



# Village Trumpet



Embrace the possibilities

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July 2021



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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

# Independence Day

## PARADE

MUSIC

ANIMALS

ICE CREAM

FLOATS



**FRIDAY, JULY 2  
10:00AM**

Watch from your front lawn!  
**Invite your families!**

DANCE PERFORMANCE IN FRONT OF THE  
MAIN BUILDING AT 11:00AM

ROSIE THE RIVETOR ROSE DEDICATION  
IMMEDIATELY FOLLOWING  
AT THE COTTAGES

If you would like to participate, you  
MUST contact Betsy to be part of the  
line-up!

## FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:



### Happy Summer!

My favorite Aunt was born on the first day of Summer She was the epitome of sunshine. One of my co-workers said her Mother started each day with a grateful heart by thanking God for all that was good in her life. She believed it set the tone for the rest of the day. I am grateful for our hard working grounds crew team led by Tom. Staffing shortages have been a challenge but our campus looks amazing. His hard work and dedication is a prime example. He takes pride keeping our campus beautiful. Give him a shout out when you see him. Our chaplain has been adding additional plantings. More beauty to behold.

The outdoor casino games were enjoyed by many. Seeing smiling faces, watching new residents make new friends is a joyful thing to behold.

Betsy and Ann Marie took a group on a Mystery trip. Sometimes there are things that happen at the worst time. The air conditioning on the back of the bus stopped working on one of the unseasonably hot days. They tried to make the best of it by stopping for ice cream to try to cool off. I am happy to report the air conditioner has now been repaired.

We now have a model of the new ranch home apartments set up that you can view. Many residents have stopped in to take a peek. The mid-rise is rapidly taking shape and I can't wait until we can preview the new apartments. The mid-rise will have a pub that you can stop by and grab a bite to eat. Our wellness center is forecasted to open in November. Currently we are taking orders for the new apartments and offering daily specials. Call the front desk for details.

Our campus is over 75 percent vaccinated; staff and residents. Woo hoooo! Resident rates are 100 percent in some areas with the average being in the high 90's. Can't wait to be able to open the doors and let you all in. I am anticipating since everything is open now except Assisted Living and Healthcare, those areas will be next. We will have a big celebration when that happens.

Speaking of celebrating...

Come out and watch our Independence Day Parade.

Have a safe and joyful 4th of July,

Carolyn

# MARKETING

Happy Independence Day everyone. Summer is finally in full swing and so is the new construction. We had our official Ribbon Cutting ceremony in early June, followed by a very successful open house, later in June. We have new residents in our new Ranch Apartments. It is all very exciting. There are still Ranch Apartments that are available to reserve. We have a model ranch apartment that is open for tours. We are taking reservations on the mid-rise building too. The Wellness Center and Pub are looking good and expect to be open later this year. Keep in mind; we pay referral fees for your referrals. Remember to tell your referral to give your name as the person who referred them to East Harbor.

Sales and Leasing Team



Sharene Bretz is one of our new full time front desk receptionist's. Sharene is originally from Schaumburg, Illinois. She moved to Michigan three years ago for love and moved to Chesterfield two years ago. Sharene has two adult children in the Chicago area and also has two step sons, 18 and 20 years old that she lives with. Sharene and her husband like to take long car rides with their two dogs, Rosie and Murphy.

Please stop by or give her a call and introduce yourself and welcome her to the Village family.

WELCOME SHARENE!

To share timely information regarding COVID-19, we have set up a toll-free number for our residents, families and staff.

**Call our Community Care Line at:  
888-412-5999**

You can get the latest report straight from David at The Village of East Harbor

## WELCOME HOME NEW RESIDENTS

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

**JoAnn Hebert—11E**

**Theresa Johnson—502 Capman**

**Cecelia Karash—104-Kirk**

**Emilieann Lingle—11K**

**Edith Martini—122 Kirk**

**George Millish—12K**



*From The Desk Of  
Chaplain Laura...*

**JULY**



Happy Independence Day!

## The Declaration of Independence

*"The Want, Will, and Hopes of the People."*

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Long before the signing of the Declaration of Independence, on July 4, 1776, God allowed us our independence, instituting Life, Liberty, and the pursuit of happiness. Through Christ, we have many freedoms.

With independence comes responsibility. Galatians 5:13- "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh, rather, serve one another humbly in love." Our freedoms were meant to serve others.

Proverbs 16:9 says our steps are ordered by the Lord, "In their hearts, humans plan their course, but the Lord establishes their steps."

We are all called to be imitators of Christ (Eph 5:1-33), so we give as God gave and as Christ gave. "Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself for us as a fragrant offering and sacrifice to God" (Eph 5:1).

Celebrate and honor those who have fought for our freedoms; Pray for the sick and hurting; Serve the widowed and orphaned.

I have scheduled many indoor **AND** outdoor programs so all are able to participate in Spiritual programs. We have a new Devotional Study; Bible Study and Inspirational Readings are back. We will be completing "Noah's Birdhouses" and the stepping stones this month and making **Prayer Jars**.

Please forward your favorite recipes to me if you would like them published in our **Village Cookbook**. Proceeds benefit Resident Association.

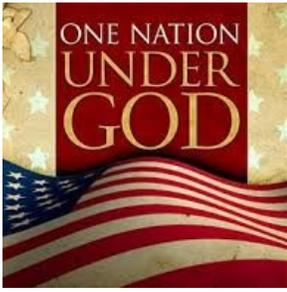
**ALZHEIMERS/DEMENTIA SUPPORT GROUP**– SECOND TUESDAY 11AM

Please see "**CHAPLAIN'S CORNER**" for details of all Spiritual programs.

**I WILL BE ON VACATION THE WEEK OF July 20**

*In His Service,*

*Chaplain Laura Stone*



# Chaplain's Corner

## JULY



### RESIDENTS LIVING **INSIDE** THE MAIN BUILDING:

**SUNDAY SERVICES**- IN THE CHAPEL every Sunday at 11:00 am. All AL/IL residing inside the building are welcome. Bring your neighbor!

**TUESDAY**- Devotional Study- 2:30

**WEDNESDAY**- Inspirational Reading "Walking in Grace" - 2:30

**THURSDAYS**- EVERY week-**ROSARY**- Every Thursday at 11:00 am IN THE CHAPEL.

**THURSDAYS**- Bible Study-2:30

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### RESIDENTS LIVING **OUTSIDE** THE MAIN BUILDING:

Due to lack of need, **OUTDOOR** Sunday services are discontinued at this time.

**TUESDAYS**- Devotional Studies- 11 am

**WEDNESDAY July 7** complete **STEPPING STONES**- 10am; **July 14-**

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### ALL RESIDENTS

**\*\*\* ALZHEIMERS/DEMENTIA SUPPORT GROUP- SECOND TUESDAY 11AM- ON PATIO**

**Village Cookbook**- Submit your favorite recipes to be printed into a beautiful Village Cookbook that will be published. Proceeds will benefit Resident Association.

**ACTS OF KINDNESS COMMITTEE**-BOTTLE/CAN DRIVE, WEEDING/GARDENING FOR OUR NEIGHBORS, ETC. Meet outside to discuss on -July 14 at 10am !

**TUESDAYS at 2:30-** Spiritual/Bible Study **for ALL-** in the front parking lot. "Sharing God's Love and Joy" a Devotional study and discussion. (In case of rain, this will be for inside only).

⇒ **WEDNESDAYS at 2:30- Game Days for inside residents-** Spiritual games and projects. Bring a friend for fellowship! Watch Chapel Bulletin board for information.

### SPIRITUAL PROGRAMS ON CHANNEL 3

**\*\*\*Rosary every day at 9:30 am-Channel 3 (INSIDE residents- in Chapel Thursday 11am)**

*In His Service, Chaplain Laura Stone*

# Fitness Center News

## JULY IS UV SAFETY AWARENESS MONTH

There's no denying sunshine warms our body and delights our spirit but unfortunately, the UV rays are harmful to our skin and eyes. When you spend time outside, especially between the hours of 10 am-4 pm, when the sun's rays are the most intense, use a *BROAD SPECTRUM 30 SPF SUNSCREEN* on any exposed skin. Apply your sunscreen several minutes *before* going outdoors and reapply every 2 hours. Broad spectrum means that you are protected from both UVA & UVB rays. If it doesn't say broad spectrum, it may protect you from sunburn but you will not be protected from the more harmful UVA rays which penetrate deeper into the skin and therefore are more damaging, contributing to aging and skin cancer. Equally important are sunglasses that provide 100% UV protection or UV400 rating. Dark tinted glasses that don't boast this on the label can actually cause more harm by allowing your pupils to dilate, taking in even more harmful UVA rays. Sunlight reflecting off of sand, water and other light or reflective surfaces increase your exposure and your chance of developing eye problems.

So get outside but do so safely. We have exercise outside Monday-Friday at 9am, before it gets too hot out and in the shade whenever possible. Hope to see you there!

*Chris Nahorodny, Fitness Specialist*



STAY IN THE  
SHADE BETWEEN  
11AM AND 3PM



COVER UP



WEAR  
SUNGLASSES  
WITH 100% UV  
PROTECTION



WEAR A  
BROAD-BRIM HAT



USE SUN  
PROTECTION  
WITH AT LEAST  
SPF 15 AND  
UVA 4 STARS

# **Fitness Center News (cont.)**

## **July Outside Fitness Class Schedule**

**All outside classes are at 9:00am unless otherwise noted**

### **Monday—Arthritis Exercise (Quad)**

*Helps ease pain and stiffness associated with joint and muscle pain*

### **Tuesday—Be A.B.L.E. (Front parking lot)**

*Exercises to encourage an Active. Balanced. Limber. Energetic body and life*

### **Wednesday—Be C.A.L.M. (Quad)**

*Exercises to help be Centered. Aligned. Limber. Mindful using slow, smooth, fluid movements*

### **Thursday—Move & Groove (Front parking lot)**

*Dance along to fun, upbeat music to burn calories, improve coordination and have a good time!*

### **Thursday—Drum Fitness (Front parking lot-9:30)**

*Drum on an exercise ball to increase heart rate and also to improve coordination and dexterity*

### **Friday—Pool Noodle Fitness (Quad)**

*Stretch and Strengthen using a pool noodle!*

***ALL OUTDOOR ACTIVITIES ARE WEATHER PERMITTING FOR SAFETY ie.: no precipitation/dry ground, temperature between 50-85 degrees, winds under 20 mph, etc.***

***SCHEDULE IS SUBJECT TO CHANGE***

***Questions? Email [cgorde@pvm.org](mailto:cgorde@pvm.org) or call (586) 716-7385***

## **Minutes of the Residents Association June 8, 2021**

The meeting was called to order at 11:08. There were no new attendees. There was a correction to the minutes concerning the Residents Association account total - \$3,015.15 instead of \$1,015.15. The Sugar bowl added \$85 for a total of \$472.

### **Staff**

#### **Scott - buildings and grounds**

There will be more grounds people starting Wednesday.

Parking lights will be turned off due to fishflies.

The garden unit will be weeded.

We have taken down some trees and will do the rest as soon as possible.

All Seasons Window Washing will do our windows and screens.

#### **Carolyn – administrator**

There will be lunch specials as previously noted.

#### **Chris - Fitness**

There will be fitness classes as printed in the Trumpet.

June is Alzheimer's Aware Month.

We can go inside soon.

Be sure to thank workers

Thank you residents for contributions.

Our workers are mostly vaccinated; only one resident not.

Ribbon cutting for Harbor Inn Thurs, June 10.

#### **Laura - Chaplain**

Peace Garden stepping stones and plants already done. Still have leaves and cement.

There will be a devotional once a week (Tuesday) for the year.

Outside services continue at 10 a.m. on Sundays.

The Peace Garden is in the courtyard near the chapel. Will maybe add another day to work, Wednesday the 16<sup>th</sup> at 10.

We want to develop a cookbook in approximately 2 months.

#### **Ann Marie – driver**

We are starting driving to Kroger 9 a.m. Tuesdays.

Also open for appointments Tuesdays 1-3:30, Wednesdays 8:30-3:30. Will take and pick-up. For Chesterfield and area there is no charge. Outside there is a charge.

#### **Betsy – activities**

There will be a Mystery Trip this Thursday at 9:30. Lunch is included. It will last no later than 4.

Friday June 18 there is the casino and coffee in the parking lot at 10:30.

Men's coffee will be Thurs. at 10 in the parking lot.

July 2 we will have our 4<sup>th</sup> of July parade.

We will schedule a Tigers game.

We will have a picnic after the 4<sup>th</sup>.

**Marilyn Shaheen** will be our new Communications chairman. Thank you Jean Campbell for your past service.

**Pat Mikle – treasurer**

There is \$3,015.54 in our account with \$467.87 in petty cash.

33 were in attendance and \$24.50 was collected in the Sugar Bowl to make a total of \$492.37.

Frank Gitre moved for adjournment, the motion was seconded. Adjournment was at noon.

Beverly Pack

Resident Association Secretary

**Resident Association meetings are on hiatus till September.**

**Communication Committee & Welcoming Committee**

If you are part of these committees or would like to participate please attend this meeting. We are looking for new residents who can give their input on welcoming other new residents.

**Tuesday, July 6**

**Tables in front of the main building**

**10:00am**



**KROGER**

**TUESDAY'S • 9:00AM • SPACE IS LIMITED!**

Due to covid restrictions we are going back to our original policy of:

***PURCHASE ONLY WHAT YOU CAN CARRY ON AND OFF THE BUS.***

***THERE IS NO DOOR TO DOOR SERVICE.***

***CALL TO BE PICKED UP***

We are now offering transportation services to appointments on

**TUESDAYS- 1:00-3:30PM AND WEDNESDAYS-8:30-3:30PM**

Please call Ann Marie for availability before making appointments.

Call Ann Marie to schedule: 586-716-7142

Transportation services are subject to change.

# Ribbon Cutting



## Mystery Trip Belle Isle & Ice Cream



**Scott taking time out of his busy day to dance with Chris**



# Father's Day Coffee & Casino



# Directory

<b>Accounting</b> <i>Tracy Tesch</i>	716-7408
<b>Activity Lead A/L &amp; I/L</b> <i>Betsy Miannecki</i>	716-7143
<b>Administrator</b> <i>Carolyn Martin</i>	716-7221
<b>Admissions Coordinator TCU</b> <i>Beth Humble</i>	716-7427
<i>Sue McCallum</i>	716-7395
<b>Assisted Living Nurse</b> <i>Denise Klimaszewski</i>	716-7115
<b>Chaplain</b> <i>Laura Stone</i>	716-7438
<b>Dining Services Mgr.</b> <i>Brian Williams</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>Environmental Serv. Adm. Asst.</b> <i>Michelle Willer</i>	716-7418
<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>Haven Hall Nurse</b> <i>Lynette Sanday</i>	716-7384
<b>Housekeeping / Laundry Mgr.</b> <i>Teri Lynn Taylor</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>HCC Activity/Volunteer Mgr.</b> <i>Sheri Stover</i>	716-7021
<b>Physical Therapy Mgr.</b> <i>Kim Frabotta, Agility Therapy</i>	716-7398
<b>Resident Care Mgr.</b> <i>Toni Greig</i>	716-7426
<b>Sales &amp; Leasing Specialist</b> <i>Peggy Carroll</i>	716-7397
<i>Dylan Demo</i>	716-7183
<i>Shelby Jones</i>	716-7039



**7/03 Arnold Wilson**

**7/04 Joyce Sawyer**

**7/11 Ruth Ann Hubbert**

**7/15 Geraldine Bellak**

**7/20 Marilyn Shaheen**

**7/23 Judith Demick**

**7/27 Marie McKenna**



## 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 throughout Michigan with the generous support of **YOU** the donor.



*Please consider a charitable bequest...*

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

Contact David Miller at 586-382-1866

# Resident Potluck Picnic



50/50 RAFFLE  
\$10/ticket  
All proceeds go to  
Resident Association!

**Sunday, July 18**  
**4:00pm**  
**Outside near F-1**

**The main course will be BBQ Beef & Pulled Pork.**  
**Please bring a dish to pass, your own beverage, and a chair.**  
**RSVP-Nancy Huff-586-648-7130 by July 11**  
**with your name and dish you're passing.**

Are you looking for a group to play cards?  
Independent Residents who are interested  
in getting together with your  
neighbors to play cards please contact:



**Betsy-586-716-7143**



**TIGERS -VS -ANGELS**

Thursday, August 19

10:30am

\$35.00

**MONEY DUE- JULY 6**



**Marine City  
Lunch & Shop**

Tuesday, July 13  
11:00am  
Lobby  
On Your Own



**Huron Lady Cruise  
&  
Lunch at Freighters**

Wednesday, July 21  
11:00am  
Lobby  
**\$21.00 (money Due-July 6)**

**National Ice Cream Day**



**World's Finest  
Custard**  
Thursday, July 22  
1:30pm  
\$\$ On your own  
Bus will take you  
there

**Chesterfield Township  
Music in the Park**

**Meldrum Brothers**

Friday, July 30  
6:00pm  
\$\$ On your own  
You MUST bring a chair!

# Independent Living Activities Calendar

## JULY 2021

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Satur-
<p><b>All Activities will be held in the front parking lot .</b></p> <p><b>Activities followed by a (Q) will be held in the Quad.</b></p>				<p><b>1</b></p> <p>9:00 Move&amp; Groove</p> <p>9:30 Drumming</p> <p>10:00 Men's Coffee</p> <p>11:00 Planting</p>	<p><b>2</b></p> <p>Independence Day Parade</p> <p>10:00am</p>	<p><b>3</b></p>
<p><b>4</b></p> <p>10:00 Sunday Service</p>	<p><b>5</b></p> <p>9:00 Fitness(Q)</p> 	<p><b>6</b></p> <p>9:00 Fitness</p> <p>10:00 Communication Welcome meeting</p> <p>10:00 Devotional Study</p>	<p><b>7</b></p> <p>9:00 Fitness(Q)</p>	<p><b>8</b></p> <p>9:00 Move&amp; Groove</p> <p>9:30 Drumming</p> <p>9:30 Mystery Trip</p> <p>10:00 Men's Coffee</p>	<p><b>9</b></p> 	<p><b>10</b></p>
<p><b>11</b></p> <p>10:00 Sunday Service</p>	<p><b>12</b></p> <p>9:00 Fitness(Q)</p>	<p><b>13</b></p> <p>9:00 Fitness</p> <p>10:00 Devotional Study- "Light of the World"</p>	<p><b>14</b></p> <p>9:00 Fitness(Q)</p> <p>10:00 Peace Garden Stones</p>	<p><b>15</b></p> <p>9:00 Move&amp; Groove</p> <p>9:30 Drumming</p> <p>10:00 Men's Coffee</p> 	<p><b>16</b></p> <p>9:00 Fitness(Q)</p>	<p><b>17</b></p>
<p><b>18</b></p> <p>10:00 Sunday Service</p> <p>4:00 Potluck</p>	<p><b>19</b></p> <p>9:00 Fitness(Q)</p>	<p><b>20</b></p> <p>9:00 Fitness</p>	<p><b>21</b></p> <p>9:00 Fitness(Q)</p> <p>11:30 Huron Lady Cruise</p>	<p><b>22</b></p> <p>9:00 Move&amp; Groove</p> <p>9:30 Drumming</p> <p>10:00 Men's Coffee</p> <p>10:00 Beautifi</p>	<p><b>23</b></p> <p>9:00 Fitness(Q)</p>	<p><b>24</b></p>
<p><b>25</b></p> <p>10:00 Sunday Service</p>	<p><b>26</b></p> <p>9:00 Fitness(Q)</p>	<p><b>27</b></p> <p>9:00 Fitness</p> <p>10:00 Devotional Study- "Trust"</p>	<p><b>28</b></p> <p>9:00 Fitness(Q)</p> 	<p><b>29</b></p> <p>9:00 Move&amp; Groove</p> <p>9:30 Drumming</p> <p>10:00 Men's Coffee</p>	<p><b>30</b></p> <p>9:00 Fitness(Q)</p> <p>6:00 Meldrum Bros. Concert</p>	<p><b>31</b></p>



## BIRTHDAY DINNER IS BACK!

WE WILL BE CELEBRATING BIRTHDAYS OF THE MONTH ON  
THURSDAY, JUNE 17  
ENTERTAINMENT TO FOLLOW



Show & Tell  
&  
What's in the Bag  
Monday's  
2:30pm  
Activity Room



### Tuesday Bingo

1:30pm  
(please note time change)

Activity Room

Check your calendar for the special  
bingo of the day!

### 4th of July Door Hanger

Thursday, June 24  
1:30pm-Activity Room



### 4th of July Bracelet

Thursday, June 30  
1:30pm-Activity Room



### Women's Coffee Hour & Armchair Travel

Friday's • 9:30am  
Activity Room



HAPPY HOUR  
Friday's 1:30pm  
Activity Room



TV Game Show Day  
Wednesday's  
1:30pm  
Activity Room



Saturday's  
1:30pm  
Activity Room



# Congratulations!



You are being recognized because  
"What you did mattered!":

Thank you for what you did!

Employee Name: \_\_\_\_\_

Person Recognizing Employee: \_\_\_\_\_

Date: \_\_\_\_\_

\*\* Please turn this card into Village Administrator for a chance to win a prize \*\*  
ACCOUNTABILITY LISTENING RELATIONSHIPS RESPECT

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