



Village Trumpet



Embrace the possibilities

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

July 2022



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The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Aloha

WE'RE HAVING A RIBBON CUTTING LUAU
OPEN HOUSE TO CELEBRATE

THE VILLAGE OF EAST HARBOR
HARBOR INN

Thursday, July 21
1:30pm-Mid-Rise Building

FREE Concert



Thursday, July 14
6:00pm-8:00pm
Beatles Tribute Band
& Food Truck

FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:



I hope you will join us July 21st for the celebration of the Grand Opening of the new Harbor Inn Mid-Rise building. Wear your favorite Hawaiian attire. Enjoy Hawaiian Dancers and Flame thrower. Tour the Mid-Rise Building. We will hold programming in the new building for all residents to attend on a regular basis.

Think of it as another location for events. It is a great opportunity to tour and see what all the construction has been about. We will be taking a big drone photo so looking for a great turnout for the photograph. Don't forget we also pay a referral bonus to you if anyone you recommend to us moves in and mentions your name.

We love to pay out referral bonuses to residents.

Independent residents in case of an emergency please make sure you have your red folder information filled out and readily available if you are sent out to the hospital. Include any medications, conditions, and any other pertinent information for the medics to take with you to the hospital. If you are in need of a folder and documents please call Sally and she will make sure you get one.

If you are adding to our landscaping, statues, flowers, plant containers don't forget to get approval from Scott the Environmental Manager. Keep in mind you do need to care for your flowers and additions that you add. We appreciate your beautification efforts but if it extends past your front entrance you do need approval.

Many compliments on the Donny Rod show was the consensus from many residents. We have so many wonderful shows here. Monthly birthday dinner is a special day we host every month. I am happy to say the Birthday dinners have resumed. Please try and make time to join us. If it is your Birthday month lunch is on us!

We have a number of fun events coming soon. Beatles tribute concert, Nuns Act Out, Three Men and a Tenor, Murder Masquerade Mystery Dinner and so much more. Betsy and her team do a great job planning events for you to enjoy. If there is any suggestions of events, crafts, educational programming or more that you would be interested in please let Betsy know.

Don't forget if you need rehab we have services right here on campus. Setting up a procedure? Let your physician know rehab is available after your surgery. Let our team guide you and give you the super service you deserve.

We have another booster clinic coming up soon. Let Betsy know if you need a Covid vaccine. We provide these services to make it convenient and easy for you to keep up to date. One of the benefits of living on a campus like ours is support is here should you need it.

Have a safe and Happy 4th of July,

Carolyn

HAPPY BIRTHDAY

The third Thursday of every month at **noon**, join us for Birthday dinner in **Marguerite's Restaurant**. All Residents will receive complimentary punch or wine.



If your birthday falls within the current month, you will receive a **FREE** Birthday meal and you may bring one guest for 1/2 off.
The special Birthday meal is \$15.00.

Pay or charge your meal to your room at the front desk.

All Assisted Living Residents, your Birthday Dinner is included in your meal plan.

Join us for Birthday Entertainment in the Chapel.

This month entertainment will start at 1:00pm, featuring Vanessa Carr.

WELCOME HOME NEW RESIDENTS

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

Barbara Anderson—C303

Margo Baker—50817 Esther's Way

Ann Bartold—T602

Jean Campbell—607 Barnett

Brian Lange—M2

Patricia Lashbrook—50794 Geering

Rosemary Nebel—50837 Esther's Way

Patricia Peterson—112 Kirk

Bernadine Puwal—613

The **CAMERON CAFÉ** is OPEN!

OPEN EVERYDAY FOR GRAB & GO
GRILL OPEN MONDAY-FRIDAY 8:30-
3:30pm

Orders from the kitchen can be placed at the front desk, pick-up within 30 minutes.
Please call or pick-up a menu at front desk.

BISTRO NOW OPEN

Tuesday-Saturday 10:30-4:30

Who Makes the **BEST** Detroit Style PIZZA?

The **WINNER** is...

COMO's

In Ferndale

We will be revisiting the **BEST** pizza

Restaurant

Friday, August 12

11:00am

PIZZA!





*From The Desk Of
Chaplain Laura...*



JULY

Happy Independence Day!!

The Declaration of Independence

"The Want, Will, and Hopes of the People."

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--"

Long before the July 4, 1776 signing of the Declaration of Independence, God gave us our independence by instituting Life, Liberty, and the Pursuit of Happiness. Through Christ, we have many freedoms and rights.

Galatians 5:13- "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh, rather, serve one another humbly in love."

Our freedoms were meant to serve others.

Proverbs 16:9 tells us that our steps are ordered by the Lord, "In their hearts humans plan their course, but the Lord establishes their steps."

Romans 13:2 warns, however, "Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves." We are all called to be imitators of Christ (Ephesians 5), so we give and love as God gave and loved, and as Christ gave and loved.

Spiritual programs every Monday, Tuesday and Wednesday at 2:30 Chapel.
I will be on vacation from July 22-31. Sunday services will continue.

*In His Service,
Chaplain Laura*

Village of East Harbor
Resident association meeting
June 14, 2022

The meeting was called to order by president Janet Lickman at 1:30 p.m.

The treasurer's report was given and approved.

A slate of candidates for next year was submitted and approved. The following are the names of those candidates and their positions. President Janet Lickman, Vice President Nancy Huff Secretary shared the position, Sally Deschepper and Nancy Streit, Treasure Patricia Mikle.

Building and grounds: Any questions you may have contact Scott. Many things are going on now that the weather is getting warmer.

Dining Services: Many new Services opening the Cameron Cafe are open for take-outs Bistro will be open for lunch and dinner Martinique is open for limited engagements . Hisam passed out menus for each restaurant. If you have any questions email him and he will do his best to answer any and all questions.

Chaplain Laura: Any questions regarding Technologies please contact her. Check the trumpet for any church related questions.

Fitness specialist Department: Wellness Center will be open five days a week at 9 a.m. starting 5/25/2022 Tuesdays and Thursdays 130 p.m. .The old Fitness Center is still open. If anyone wants Appointments for orientation contact Chris.

Activity Department: Every month there is a birthday dinner. All are invited sign up a counter.

Check the Trumpet for the many activities available.

Administration: There has been a breakout of influenza and all residents are asked to wear their masks all times and especially in the halls . There will be a ribbon cutting on July 28th at the Harbor Inn .

Meeting adjourned at 2:45 p.m.

Respectfully submitted

Sally Deschepper

The Fish Flies are Coming

By: Paul Wargo



The first fish flies of the spring are showing up on window screens every morning (because you had lights on last night). The first species are what fly fishermen call Brown Drakes; they are smaller and darker than the big and bright "Hex Limbata" that will come by the end of the month. "Fish Flies" and "June Bugs" are common names for the May Fly...The fact we expect them in June instead of May is an indication our water is a lot colder in the spring than inland streams and ponds.

There are actually over 700 species of May Flies. All of them serve the same purpose: food for fish and birds. All of those pesky flies also serve a useful purpose for humans: they tell us that our lake is clean and healthy. So enjoy them while you can...The fish sure do!

Submitted by: Pat Lopata

Resident Potluck



**Sunday, July 17
4:00pm**



In Marguerite's Restaurant

**Please sign up in Activity Room
Let us know what you are bringing
Call: Janet: 734-624-2190**

**Committee Meetings are open to
ALL Residents!**

Building & Grounds

**Tuesday, July 5, 3:00pm in Marguerite's
Restaurant.**

Culinary Committee

**Wednesday July 6, 3:00pm in
Marguerite's restaurant.**



Michigan's Haunted Lighthouses

What is it about lighthouses that attract ghostly spirits? Maybe it's simply a passion that will not go away. Lighthouse keepers were known to be extremely dedicated to their profession and it seems that many were never able to give it up — even after death. More than 30 lights in Michigan are rumored to be haunted. From the smell of cigar smoke at Seul Choix Point Light to the mysterious housekeeping at White River Light Station and the antics at Waugoshance Shoal, these stories will entertain all ages. Listen to author Dianna Stampfler discuss her book.

**Wednesday, July 20
1:30pm
Marguerite's Restaurant**

Visit Michigan's Haunted Fort Gratiot Lighthouse & Trolley Ride



**Wednesday, August 3
10am
\$7.00 due July 20**



A GIFT IN YOUR WILL

can change the lives of seniors.

The Village of East Harbor is able to provide the best quality housing, programs and services to seniors throughout Michigan with the generous support of **YOU** the donor.



Please consider a charitable bequest...

Find out how YOU can help future residents.

Contact David Miller at 586-382-1866

PODIATRIST



Call

Kristi Schons

Phone: 248-568-8692

For Appointments

All podiatry appointments should be made directly to the number listed above.

Health and Wellness News

Christina Nahorodny, Fitness Specialist

Staff vs. Resident

Beanbag Toss Competition

Friday, July 15th at 1:30 pm

Everyone is invited to participate!!

Mark your calendars for this year's Village Victory Cup scheduled for Friday, October 7th at the Suburban Showplace in Novi. All of your favorites games are back: Hoop Shoot, Beanbag Toss, Kick-a-Roo, Wellness Walk, Puzzler and Balloon Volleyball. Don't forget about the Spirit award plus *this year's expression of wellness which consists of a team of at least 5 residents who will answer the question "What does the Village Victory Cup mean to us?"* The more creative, the better! You can use props and signs, create and wear costumes, compose and sing a song, create and perform a cheer, whatever strikes your fancy! This competition is videoed and submitted to the judges ahead of time. We can see all of the videos submitted on the day of the games!

We are continuing to practice many of the games on Mondays in the Activities courtyard so come out and join in on the fun!

REMINDER

Anyone wishing to use *either* of our Fitness Centers **must** have an orientation and updated paperwork on file. To make an appointment for an orientation, or to inquire about exercise classes or anything else fitness related, please contact: **cgorde@pvm.org OR 586-716-7385**

Fitness Class Descriptions:

CARDIO EXPRESS 9am Monday

POWER HOUR 9am Friday

Specific exercises using our brand new Health and Wellness Center equipment performed in a continuous circuit. These are *advanced* classes for active seniors.

BE A.B.L.E. 9am Tuesday

Do you want to continue to **BE ABLE** to do all the things you do now and more? This class encourages an **Active, Balanced, Limber, Energetic** body and life with exercises that will challenge your muscles and your mind!

BE C.A.L.M. 9am Wednesday

Centered, Active, Limber and Mindful movements to for relaxation and stress reduction.

MOVE & GROOVE 9am Thursday

A fun aerobic workout using upbeat music with simple dance moves and exercises encouraging coordination and balance

10:30/11:00 am classes

Seated cardio and strength exercises designed to improve joint mobility, muscle strength and endurance. This class is modeled after the 9:00 am.

RED, WHITE & BLUE PARTY

Games, Food, Drinks & Prizes



Friday, July 1
Activity Room



BELLE ISLE
PICNIC AND VISIT TO
THE CONSERVATORY
THURSDAY, JULY 8

10:00AM

\$5.00 DUE JULY 1



Hand & Foot
Wednesdays
1:30pm
Activity Room

PAINT A SUNFLOWER
Thursday, July 7



1:30pm
Activity Room

Calling All Card Players!

YOU PICK
THE GAMES
YOU WANT
TO PLAY

Saturday's

1:30pm ~ Activity Room

CARDS WILL BE
SUPPLIED
COFFEE, WATER &
SNACKS

National Rock Day



Paint a rock with
glow in the dark paint!
Wednesday, July 13
1:30pm
Activity Room

Bracelet Craft



Make a summer bracelet
Thursday, July 14
1:30pm
Activity Room

Monday Smoothie



Make a smoothie that not only
tastes good but it's good for you!
Monday, July 11 & July 25
1:30pm, Activity Room

Tuesday Popsicles

MAKE REFRESHING POPSICLES THAT
ARE ALL NATURAL AND TASTE GREAT!
TUESDAY, JULY 5 & 19
9:30AM, ACTIVITY ROOM

TAKE A RIDE ON A PONTOON BOAT

PAUL BIDINGER, ALLY BIDINGER'S HUSBAND HAS GRATIOUSLY VOLUNTEERED TO
TAKE A GROUP OUT ON HIS BOAT. WE WILL ALSO EATON THE LAKE.

FRIDAY, JULY 29 & AUGUST 26

9:00AM



YOU MUST BE ABLE TO GET ON THE BOAT ON YOUR OWN (NO WALKERS)



Birthday Entertainment



Guess Who???? Tiger Game



Women's lunch



Watching the freighters



Pink Day



Chitty Chitty Bang Bang

STAHL'S



EXCURSIONS

Friday, July 8

*Belle Isle Picnic
&*

Conservatory Visit

\$5.00 for box lunch

Money Due-July 1

ice cream on your own

10:00am

Tuesday, July 12

Women's Lunch—

11:00am

\$\$\$ On your own

Tuesday, July 19

Men's Lunch—

11:30am

\$\$\$ On your own

Wednesday, July 27

Tiger's Game

10:30pm

\$34.00

Money Due July 1

Friday, July 29

Pontoon Ride & Lunch

9:00am

\$5.00

Money due July 1

Upcoming Excursions

Friday, August 12

Pizza Winner-Como's

11:00am

\$\$\$ On your own

Wednesday, August 17

Harsen's Island Tour & Lunch

9:30am

\$\$\$ On your own

Wednesday, August 3

*Fort Gratiot Lighthouse Tour
& Museum*

9:30am

\$\$\$ On your own

Wednesday, August 26

Pontoon Ride & Lunch

9:00am

\$5.00

Money due August 1

To share timely information regarding COVID-19, we have set up a toll-free number for our residents, families and staff.

Call our Community Care Line at:

888-412-5999

You can get the latest report straight from David Miller at The Village of East Harbor

Directory

| | |
|---------------------------------------|--------------|
| Accounting | |
| <i>Tracy Tesch</i> | 716-7408 |
| Activity Lead A/L & I/L | |
| <i>Betsy Mianecki</i> | 716-7143 |
| Administrator | |
| <i>Carolyn Martin</i> | 716-7221 |
| Admissions Coordinator TCU | |
| <i>Beth Humble</i> | 716-7427 |
| Assisted Living Nurse | |
| <i>Denise Klimaszewski</i> | 716-7115 |
| Beauty Salon | |
| <i>Appointments</i> | 716-7180 |
| Chaplain | |
| <i>Laura Stone</i> | 716-7438 |
| Community Liason | |
| <i>Sue McCallum</i> | 716-7395 |
| Dining Services Mgr. | |
| <i>Hisam Chowdury</i> | 716-7419 |
| Director of Nursing | |
| <i>Jeff Robinson</i> | 716-7416 |
| Driver | |
| <i>Ann Marie Hart</i> | 716-7142 |
| Environmental Serv. Adm. Asst. | |
| <i>Michelle Willer</i> | 716-7418 |
| Executive Director | |
| <i>David Miller</i> | 716-7410 |
| Fitness Specialist | |
| <i>Chris Gorde</i> | 716-7385 |
| Front Desk | |
| <i>Receptionist</i> | 725-6030 |
| Haven Hall Nurse | |
| <i>Derek Vanhaaren</i> | 716-7384 |
| Housekeeping / Laundry Mgr. | |
| <i>Teri Lynn Taylor</i> | 716-7418 |
| Maintenance Work Request | |
| <i>Front Desk</i> | 725-6030 |
| Maintenance | |
| <i>Emergencies After 11:00pm</i> | 248-996-2470 |
| HCC Activity/Volunteer Mgr. | |
| <i>Sheri Stover</i> | 716-7021 |
| Physical Therapy Mgr. | |
| <i>Kim Frabotta, Agility Therapy</i> | 716-7398 |
| Resident Care Mgr. | |
| <i>Toni Greig</i> | 716-7426 |
| Sales & Leasing Specialist | |
| <i>Liz Eland</i> | 716-7223 |
| <i>Peggy Carroll</i> | 716-7397 |
| <i>Kathy Moore</i> | 716-7183 |



7/03 Arnold Wilson

7/04 Joyce Sawyer

7/05 Ann Parski

7/13 Glenn Bonino

7/14 Henry August

7/15 Geraldine Bellak

7/15 Francis Weingartz

7/19 Patricia Lashbrook

7/20 Marilyn Shaheen

7/27 Marie McKenna

7/28 Kathy Duncan

7/29 Connie Onderik

7/31 Dewey Collins



g a m e
n i g h t

Saturday, July 23
6:30-?
BISTRO

Snacks & drinks will be provided

RSVP by: July 15

Betsy-586-716-7143



Make a Pressed Flower Tray

Thursday, July 28
2:00pm
Bistro

RSVP by: July 15

Betsy-586-716-7143

Introducing:

HYDROWORX

Underwater treadmill

for aquatic therapy and fitness

HydroWorx utilizes warm water as a medium to enhance rehabilitation and performance through water's buoyancy, resistance and hydrostatic pressure



The Village of East Harbor is pleased to offer our residents *their first half hour session FREE!* Just call for an appointment and present this coupon for a no obligation trial of the HydroWorx water treadmill!
Call: (586) 716-7385 or email cgorde@pvm.org for an appointment

You MUST call for an appointment per availability

Mon-Fri 8:00 am-4:00 pm

Pricing:

30 minute minimum (one unit): \$20

Each additional 15 minutes: \$10



Package #1 includes 6 units - \$100 *save \$20!*

Package #2 includes 10 units - \$150 *save \$50!!*

Package #3 includes 14 units - \$196 *save \$84!!!*

Package #4 includes 20 units - \$240 *save \$160!!!!*



The Village of
East Harbor

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

