



Village Trumpet



Embrace the possibilities

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

August 2023



Featured Articles

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The Village of East Harbor presents...



TIGERTALK

Tiger's Memorabilia

with

Todd Walters

Tiger's Highlights

Friday, August 25

1:30pm

Marguerite's Restaurant



The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:

July flew by with a whirlwind. The storms definitely gave our grounds team a workout. They were up to the challenge and our campus was cleared of debris and fallen tree limbs. Isn't it nice to leave the mess to us?

Thinking about our environment, we have had quite a few ozone action days. An ozone alert is like a weather watch where conditions are right for the formation of ground-level ozone. On those days it is suggested to reduce ozone pollution by limiting driving. Do this by combining trips, waiting until later in the day to gas up your vehicle or wait until the alert has ended.

Another way we can have a positive impact on the environment is by recycling. We have tried in the past to find ways to recycle in a way that would be economically feasible. If these issues are important to you, how about meeting with like minded individuals and form a new committee? We started our butterfly garden; it is in development. Wouldn't it be nice to get certified as a Monarch station? How do you get it certified? Are you concerned about the Bee population? If you are interested and would like to form a group to suggest ways to have a positive impact on our environment please call Betsy.

The Harbor Inn has an all-inclusive rate for residents that now includes, housekeeping utilities, and lunch buffet. A congregate building is an ideal area for inclusive rate option. If you would like to learn more, please call the sales and leasing department.

We are fortunate to have a campus with many options.

Calling all Barbies and Kens to join us on August 4th as we will celebrate National Happiness Happens Day. What could make you happier than to celebrate Barbie, Ken and all things pink? We will create a short 15 second video to send to channel 7. We thought it would be a fun way to say where we are from: "Hi, we're from The Village of East Harbor senior living community in Chesterfield. Good Morning, Detroit"! If the video is chosen it will be shown on Channel 7 News.

Did you enjoy the Fish Fry? We will be hosting more dinner specials in Marguerite's Restaurant. Watch for more dates and times.

Who makes the Best Burger? I can't wait to find out who the residents pick. Loads of good times making lasting memories and impressions. Be sure to ask about footprints in the cement, lol. You have been going to some fun different places. I heard the bus trips have been full.

What fun we have been having this Summer. Making tie-dye shirts painting, creating artistic wreaths, learning pickleball, and going to Sunday Service. Shopping, and viewing Vintage Cars at The Village Palooza, 60's Birthday Dinner Celebration, trips to Harsens's Island, Mercury Bar, theater trips, Food Truck Rally's, and so much more.

A whirlwind of fun this Summer. Let the fun times continue!

Happy August!

Carolyn

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

**On hiatus till September
ALL Residents are members**

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

Building & Grounds

Meets Tuesday, August 8 at 3:00 pm in Marguerite's.

Culinary Committee

Meets Wednesday, August 2 at 3:00 pm Marguerite's.

FOOD VOUCHER CARDS

**MAY BE USED IN BISTRO, CAFÉ AND ALL DINING SERVICES TAKE 10% OFF YOUR FOOD ORDER
WHEN YOU USE YOUR CARD**

EXCLUDES BIRTHDAY DINNER AND SPECIAL EVENTS

AVAILABLE FOR PURCHASE IN ANY DENOMINATION

SEE SALLY 586-716-7423



WELCOME HOME NEW RESIDENTS

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

Monica Adams—50850 Esther's Way

Betty Bennett—610 Barnett

Mabel Campbell—716 Harbor Inn

Diane Deceuninck—715 Harbor Inn

Allen Florence—105 Kirk

Margaret Foster—500 Capman

Ralph Henry—B-203

Virginia Hindman—109 Kirk

Nancy McClure—121 Kirk

Ellen Mitchell—602 Barnett

Evelyn & William Skonieczny—50830 Esther's Way

Pamela & Leonard Yandura—710 Harbor Inn

From The Desk Of Chaplain Laura...

AUGUST



Happy August!! It is hard to believe that fall will soon be upon us!

Luke 10:2 "The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest". This refers to the harvest of souls, bringing the love of Christ to others.



Chaplain's Outreach Program is returning! We will be joining "Operation Window Smiles" to paint and give away sun catchers to put a smile on someone's face. I have many to paint and give away to brighten someone's day. We will also be joining local churches to assist with food distributions, visitations here at The Village, and more. Please watch the Chaplain's Corner article in upcoming monthly Trumpets for details.

We have many here who would enjoy the company of others. We strive to enhance their lives by showing compassion and love, spending time with them as we are able. If you would like to be a part of this rewarding outreach, please see **Chaplain Laura**.

Waffle Wednesday is returning!!! ONLY \$5!

Join us in Marguerite's Restaurant on Wednesday, August 23 from 8:30-10:00 for a waffle breakfast. It is a great time to come together to visit and have a hearty meal. Ticket sales at the front desk.

Breakfast With Our Chaplain– coming soon!!

Communion Sunday every first Sunday of every month and a visiting pastor the last Sunday of every month. Join us as we worship the Lord together every Sunday at 11:00am for a non-denominational service, and Tuesdays at 10:45 for a Catholic service (**Mass** is the third Tuesday of every month).

We will begin a study of Jesus' **Parables** this month. Join us.

Please see "**Chaplain's Corner**" in every Trumpet to see details of all of the spiritual programs. Watch your calendars for events and times!!

I am here for you. If you have a need of anything, please contact me. I am ready, willing, and able to help. (586) 424-5674.

*In His Service,
Chaplain Laura Stone*

Health and Wellness News

Christina Nahorodny, Fitness Specialist

August is National Eye Exam month. The Optometry Times lists several reasons to schedule an exam this month. Here are just a few:

If you have been having unexplained, constant headaches, an eyecare professional may determine that you need glasses or a change in your prescription which could be the cause of your headaches and therefore resolved with the appropriate prescription.

An optometrist is also able to spot the early onset signs of diabetes, high blood pressure, glaucoma and high cholesterol just by conducting an eye exam which you can follow up with your PCP.

An optometrist also looks for early signs of diseases such as macular degeneration and cataracts which often have no symptoms. Early detection may prevent serious damage.

Lastly, WebMD cautions that if you have any sudden or drastic changes in your vision, you have double vision or everything looks blurry, you have pain in your eyes or you see flashes of light or halos around lights to see your eye doctor right away.

**Check
this**

Indoor Pickleball

Tuesday, August 1 & August 29 at 1:30

Interested in pickleball? Come join us as we learn the basics of this fun and popular game on a smaller scale than played outdoors.



Any resident wishing to use the Fitness Centers **MUST** have an orientation and updated paperwork on file. Please contact Chris Nahorodny, Fitness Specialist, to schedule your orientation, Hydroworx appointment or anything else fitness related

cgorde@pvm.org or 716-7385

BIRTHDAY DINNER LUAU PARTY



THURSDAY, AUGUST 17

12:00 PM

MARGUERITE'S RESTAURANT

PURCHASE YOUR TICKETS AT THE FRONT DESK

ENTERTAINMENT IN THE CHAPEL AT 1:30 PM

Receive a FREE Birthday Meal on your Birth month!

And one guest at 1/2 off!



RESIDENT POTLUCK

SUNDAY, AUGUST 20

4:30 PM-HAPPY HOUR

5:00 PM-DINNER

MARGUERITES RESTAURANT

BRING A DISH TO PASS ~ SIGN UP IN THE ACTIVITY ROOM

MARGUERITE'S RESTAURANT JOIN US FOR BUFFET DINNER...

Friday's
5:00pm
\$15



August 4th - Italian theme

August 11th - BBQ theme

August 18th - Frankenmuth theme

August 25th - Pot Roast theme

Purchase Tickets at the Front Desk by the Tuesday before the dinner.

Reminisce

Discussion of different topics to encourage fond memories of events, places and people from your past.

Monday's 1:30 pm Activity Room

Show & Tell

Monday, August 14

1:30 pm

Activity Room

**if you served in the military,
bring something to show or to just talk about your service**



Fall Reduction Workshop

Presented by PVM Foundation & Health Pro

Wednesday, August 23

11:15am

Chapel

SATURDAY MATINEE

1:00 pm Capman Hall-Independent Living

1:30 pm Activity Room-Assisted Living

August 5—The Secret of my Success

August 12—The Dig

August 19—Monster Trucks

August 26—Loving

*Getting to know Dementia and Teepa
Snow's Positive Approach to Care*

Presented by:

Interim Home Health Care

Wednesday,

August 23—4:30 pm

Marguerite's Restaurant

Alzheimer's Caregiver Support Group

This support group is for caregivers affected by Alzheimer's disease or a related dementia.

**Fourth Wednesday at 3:30 pm
Marguerite's Restaurant**

More information please contact

Ann Marie (586)716-7142



PARKINSON'S SUPPORT GROUP

Second Thursday at 6:00 pm

Marguerite's Restaurant

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

WORD GAMES



Monday's
1:00 pm
Activity Room

Summer Social & Smoothies



Tuesday, August 8
10:30am
Activity Room

Themed BINGO

Wednesday's 9:30am
Activity Room

Check the Calendar for the Theme

Knit & Crochet Group



Meets Every Thursday
3:00 pm
Harbor Inn Midrise
Community Room

National Coloring Book Day

Coloring Class

Wednesday, August 2
1:30pm
Activity Room



Operation Window Smiles

With Chaplain Laura



Wednesday, August 9
1:30pm
Chapel

Butterfly Plant Pokes
Thursday, August 10
2:00 pm
Activity Room
Sign up in book



HARBOR LIGHTS

Sing-a-long
Thursdays
4:00 pm
Chapel

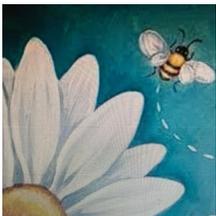


TOLE PAINTING CLASS WITH LINDA

Thursday, August 24

10:30am

Activity Room



BRING YOUR QUARTERS!

MONDAY, AUGUST 7
6:00 PM
ACTIVITY ROOM



Saturday, August 19
6:30-?
Harbor Inn Community Room



Tie Dye



Best Burger



Oops

EXCURSIONS

Tuesday, August 1

Barbie Movie

MJR

9:00 am

\$5.00

Wednesday, August 2

Kroger Senior Day

10% off

\$\$\$ on your own

9:00 am

Thursday, August 3

Purple Rose Theater

And lunch

9:00 am

\$\$\$ on your own

Tuesday, August 8

Summer Food Truck

Brandenburg Park

2:45 pm

\$\$\$ on your own

Thursday, August 10

Hello Dolly

Voyager dinner

3:30 pm

\$\$\$ on your own

Friday, August 11

Who makes the best burger?

Mystery Trip

11:00 am

\$\$\$ on your own

Tuesday, August 15

Eastern Martket

8:45 am

\$\$\$ on your own

Friday, August 18

Diamond Jacks

Detroit Boat Tour

8:45 am

\$20.00

Money Due August 11

Thursday, August 31

Tiger's -vs-NY Yankees

\$33.00

Sign up for outings and activities in the Binder in the Activity Room or call Ann Marie: 586-716-7142

Space is limited!

Car/bus trips can be scheduled Mon-Fri from 8 am-4:30 pm, upon availability. Independent residents can schedule up to 2 car/bus transports per month free within the Chesterfield and New Baltimore area.

Anything over 2 rides will see a charge. Any questions making appointments or with regards to charges, please contact Ann Marie-586-716-7142

Directory

Accounting <i>Tracy Tesch</i>	716-7408
Activity Supervisor AL/IL <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>Karolina Jones</i>	716-7416
Driver <i>Ann Marie Hart</i>	716-7142
Executive Director <i>David Miller</i>	716-7410
Fitness Specialist <i>Chris Nahorodny</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 11:00 pm</i>	248-996-2470
Marketing Manager <i>Sue McCallum</i>	907-3709 273-2457
Outpatient Therapy	273-2457
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>Wayne Hindmarsh</i>	716-7199
<i>Andrew Hoeltzel</i>	716-7397
<i>Kathy Moore</i>	716-7039



8/01 Sharon Harrison
8/01 Sandra McClellan
8/03 Connie August
8/03 Diane Conti
8/6 Lucia Marshall
8/10 Linda Martin
8/11 Carolyn Martin
8/12 Alicia Horvath
8/13 Stanley Wojcik
8/15 Robert Holt
8/18 Nancy Huff
8/19 Grace Gardella
8/20 Joan Lehoczky
8/21 Eleanor Chapman
8/22 Janet Hibner
8/23 Pam Gupta
8/23 Thomas Peters
8/27 Christine Plegue