



# Village Trumpet



Embrace the possibilities

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

February 2023



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The Village of  
**East Harbor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## Live from The Village of East Harbor...it's



**Tuesday, February 28**  
**1:30pm**  
**Chapel**

Join the Village of East Harbor for an afternoon of fun as eligible senior bachelors and bachelorettes compete for a chance to meet a new flame (or friend)!

We are seeking interested seniors, ages 55 and older, who are looking for companionship and are willing to do it blindly in front of a live audience!

Winning couples will be treated to a dinner at Marguerite's Restaurant.

Call Betsy for more information: 586-716-7143



**Celebrate FAT TUESDAY Polish Style!**  
**Tuesday, February 21, 1:30pm, Activity Room**

## FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN



Happy Lunar New Year! Today is a good day to have a good day. Positive affirmations are believed to elevate mood and may be able to reshape how you feel.

Beauty is in the eye of the beholder. What I like may not be to your liking what you like might not be appealing to me.. I think of Van Gough. His art while he was alive was not successful during his lifetime. He was considered a madman and a failure. Only after his death did he become famous and to be considered a misunderstood genius in the public imagination. We put on all kinds of programs and events. Some may be to your liking and some may not. We give you choices. We try and change it up. The team puts in time and effort to put on events, trips, and programming. We are fortunate to have choices. If there is something you would like to see added please bring your suggestions to Betsy, myself, or to the resident association meetings.

The snow removal team does their best to keep the roads and sidewalks clear. If you need to leave extra early and know we are anticipating heavy snow please let front desk know. While we rather you stay home and safe, sometimes there may be appointments you cannot miss. They do their best to remove snow and ice in a timely fashion but we have a big area to maintain. Thank you for your understanding. New equipment was purchased to increase productivity and help our maintenance team maintain snow in a timely fashion.

The dating game is Feb. 28th. It has been on hiatus for a while. Back in the day we had a love/friendship connection made. The goal is to have fun, laugh, and entertain. Making a new friend might be a bonus. The setup is similar to the old dating game.

In the future I hope to have the not so newlywed game, jeopardy, and family feud. How about you? What would you enjoy?

Proud to announce our HealthCare Center is 5 STARS. A rating provided by the Center for Medicare and Medicaid Services (CMS). Our residents always get priority access to rehab services and sub-acute care. If you go out to the hospital please let our front desk staff know so they can notify the team you may need a potential rehab bed. We have weekly placement meetings and daily stand up to discuss who gets first priority for these beds. The same goes for Long Term Care. If health declines to the point you cannot safely stay in your apartment and need 24 hour care as a resident you get priority to these beds as we call them as well. All we ask is to let us know so we can start planning and looking ahead. If you need guidance, contact Sales and Leasing or Admissions. Numbers can be found on the back of the newsletter. It has been wonderful to see so many new faces in the buildings. Attending events, participating in classes, and enjoying Birthday Dinner. Kudos to Chef Todd. We heard wonderful feedback about January's Birthday Dinner. Don't forget to purchase your new Dining Card to get 10 percent off all dining options. The card can be used in Cameron Café, The Bistro, take out, and Birthday Dinner. Pre-loading your card with dining dollars would make a great gift for family to give to their loved ones.

Happy Valentine's Day. Home is where your heart is.

Carolyn Martin

Village of East Harbor  
Residence Association Meeting Minutes January 10, 2023

The meeting was called to order at 1:35 p.m. by President Janet Lickman. Pledges to the American and Christian flags were recited.

New Members / First Time Attendees were as follows:

Lucia Marshall  
Irene Wagner  
Christine Plegue

The December residence meeting minutes were approved.

The treasurer's report was given and approved.

Chaplin Laura: Breakfast with her at Strawberry Fields was very successful. Any programs from her Department will always be found in the trumpet. A visit to Noah's Ark in Kentucky is being scheduled for April or May 2023. If you are interested please sign up as soon as possible. The cost is approximately \$300.00 with an overnight stay included.

Fitness Chris: The many programs going on in the complex are being very well received. Thanks to everyone who has been participating. Just a reminder, any programs will always be in the trumpet, or you can call Chris.

Activities Betsy: There are always many events going on in the complex so please keep reading your Village Trumpet carefully each month. Beetlejuice is scheduled for February 2nd at the Opera House. Cost is \$65.00. February 10<sup>th</sup> is Frank & the Ladies of Song at the DSO. Cost is \$33.60. Throughout this year, we will visit famous burger restaurants to vote for who made our favorite burger. The first visit will be to Seeburger Cheeseburger on January 20<sup>th</sup>.

Steven Huber suggested a steak cookout later in the year. The idea was well received.

Frank Gitre is heading the nominating committee for next year's officers. If you are interested in any position, please let Frank know.

Meeting adjourned at 2:45 P.M.

Respectively submitted

Sally De Schepper

## ROBO CALLS

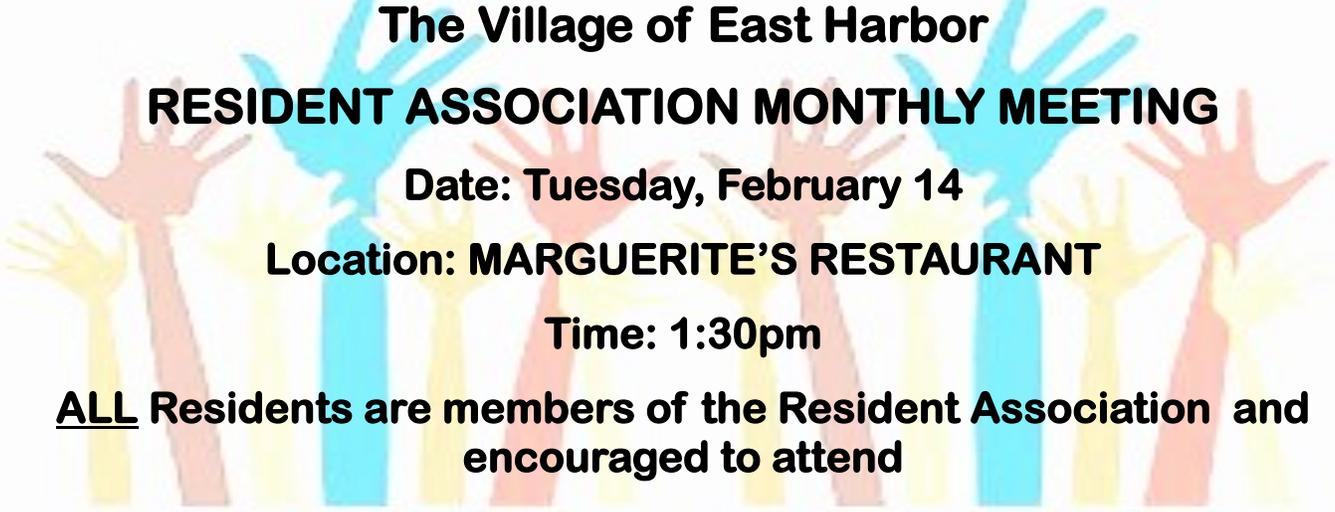
On occasion residents will receive robo calls (automated calls to their phones that are recorded by staff members) informing you of upcoming events, information or emergency situations on campus.

If you haven't been receiving these calls and wish to do so, please contact Sally or Betsy.

If you choose to receive your calls via text:

**TEXT WORD : ALERT TO 22300**

If you need help contact Sally or Betsy.



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

**Date: Tuesday, February 14**

**Location: MARGUERITE'S RESTAURANT**

**Time: 1:30pm**

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

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

**Building & Grounds**

**Meets Tuesday, February 7 at 3:00pm in Marguerites.**

**Culinary Committee**

**Meets Wednesday, February 8 at 3:00pm Marguerites.**

**WELCOME HOME NEW RESIDENTS**

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

JoAnn Eovoldi—106 Kirk

Anna Malicki—109 Kirk

Sally McNinch—608 Barnett

George Myler—603 Barnett

Carol Silverberg—50858 Esther's Way

Mary Van Sweden—607 Barnett

**FOOD VOUCHER CARDS**

**MAY BE USED IN BISTRO, CAFÉ AND ALL DINING SERVICES**

**TAKE 10% OFF YOUR FOOD ORDER**

**WHEN YOU USE YOUR CARD**

**AVAILABLE FOR PURCHASE IN ANY DENOMINATION**

**SEE SALLY 586-716-7423**



*From The Desk Of Chaplain Laura...*



**FEBRUARY**  
**DEDICATED TO LOVE**

The story of **St Valentine** is a remarkable one that I like to share. As The Father's love and Christ's love for us, St Valentine's love is to be shared.

Roman Catholic Priest, St. Valentine is remembered for his dedication to the expression of **love**. At the time, Claudius, (a persecutor of the Church) banned marriage, stating that a family would be a distraction to the focus on war. The church believed marriage to be sacred between two people, for life, and was to be encouraged. St Valentine secretly began marrying couples in the church, was caught, beaten and imprisoned for performing marriages.

As did Jesus Christ, he eventually lost his life for his cause... **LOVE**.

"Valentine has come to be known as the patron saint of **lovers**. Before you enter into a Christian marriage you want some sense of God in your life—some great need of God in your life. And we know, particularly in the modern world, many people are meeting God through his Son, Jesus Christ.", stated Father O'Gara of Dublin, Ireland, adding, "What Valentine means to me as a priest, is that there comes a time where you have to lay your life upon the line for what you believe. And with the power of the Holy Spirit we can do that—even to the point of death."

**TRUE LOVE.... laying down your life for another.**

**What cause or person would you lay your life on the line for?**

I have many items that have been donated. **Please see "CHAPLAIN'S CORNER"** for more information. If anyone is in need of any incontinence or diabetic supplies, compression socks, etc, please contact me.

**\*\*\* See Chaplain's Corner in this bulletin for spiritual programs, Noah's Ark trip, Immaculate Conception trip, and computer class info.**

I am here for all your spiritual needs. If you have a need, would like a visit, a phone call, etc., Please contact me at (586) 424-5674

*In His Service,  
Chaplain Laura Stone*



## Chaplain's Corner

FEBRUARY, 2023



Do you or someone you know need incontinence supplies, bed pads, compression socks, diabetic supplies, etc? We have had an excessive amount of donations come in for anyone who could use them. We will not have a "give-away table", so please contact me.

- ⇒ **Sundays at 11:00 am**, join us for our non-denominational Chapel Service and worship.
- ⇒ **Tuesdays at 10:45 am** -Catholic service. The 3rd Tuesday of every month is Mass.

### Join us in the Chapel for various spiritual programs including:

- ⇒ **Mondays at 2:30** -Inspirational Reading. Read and discuss poems and short stories.
- ⇒ **Tuesdays at 2:30** is Beginner / Intermediate Bible Study. Join us on our journey as we travel through the New Testament. Currently in The Gospel of Luke. All are welcome.
- ⇒ **Wednesdays at 2:30** Bible Trivia & Word Games. A fun time to gather, learn, and share.  
**Bring a neighbor and meet some interesting friends for an hour of great discussion.**
- ⇒ **Every Thursday- 11:00 am Rosary** in the Chapel. Invite a friend or neighbor to join us.
- ⇒ **Sunday, February 12 at 1:30** . Make a simple **Valentine craft** (shown above right side) based on John 3:16, and learn about St Valentine, after whom Valentine's Day is named.
- ⇒ **BASIC COMPUTER CLASS**– Learn the basics of typing and sending a letter, develop an email address, learn about Social Media (Facebook) to link to friends and loved ones, learn how to pay bills from your computer, and more. **Every Thursday in February** in the Chapel at 3:00. If you have a laptop or tablet, please bring it. Due to limited laptops, **class is limited to 4 people**. Please sign up. Additional class will be added if needed.
- ⇒ **Noah's Ark meeting Monday February 6 at 3:30** in the Chapel. Videos/pictures, costs, itinerary will be among what will be discussed. Please bring questions/suggestions.
- ⇒ **Trip to Immaculate Conception Catholic Church- for Mass and Adoration- Tuesday, Feb 21, leaving at 6:00 PM-** Please sign up- we need a minimum of 6 people to be able to go. This can last up to 2 hours.

*Blessings,*

*Chaplain Laura*

# Harbor Inn Outpatient Physical and Occupational Therapy

## MEET KELLY REED...



I am the physical therapist at The Village of East Harbor Therapy Clinic.

The Clinic is conveniently located in between the Bistro and Midrise apartments. Being located directly on campus, has many advantages for our residents here in the Assisted and Independent Living dwellings.

Our Therapy clinic offers services such as hydro therapy/aquatics in our Hydro works underwater treadmill, massage therapy, therapy from head to toe including post covid 19 recovery and balance disorders.

Being a new clinic, our hours of operation are flexible. If you or a family member has questions about our Wellness program or about Physical therapy here at VEH, come down and see us! We are always available to talk, answer questions and show you the clinic.

I have always believed that communication with a patient and their referring physician is a strategy for success. The patient's best interest is always my priority.

I have worked in many realms of Physical Therapy and each one has made me a better clinician. I am a graduate of Oakland University and have been in practice since 2000. I am here to assist you in your recovery and with your outpatient physical therapy needs here at Harbor Inn.

On a personal note, I have a wife and two daughters who keep me on my toes...we enjoy skiing, hiking, bike riding, and playing board games. We have a one year old cockapoo named Dexter ...who is a character and a fuzz ball.

If you live on campus, don't be a stranger-

Our contact address is: 33875 Kiely Dr Chesterfield, Mi 48047.

Office: 586-273-2457. Fax:586-273-2445.

Many times in Therapy..."it is not always what you do, but when and how you do it..."

Your friend and Therapist,

Kelly Reed, Lead PT

## MEET JENNIFER...

Jennifer Trewhella is our front desk/PT tech extraordinaire who assists us with many clinical duties...

I am a mother of two wonderful kids. I live in the Anchor Bay area where I work so community is important to me. I love to spend time with my family playing cards and board games. I am excited to be a part of the Village of East Harbor, Health Pro Heritage family.



# Health and Wellness News

Christina Nahorodny, Fitness Specialist



## **February is American Heart Month!**

Heart disease is the leading cause of death worldwide, yet 80% of heart attacks and strokes are preventable by limiting alcohol and caffeine intake, maintaining a healthy diet, getting 20-30 minutes of exercise 5 days a week, and following your doctor's advice—especially regarding check-ups, screenings and taking prescription medications as directed.

Also important for maintaining heart health is to get sufficient, restful sleep and to connect with loved ones, (either in person or on the phone),

### **Friday, February 3 is National Wear Red Day**

Come to the Activity Room to do heart healthy exercise and take a group picture of everyone wearing red to share in the Trumpet and social media. What a great way to raise awareness for the fight against heart disease!

Some reminders when it comes to the snow and ice. Please be safe and avoid areas not salted. It's true that salt is less effective in extremely cold temperatures (ie.: 10 degrees and below), especially at night when there's no sunshine to help it along. Sand (if available) can help with traction in this case but the safest bet is to avoid going out during those extremes if possible. If you must go out, wear shoes with good traction, walk slowly and take small steps. In addition, when coming inside after walking through snowy or wet areas, be sure to mop up any wet spots on your floors to avoid slipping inside. Be safe!

For more information on any of the above, or for anything else fitness related, please contact: [cgorde@pvm.org](mailto:cgorde@pvm.org) OR 586-716-7385



# Show & Tell

**Monday, February 6**

**1:30pm**

**Activity Room**

Bring your treasured items to share in the traditional style of show and tell.

## 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**

## Crossword Puzzle



**MONDAY'S~1:30PM**

**Activity Room**

## Paint a Valentine Picture



Thursday, February 2

1:00pm

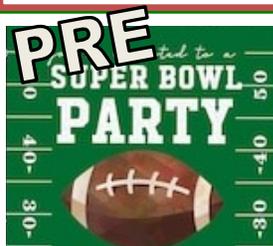
Activity Room

**NATIONAL WEAR RED DAY FOR HEART DISEASE**

**HAPPY HOUR**

Friday, February 3

1:30pm- Activity Room



**PRE Super bowl**

**Friday, February 10**

**1:30pm**

**Activity Room**

## Valentine's Party

**Tuesday, February 14**

**2:30pm**

**Marguerite's Restaurant**

**Happy Hour with**

**Bobby G**

**Guitarist & Entertainer**

Friday, February 24

2:15pm Activity Room



*Random Acts of Kindness Day*

FEBRUARY 17

**Friday, February 17**

**Share Kindness & Happy Hour**

**1:30pm**

**Activity Room**

# SATURDAY MATINEE

**1:30pm**

**ACTIVITY ROOM**

Featuring Black History Movies

Movie will be posted in Activity Room



**Calling ALL Euchre/Card players**  
**Play cards with your neighbors**  
**Tuesday's 6:00pm**  
**Harbor Inn Community Room**

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

**RESIDENT POTLUCK**  
**SUNDAY, FEBRUARY 19**



**4:30PM-HAPPY HOUR**

**5:00PM-DINNER**

**MARGUERITES RESTAURANT**

Dining Services will be making spaghetti

**BRING A DISH TO PASS**

that goes with spaghetti

**SIGN UP IN THE ACTIVITY ROOM**

For more information contact:

Pat Mikle-248-933-1726



*Thursday, February 9*

*1:30pm*

*Harbor Inn Community Room*

*Wear your favorite Valentine's Outfit*



g a m e  
n i g h t

**Saturday, February 25**

**6:30-?**

**Midrise Community Room**



# DIGITAL LEARNING DAY

**FEBRUARY 22**

**1:30pm**

**Marguerite's**



**ASK THE EXPERT...**

**JOIN THE TECHNOLOGY TEAM TO LEARN MORE ABOUT HOW TO SET UP PASSWORDS, PHISHING ATTACKS, MALWARE AND CYBER-ATTACKS.**

**BRING YOUR LAPTOPS, PHONES AND TABLETS AND HAVE SOMEONE FROM THE TEAM LOOK AT THEM AND ANSWER ANY QUESTIONS YOU MAY HAVE.**



# EXCURSIONS

Wednesday, February 8

*Women's Lunch*  
*Check the Binder*

11:30am

\$\$\$ On your own

Friday, February 10

*DSO*

*Frank & The Ladies of Song*

9:00am show starts

\$33.60

Money due January 6

Monday, February 13

*Men's Lunch*  
*Check the Binder*

11:30am

\$\$\$ on your own

Monday, February 20

*Paczki Run*  
*Zerilli's Bakery*

Get your Paczki before everyone else

8:30am

\$3.50 each

Friday, February 24

*Who Makes the BEST Burger*  
*Knapp's Garage*

11:30am

\$\$\$ on your own

Thursday, March 2

*Firekeeper's Casino*

7:30am

\$40.00

Money due: February 13

## Who makes the BEST BURGER?

We will be visiting different FAMOUS BURGER RESTAURANTS throughout the year to vote for your favorite BURGER.

This month we will be going to

Knapp's Garage

New Baltimore

Friday, February 24

11:30am, Lobby

## TRANSPORTATION SERVICES AVAILABLE MON-FRI, 8:00AM-4:00PM

Sign up for outings in the Binder in the Activity Room or call Ann Marie: 586-716-7142  
Space is limited!

Before making appointments, Please call Ann Marie for availability.

Transportation services outside of Chesterfield are subject to charge.

If you need transportation to an activity please make an appointment 24 hours prior to the event.

**BEFORE GOING ON ANY TRIPS YOU MUST EMPTY YOUR WALKER!  
WE WILL NOT LOAD WALKERS THAT ARE FULL.**

Ann Marie: 586-716-7142

# Winterfest chili cookoff



# Valentines Craft



# Red Carpet Premiere



# 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>Beauty Salon</b>	
<i>Appointments</i>	716-7180
<b>Chaplain</b>	
<i>Laura Stone</i>	716-7438
<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>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>Harbor Inn-Admin. Asst.</b>	
<i>Beth Humble</i>	586-273-2440
<b>Harbor Inn Manager</b>	
<i>Wenona Breazeale</i>	586-273-2559
<b>Housekeeping / Laundry Mgr.</b>	
<i>Michelle Willer</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>Marketing Manager</b>	
<i>Sue McCallum</i>	907-3709
<b>Physical Therapy Mgr.</b>	
<i>Kim Frabotta, Agility Therapy</i>	716-7398
<b>Rehab Admissions</b>	
<i>Jen Moreno</i>	716-7427
<i>Darcy Stalker</i>	716-7183
<b>Resident Care Mgr.</b>	
<i>Toni Greig</i>	716-7426
<b>Sales &amp; Leasing Specialist</b>	
	716-7223
<i>Peggy Carroll</i>	716-7397
<i>Kathy Moore</i>	716-7039



2/01 Colette Koch
2/01 Bill Creed
2/02 Marie Kuhn
2/03 George Myler
2/05 Carol G. White
2/07 Audrey Bolton
2/11 Irle Boehm
2/13 Anna Miceli
2/14 Joan Errington
2/15 Jeff Bobb
2/17 JoAnn Hebert
2/17 Patricia Lopata
2/18 Joanne Fowler
2/24 Bobbie Cason
2/24 Robert Jones
2/27 Marlene Batts
2/27 Lawrence Chamberlain
2/27 Steven Huber
2/28 Diane Blumline
2/29 Pam Deville