



Village Trumpet



Embrace the possibilities

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

January 2026



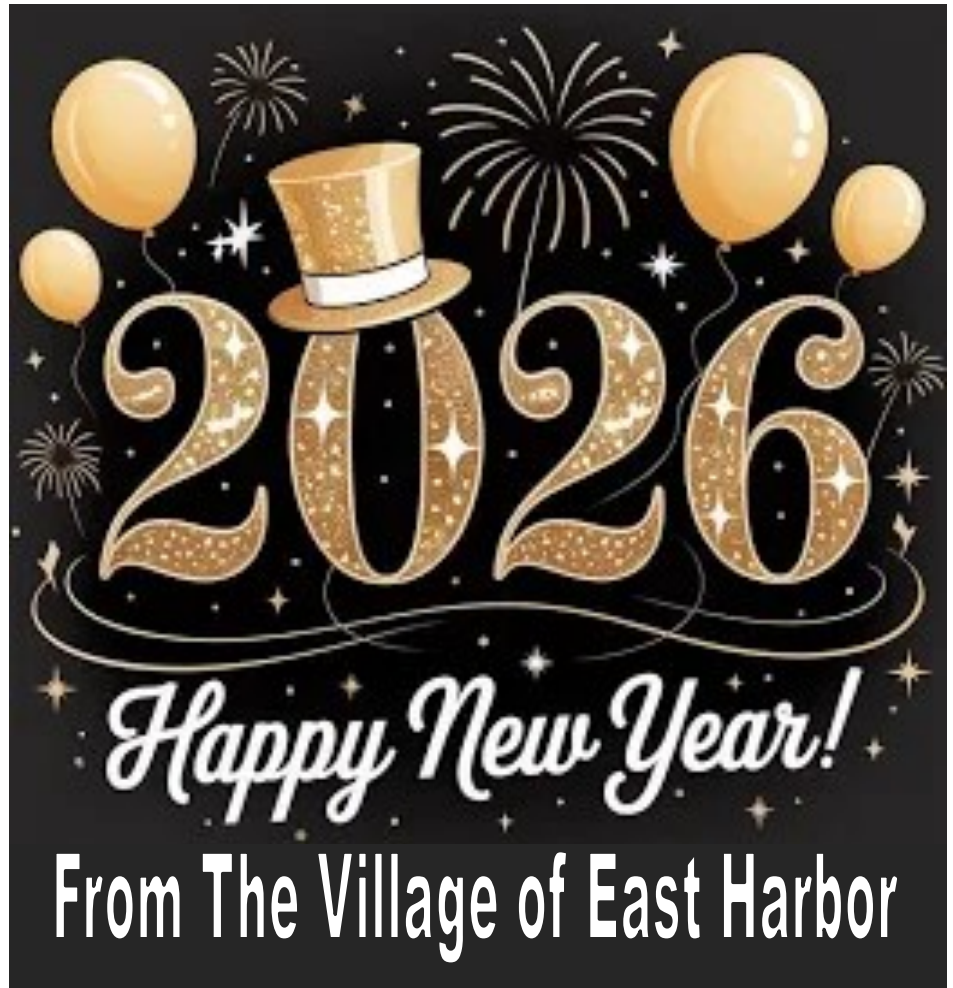
Featured Articles

- News and Information
- New Residents
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The Village of
East Harbor
A SENIOR LIVING COMMUNITY
Managed by Presbyterian Villages of Michigan

Look for PVM on:



Michigan Secretary of State Mobile Office

is coming to The Village of East Harbor

Tuesday, January 27
10:00am-3:00pm
Kirk Hall Dining 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
Chris-586-716-7143

VILLAGE OF EAST HARBOR Resident Association Meeting

12/9/2025

Attendees: 55 Residents

Meeting called to order by President Pat McClellen at 1:45 pm

Budget was read and approved. There is a current balance of \$5113. \$40.00 collected in Sugar Bowl last month. The Holiday Bazar profits were \$956.

Reports and updates by the department heads below:

Chris stressed the importance of signing up for activities. A reminder given for events planned for the Christmas season. Also, if anyone is interested in becoming a member of the Welcoming Committee, please let her know.

Don Tolliver gave an update on rent increase. Maintenance issues including snow removal and replacement of filters and batteries in furnaces and fire extinguishers.

A resident raised concerns regarding the quality of food services, specifically noting that meals are frequently served cold and remain suboptimal. The discussion highlighted that this issue has persisted for several years. *Don stated that he would investigate the matter further.*

President Pat McClellen proposed the purchase of new rose bushes for Rosie the Riveter Memorial Garden.

A second proposal to send letters of appreciation to the young women who volunteered at the Candlelight Dinner.

Chaplain Laura gave an update on events for Christmas. She expressed her appreciation for the support for missionary Gabriella and her work.

Bob Rosol reaffirmed his ongoing dedication to supporting residents with their transportation needs. He emphasized his commitment to being consistently available to help whenever a ride is needed, ensuring that all members of the community have access to reliable transportation support. Residents are encouraged to reach out for assistance, and Bob kindly asks for patience, assuring everyone that he will respond as soon as possible to any transportation requests.

Meeting adjourned at 2:30 pm

Submitted by Stella Goodson

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

Date: Tuesday, January 13

Location: Chapel

Time: 1:30pm

ALL Residents are members of the Resident Association are 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 6 at 3:00 pm Marguerite's Restaurant.

Culinary Committee

Meets Wednesday, January 7 at 1:30 pm Marguerite's Restaurant.

**WELCOME HOME
NEW RESIDENTS**

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

Linda Battani 50849 Esther's Way
Eleanore Chapman—602 Barnett
Virginia Masel—707 Harbor Inn

**RESIDENT POTLUCK
SUNDAY, JANUARY 18
ACTIVITY ROOM**



4:00PM—HAPPY HOUR

5:00PM—PRAYER

FOLLOWED BY DINNER

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

Music Hath Charm by Nancy Streit

Thanks to Marie McDougall's love of music and her connections to many musicians,
we here at the Village are fortunate to have some of them visit and entertain us!!!

Thanks, Marie!!



*From The Desk Of
Chaplain Laura...*

JANUARY 2026



As we approach a new year, may we ponder the things the Lord has already done and look forward to what he has in store for us in 2026!

We are in a season of “newness”; a time of refreshing and new beginnings 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! I am more than willing to help ensure your relationship with the Lord.

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 and Tuesdays are Biblical Studies at 2:30, Wednesdays at 2:30 is Inspirational Reading, where we embark on a journey of poetry of Helen Steiner Rice, Saturdays at 1:00 is Bible Studies. If you would like to attend and need assistance, please let me know.

If you are unsure of your salvation, don't let another day pass. Contact me. I will come to pray with you, share scripture, and help you to understand your relationship with Christ.

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

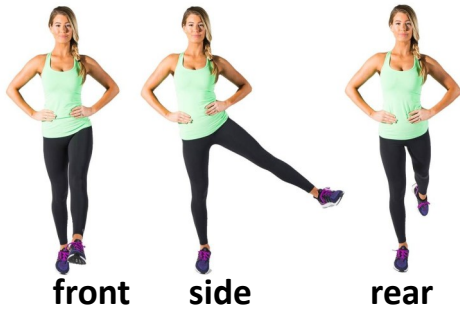
Fitness Center News

Christina Nahorodny, Wellness Supervisor

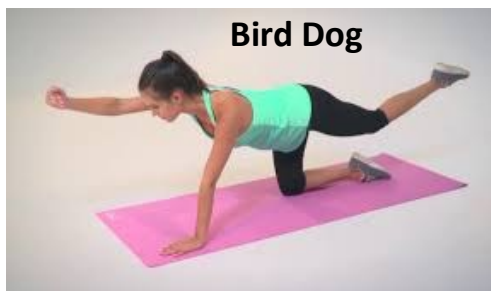
It's a new year and, for many, a time to start a new fitness routine! At the Village, we offer classes for everybody at every fitness level based on the format below! 9:00 am classes are done as a circuit style on the equipment and 10:30 classes are the seated version. Currently, we are not offering instructor-led fitness classes on Tuesdays and Thursdays but the wellness centers are open and available to anyone who has the required updated paperwork on file.

Monday Cardio	Wednesday Stretch	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>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>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



**For more information on any of the above, or for anything else related to our wellness programming, please contact:
cnahorodny@pvm.org OR 586-716-7143**

QUARTER BINGO BRING YOUR QUARTERS!



**Friday, January 9
2:30
Harbor Inn**

**Monday, January 12 & 26
6:00 pm
Activity Room**

Hand & Foot

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



**Wednesdays
1:30 pm
Activity Room**

Crafting Corner

**Friday, January 9
1:30 pm Activity Room**

Feeling creative? What will you make with the available supplies? suggestions, examples and videos available to help with the creative process 😊



**Sunday, January 11
Friday, January 23
2:30pm
Activity Room**

You MUST sign up!

Make a Valentine Craft

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



JANUARY BIRTHDAY DINNER

THURSDAY, JANUARY 15

12:00 PM

MARGUERITE'S RESTAURANT

**PURCHASE YOUR TICKETS AT THE
FRONT DESK**

\$16.00



**ENTERTAINMENT
1:15 PM IN THE CHAPEL**

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

**YOU MUST SIGN UP AT THE DESK BY
JANUARY 12**

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 12
1:30pm-Activity Room**

Memoir Writing

**Everyone has a story to tell
Mon., Jan. 5, 2:30pm-Activity Rm
Mon., Jan. 19, 2:30pm-Activity Rm**



HARBOR INN HAPPENINGS

DOMINOES / CARDS

Mondays—6:00pm Community Room

CARDS / GAMES

Sundays—3:00pm

Mondays—Saturdays 6:00pm

MIDRISE MOVIE

Tuesdays, January 6, 20, 27 —3:00 pm—Lobby

KARAOKE

Wednesday, January 14—2:30pm

Wednesday, January 28—2:30pm

Community Room

QUARTER BINGO

Friday, January 9—2:30pm

Community Room

ROSARY

Wednesdays—4:15pm—Community Room

NEEDLE ARTS GROUP

Thursdays, January 8, 22, 29—2:00pm

Community Room

PUZZLE PEOPLE

Everyday—All Day—Library



Top left: Hanging out with Santa
Bottom Left: The winning Gingerbread house
Top: LOTS of fun at the New Year's Eve party
Coming soon: more pictures and lots more fun
in the Activities Room!!

PARKINSON'S SUPPORT GROUP

Second Monday of the month

Monday, January 12

3:00 pm

Activity Room

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

For 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 28

Support Group -3:30 pm

Kleeman Chapel

More information please call:

(586)716-7143

Presented by

BAY NURSING

CARING FOR THE COMMUNITY
SINCE 1992



FIVE WISHES ADVANCED CARE PLANNING

Come learn about the five points of advanced care planning. Let us help you prepare for your future.

1. The person I want to make decisions for me when I can't
2. The kind of medical treatment I want or don't want
3. How comfortable I want to be
4. How I want people to treat me
5. What I want my loved ones to know

THURSDAY 1/29/2025 @ 2 PM
IN THE ACTIVITIES ROOM
REFRESHMENTS PROVIDED



EXCURSIONS

Tuesday, January 6

MJR Theater

David

12:45 pm

\$5

Wednesday, January 21

Men's & Women's Lunch

The Pantry

11:00am

On your own

Friday, February 6

Fisher Theater

Kinky Boots

3:00 pm

\$80.00 + Dinner on own
Money Due ASAP

Friday, March 27

Fisher Theater

Mamma Mia!

3:00 pm

\$80 + Dinner on own
Money Due ASAP



1/01 Barbara Kammer

1/02 Robert Healy

1/03 Victoria Latella

1/04 Elizabeth Rogerson

1/08 Sharon Creed

1/09 Rafael Perez

1/11 Nicholas Disipio

1/12 Christine Toth

1/14 Elaine Walton

1/20 Jane Eglinton

1/20 Gloria Buzenski

1/29 Sherrie Knudson

1/30 Phyllis Massey

What's New in the Activity Room?

Crochet & Color—9:30 Mondays

Table Topics and Tea—9:30 Wednesdays

Doodle Art & Doodle Journal—9:30 Fridays

We also have moved Women's coffee and nails to Thursdays at 2:00 pm

Directory

Accounting	
<i>Tracy Tesch</i>	716-7408
Activities/Wellness Supervisor AL/IL	
<i>Christina Nahorodny</i>	716-7143
Beauty Salon	
<i>Appointments</i>	716-7180
Chaplain	
<i>Laura Stone</i>	586-424-5674
Community & Leasing Consultant	
<i>Ann Marie Hart</i>	716-7039
Dining Services Mgr.	
<i>Brandon Lewis</i>	716-7419
Director of Nursing	
<i>Karolina Jones</i>	716-7416
Driver	
<i>Bob Rosol</i>	716-7142
Executive Director	
<i>Donald Tolliver</i>	716-7410
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	716-7395
<i>Betsy Miannecki</i>	
Outpatient Therapy	586-273-2457
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

**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