BOB: 586-716-7142**

Please call at least 24 hours prior to your needed appointment. If you leave a message, be sure to include your name, phone number, and the day, time and destination for the appointment needed as well as an approximate duration you expect your appointment to take overall.

Bob will return your call as soon as he's able in order to confirm his availability (or give you other options if he's unavailable for that day and time).

Please note that we try our best to stack appointments in order to best utilize driving time and to service as many residents as possible. *Reminder: There is a charge if you need a ride outside of the New Baltimore/Chesterfield area and also if you need more than two rides in a month.*



**ALL appointments MUST
be confirmed!!**

Robert (Bob) Rosol
Driver
rrosol@pvm.org
586-716-7142

**You MUST Sign up for all shopping days,
outings, or other excursions
in the binder in the Activity Room
or call Chris: 586-716-7143
or Bob: 586-716-7142**



9/1 Robert Maciejewski

9/4 Leonna Collins

9/4 Ronald Plesz

9/7 Peggy Riedel

9/7 Marguerite Peacock

9/8 Mary Bittner

9/12 Beverly Graham

9/12 Ronald Sanford

9/16 Barbara Pearce

9/16 RuthAnn Kauffman

9/17 Carl Nowack

9/18 Irene Wagner

9/24 Carmen Bava

9/24 Edward Jerawski

9/27 Joyce Anderson

9/27 Barbara David

9/29 Salvator Sposaro

9/30 Judith Miller

We hope to see you ALL at Birthday
Dinner and Entertainment!

Directory

Accounting

Tracy Tesch 716-7408

Activities/Wellness Supervisor AL/IL

Christina Nahorodny 716-7143

Beauty Salon

Appointments 716-7180

Chaplain

Laura Stone 586-424-5674

Community & Leasing Consultant

Ann Marie Hart 716-7039

Dining Services Mgr.

Brandon Lewis 716-7419

Director of Nursing

Karolina Jones 716-7416

Driver

Bob Rosol 716-7142

Executive Director

Donald Tolliver 716-7410

Front Desk

Receptionist 725-6030

Harbor Inn-Admin. Asst.

Beth Humble 586-273-2440

Harbor Inn Manager

586-273-2559

Housekeeping / Laundry Mgr.

Michelle Willer 716-7418

Maintenance Work Request

Front Desk 725-6030

Maintenance

Emergencies After 11:00 pm 248-996-2470

Marketing Manager

716-7395

Betsy Mianecki

Outpatient Therapy

586-273-2457

Physical Therapy Mgr.

Kim Frabotta, Agility Therapy 716-7398

Rehab Admissions/Sales

Jen Moreno 716-7427

Darcy Stalker 716-7183

Resident Care Mgr.

Toni Greig 716-7426