



Village Trumpet



Embrace the possibilities

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

March 2023



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The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



The Village of East Harbor presents:
St. Patrick's Day

Dinner Dance

Thursday, March 16

5:00-8:30pm

Marguerite's Restaurant

Irish Music

Prizes for the Best Dressed Irish Spirit

Buffet Featuring:

Corned Beef and Cabbage
Red Skin Potatoes

Carrots
Rolls
Dessert

Basket & 50/50 raffle



\$15.00
CASH BAR

DAYLIGHT SAVING TIME

SPRING FORWARD

March 12, 2023



FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN



Congratulations to Betsy Mianecki for winning the indoor TrY-athlon at the YMCA for her age group. She had to Swim, Bike, and Run. This same Betsy known to eat 12 Paczki in one hour. No wonder she did not gain any weight. She works it off. A true testimony to exercise and the benefits. Have you tried the new fitness center yet? Get a demonstration from fitness specialist Chris Gorde and see what you think? You do not have to

be a Tri-athlete to enjoy the benefits. No extra cost to participate. It is a benefit for living here on campus with state of the art senior friendly equipment.

You can sign up for therapy as well. Give them a call to set up a consultation. You might be pleasantly surprised how therapy can ease the discomfort of achy joints, back pain, shoulder pain, and more. Betsy has been going to therapy there and she just won a Triathlon. Talk about testimony to therapy! We cannot guarantee you will win a marathon but we are sure you will improve your wellbeing.



Have you tried coming out to Birthday dinner yet? This is a once a month special event that takes place in Marguerite's Restaurant. It is always a special meal with Birthday Cake for dessert. I heard the ribs were delicious. The drinks were pretty to look at and I heard were just as good. We always book special entertainment after the lunch. The last two months were extra fantastic. If you have not tried coming, mark your calendars and check out the once a month special event. If it is your Birthday month, lunch is on us.

Do not forget to let the front desk know when you go out to the hospital. Independent residents are not required to let us know, but in order for us to assist should you need rehab let us know. Our team of professionals will be on the lookout for paperwork should your Doctor order therapy for you. Another benefit of living here.

Get your **green** attire ready for the St. Patrick's Day dinner dance. The campus is turning Green. Enjoy dinner, drinks, and dancing. You do not have to be Irish to attend. This is a special evening event put on by the wellness team. Maybe the leprechauns will leave some gold. There are sure to be some shenanigans going on. I cannot wait!

I will leave you with my favorite Irish Blessing:



May the road rise to meet you.

May the wind be always at your back.

May the sun shine warm upon your face.

The rains fall soft upon your fields.

And, until we meet again,

May God hold you in the palm of his hand.

Happy St. Patrick's Day,

Carolyn

Village of East Harbor
Residence Association Meeting Minutes February 14, 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:

Joann Gauerkel Sharon & David Harrison Mary Vansweden

The January residence meeting minutes were approved.

The treasurer's report was given and approved. Pat also noted that our monthly potluck is this Sunday, the 19th. The theme is Italian, with pasta provided by the kitchen.

Janet read a card from Audrey Bolton, thanking the resident association for her birthday card.

Hisam: A new menu is being devised for residents.

Chaplain Laura: Discussed the 2-day overnight Ark Encounter trip.. Please tell family, friends, church members, etc., as Laura would like enough people to have our own group. Also, six people are required. for a trip to Immaculate Conception Catholic Church on Feb 21st. Laura has a basic computer class every Thursday this month.

Fitness Chris: The many programs going on in the complex will always be in the trumpet, or you can call Chris.

Harbor Inn: Winona, the Manager, introduced herself.

Activities Betsy: Volunteers are wanted for the Dating Game, to be played at months' end. Winners will be treated to a special dinner. There are many events going on in the complex, so please keep reading your Village Trumpet carefully each month. Paczki day will be celebrated. Betsy's claim to fame is having eaten 12 of them in an hour. Knapp's is the next venue for our burger competition. Be thoughtful of our driver Ann Marie. Limit groceries to two bags that you can handle yourself. Walkers need to be empty for her to load on the bus.

B&G Scott: A UV light has been purchased to help sanitize rooms and kill bacteria. Outstanding issues in the Ranch homes still exist.

Kelly and Jennifer from the Wellness Center introduced themselves. The services they provide were discussed.

PVM Foundation Devon Meier: Discussed Friends & Family month, which is April. The goal is to raise \$42,000 for improvements, additions, etc. for our village. She will host a talent show on April 6. Performers are wanted. Devon's presentation brought many laughs.

Meeting adjourned at 2:45 P.M.

The Village of East Harbor
RESIDENT ASSOCIATION MONTHLY MEETING

Date: Tuesday, March 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, March 7 at 3:00pm in Marguerites.

Culinary Committee

Meets Wednesday, March 8 at 3:00pm Marguerites.

WELCOME HOME NEW RESIDENTS

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

Trudy Blascik—710 Harbor Inn

Allen Florence—501

Barbara Hacstock—117 Kirk

Judy Holeton—T605

Ellen Mitchell—500

Thomas Peters—618

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



**PLEASE CHECK TRANSPORTATION PAGE FOR NEW INFORMATION
REGARDING LOCAL APPOINTMENTS**



*From The Desk Of
Chaplain Laura...*

MARCH



One of the world's most popular saints, captured by Irish pirates and taken to Ireland as a slave shepherd at age 14, St. Patrick turned to God and wrote his memoir, *The Confession*, in which he wrote: "The love of God grew in me more and more, as did the faith, and my soul was roused. I prayed day and night, in the woods and on the mountain, even before dawn. I felt no hurt from the snow, ice or rain." Captive until age twenty, he escaped after having a dream from God in which he was told to leave Ireland by going to the coast. There he found some sailors who took him back to Britain and was reunited with his family.

A few years after returning home, Patrick saw a vision he described in his memoir: "I saw a man coming from Ireland, carrying many letters, he gave me one. I read the heading: 'The Voice of the Irish.' As I began the letter, I imagined in that moment that I heard the voice of those who cried out, as with one voice: 'We appeal to you, holy servant boy, to come and walk among us.'" The vision prompted his studies for the priesthood, later ordained a bishop and sent to take the Gospel to Ireland.

God intervened, allowing Patrick to convert thousands, preaching the Gospel throughout Ireland and building churches across the country.

He often used **shamrocks** to explain the Holy Trinity (Father, Son, Holy Spirit). Entire kingdoms were converted after hearing his message. For 40 years, he preached throughout Ireland, where he built the first Irish church. He passed away March 17, 461.

ARK ADVENTURE (Noah's Ark) and CREATION MUSEUM trip to Kentucky is April 24 & 25.
Tickets including hotel, travel and 2 meals-from \$389-\$474. Invite friends and family! See Chaplain Laura for more information. \$200 deposit due by March 9. Balance due April 13

PLEASE SEE "CHAPLAIN'S CORNER" in this Trumpet FOR ALL UPCOMING SPECIAL SERVICES, SPIRITUAL ACTIVITIES and EVENTS.

I am here for you. If you have a need, please reach out to me and I will do all I can to assist you. (586) 424-5674

*In His Service,
Chaplain Laura*



Chaplain's Corner

MARCH

THURSDAY, MARCH 30– BREAKFAST WITH OUR CHAPLAIN– leaving at 8:30am

SUNDAY CHURCH SERVICES–11am in the Chapel every Sunday at 11:00 am. All are welcome. Bring a friend for time of God's word and worship every Sunday. COMMUNION SUNDAY IS THE FIRST SUNDAY OF EVERY MONTH

SUNDAY & TUESDAY-Scripture Study–2:30. Expanded to 2 days per week; Sunday AND Tuesday at 2:30. Join us for an exciting journey through the Gospel according to Luke.

MONDAY-Inspirational Reading– 2:30. Join us as we read and discuss poetry from Christian writer, Helen Steiner-Rice as well as other various short writings and stories.

TUESDAYS - Catholic Service– 10:45. Every Tuesday Immaculate Conception Church joins us for a Catholic service and Communion. Every third Tuesday, Father Joe provides Mass.

TUESDAY & SUNDAY-Scripture Study–2:30. Expanded to every Sunday AND Tuesday at 2:30. Join us for an exciting journey through the Gospel according to Luke.

WEDNESDAYS at 2:30– Bible Trivia and Word Game–This is a fun time! Join us as we are challenged and educated in scripture knowledge and understanding, then move in to the word game where we play “Words in Word”. It is a fun and challenging game.

THURSDAYS-ROSARY– 11:00 am. In the Chapel: Invite a friend for rosary prayer.

FRIDAYS through Lent– STATIONS OF THE CROSS at 10:45 in our Chapel during Lent

LOOKING AHEAD

*** Easter Candy Making in April!! Watch your April Calendar! ***

PALM SUNDAY and EASTER SUNDAY– APRIL 2 & 9 Join us in the Chapel at 11am to welcome our Lord and Savior during His Triumphal Entry and to celebrate our risen Lord on Easter Sunday!

Ark Encounter (Noah's Ark) and Creation Museum Trip to Kentucky- APRIL 24 & 25. All monies are due by April 13. Invite others to join us! Extra seats are currently available. Contact Chaplain Laura or see the Chapel Board in the hallway outside the chapel for more information.

Blessings,

Chaplain Laura

Health and Wellness News

Christina Nahorodny, Fitness Specialist

It's already time to start thinking about the Village Victory Cup!

Check your March calendar for days and times to come to the Activity Room and play VVC games like:

Beanbag Toss,
Kick-a-Roo and Balloon
Volleyball!



Harbor Inn Health and
Wellness Center hours:
8am-5pm Monday-Friday

Barnett Hall Fitness Center hours:
8am-8pm every day (including weekends!)

Anyone wishing to use *either* of our Fitness Centers **MUST** have an orientation and updated paperwork on file. Please contact: cgorde@pvm.org OR 586-716-7385



**MAKE YOUR
HYDROWORK
APPOINTMENT TODAY!!**

1ST VISIT IS FREE

PACKAGES AVAILABLE

**CALL CHRIS:
586-716-7385**

Fitness Class Descriptions:



Mondays

9:00 am—Cardio Exercise (HWC)
10:30 am—Seated Cardio (AR)
1:30 pm—Strength & Balance* (HWC)

Tuesdays

9:00 am—Balance Exercise (HWC)
11:30 am—Strength Circuit* (Barnett FC)

Wednesdays

9:00 am—Stretch & Relax (HWC)
10:30 am—Seated Stretch (AR)
1:30 pm—Tai Chi* (HWC)

Thursdays

9:00 am—Move & Groove (HWC)
11:30 am—Drumming Exercise* (AR)
1:30 pm—Cardio & Coordination* (HWC)

Fridays

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

*11:30 and 1:30 classes can be modified for standing or seated individuals.

For questions on exercise classes, contact

cgorde@pvm.org OR 586-716-7385

FIND OUT YOUR FALL RISK

Balance-4-Bagels & Doughnuts too

FREE VIRTUSENSE SCREENING



Maintain your independence by reducing your fall risk.

Virtu-Sense technology uses artificial intelligence and machine vision to identify deficits in balance, gait and function - the three leading indicators of fall risk.

Tuesday, March 7th & 14th

10:00AM

HARBOR INN HEALTH & WELLNESS CENTER

Join us for a Balance Screening Event

Hosted by Health-PRO-Heritage

For more information and to RSVP, please call:

Jennifer Trewhella or Kelly Reed

586-273-2457

Jtrewhella@pvm.org

Harbor Inn Wellness Center · 33875 Kiely Drive · Chesterfield, MI 48047



Parkinson's Support Group

**Second Thursday
6:00pm**

Marguerite's Restaurant

**This meeting is 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 to share their experiences and receive inspiration, guidance and support.

**Fourth Wednesday at 3:30pm
Harbor Inn Midrise Community Room**

More information please contact

Ann Marie (586)716-7142

Knit & Crochet Group

Thursday, March 9 & 23

2:30pm

Harbor Inn Midrise
Conference Room



Model Train Demo with The Train Man



**Thursday, March 9
1:30pm
Activity Room**

BIRTHDAY DINNER

THIS MONTH BIRTHDAY DINNER WILL BE ON

THURSDAY, MARCH 9

12:00PM

MARGUERITE'S RESTAURANT

PURCHASE YOUR TICKETS AT THE FRONT DESK

MENU

FRESH GARDEN SALAD

BRAISED BEEF TIPS W/ BUTTERED NOODLES

SAUTEED HERB GREEN BEANS

DINNER ROLL

BIRTHDAY CAKE



**DATE CHANGE
THIS MONTH ONLY**

Receive a FREE Birthday Meal on your Birth month!

And one guest at 1/2 off!

Show & Tell

**Monday, March 6
1:30pm
Activity Room**

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

Crossword Puzzle

&

Word Games

MONDAY'S~1:30PM

Activity Room



Memoir Writing Made Easy

EVERYONE HAS A STORY TO TELL!!

This group will meet once a week for one hour to share stories and practice writing. **You don't have to be a good writer to work on your memories and family history**—you just have to be interested in chronicling these stories. Your children and grandchildren will want to read all about you through the stories you write!

Mondays 1:30pm Activity Room



Let's all play Monopoly!



**Tuesday, March 7 & 28
2:30pm
Activity Room**

Happy Hour with Bobby G

Guitarist & Entertainer

Friday, March 24

2:15pm Activity Room



Please join us for “Tea Time with Tony” with our very own Macomb County Clerk Anthony G. Forlini, as we discuss issues important to you as well as information on protecting yourself and your loved ones from potential real estate fraud with our fraud alert guards.

Plus learn about FREE services and resources offered to Macomb County residents followed by Q & A.

Friday, March 10—1:30pm—Marguerite's Restaurant



Do you love flowers?

Do you like to get your hands dirty?

Join Gardeners of ALL levels as we promote beauty with our love of nature throughout The Village of East Harbor.

Our first meeting of the season is:

Tuesday, March 21, 2:30pm in Marguerite's Restaurant.

Calling ALL Euchre/Card players

Play cards with your neighbors

**Monday's 3:30pm
Activity Room**

**Tuesday's 6:00pm
Harbor Inn Community Room**

Questions call: Betsy 586-716-7143

RESIDENT POTLUCK

SUNDAY, MARCH 19

4:30PM-HAPPY HOUR

5:00PM-DINNER

MARGUERITES RESTAURANT

CHILI THEME

BRING A DISH TO PASS

SIGN UP IN THE ACTIVITY ROOM

For more information contact:

Pat Mikle-248-933-1726



SATURDAY MATINEE

1:30pm

ACTIVITY ROOM

Movie to be announce that week



FEELING LUCKY?

St. Patrick's Day Bunco!

Thursday, March 23

1:30pm

Harbor Inn Community Room

You MUST sign up in binder

Prizes for BEST DRESSED

Irish Spirit!



g a m e
n i g h t

Saturday, March 18

6:30-?

Harbor Inn Community Room



Bridge Lesson Series

Fridays

10:00am-12:00pm

Harbor Inn Community Room



PVM Legacy Society

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 with the generous support of **YOU** the donor.

Join the PVM Legacy Society with a gift in your will...

Find out how **YOU** can help future residents.

Contact Devon Meier, Director of Planned Giving, at **547.247.0995** or **dmeler@pvm.org**.



The Village of
East Harbor

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

EXCURSIONS

Wednesday, March 8

Shorliner Lunch

11:00am

\$8.00 Pay at the door

Wednesday, March 15

Women's Lunch

Check binder

\$\$\$ On your own

Monday, March 20

MGM

9:30am

\$\$\$ on your own

Tuesday, March 21

Men's Lunch

11:30am

\$\$\$ on your own

Thursday, March 23

CVS & Banking

9:00am

\$\$\$ on your own

Wednesday, March 29

Fr. Solanus Casey Center

Lenten Series-The power of the Cross

And Soup lunch \$5.00 pay at door

9:30am

Thursday, March 30

Breakfast w/ the Chaplain

8:30am

\$\$\$ On your own

Friday, March 31

Fish Fry at Immaculate Conception

3:30pm

\$14.00

Pay at the door



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, March 3

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 .**

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

**ALL LOCAL TRIPS MUST BE SCHEDULED
ON THURSDAYS BETWEEN
9AM AND 10AM
CALL ANN MARIE FOR
MORE DETAILS AND SCHEDULING
586-716-7142**

Beele Juice



Fat Tuesday



Technology Day



DSO



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
Beauty Salon <i>Appointments</i>	716-7180
Chaplain <i>Laura Stone</i>	716-7438
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
Executive Director <i>David Miller</i>	716-7410
Fitness Specialist <i>Chris Gorde</i>	716-7385
Front Desk <i>Receptionist</i>	725-6030
Harbor Inn-Admin. Asst. <i>Beth Humble</i>	586-273-2440
Harbor Inn Manager <i>Wenona Breazeale</i>	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 11:00pm</i>	248-996-2470
Marketing Manager <i>Sue McCallum</i>	907-3709
Physical Therapy Mgr. <i>Kim Frabotta, Agility Therapy</i>	716-7398
Rehab Admissions <i>Jen Moreno</i>	716-7427
<i>Darcy Stalker</i>	716-7183
Resident Care Mgr. <i>Toni Greig</i>	716-7426
Sales & Leasing Specialist <i>Peggy Carroll</i> <i>Kathy Moore</i>	716-7223 716-7397 716-7039



3/04 Patricia Helmrich

3/07 Frances Masters

3/08 Carol White

3/10 Alice Chamberlain

3/10 Joyce Salame

3/11 Joseph Klobucher

3/13 Joseph Russo

3/15 Marcie Roche

3/23 Geraldine Feehan

3/27 Mary Vansweden

PODIATRIST



Kristi Schons

Phone: 248-568-8692

For Appointments

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