



Village Trumpet



Embrace the possibilities

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May 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

Lavender & Lilac

**Mother's Day Brunch
&
Fashion Show**

**Saturday, May 11
11:30 am**

Marguerite's Restaurant

Tickets: \$18.00

**Purchase your tickets by
May 6
at the front desk**

**FASHIONS BY:
SUZANNE'S OF PORT HURON
MINI CRAFT SHOW**



The Hydration stations are back up in the buildings. Drink, drink, drink, the fruit infused water. Water has many benefits besides being refreshing. Water aides in digesting by breaking down food and assisting in nutrient absorption. Water helps regulate temperature. It lubricates the joints reducing friction preventing joint pain. Proper hydration can improve skin elasticity. Water flushes out toxins and waste removal. Water facilitates energy production, cognitive function, weight management, and general well-being. Plus water is free for you on campus. We pay your water bills. Drink Up!

Spring is in the air and that means the annual Fashion Show is quickly approaching. It is a great way to celebrate Mother's Day with friends or family or enjoy a day out with friends. Suzanne's will be back with numerous items to purchase on site. See an outfit in the show buy it that day. We will also have crafts featured from our own fabulously talented Linda Martin, soaps, fun gift items, and more. Enjoy a wonderful brunch, lavender mimosas, and watch your friends, staff, and neighbors model. This years the theme is Lavender & Lilac. Betsy, Ann Marie, and the team always set up a beautifully decorated event. If you have purple or lavender, wear it. It is the one color I didn't own. I went out and treated myself to a new dress and discovered I like the color! Be sure to purchase your tickets soon, there are only a few remaining and I will see you on May 11.

Our grounds crew is working hard on our lovely 44 acre campus. Trees and flowers are blooming. The beauty of our campus is beyond compare in the springtime. Take a walk and stop in and get a drink of water from the Hydration Station. ☺

May 1st is the pickup for St. Vincent DePaul. Please have all donated items out by the curb by 10 am. They will not come up your driveway, garage, or go in your apartment for pick up. It's spring cleaning time!

If you are in need of outpatient therapy, remember you can discuss with your physician and ask for orders. We now have outpatient therapy. Check with our therapist to see if we accept your insurance for payment. Take advantage of this benefit. It is the best gift to give yourself. Want your balance checked out. Give Chris a call. Falls frequently lead to decline. Please do yourself a favor and do what you can to prevent a fall that could be life ending. Living here you have options to work out, go to classes, rehab, or walk the grounds. We want to keep you living your best life and long as you can.

Wishing all the Mother's a wonderful Mother's Day ,
Carolyn Martin
Administrator

WELCOME HOME NEW RESIDENTS

Estee Koval— 702 Harbor Inn

Rafael Perez—610 Barnett

Frank Gitre—611 Barnett

Stella Goodson/Mae Van Buren—N-1

Sharon Johnson—50830 Esther's Way

Barbara & Darrin Phillians—801 Harbor Inn

Mary Rose—113

Jeanne Zandarski—P-1

Village of East Harbor
Residence Association meeting minutes April 9, 2024

The meeting was Called to order at 1:30 P.M. by President Nancy Streit

Nancy thanked Devon Meyer for all her work on the talent show. Devon then spoke and said she had been asked by several to have the show at night or on the weekend so family and those who work could attend. \$4393 has been collected towards our outdoor venue space, to be located between the mid-rise and health care buildings. Pledges to the American and Christian flags were recited. A motion was made to accept the March minutes.

Barb Anderson gave the treasurer report. \$875 for the Candlelight dinner room charges is still pending, bringing the February balance down from \$7427.22 to \$6552.11. Petty cash has \$651.86 which included \$88.54 from last months sugar bowl and the \$38.92 spent for cookies. Carolyn Martin Administrator: Thanked everyone for our \$2000 donation to Friends and Family. More than a one time donation can be done to East Harbor. Consider leaving part of your yearly RMD or you can donate monthly. Speak to Devon for more information. Garbage collection is Tuesday and Friday, not Tuesday and Thursday as stated in the Trumpet. Be aware of all the scammers that are targeting seniors. NEVER give private information over the phone to anyone. If you don't feel good about a call, hang-up and call that Company's Customer Service, a family member or a trusted friend. Also use Google for verification. One of the biggest scams now is when gift cards are being asked for.

Chris Nahordny Fitness specialist: Victory cup practices will resume this week check your Trumpet for dates and times. Looking for people to partake in The Puzzler games. Hydro works is very busy. Making an appointment with Chris for instructions and times and dates is essential.

Betsy Miannecki activities supervisor: Upcoming events you may be interested in are as follows Table topics and tea 2:00 on Tuesdays and Thursdays in April, Make a spring picture April 11th Thursday 1:00 in the activities room, rolled into spring Bunco Friday April 12th in the activities room at 1:30 p.m, birthday dinner April 18th in Marguerite's Restaurant, bring a dish to pass. Earth bingo at the Harbor Inn Monday April 22nd 3:00 p.m., April 29th Bingo night and activities room 6 o'clock p.m. bring your quarters, Detroit Tiger baseball tickets available for Friday May 29th and August 29th sign up this event goes fast, DSO tickets available for May 17th Friday disco music and July 26th Elvis, Village of East Arbor Spring Clean yard sale will be Friday April 26th from 9:00 a.m. to 4:00 p.m. tables are limited contact Betsy. This year's fashion show will be May 11th at 11:30 a.m. in Marguerite's restaurant. Tickets are \$18.00. Models needed; contact Betsy. St Vincent de Paul will be coming out for curb pickup on May 1st 2024

New business none. Motion to adjourn by Joe Noce seconded by Janet Lickman at 2:30 p.m. 48 attendees

\$51.00 sugar bowl

Respectfully submitted

Sally De Shepper



From The Desk Of Chaplain Laura...



MAY

Thursday, May 2 is **The National Day of Prayer**, held the first Thursday of May, it was created in 1952 by a joint resolution of the U.S. Congress and signed into law by President Harry S. Truman. Beginning at noon, people across the nation, in all 50 states, will turn to God in prayer and meditation. Please join the nation in personal prayer at noon or a local church who may be having a special service.

Thursday, May 2, **National Day of Prayer, Potluck luncheon & Bingo at Immaculate Conception Church, leaving here at 11:00 am**. Bring a snack or a favorite dish to pass, or pitch in \$3 toward food. Please sign up

Mother's Day is Sunday, May 12, A day set aside since 1914, by President Harry S. Truman to commemorate and celebrate all mothers.

Please join us for a special Mother's Day service Sunday, May 12.

SPRING CLEANING!!! Wednesday, May 1 **ST Vincent de Paul** will pick up donations in front of your home and in front of the Midrise.

Please have all good, resalable items **to the curb by 10:00am**.

Monday, May 13 at 7:00 PM, Interfaith Choir will be coming to sing for us. Please join us. Invite friends, family, and neighbors to join us in our beautiful Kleemann Chapel to enjoy the concert together.

To ALL Mothers and to those who were a Mom to a child in need,

I wish you all a very **Happy Mother's Day!!**

Thank you for all you do and have done to better a child's life.

*In His Service,
Chaplain Laura Stone*

Health and Wellness News

Christina Nahorodny, Fitness Specialist

Official Village Victory Cup Sign-Up/Kick-Off Party Friday, May 17th @ 2:30

Please make every effort to attend, even if you just come to see what it's all about, you're sure to have fun!

The party will end with a Balloon Volleyball "mini-tournament"! Be the last team standing for a chance to represent East Harbor and compete at

Village Victory Cup

Friday, June 21st



Hoop Shoot: sit and shoot a ball in a 5 foot tall basketball hoop

Beanbag Toss: cornhole with lighter bags

Wellness Walk: 50 yard walk, including participants with walkers

Balloon Volleyball: Don't allow the balloon to hit the ground or go out of bounds

Puzzler: This team has already been chosen but try your hand at competing against them

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

RESIDENT ASSOCIATION MONTHLY MEETING

Date: Tuesday, May 14

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, May 7 at 3:00pm in Kirk Hall.

Culinary Committee

Meets Wednesday, May 1 at 3:00pm in Kirk Hall.



Join us as we celebrate
our very own Rosie's
Fran Masters and
Audrey Bolton
Wednesday, May 15
1:30pm
Activity Room

MAY BIRTHDAY DINNER



THURSDAY, MAY 16

12:00 PM

MARGUERITE'S RESTAURANT

PURCHASE YOUR TICKETS AT THE
FRONT DESK

PAMELA EDWARDS

1:30PM CHAPEL

Receive a FREE Birthday Meal on
your Birth month!

RESIDENT POTLUCK SUNDAY, MAY 19



4:30PM-HAPPY HOUR

5:00PM-DINNER

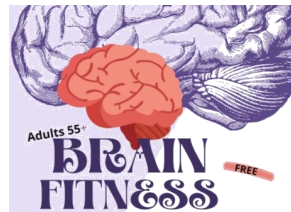
Activity Room

BRING A DISH TO PASS

SIGN UP IN THE ACTIVITY ROOM

For more information contact:

Pat Mickle-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.

You **MUST** SIGN UP in the Book

Thursday, May 23

1:30pm, Activity Room

PARKINSON'S SUPPORT GROUP

Second Thursday of the month

Thursday, May 9 at 4:00 pm

Activity Room

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.

Wednesday, May 22

Support Group -3:30 pm

Kleeman Chapel



Make a Spring Picture
Thursday, May 2
Activity Room ~ 1:00pm
You MUST sign up in book



PARTY
Friday, May 3
1:30pm
Activity Room



Spring Wreath
Monday, May 6
1:30 pm
Activity Room
YOU MUST SIGN UP
IN THE BOOK!!!!



Table Topics & Tea
insightful conversation while
sharing a cup of tea.
Tuesdays 2:00pm check calendar
for dates
Harbor Inn Community Room



Memoir Writing
Everyone has a story to tell
Monday, May 13 & 20
1:30pm
Activity Room



Interfaith Choir
Monday, May 13
7:00pm
Kleeman Chapel



Monday
May 20
6:00 pm
Activity Room
BRING YOUR QUARTERS!



TEACHING KITCHEN
Join Chef Todd as he teaches
us how to make risotto.
Tuesday, May 21
2:00pm- Activity Room



BUNCO & BEER
Friday, May 24
2:30pm
Activity Room
You MUST sign up!



Bobby G
performs
Friday, May 24
1:15 pm
Activity Room

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. **We will be running a test call on Thursday, May 2 at 11:00am and 2:00pm.** If you **DO NOT** receive a call on this day, please call either Betsy or Sally if you would like to receive all future robo calls.

If you choose to receive your calls via text:

TEXT WORD : ALERT TO 22300

Come & Wine With Us

THE VILLAGE OF EAST HARBOR

WINE

TASTING

THURSDAY, MAY 30

4-6 pm

HARBOR INN

COMMUNITY ROOM

**\$20 PER
PERSON**



**Sample Fine Wines
Charcuterie Boards
Coffee & Desserts
Wine for Sale**



Tickets on sale at the front desk till May 24

tickets at the front desk

An evening of
MOTOWN
at
THE VILLAGE OF EAST HARBOR

Thursday, June 27
6-8pm

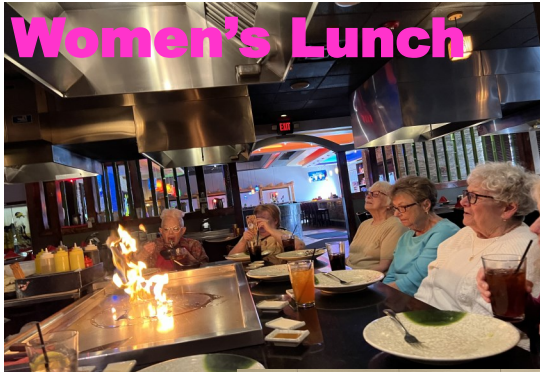
Harbor Inn Parking Lot

- **Craft Show**
- **Car Show**
- **Caricatures**

Food • Drinks • Music
• **Dancing**

FOR MORE INFORMATION CONTACT BETSY AT 586-716-7143
OR BMIANECKI@PVM.ORG

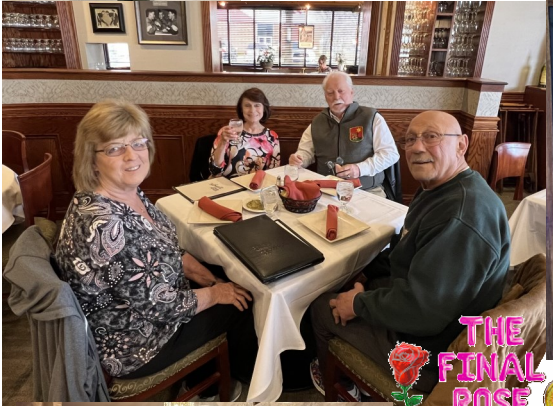




Women's Lunch



Men's



Fitness w/Chris



EXCURSIONS

Thursday, May 2

Immaculate Conception Pot Luck

11:00am

Sign up in book

Monday, May 13

Jusko's Garden Center

11:00am

\$\$\$ on your own

Friday, May 17

DSO

Disco Fever

9:00 am

\$43.00

Money Due April 17

Tuesday, May 21

Men's Lunch

11:30am

\$\$\$ on your own

Wednesday, May 22

Women's Lunch

Check the book

11:30am

\$\$\$ on your own

Wednesday, May 29

Tigers-v-Pirates

10:30 am

\$32.00

Money Due April 17

Tuesday, June 4

Dow Gardens

11:00 am

\$15.00

Money Due May 23

Friday, July 19

Pin-Up Girls

Riverbank

3:30pm

\$38.00

Money Due June 19

Friday, July 26

DSO

Elvis

9:00 am

\$56.00

Money Due June 26

Thursday, August 29

Tigers-v-Angels

11:00 am

\$34.00

Money Due June 17

Thursday, September 5

Fiddler on the Roof

Boardwalk

3:30pm

\$38.00

Money Due August 5

Directory

Accounting	
Tracy Tesch	716-7408
Activity Supervisor AL/IL	
Betsy Mianecki	716-7143
Administrator	
Carolyn Martin	716-7221
Beauty Salon	
Appointments	716-7180
Chaplain	
Laura Stone	716-7438
Dining Services Mgr.	
Brandon Lewis	716-7419
Director of Nursing	
Karolina Jones	716-7416
Driver	
Ann Marie Hart	716-7142
Executive Director	
David Miller	716-7410
Fitness Specialist	
Chris Nahorodny	716-7385
Front Desk	
Receptionist	725-6030
Harbor Inn-Admin. Asst.	
Beth Humble	586-273-2440
Harbor Inn Manager	
Wenona Breazeale	586-273-2559
Housekeeping / Laundry Mgr.	
Michelle Willer	716-7418
Maintenance Work Request	
Front Desk	725-6030
Maintenance	
Emergencies After 11:00 pm	248-996-2470
Marketing Manager	
Sue McCallum	907-3709
Outpatient Therapy	273-2457
Physical Therapy Mgr.	
Kim Frabotta, Agility Therapy	716-7398
Rehab Admissions	
Jen Moreno	716-7427
Darcy Stalker	716-7183
Resident Care Mgr.	
Toni Greig	716-7426
Sales & Leasing Specialist	
Andrew Hoeltzel	716-7397
Kathy Moore	716-7039



5/01 Alyce Hallman

5/02 Dennis Berger

5/03 Byron Moore

5/10 Barb Anderson

5/11 Susanna Defever

5/15 Fred Cline

5/16 Joan Yoshida

5/17 Susan Hoenle

5/18 Shirley Walter

5/20 Theresa Johnson

5/20 Ellen Kunath

5/24 Robert Horvath

5/24 Mary Lou Zweng

5/26 Anna Gasowski

5/27 Venus Sawyer

5/28 Beverly Glass

5/29 Maria Bagan

5/30 Roberta Keller

5/31 Ila Cline

5/31 Donald Cramton

Receive a FREE Birthday Meal at
Birthday Dinner on your Birth
month!

And one guest at 1/2 off!