

# Village Trumpet

Embrace the possibilities

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

November 2025



## Featured Articles

- News and Information
- New Residents
- Chaplain
- Wellness
- Upcoming Activities/ Events
- Excursions
- Birthdays
- Staff Directory



The Village of  
**East Harbor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



# Holiday Bazaar



**Friday, November 7 - 9 am - 4 pm**  
**Saturday, November 8 - 9 am - 3 pm**

- Shop from over 50 vendors for handcrafted goods
- Handmade items
- Food Specials

**Please sign up in the Activities Room if you would like to contribute to the bake sale or help run the Residents' Association table.**

## Veterans Day Breakfast

HONORING ALL OUR VETERAN HEROES

**Monday, November 10**

**10-11am Kirk Hall**

**Veterans & Spouses: Eat Free**

**Non-Veterans: \$10.00 per person**

**Purchase Tickets at the Front Desk**

**Veterans RSVP by November 4th**

**Please include your branch of service.**

## Village of East Harbor

Residence association meeting minutes October 14th 2025  
The meeting was called to order by president Patrick McClellan at 1:30 p.m.

A new resident was introduced Mike Badnik

**Don Tolliver Executive Director:** was introduced and gave a report on the finances and projects going on in the village of East Arbor. Questions were asked by residents and answered.

The pledge to the United States flag in Christian Flags was recited .

President McClellan informed the audience of the non attendance of officers. This was mostly due to emergencies in their families.

A financial report was given by Barbara Anderson in lieu of the absence of the treasure Janet Lickman. account balance 7,238.28, Petty cash 1,378.49, Sugar Bowl 52.21.

The minutes were approved of the previous meeting.

**Kristine LeBlanc Fitness Specialist:** Gave a report on the activities going on in her Department. She is very pleased with all the participation going on with the residents. If you have any questions for Kristine she will be glad to answer them for you.

**Laura Stone Chaplain:** Reminded everyone of the happenings in her Department which there are many and if you would like any explanations please contact her. we are looking for people to serve on the welcoming company if you are interested please contact Laura

**Christina Nahorodny Activities and wellness supervisor:** Chris would like a motion made to have the monthly meeting move to the Tuesday before or the Tuesday after our regular schedule meeting due to a conflict with Veterans Day. They will be honoring the Rosie's at that event and would like us to attend. Please sign up if you are interested. We will be taking our residents on the bus. Chris announced the rest of the activities going on this month and if you have any questions please contact her.

**Bob Rosol Driver** If you are interested in any of the trips for shopping please contact Bob and sign up. It is very important that you sign up for any events that are carried out on the bus . Bob is very interested in accommodating all your needs if they are at all possible.

Motion was made by Nancy Streit to have our November meeting one week earlier November 4th 2025 due to veterans day celebration. motion was carried.

President McClellan adjourned the meeting at 2:40 p.m. 31 attendees and \$53 .00 collected for the Sugar Bowl

Respectively submitted

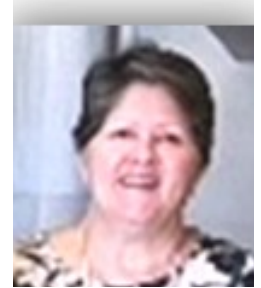
C.C. Patrick Mc Clellan  
Coleen Berger  
Stella Goodson  
Janet Lickman  
Chris Nahorodny



*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-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.

In gratitude, we reflect upon all the gifts of family, friends, and our health.

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

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..." (Psalm 42:4). Long before the colonists celebrated their successes, Nehemiah assembled two great choirs to give thanks for God's faithfulness. In Nehemiah 12:27, the Levites were gathered from where they lived and brought to Jerusalem to celebrate with songs of thanksgiving and music.

In thanksgiving to our Veteran residents, on Monday, November 10th at 10:00am I will host a Veteran's Day breakfast. Veterans and their spouses are free. All others are \$10.

The last day to sign up is **Tuesday, Nov 4**. No late signups can be accepted.

**Join us in our Bible study groups Mondays and Tuesdays at 2:30 and Saturday at 1:00.**

**The first Monday of every month is Grief Support Group at 4:00 in the Chapel**

**The first Thursday every month is Potluck Bingo luncheon at Immaculate Conception.**

Thank you to all who participated in our Kirk in the Hill tour, VFW for the steak out, and Blessing of the Pets. See photos throughout your Trumpet.

I hope you will join us next summer, the third Friday of every month.

If there is anything you need or would just like a visit, please call me (586) 424-5674

*In His Service,  
Chaplain Laura Stone*

# Wellness News

Chris Nahorodny, Wellness Supervisor

## NOVEMBER IS:

### American Diabetes Month

Before people develop type 2 diabetes, they usually develop prediabetes—where blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes.

#### Symptoms can include:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

If you think you may have diabetes or prediabetes, check with your doctor and get tested.

### Alzheimer's Disease Awareness Month

The Alzheimer's Foundation of America (AFA) offers a **free confidential memory screening** from a qualified professional and only takes about 10-15 minutes on your phone or computer. *You can schedule an appointment by calling the AFA at 888-232-8484 M-F.*

You can also take a one minute memory test to see your reaction time at identifying pictures on your computer screen. You will immediately be given feedback at how you scored according to your age. Go to [afamemorytest.com](http://afamemorytest.com)

**The following are just a few of many things we can ALL do to help prevent or delay BOTH diseases, as well as for overall better health:**

- ◆ Eating a low-fat, healthy diet
- ◆ Quitting smoking and limiting alcohol intake
- ◆ Consistently getting 7-9 hours of sleep
- ◆ Getting annual physicals and reviewing medications with your physician
- ◆ Staying physically active and socially engaged

*Here's where our Wellness Team is here to help! We offer a wide variety of activities and fitness classes as well as transportation to necessary appointments. Please reach out with suggestions, comments or concerns regarding any of our programming to [cnahorodny@pvm.org](mailto:cnahorodny@pvm.org) or 586-716-7143*

## Fitness Updates

Class Milestone:

We hit a record number in class last week—our biggest yet! I'm so proud and so grateful for every single one of you who continue to show up, move with me, and bring your energy to the room. You're the reason I love what I do and why I keep putting my best foot forward. Thank you for making every class feel special.

Here's to growing stronger together every week!



We had a great time enjoying  
World's finest custard!



Don't forget to set your clocks back  
an hour before bed Saturday night



## PARKINSON'S SUPPORT GROUP

**Second Thursday of the month**  
**Thursday, November 13**  
**3:00 in the Activity Room**

Join Host, Angie in a Gentle Movement class before the meeting @ 2:30 in the Activity Room

Both meeting and class are 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 26**  
**Support Group -3:30 pm**  
**Kleeman Chapel**

Wear **purple** today to support Alzheimer's Awareness Month

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

Date: Tuesday, **November 4th\***

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**

**Tuesday, November 4  
3:00 pm in Barnett Hall**

**Culinary Committee**

**Wednesday, November 5  
1:30 pm in Barnett Hall**

**Welcoming Committee**

**Sign up to help with this committee**



**LIVE ENTERTAINMENT!**

**Gary Pillow**

Wednesday,  
Nov. 5 @ 3:00

in the Activity Room

**Jeff Cavataio**

Monday,  
Nov. 24 @ 3:30 pm



From country to crooner, you won't want to miss either of these acts!

**WELCOME HOME  
NEW RESIDENTS**

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

Martin Muysenberg—702

Lois Tangas—904

Jack & Linda Schneider—  
50854 Esthers Way

Nancy Hathaway—607

Sharon Curlett—108

Shawn Schoenherr—215

Sharon VendenEynde—704



**RESIDENT  
POTLUCK**

**SUNDAY, NOVEMBER 16  
ACTIVITY ROOM**

**4:00PM—HAPPY HOUR**

**5:00PM—INVOCATION**

**FOLLOWED BY DINNER**

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

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

**For more information contact:  
Pat Mikle-248-933-1726**

**Memoir Writing**  
Everyone has a story to tell  
**Monday, November 3 & 17**  
**2:30pm-Activity Room**

**Show & Tell**  
**Monday, November 10**  
**3:30pm-Activity Room**



**Karaoke/Singalong**  
**Wednesday, November 12 @ 3:00 pm**  
in the Activity Room  
**Wednesday, November 26 @ 2:30 pm**  
in the Harbor Inn Community Room



**Thanksgiving**  
**Door Hanger**

**Monday, November 17**  
**1:30 in the Activity Room**  
**Please sign up!**

**QUARTER BINGO**  
**BRING YOUR QUARTERS!**

**Monday, November 3**  
**6:00 pm**  
**Activity Room**



**Bring 8 quarters to play!!**



**Friday, November 14**  
**1:30pm in the Activity Room**  
A fun and easy to learn dice game  
played in teams of 4

## **NOVEMBER BIRTHDAY DINNER**

**THURSDAY, NOVEMBER 20**

**12:00 PM**

**MARGUERITE'S RESTAURANT**

**PURCHASE YOUR TICKETS AT THE**  
**FRONT DESK**

**\$16.00**



**ENTERTAINMENT BY:**  
**JOE DEHENEAU**  
**1:00 PM CHAPEL**

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

**YOU MUST SIGN UP AT THE DESK BY**  
**NOVEMBER 19th**



Thank you to Scout Troop 149 for the  
creative Jack-o-lanterns they carved to  
decorate our campus for Halloween!

# HARBOR INN HAPPENINGS

## MEN'S COFFEE HOUR

Tuesdays—9:00 am



## WOMEN'S COFFEE HOUR

Thursdays—9:00 am

## CARDS and/ or GAMES

Weekdays—6:00 pm

Saturdays—2:00 pm

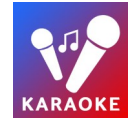
Sundays—3:00 pm



In the Community Room

## KARAOKE

Wednesday, November 26—  
2:30-4:00 pm Community Room



## ROSARY

Wednesdays—4:15 pm—Community Room

## KNIT/CROCHET GROUP

Thursdays— 2:00 pm  
Community Room



**PUZZLE PEOPLE** Everyday, All Day in the Library!

**MIDRISE MOVIE** Tuesdays @3:00

November 11, 18, 25 in the Lobby



Halloween Fun!

# PLEASE JOIN US FOR

## Happy Hour Pavilion Chat

Join Sandy Sommer and Paul Miller from the PVM Foundation for a *Happy Hour Pavilion Chat* on Wednesday, *November 12* 3:30 – 4:30 p.m. in the Activity Room

Enjoy hors d'oeuvres and good company as we share the architect renderings of your ideas for an outdoor pavilion. Come to see how your ideas come to life—and to help shape a space that will bring joy, wellness, and connection to residents for years to come.

We can't wait to see you there! If you have any questions, please call Sandy at 248-722-2101 or [ssommer@pvm.org](mailto:ssommer@pvm.org).



**NOVEMBER**  
BIRTHDAYS

**11/01 Ralph Franks**

**11/04 Beverly Sanger**

**11/04 Paul Hildebrand**

**11/05 Sharon VandenEynde**

**11/06 Raymond Schultz**

**11/08 Lillian Zitka**

**11/10 Diane Gamble**

**11/10 Phyllis Pike**

**11/12 Francoise Marcus**

**11/13 Michael Canu**

**11/15 Stella Goodson**

**11/18 Kathleen June**

**11/19 Gloryann Testori**

**11/20 Stephen Budd**

**11/21 David Carey**

**11/25 Nancy Hathaway**

**11/27 Audrey Miller**

**11/30 Ken Fowler**

# 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 Miannecki

## 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

## TRANSPORTATION SERVICES AVAILABLE MON-FRI, 8:30AM-4:30PM

To schedule an appointment  
call Bob: 586-716-7142

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

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.

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/or time).

*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



# Annual Candlelight Dinner Sunday, December 7th

*Sponsored by The PVM Foundation and  
The Village of East Harbor*

*Doors open: 4:30pm*

*Cocktails: 5:00pm*

*Dinner: 5:30pm*

*Shaved Brussels Sprout Salad  
Lemon Garlic Thyme Roast Turkey Breast  
Roasted Rosemary Delicata Squash  
Sauteed Green Beans with Pomegranates  
Twice Baked Potato Casserole  
Frutti di Bosco Torte*

*Tickets go on sale at the front desk November 6\**

*\*Price tbd*

*Entertainment*

*Cash Bar*

*Gift Basket Raffles*

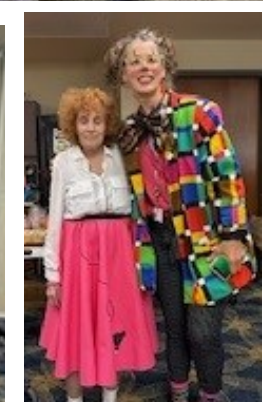
*Entertainment*

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

*Cash or Check only.*



More Halloween Fun!



# EXCURSIONS

**Friday, November 6**

*Bingo/Potluch @ IC*

11:00 am

**Tuesday, November 11**

*WWII Legacy Memorial to honor  
Fran Master, Rosie the Riveter*

11:30 am

**Wednesday, November 19**

*Greektown Casino*

10:30 am

Money on Own

**Monday, November 24**

*Men's & Women's Lunch  
Louis' Chophouse*

10:30 am

Money on Own

**Tuesday, November 25**

*It's a Wonderful Life  
MJR Chesterfield*

12:00 pm

Money on Own

**Wednesday, December 3**

*Christmas w/Caruso & Carr*

10:00 am

\$60 by November 14

**Friday, December 12**

*Home for the Holidays  
@ the DSO* 9:00 am

\$40 by November 12

**REMINDER:** The Shell Gas station located at 33925 23 Mile Road (across the street from CVS and next door to the Chesterfield Fire Station) is offering to pump gas for our residents on Tuesdays between the hours of 11:30am -1:30pm. Just call 586-648-7072 and let them know what pump you are at and an attendant will come out and pump your gas for you!

FYI the owner has made a point to be there to facilitate this program for our residents. If we are not taking advantage of this opportunity it is likely he will eventually discontinue this service as he has other stations in the Metro area to tend to. It has been suggested to keep a reminder note in your car to try to pump gas at this time so that we can continue to utilize this service. We will definitely want it once the snow starts flying! If you need yet more incentive, you can use your Kroger points at participating Shell stations!



**Our "Wear pink for Breast Cancer Awareness" video was featured on Channel 7**



**VFW  
STEAK-OUT**



**LADIES' LUNCHEON AT  
ST. PETER'S LUTHERAN  
CHURCH IN EASTPOINTE**

**BLESSING OF THE PETS**



**KIRK IN THE HILLS TOUR**

