



# Village Trumpet



Embrace the possibilities

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November 2015



## Featured Articles

Chaplain

Getting to know...

Marketing & Events

Events

Events

Whazzup...

Photos

*God bless this new year  
in which love overcomes  
He is always with us  
and unfolds great possibilities  
all the best for the coming year  
Merry Christmas & Happy New Year*

*The Village of East Harbor  
Candlelight Dinner*

*5:00 pm on Dec. 6, 2015*

Tickets are limited.  
Buy your tickets today at the front desk  
for \$20.00 each.  
Holiday Baskets for raffle  
are now on display in the front lobby.



The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



From the desk of the Executive Director:

Our nursing center is seeing some leadership transition right now losing our long term care and transitional care managers, who both took new jobs with other organizations. We wish them well and will be interviewing new candidates for these two roles soon. If you haven't met our new Administrator yet her name is Gail Sliwinski and her office is located in the nursing center, please stop by and welcome her.



Barnett Hall Assisted Living did get a new roof so we are looking forward to not having leaking roofs in that building. We are also planning additional insulation in the Haven Hall building sometime before the end of this year. Our site development team continues to work with our consulting partners, ARCH, to devise a plan we can work with to renovate our nursing center and assisted living areas over the next year. We are also looking at new construction of an apartment building and eventually our health and wellness center. There are a lot of exciting things happening for our Village over the next couple of years. We hope to have a final plan sometime by the end of January 2016.

I would like to take this time to wish you a happy Thanksgiving! I hope you are able to see family and friends, have some great food, and count your blessings. I know I am very thankful for having you all as a part of the Village of East Harbor. It is such a pleasure to serve you and I hope the coming New Year brings you plenty of joy and comfort.

Respectfully Submitted: David Miller



The Marketing/Admissions Department welcomes our newest member on December 7<sup>th</sup>, Peggy Carroll, replacing April Meyers who left in November to pursue a career opportunity after ten

years at the Village of East Harbor. Peggy comes to us with a strong sales and real estate background, and we are excited that she will be joining our team. Please stop in and say hello to Peggy when you have a chance.

Last year's "Frozen" event was so much fun, we have decided to make "Frozen Harbor" an annual event! Mark your calendar now for January 15<sup>th</sup>, and be prepared to enjoy a day of celebrating winter with a party featuring food, games, demonstrations, music, and more than a few surprises.

Also, dig out your best chili recipe for our annual chili cook-off which will be held that day. We will have a judges panel and samples for all who attend (as long as the chili lasts!) Will resident Linda Aderman keep her crown, or is your chili better? We had so many different varieties last year, we can't wait to see what this second annual Chili Cook-off Contest will bring!

We would like to take this opportunity to wish every resident as well as every staff member a very happy, peaceful, warm and wonderful love-filled Christmas season, and an especially blessed, healthy new year.

# *From the Desk of Chaplain Mindy*

## Dust of Snow by Robert Frost



The Way a crow  
Shook down on me  
The dust of snow  
From a hemlock tree

Has given my heart  
A change of mood  
And saved some part  
Of a day I had rued.



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## **The Season of Advent is here**

What's the longest you've had to wait for something? I imagine almost everyone has a memory of Christmas Eve as a child; squeezing your eyes shut, trying with all your might to go to sleep on Christmas Eve. You knew that even opening one present before Christmas morning was a no, no. And so you counted sheep and waited.

Waiting is still difficult as an adult. We expect everything to be at our fingertips the moment we have the desire for it. It's the world we're living in and it's addicting. We live in a world of downloads, high-speed email, on demand, and Hot Pockets. Yet God finds ways of making us wait. Waiting and faith go hand-in-hand.

- We wait for news from our loved ones.
- Some wait for a prodigal son/daughter to come and return home.
- Many of us are waiting for the phone to ring so we can return to a job or accept a new one
- Some are waiting for a healing or even some wait for a miracle

Others are waiting for a spiritual breakthrough that will open our eyes. Waiting is the embodiment of faith. Advent is about faith and waiting. What are you waiting on God for this year? Remember the years of silence as God's people waited for the Messiah. Take time today, right now, to reflect on the fact that God's timing is quite different from ours.

The story of Jesus' birth gives us assurance and joy because even though the waiting lingered for decades, God broke through at just the right time.

*(Lifeway, Advent Devotional)*

"Wait for the LORD; be strong and courageous. Wait for the LORD" (Psalm 27:14).

*O Come, O Come, Emmanuel!*

## Our Playground in the Basement

by Marie Beaulac

This story is not a biography it is a snippet one might say. It is about an event which happened when I was a small girl eight years of age.



Our families often visited Uncle Ed. That year we were visiting him just four days prior to Halloween. One pleasure enjoyed by the children was being allowed to play in the basement of his house during those visits. The only rule was we had to replace very neatly everything we disturbed. There were four of us children that day. While the adults played cards upstairs cousin Eddie called us saying, "Come see what I found in the basement." The adult card game was one of those where you could hear the adults slam the cards so hard onto the table that you thought their knuckles would go entirely through the table top. While the card slamming was going on upstairs we went downstairs to check our playground and see what Eddie had found.

In the coal bin cousin Eddie had found an old inner tube from a tire He pulled the tube down from the overhead rafters, inflated it, checked it for leaks and discovered it would due.

Eddie hung the inner tube from the rafters with a piece of clothes line. The tube was somewhat limp but still almost formed a circle which stretched slightly when one sat in it. It was a bit like the suspended jump seat often enjoyed by a very little child while mother did other things.

Seven year old Marjorie was the first to try the inner tube as a jump seat. Soon she was followed by ten year old Marjorie whom we called Marge.. In turn they each bounced up and down gently touching their feet on the floor on the decent and in no danger of hitting the ceiling on the ascent.

Having gained confidence in his invention Eddie decided it was now time to test it with me. Having witnessed the fun of the bouncing inner tube I eagerly agreed to take part. A little bouncing demonstrated that I would have to lift my feet as they landed rather solidly on the basement floor. With some experimentation the bouncer soon became a swing. A few easy swings were fun, however, Eddie was so excited with his creation that he began to push it slightly higher, with each arc. My feet were now completely off the basement floor; I held on to the sides of the inner tube swing for dear life; the rafters seemed to be coming down to greet me; everyone except me yelled with glee. I let out one loud scream as I sailed free of the swing as if shot from a cannon. I landed where the basement wall meets the basement floor. Flesh collided with cement. Not good. Additional screams erupted from all which put an end to the card game above and brought the adults on a run.

Their reaction was, "WHAT! WHAT! WHAT! HAPPENED?" They found me, conscious but dazed, on the spot to which I had been flung.

No life altering damage was apparent, however, after a close examination my father noted, "You are a bit of a mess. With those scratches, a split lip and that blood you will need no Gypsy costume this Halloween. A few big bandages will do. No one will recognize you."

Only one bit of damage remains. If I check I can still feel the lump where my teeth went through my lip..

# DECEMBER CRAFT PROJECTS

**December 1– Paint a X-Mas Tree**

**1:30-Activity Room**



**December 7– Paint a Snowman**

**1:30-Activity Room**



**December 14– X-Mas Cards**

**10:00-Activity Room**



**December 29-Make a Snowflake**

**1:30-Activity Room**



## Holiday Manicures



**Friday, December 4, 11, & 18**

**9:30-Activity Room**

**Wednesday, December 23 & 30**

**2:30-Activity Room**

## EXCURSIONS.....

**Wednesday, December 9**

***Women's & Men's Lunch***

***Terry's Terrace***

**11:30am**

**Friday, December 11**

***Big, Bright Light Show-Rochester***

***Red Knapps Dairy Bar***

**3:30pm**

**Space is Limited!**

**Sign up in the Lobby**



- Wednesday, December 2  
*Birchwood Mall*
- Friday, December 4  
*Morley's & Christmas Tree Shoppe*
- Wednesday, December 16  
*Somerset Mall*
- Tuesday, December 22  
*Nino Salvaggio & Partridge Creek*

*All Shopping Trips will include lunch and will be leaving at 9:30am.*



# aroma therapy



Come to the fitness center on Monday's at 11:30 to enjoy the benefits of aromatherapy by diffusion. Learn about the health benefits of essential oils while participating in the stretch & flex class!

## What Are Essential Oils?



<b>Who?</b>	Many cultures around the world have used essential oils.
<b>What?</b>	A volatile & aromatic liquid with healing properties.
<b>When?</b>	First mention of them is in 4,500 BC
<b>Where?</b>	Seeds, bark, leaves, stems, flowers, fruits and roots
<b>Why?</b>	Concentrated, antiseptic, oxygenate cells, disinfectant, removes toxins, antiviral, antifungal, antibacterial, immune stimulant

## Alzheimer's Support Group

**Hosted by Pauline Zeig  
3rd Tuesday of every month  
2:00pm  
Haven Hall.**

## WELCOME NEW RESIDENTS

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

**Mary Braun-118 Kirk**

**Norma Michael- A-106**

**Helen Rosnick- 503 Capman**

**Great Lakes Legal will provide legal service by appointment only.**

**Please call**

**Maria Messina, Lead Attorney**

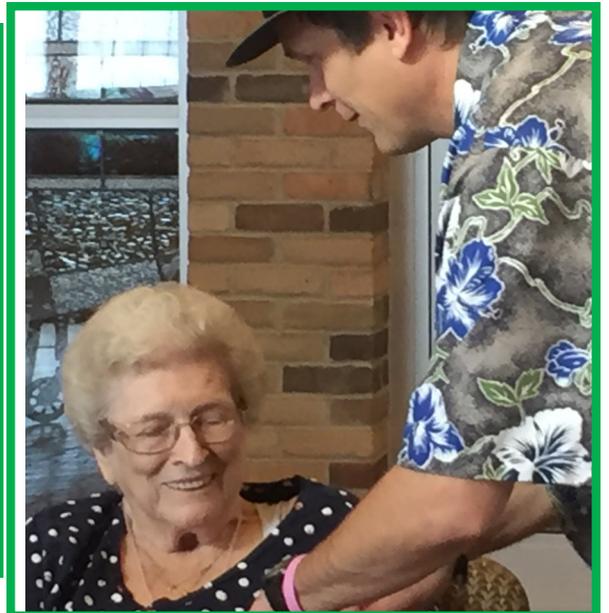
**(313) 937-8282**



# 2015 Holiday Bazaar



# October Birthday Entertainment SPOONMAN



# Parade Company Tour



# Buddy's Pizza



# Rehab Addict's

# Ransom Gillis House



# Directory



<b>Accounting</b>	
<i>Tracy Tesch</i>	716-7408
<b>Activity Lead A/L &amp; I/L</b>	
<i>Betsy Mianecki</i>	716-7143
<b>Admissions Specialist T.C.U</b>	
<i>Sue McCallum</i>	716-7427
<b>Assisted Living Nurse</b>	
<i>Denise Klimaszewski</i>	716-7115
<b>Beauty Salon</b>	
<i>Appointments</i>	716-7180
<b>Chaplain</b>	
<i>Mindy Raulston</i>	716-7438
<b>Front Desk</b>	
<i>Receptionist</i>	725-6030
<b>Dining Services Mgr.</b>	
<i>Nolan Poloney</i>	716-7419
<b>Director of Nursing</b>	
<i>Melissa Freiburger</i>	716-7416
<b>Driver</b>	
<i>Ann Marie Hart</i>	716-7142
<b>Fitness Specialist</b>	
<i>Chris Gorde/Lisa Sonnenberg</i>	716-7164
<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>Mary Breen</i>	716-7418
<b>Maintenance Mgr.</b>	
<i>Rod Brandt</i>	716-7417
<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 Mgr.</b>	
<i>Carolyn Martin</i>	716-7221
<b>Sales &amp; Leasing Specialist</b>	
<i>Peggy Carroll</i>	716-7397
<i>Nancy Smiley</i>	716-7183

12/01	Charlotte Bacsikin
12/01	Rose Lewchuck
12/01	Beverly Harwood
12/03	Ravella Cowper
12/04	William Vosler
12/05	Loretta Hudson
12/05	Jeanette Furness
12/07	Joan Baker
12/12	Lucille Rubis
12/13	Ethelyn VanWassenhove
12/13	Gladys Dubrul
12/14	Carl Schaening
12/15	Marion Welchner
12/17	Irma Black
12/17	Patricia Healy
12/19	Joan Rifenberg
12/20	Theldha Miller
12/22	James Duquette
12/26	Elaine Dega
12/28	Beverly Keller
12/30	Angeline Trovato