



# Village Trumpet



## Embrace the possibilities

33875 Kiely Drive • Chesterfield, Michigan 48047 • [www.pvm.org](http://www.pvm.org)

September 2022



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**HAPPY**  
Grandparents'  
**DAY**  
**Sunday, September 11**  
Join us for Coffee & Donuts to celebrate all Grandparents  
10:00am—Activity Room

**Ring a Bell for Rosies!**  
Join us to celebrate **Rosie the Riveters!**  
Monday, September 5, 2022  
12:30-1:30pm  
Front of the Main Building  
Cookies & Punch will be served



## The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



**JUST A REMINDER... Committee Meetings are open to ALL Residents!**

### Building & Grounds

**Meets Tuesday, September 6 at 3:00pm in Marguerites**

### Culinary Committee

**Meets Wednesday, September 7 at 3:00pm Marguerites.**

## FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:



Summer is drawing quickly to a close. It always goes way too quickly. Hope you have had time to enjoy many of our wonderful outdoor events and trips. A group of residents enjoyed their visit to Harsens's Island recently with a guided tour by resident Nancy Streit. How fortunate we are to have residents share their time and interest with us. They enjoyed a day on the island including lunch at the School House Restaurant which was open just for our residents.



The 911 ERS system is up and running for Independent residents residing outside the main building. Pushing the button and going straight to Medstar will save time and potentially lives.

Three Men and a Tenor is coming September 8. They are top notch performers. We are lucky to get them to perform here on campus.. Chaplain Laura grew up with one of the guys and she is able to get them to come to our campus. They perform in Las Vegas, opening for groups like the Beach Boys and perform here at East Harbor. If you haven't had an opportunity to see them please don't miss this tour stop! Invite your friends and family for this evening Concert. They love it when you dance, clap, and engage. See you there.

Have you tried the new bistro yet? The food is delicious. One of my favorites is the Veggie Burger. Stop by to find out what your favorite might be. Closed weekends and Monday. Bonnie will delight you with her talents. Stop by soon.

Did you get an opportunity to enjoy a pontoon boat ride with Captain Paul? He is married to Nurse Allison from Healthcare. What a nice gesture to offer a day on the Lake.

We are looking to start up our Alzheimer's support group soon. We are sending staff for training and then will offer the sessions on campus. Watch for more information soon.

We will be holding Independent resident events frequently in Harbor Inn's Community Room. We can set up transportation if needed in advance.

Assisted Living events will be held in activity room. However, there will still be events for IL held in the main building especially if they are larger events that require more space.

Are you going to Hamilton? I plan on going. I saw the show in Chicago. It is packed full of history and music. I am looking forward to seeing it again. It is an enjoyable evening out for me to attend with our residents. Betsy and Ann Marie make all our excursions fun and memorable.

Enjoy the Sun shining Days!

Carolyn



# The Village of East Harbor RESIDENT ASSOCIATION MONTHLY MEETING

Date: Tuesday, September 13th

Location: MARGUERITE'S RESTAURANT

Time: 1:30pm

**ALL Residents are members of the Resident Association  
and encouraged to attend**



Join us for a *MEET & GREET* cupcake and coffee social following the meeting.

## WELCOME HOME NEW RESIDENTS

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

Anthony Augugliaro—706 HI

Carol Linsemier—618

Constance & Henry August—S503

Frank Markie—604

Kathleen Borwick—711 HI

Kathleen Markie—504

Pam DeVille—50778 Geering Dr

Lucia Marshall—815 HI

Nancy Dickson—702 HI

Nancy McClure—915 HI

Doris Duda—618

Conchita Mendinueto—910 HI

Sharon Frantz—B203

Anna Miceli—712 HI

Beverly Graham—D401

Joann Mowry—707 HI

John Lewindowski—50878 Esther's Way

Jessie Strange—704 HI

Lynn Loftis—709 HI

Irene Wagner—807 HI



*From The Desk Of Chaplain Laura...*

## **SEPTEMBER**

**A TIME OF GIVING, SHARING,  
AND CARING**

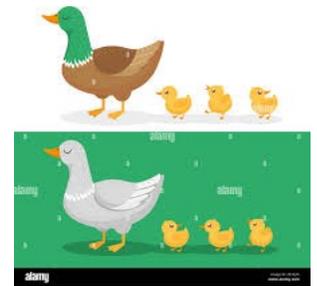


### **MATTHEW 25:44-45**

"They also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?' "He will reply, 'Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.'



*The ducks aren't babies any more!  
We will have them for only another  
week or so. If you haven't seen them  
yet, please come to the Haven Hall  
courtyard to visit them.*



*Thank you to the donors of duck food and to those who assisted in feeding and watering them, helping them grow into God's beautiful healthy creatures they are today. They will be missed as they venture out to find their new homes.*

*God calls us to love and to care for all of his creatures. Well done!*

*I am pleased to announce that Immaculate Conception church will be providing Catholic services **EVERY** Tuesday at 10:45am in our chapel. (The third Tuesday of every month is a Mass with Father Joe Esper). Please come and experience Father Joe and Deacon Dave as they deliver the word of God.*

**CANDY MAKING- Thursday Sept 1 at 1:30.** *Make chocolate pretzels that will be sold at Art on the Bay; proceeds to benefit Resident Association.*

**Breakfast With Our Chaplain-** Monday, **Sept 19**, meet in the lobby, leaving at 8:30 sharp to have breakfast together at Strawberry Fields. You must be signed up by Wed Sept 14.

**Happy Grandparents Day!!- Sunday, Sept 11** at 10:00 am- coffee and donuts in Activity Room. All are welcome.

Please continue to check your calendar and our Chapel Bulletin board for news and updates. The experience of reaching out to others is rewarding.



## FRANK GITRE'S YEARS OF S. MANITOU ISLAND FISHING TRIPS

It was approximately 1951 when a friend of my friend, Bob Kull, Jack Jinks, was able to purchase the fishing rights in Lake Michigan surrounding S.Manitou Island. This purchase included a small cottage on S.Manitou Island. My friend Bob Kull then purchased the cottage from Jack for \$350.00.

Fortunately for 10-12 guys who were Bob's friends we were included in memorable fishing trips for about 70 years!

Every Memorial day a group of the men would go up north to Leland, park the cars & travel 17 miles out into Lake Michigan on a 58' cabin cruiser, always hoping for a calm day for the trip. Sometimes the gang would be tossed around by the waves! On most trips to the island we would stop at the "crib" where the lighthouse was located & we would help unload necessary supplies for the men stationed in the lighthouse.

After we arrived we would proceed to clean the cottage up a little, unload supplies, grab the fishing poles & bait & spend a great day on the inland Lake (Lake Florence) shooting the breeze, enjoying the occasional cold beer & catching our share of fresh perch & some bass.

Because there was no electricity on the island Bob & I would do most of the cooking on a rigged up fire pit. There were gas lights in the cottage. Of course typical meals included baked potatoes, fresh fish & whatever else was available. Oh, I can still almost taste those fresh fish!!! Some of the guys would bring casseroles & other such meals that I'm sure were prepared by their wives! We had plenty to eat!

Occasionally our family would go up to the island & spend a week with our 2 children, who learned to drive on the island. There were 2 cars on the island; a 1955 Chevy & a 1960 Pontiac. It was such a safe place for the kids to learn; no traffic, no pedestrians & they could only go so far! The grown up kids still talk about those trips!

When the wives & all the men would go up to the island on Labor Day weekends the sleeping arrangements were hap-hazard to say the least. There were a bunch of mattresses stacked up in the cottage & they were flopped all over on the floor & out on the beach. One of the guys & his wife even tried sleeping in the nearby lighthouse till the wind blew the mattress all over the place!

I look back now on all the memorable weekends on that special little island out in Lake Michigan that meant so much for the 10-12 couples for about 70 years!

The government has now taken over the island so people must apply for camping permits, hiking trips, & any other reasons to visit OUR S. Manitou Island!

P.S. The 2nd largest Cedar tree in the U.S. is located on the island.

Frank Gitre  
May, 2022

*Frank Gitre is part of the Memoir writing group.*

### **Memoir Writing Made Easy**

**EVERYONE HAS A STORY TO TELL!!**

This group meets once a week to share stories and practice writing.

You don't have to be a good writer to share your memories.

Paper and pencil will be supplied.

**Mondays 2:30pm Activity Room**

# Health and Wellness News

Christina Nahorodny, Fitness Specialist



## **Village Victory Cup is Friday, October 7th from 10am -5pm at the Suburban Showplace in Novi**

**Hoop Shoot:** Shoot from a seated position 6 feet away into a 5 foot tall basketball hoop

**Wellness Walk:** WALK (don't run) 50 yards

**Kick-a-Roo:** Kick a foam ball from a seated position into a target

**Beanbag Toss:** Toss a 3.5 oz beanbag from 10 feet away

**Puzzler:** Teams will have 15 minutes to complete a 60-100 pc. puzzle

**Balloon Volleyball Tournament:** Seated volleyball played with a balloon

**Expression of Wellness:** Create a video to answer the question - "What does the Village Victory Cup mean to us?"

**Spirit Award:** Come out and cheer for your team mates and show your East Harbor spirit!

### **Village Victory Cup Practices**

Mondays & Fridays @ 2pm

Thursdays @ 11am

If you plan to come to VVC, or even if you're interested but not sure if you want to go, please be sure to attend as many practices as you're able.

This is how we determine the teams for each game.

We must determine teams by Monday, September 12th to submit for entry.

**It's not too late to sign up!**

**LET'S GO PIRATES!!**

## Harbor Inn Health and Wellness Center hours

8am-5pm Monday-Friday

### Classic Fitness Center (near Barnett Hall)

8am-8pm every day (including weekends!)

#### Fitness Class Days and Times:

**MONDAY—Cardio** 9:00am (HWC)  
**Seated** 10:30am (AR)

**TUESDAY—Balance** 9:00am (HWC)  
**Strength Circuit** 11:30am (FC)  
**Cardio** 1:30pm (HWC)

**WEDNESDAY—Stretch** 9:00am (HWC)  
**Seated** 10:30am (AR)  
**Sit & Stand Stretch** 1:30pm (HWC)

**THURSDAY—Move & Groove**, 9:00am (HWC)  
**Drumming** 11:00am (AR)  
**Strength** 1:30pm (HWC)

**FRIDAY—Strength** 9:00am (HWC)  
**Seated** 10:30am (AR)

HWC = Harbor Inn Health & Wellness Ctr.  
AR = Activity Room  
FC = Fitness Center near Barnett Hall

#### Class Formats:

9:00am and 1:30pm classes held in the Harbor Inn Health and Wellness Center as well as the FC class are geared towards the active senior whom, ideally, have completed orientation and can move quickly from one machine to the next.

Seated/Sit & Stand classes are designed to achieve improved joint mobility, muscle strength and endurance. Each day, the class is modeled after the 9:00 am class of the same day.

Move & Groove and Drumming are both fun, aerobic workouts incorporating upbeat music to encourage coordination

## HYDROWORX

Underwater treadmill for aquatic therapy and fitness

**YOUR FIRST 1/2 HOUR IS FREE!**

Call Chris for an appointment to try the HydroWorx water treadmill!

Call: (586) 716-7385 or email [cgorde@pvm.org](mailto:cgorde@pvm.org) for an appointment



#### Hydroworx Pricing:

30 minute minimum (one unit): \$20

Each additional 15 minutes: \$10

**Packages available**

**Purchase  
a package  
and save!**

**FOOTWEAR  FOOTCARE**

**Specialty Shoe Store**  
**Thursday, September 1**  
**9:30 am**  
**Lobby**



**Tuesday's ·9:30am ·Activity Room**

**Make Chocolate Covered Pretzel Rods**  
**With Chaplain Laura to sell at Art on the Bay**  
**Thursday, September, 1 - 1:30pm - Activity Room**  
**All Proceeds to benefit The Resident Association**



**COUNTRY CRITTERS**  
**COME SEE AND PET LIVE COUNTRY ANIMALS**

**THURSDAY, SEPTEMBER 8**  
**2:00PM**  
**ACTIVITY ROOM COURTYARD**



**Flannel Shirt Day**  
**Friday, September 9**  
**Wear your flannel shirt—**  
**win a prize!**  
**1:30pm- Activity Room**



**DETROIT ZOO**  
**Tri County Senior Day**  
**FREE**  
**Wednesday, September 14**  
**9:00am**  
**Lunch on your own**

PORT HURON MUSEUMS



**PORT HURON MUSEUMS**  
**THURSDAY, SEPTEMBER 22**

**9:30 AM**

**ENTRANCE TO MUSEUMS IS FREE**  
**WE WILL VISIT 2 MUSEUMS & LUNCH**

**Eastern Market Shopping & Lunch**

**Tuesday, September 20**

**\$\$\$ on your own**

**9:00am**

**Lobby**



**Johnny Appleseed Day**

**Monday, September 26**

**1:30pm- Activity Room**



**Chesterfield Library**  
**will be reading about**  
**Johnny Appleseed.**



**OCTOBER 18, 19 or 21**

**10am- 2 hour tour**

**\$30**

**Money Due: September 16**  
**Date to be determined.**

## TRANSPORTATION SERVICES

The Village offers transportation services for all scheduled trips and outside appointments during regular business hours by appointment.

If you are in need of a ride to an appointment please contact Ann Marie Hart prior to making your appointment for available days and times.

Transportation services outside of the chesterfield area are subject to a fee.

You **MUST** Sign up prior to scheduled trips either in the Activity Room in the Binder or  
CALL ANN MARIE: 586-716-7142

**IF YOU HAVE NOT SIGNED UP PRIOR TO A TRIP YOU WILL NOT BE ALLOWED ON THE BUS!**

**Space is limited!**

BEFORE GOING ON ANY TRIPS YOU MUST EMPTY YOUR WALKER!

WE WILL NOT LOAD WALKERS THAT ARE FULL.

IF YOU ARE IN NEED OF TRANSPORTATION TO ANY ACTIVITIES PLEASE CALL



**POTLUCK Party!**  
**Sunday, September 18**  
**4:00pm**  
**Marguerites Restaurant**  
**you MUST sign up in the activity room**

## PODIATRIST



**Kristi Schons**

**Phone: 248-568-8692**

For Appointments

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

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 & BAR**

NOW OPEN

TUESDAY-SATURDAY

10:30-4:30

### BIRTHDAY DINNER

THURSDAY, SEPTEMBER 15 , 12NOON

\$12.50

#### MENU

Chicken Parmesan

Angel hair pasta

Asparagus

Caesar Salad

Roll

Birthday Cake

Wine, Punch , Coffee

September birthdays are free, 1 guest 1/2 off

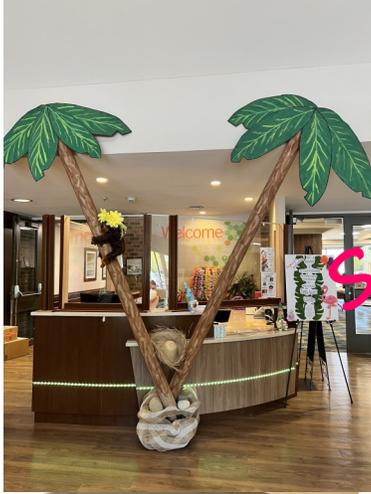




Pt. Huron Lighthouse Tour



Women's Lunch



Senior Prom



# The Village of East Harbor

## UPCOMING

# EVENTS



**Thursday, September 8**

**6:00pm-8:00pm**

**Three Men and a Tenor**

**Birthday Entertainment**

**Thursday, September 15**

**1:30pm-Chapel**

**Sisters Act Out**



**Thursday, October 13**

**5:30pm-8:00pm**

**Murder Mystery Dinner Theater**

**Tickets: \$30.00**

**on sale now**



*Holiday Shopping Bazaar*



**Friday, November 11**

**&**

**Saturday, November 12**

**10:00am-4:00pm**

**Holiday Shopping Bazaar**



The Village of  
**East Harbor**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



For more information  
or to Reserve a Spot  
call 586-725-6030  
[villageofeastharbor.com](http://villageofeastharbor.com)

# EXCURSIONS

Thursday, September 1

*Footwear Footcare*

9:00am

\$\$\$ On your own

Tuesday, September 14

*Detroit Zoo Senior Day*

9:00am

Free entree

\$\$\$ On your own

Monday, September 19

*Breakfast with Chaplain*

8:30am

\$\$\$ On your own

Tuesday, September 20

*Eastern Market*

9:00am

\$\$\$ On your own

Wednesday, September 21

*Men's Lunch*

11:00am

\$\$\$ On your own

Thursday, September 22

*Port Huron Museums & Lunch*

*Free entrance to museums*

9:30am

\$\$\$ On your own

Tuesday, September 27

*Women's Lunch*

11:00am

\$\$\$ On your own

# Upcoming Excursions

October 18, 19, or 21

*Murder & Mayhem*

*Port Huron Private Trolley Tour*

\$30.00

Date & Time to be announced  
Dependent on number of people  
signed up.

Money due Sept. 16

Tuesday, November 15

*Hamilton*

8:00pm show starts

\$79.00



Thursday, December 1

*The Sound of Music*

7:30pm show starts

\$30.00

Money due October 3

Tickets are limited

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

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



- 9/01 Estelle Koval
- 9/04 Leona Collins
- 9/07 Maggie Peacock
- 9/12 Beverly Graham
- 9/14 Mary Ann Mason
- 9/18 Thomas Martiss
- 9/18 Patricia Peterson
- 9/18 Irene Wagner
- 9/21 Catherine Wright
- 9/24 Ed Jerawski
- 9/27 Barbara David
- 9/27 Kathleen Markie
- 9/28 Phyllis Chadwick
- 9/30 Judith Miller

## **Calling ALL Euchre/Card players**



**Play cards with your neighbors**

**Tuesday's 2:30pm**

**Community Room**

**Questions call: Betsy 586-716-7143**

## **Make a Fall Door Hanger**



**Thursday, September 16**

**2:00pm**

**Midrise-Community Room**

**RSVP by: September 7**

**Betsy-586-716-7143**



g a m e  
n i g h t

**Saturday, September 24**

**6:30-?**

**Midrise Community Room**

Snacks & drinks will be provided

RSVP by: September 19

