



Village Trumpet



Embrace the possibilities

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March 2024



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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

St. Patrick's Day PARTY

Thursday March 14		5:00-8:00 pm
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Marguerite's Restaurant
Entertainment by: Bob & Carl

Buffet Featuring:

- Corned Beef and Cabbage
- Red Skin Potatoes
- Carrots
- Rolls
- Dessert
- \$15.00
- CASH BAR

Purchase tickets in the Activity Room Office

DON'T FORGET TO WEAR GREEN!





FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:

I was so pleased that we had a full house for the estate planning presented by Chawla law. My hopes are that everyone walked away with more knowledge on how to avoid pitfalls of not planning.

In the coming future we will have more educational presentations covering topics from technology to senior scams. If there is a topic you would like to see, please let Betsy know.

Get your Irish on! We will be hosting another St. Patrick's day Dinner Dance featuring Bob & Carl on Thursday, March 14 from 5:00pm-8:00pm. Last year's party was a night to remember. Get your tickets early and wear your green!

Speaking of remembering...we are planning the second annual Village Talent Show to kick off our annual Friends & Family Campaign on April 4. Devon will be producing again and we are looking for residents who would like to have fun as a stage hand and/or performing. Don't miss our talent show meeting on Thursday, March 7 at 3:00pm.

We are also asking for input on what you, our residents, would like us to raise money for Friends & Family. In the past, we've raised money for the Kleeman Chapel and the Wellness Center.

The foundation is an essential part of our campus and we are grateful for all they do.

Happy Easter,

Carolyn

WELCOME HOME NEW RESIDENTS

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

Joseph Hennig—610

Stan Wojcik—119 Kirk

Larry & Sharon Johnson—G1

Susan Hoenle—50866 Esther's Way

Elisabeth Mueller—504 Capman

Pam Gupta—918

Francois Marcus—C301

Kay Harris—T605

Virginia Bushway—619



VEH Resident Association Meeting Minutes February 13, 2024

The meeting was called to order at 1:30 pm. by President Nancy Streit
Pledges to the American and Christian flags were recited
There were no new first time attendees or residents
51 attendees were present

Treasurer reported that last month's Association balance of \$7,427.11, had not changed. Petty cash has \$567.99 and \$60.25 was collected for January's sugar bowl. Two cook books were sold at \$10 each for a total of \$648.24.

Brandon Dining Services: Steam trays to keep the food hotter have been brought into the dining room. Two new cooks and three new servers have been hired.

Carolyn Administrator: Valentine's Day Mixer is tomorrow. All are welcome to attend. On Feb 22, Chawla Legal Group will present Estate Planning for residents and caregivers. A POA (Power of Attorney) for health and finances is extremely important for everyone who is at least 18 years old. These are for your protection. If and when you have these documents, it is recommended that you let Sales and Leasing scan and attach a copy to your file. Nancy thanked Carolyn for making sure everyone was warm enough on MLK day, which was the coldest day last month.

Laura Chaplain: Asked if last night's Jazz Concert was seen and enjoyed. All who attended gave a resounding YES! There were 19 instruments which included saxophones, a trombone, trumpets, bongos, drums and our piano. Those who missed, will be glad to know that Laura will try to get them back for an outdoor summer event. Breakfast with our Chaplain was cancelled. It is important that you sign up for events and put your phone number and location so attendance can be verified. Waffle Wednesday will be at the end of March. Price is to be determined. Immaculate Conception will be here for an Ash Wednesday Service at 1pm.

Chris Fitness: Victory Village Cup will be held on June 21. Games are the same with the exception of Kick-a-roo, which has been eliminated. Practice will be incorporated as part of the regular fitness classes.

Devon PVM: April is Friends and Family month. New acts for the talent show need to be created. If you attend the Estate Planning seminar on Feb 22, you will be given a guide as a resource. This should be done as it is your legacy about your life and considered your final act of love.

Betsy Activities: Read the Trumpet and circle items on the calendar that you wish to attend. At the mixer, Bachelors will wear a boutonniere and Bachelorettes will wear a corsage. After the birthday dinner, go to the chapel for the Silver Bachelor event. There will be a surprise. The Brain Fitness class is new this time. The five senses and how they relate to the brain will be taught. A movie is shown in the Mid-Rise on Wednesdays at 2:30pm. A Saturday matinee is in Capman at 1:30pm. The DSO event on March 8 is full. There is still availability for Mama Mia. Transportation is available if you book in advance. Same day requests may be impossible to honor. Some events may not be handicap accessible if the smaller bus is used, due to space restrictions. For outside independent residents, it is important to turn in the URGENT form on the back of the trumpet, so that a correct phone number is on file for the PRS button, in case of an emergency. Also, don't lock any screen doors.

2:38 Motion to adjourn meeting by Janet Lickman and seconded by Barb Anderson.

Respectfully Submitted
Janet Lickman



From The Desk Of Chaplain Laura...



WELCOME TO MARCH

On Tuesday, March 17, we celebrate one of the world's most popular saints, St Patrick, who was held as a slave shepherd from age 14 to 20. He eventually escaped, finding sailors who took him back to Britain where he was reunited with his family.

Having an experience with God and seeing a vision, St Patrick later studied for the priesthood, was ordained a bishop, and sent to take the Gospel to all of Ireland where thousands were converted.



He began building churches across the country, using **shamrocks** to explain the Holy Trinity, Father, Son, Holy Ghost.

Entire kingdoms eventually converted to Christianity after hearing Patrick's message. Preaching throughout Ireland for 40 years, dying on March 17, 461, where he built the first Irish church. Still today, we continue to celebrate the day set aside to remember St. Patrick. Share his story with someone!

Easter comes early, on March 31. We will have **Easter Sunday** service at 11:00am to celebrate our risen Savior.

Stations of the Cross - EVERY Friday, the last one being March 22.

We are considering a day for **personal confessions** here with Father Joe.

PLEASE SIGN UP FOR THE BELOW EVENTS.

Pot Luck Lunch and Bingo at Immaculate Conception Thursday, March 6, leaving at 11am.

Join us in making a beautiful **coin cross**., Wednesday, March 13 at 2:30. **All** supplies will be provided.



Monday, March 25 we will be making **Easter Candy** at 1:30, you must sign up, space is limited.

WAFFLE WEDNESDAY is back!! March 27 from 8:30 to 10am. \$12. See Chaplain Laura to pay for your breakfast.

If you have need of anything, (prayer, a visit, a chat, or would like scripture readings, etc), please feel free to contact me (586) 424-5674 or stop by my office for a visit.

I am here for you.

*In His Service,
Chaplain Laura Stone*

Health and Wellness News

Christina Nahorodny, Fitness Specialist

It is time to start Village Victory Cup Practices!

For those of you not familiar with Village Victory Cup, it is PVM's version of senior Olympics although *you do not have to be "athletic" to play.*

The games we will be practicing are:

Hoop Shoot: shoot a ball in a 5 foot tall basketball hoop from a seated position

Beanbag Toss: cornhole with lighter bags

Puzzler: a team of five completes a 100 piece puzzle in 15 minutes

Wellness Walk: 50 yard walk, including participants with walkers

Balloon Volleyball: from a seated position, don't allow the balloon to hit the ground or go out of bounds!

Please check the calendar for days and times for each of the games!

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 586-716-7385



Frances Masters Original Rosie the Rivetor

The Congressional Gold Medal for all of the Rosie the Riveters will be presented in Washington, D.C. on April 10th. Frances will be 102 yrs. old and would love to go!

The medal has been worked on for many years and is finally coming to fruition. There will be one medal which will be kept in the Washington National Museum of American History. Replicas will be available for the Rosie's in attendance, and of course they will be honored at the ceremony.

Fran's daughter Mary has created a Gofundme page to help fund Fran's trip. With your help you can get our Rosie (Fran) to the Capitol building to take part in this special honor.

To Contribute Visit: <https://gofund.me/69990dbc>

RESIDENT ASSOCIATION MONTHLY MEETING

Date: Tuesday, March 12

Location: Activity Room

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 5 at 3:00pm in Kirk Hall.

Culinary Committee

Meets Wednesday, March 6 at 3:00pm in Kirk Hall.

Downsizing & Organizing

Feeling over whelmed by clutter? Janelle Azar owner of Meaningful Space, a professional organizing company will be presenting

Wednesday, March 20

1:00pm-2:00pm

Activity Room



MARCH BIRTHDAY DINNER



THURSDAY, MARCH 21

12:00 PM

MARGUERITE'S RESTAURANT

PURCHASE YOUR TICKETS AT THE FRONT DESK

JAMES THE VIOLINIST

1:30PM CHAPEL

Receive a FREE Birthday Meal on your Birth month!

RESIDENT POTLUCK SUNDAY, MARCH 17



4:30PM-HAPPY HOUR

5:00PM-DINNER

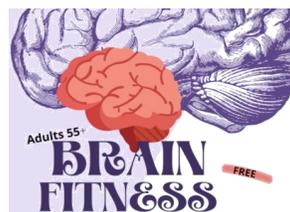
Activity Room

BRING A DISH TO PASS

SIGN UP IN THE ACTIVITY ROOM

For more information contact:

Pat Mikle-248-933-1726



The brain is not a muscle but it can function like one.

Learn how the five senses can keep your brain in shape.

This program will meet once a month for four months.

Thursday, March 28

1:30pm, Activity Room

PARKINSON'S SUPPORT GROUP

Second Thursday of the month

Thursday, March 14 at 4:00 pm

Activity Room

This meeting is open to everyone, people with Parkinson's, family and caregivers. Please note NEW Time and place

Alzheimer's Caregiver Support Group

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

Fourth Wednesday of the month

Wednesday, March 27

3:30 pm

Kleeman Chapel



TEACHING KITCHEN

Join Chef Todd to learn how to make a vinaigrette,
Monday, March 4
1:30pm- Activity Room

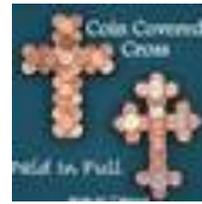


Make an Easter Door Hanger
Thursday, March 7
Activity Room~1:00pm
You MUST sign up in book

St. Patrick's BUNCO

Friday, March 15
1:30 pm
Activity Room

YOU MUST SIGN UP IN THE BOOK!!!!



Coin Cross Craft
Wednesday, March 13
2:30pm
Chapel
You **MUST** sign up



BINGO WITH INTERIM

Bingo & Biscuits
Thursday, March 7
2:30pm
Harbor Inn Community Room

Movie Day at Harbor Inn

Wednesdays, 2:30pm
Harbor Inn Community Room



Table Topics & Tea
insightful conversation while sharing a cup of tea.
Tuesdays in March
Harbor Inn Community Room
2:30pm

Make Easter Candy with Chaplain Laura



Monday, March 25
Activity Room

Decorate Easter Eggs

Thursday, March 28

10:30am

Activity Room



g a m e
n i g h t

Saturday, March 9
6:30-?
Activity Room

SATURDAY MATINEE

1:15pm
Activity Room

1:30pm
Capman

Check the calendar for movie being shown

BINGO NIGHT

BRING YOUR QUARTERS!

Monday
March 25
6:00 pm

Activity Room

EXCURSIONS

Thursday, March 7

Immaculate Conception Pot Luck

11:00am

Sign up in book

Friday, March 8

DSO

Red Carpet Film Scores

9:00am

Wednesday, March 13

Father Solanus Casey

Detroit

10:30am

Tuesday, March 19

Men's Lunch

11:30am

\$\$\$ on your own

Wednesday, March 20

Women's Lunch

Olive Garden

11:00am

Friday, March 22

Immaculate Conception

Fish Fry

4:00pm

\$\$\$ on your own

Lorenzo Cultural Center

Michigan in the Civil War

More than 90,000 Michiganians served in Union blue, seeing action in all the war's major battles and hundreds of lesser clashes. Roger Rosentreter, Michigan State University history professor, discusses Michigan's unique contribution to the war effort.

Apr 11, 2024—10:00am



Thursday, April 25

Fisher Theater

3:30 pm-Dinner

7:30 pm-Show starts \$62.00

**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.**

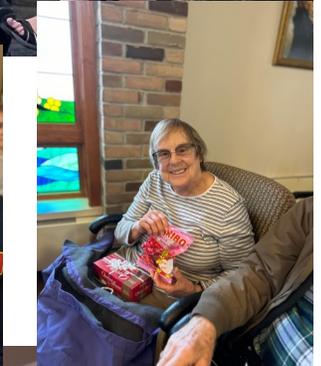
**Independent residents can schedule up
to 2 car/bus transports per month free
within the Chesterfield and
New Baltimore area.**

**ALL appointments must be confirmed
by the driver.**

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



MGM Casino



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>Brandon Lewis</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	716-7398
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>Andrew Hoeltzel</i>	716-7397
<i>Kathy Moore</i>	716-7039

Birthdays of the Month

3/03 Susan Laney
3/04 Patricia Helmrich
3/07 Joseph Hennig
3/07 Frances Masters
3/08 Carol White
3/10 Alice Chamberlain
3/11 Joseph Klobucher
3/13 Joseph Russo
3/15 Marcie Roche
3/19 Marga Sehnke
3/20 Irene Presbey
3/23 Arlene Tines
3/27 Mary Vansweden
3/29 Joanne Goetgeluck

Waffle Wednesday



Wednesday, March 27

8:30am-10:00am

Chapel

\$12.00