



Village Trumpet



Embrace the possibilities

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

August 2014

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Village Victory Cup



The Village of
East Harbor
 A SENIOR LIVING COMMUNITY
 Managed by Presbyterian Villages of Michigan

Look for PVM on:



ARRRGH!





DO YOU HAVE **concerns**
about falling?

The Village of East Harbor will be hosting the
“A Matter of Balance” fall reduction program

****Anyone can join this FREE program!****

*Matter of Balance will be taught by Melissa Shimshock, RN, BSN from
St. John hospital

*Sign up with Lisa in the fitness center or in the activity binder located in the
main lobby if you are interested!



*This is an 8 week program that meets once a week for 2 hours per session.

*The Matter of Balance Program will start on Tuesday,
August 12, 2014, from 2:30-4:30 in the fitness center and will continue
every Tuesday for 8 weeks.



The Marketing Department is forming a new Welcoming Committee!

We would love all of our new residents to feel at home from the very beginning! We believe nothing will accomplish that better than our own friendly residents who have experienced the stress of moving to a new place themselves.

Remember when you first moved in? What would you have liked to see, and how can we make the experience even better for our new arrivals?

As always, we are dedicated to making things better all the time. We are looking for some new, fresh ideas and new faces on the committee, or if you are already on the Welcoming Committee, join us:

Welcome Committee



August 4 at 3:00 in the Dining Room

Any questions or suggestions, please contact Betsy at 716-7143.

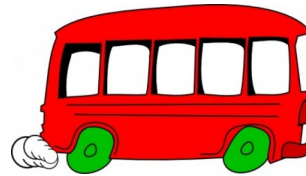
Thank You

The bake sale was a great success thanks to **all of you.** Thank you everyone who baked, helped set up the sale, helped in selling and those of you who bought the goodies. The resident association made \$232.00.



We hope to have another sale sometime in the near future and hope you will all help once again.

Whazzup with Wellness



Upcoming Excursions

Please be sure you sign up in the binder in the lobby for any trips

8/5/14, Tuesday, Belle Isle/Sinbad's, 10:00 am
\$\$\$ on your own.

8/12/14, Tuesday, Eastern Market, 8:30 am
\$\$\$ on your own

8/13/14, Wednesday, Ladies Lunch Brunch, 12:00 Noon
Bobby Mac's Bayside Tavern
\$\$\$ on your own

8/15/14, Friday, Metro Beach/Park, 11:30 am
Bring a sack Lunch

8/19/14, Wednesday, Men's Luncheon, 12:15 pm
Club Capri
\$\$\$ on your own

8/20/14, Wednesday, Salvation Army, 1:30 pm
Shop Wednesday, Senior Day .
\$\$\$ on your own

8/26/14, Tuesday, Huron Lady II & River Crab Dinner Cruise
3:30 am return approximately 11:00 pm
\$55.00 (includes gratuity)
Cash Bar, **Money due by JULY 31, 2014**

8/29/14, Friday, Stoney Creek Metro Park 11:00 am
Bring a sack lunch

I REMEMBER "tock-shoe-blue"

[A Silent Journey.](#) by Fred Pankow

I traveled; not by automobile, train, airplane, bus or any motorized conveyance. This excursion was all in my mind. The journey began at 4:30 A.M. somewhere in my head. I heard a silent alarm which told me I must arise. Why I was being summoned was a mystery to me. However, that is when and how this adventure began.

Not fully awake, I reached for a book from the stack at my bedside. I began to read as much from habit as interest. Soon I am examining the beliefs of early American Indians and how what we know came to be. Beginning with ancient beliefs my mind's eye began searching for a trail which was to become the pathway for this happening. Without moving from my bed my travels had begun. It seems, for me to understand what is, I must access resources which tell me what once was. My journey, without conscious effort on my part, took me; from thought to thought, book to book, to the computer, to the dictionary, to contemplation of what I was experiencing and what I was learning. The trail led over the vast southwestern lands of this country, across the deserts and over the mountains. I visited with Native Americans, called by some the First People of the First Nation. I sat on woven grass mats, made beautiful by natural dyes, which covered the dirt floors; in their hogans, tepees, wigwams and long houses. I witnessed *the rain dance*, relived the *trail of tears*, visited the people of the Taos Pueblo in their adobe village and prayed on the clean swept hard dirt floor of the New Mexico Ranchos de Taos Church, made famous in the paintings of Georgia O'Keeffe. My vision carried me to the long abandoned cliff dwellings of Arizona.

Effortlessly and swiftly I traversed many miles to Friday Harbor and the San Juan Island, off the coast of Seattle Washington, in the far north west. Here I was introduced to, and visited with, taq^wš eblu (tock-shoe-blue) an elderly Upper Skagit Indian lady. Her modern name is Vi Hilbert and her self assigned task is creating a written language for her people. Their spoken language is "Lushootseed". She is a lecturer and story teller at the university. As our visit came to an end I asked if I may purchase a copy of her unfinished manuscript. She said the price of the document would be \$80. In a whisper she added, "I am just a dumb Indian." I replied, "Yes, dumb like a fox". I came away with the coverless document.*

Reluctantly and with sadness, I left my new found friend and continued on my quest. Experiencing this vision, separated from all things physical, there was no need for walking shoes, warm and cold weather clothing, cameras, binoculars or back packs and strangely I felt no fatigue.

As I contemplated the many contributions of the American Indians and my visit with "tock-shoe-blue" I decided to learn more about words and the use of words in writing, but I was startled by the harsh clamor of the alarm clock at my bedside and I was shocked to full wakefulness.

Shining through the window of my bedroom the rays of the morning sun moved slowly across the hills and valleys of my blanket causing my thoughts to drift back to the desert, the mountains and the friends I had made. I no longer fear a path less traveled for who knows what adventures may unfold.

[Was it real or merely a fantasy?](#)

* Vi Hilbert (tock-shoe-blue) has passed and the copy of the original manuscript has been donated to the Seattle Public Library.



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

Fundraising Update: We Need You!

As we reach the midpoint of the year, I wanted to share an update on our fundraising progress. Through mid-June, our generous donors have raised over **\$625,000** toward Village programs and projects – **THANK YOU!**

But we still need your help to meet, and hopefully exceed, a goal of \$3.1 Million this year to continue helping residents and seniors in surrounding communities. Your donation will help improve the lives of residents throughout all the Villages and below are a few examples of how your gift, small or large, could make an impact:

- Benevolence to help residents in emergency financial situations pay for utility bills, medical bills, hearing aids or other unexpected expenses
- Exercise equipment to enable residents like Harriette J. to lose 100 pounds and maintain a healthy lifestyle
- A bus so that residents like Carmen O. have reliable transportation to medical appointments or grocery shopping
- Resident activities, such as birthday celebrations and picnics, to keep residents like Carolyn W. socially active and engaged in the community

And so much more

One opportunity to support residents is through a ticket or sponsorship to the **11th Annual PVM Foundation Gala, “Get Your Motors Running,” on November 14th at COBO Center.** This fun, signature event is a great way to celebrate residents while raising funds to improve their quality of life.

To learn more about how you can make a difference or to make a gift, visit our website at www.pvmfoundation.org or call us at 248-281-2040. Thank you for supporting the PVM Mission!

Warm regards,

Paul J. Miller, CFRE



For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Summertime & the Outdoors

We thought winter would never end, but now that the summer is upon us, it is time for some common sense reminders about how to enjoy summertime safely.

While it is wonderful to be able to open windows to let the fresh air in, just remember not to leave them open when you are not around. Especially if you live on a lower level, do not leave your patio door unlocked when you are not there. While it is tempting to put saucers of milk and food out for stray animals, please remember that this food also attracts unwanted non domesticated animals.

Here at Presbyterian Villages of Michigan, residents can cook outside with supervised barbequing. This means that outdoor cooking may be done as part of a supervised group activity with proper fire safety measures in place. Individual barbequing is not allowed anywhere on the property. This is due to fire safety concerns.

Be aware of the strength of the sun and protect yourself by wearing a hat and loose clothing. Drinking enough water to stay hydrated is always a good idea. Sunscreen is a must when you are going to be in the sun any length of time.

This is also time of the year where temperatures can soar to levels that make it difficult to breath, especially if you have a breathing problem. If you are having trouble with your air conditioning, opening windows or any other air quality issue, be sure to contact your building's maintenance department. Listen to your local radio station or TV station to learn of storms coming your way and stay inside in a windowless room if the local tornado sirens are going off. For most residents the inside of their bathroom or interior hallway is the safest place in the building. If you are not aware of your Village's emergency preparedness plans, ask your Administrator to provide you with the plan.

Summer is meant to be enjoyed and with a little pre-planning, you can enjoy the summer safely.





It's Your Life. Live It Well.

By Tom Wyllic,
Director of Wellness

This month we have a guest columnist, Andrea Taylor, an intern from Oakland University's Wellness, Health Promotion & Injury Program

The Importance of Oral Health

Did you know that your oral health can offer clues about your overall health – or that problems in your mouth can affect the rest of your body? Oral health is more important than you might realize.

Without proper oral hygiene, bacteria can reach levels that might lead to oral infections such as tooth decay and gum disease. Your oral health might contribute to various diseases and conditions including: diabetes, cardiovascular disease and osteoporosis. As we age we become at risk for a number of oral health problems such as darkened teeth caused by plaque and made worse by food left in your teeth. The use of tobacco products, poor diets, and certain diseases such as anemia, cancer, and diabetes are also oral health problems that may put us at risk.

Oral hygiene tips: Daily brushing, flossing and cleaning of your teeth whether natural or not is essential to keeping your mouth healthy. Plaque can build up quickly, especially if oral hygiene is neglected. To maintain good oral health, it's important to brush at least twice a day with fluoride-containing toothpaste, floss at least once a day and visit your dentist on a regular basis for cleaning and an oral exam. An annual checkup is vital to ensure that you are keeping your mouth healthy. Remember, oral health is important at any age.



From Your Village Administrator

No article this month

HOLIDAY SHOPPING BAZAAR

November 14-15

10am-4pm

Looking for vendors to participate in this years Holiday Shopping Bazaar. If you or someone you know would be interested in participating please contact:
Betsy 585-715-7143



It's official!!!

The Senior Spelling Bee will be held at Sterling Heights Senior Center

Friday, October 17, 2014

We are still looking for people to participate. Come join us on Monday, July 28, 10:00am in the Activity Room for Spelling Bee Practice and to receive an official list of words.



Office Numbers

Visit us online at <http://www.pvm.org>

Accounting – 716-7408

Tracy Tesch

Administrator – 716-7414

Joan Sonnenberg

Assisted Living Nurse – 716-7115

Denise Klimaszewski

Beauty Salon – 716-7180

Chaplain – 716-7438

Pat DeBruce

Dining Services – 716-7419

Nolan Poloney

Director of Nursing – 716-7416

Melissa Freiburger

Driver – 716-7142

Mindy Raulston

Fitness Center Specialist – 716-7164

Lisa Sonnenberg

Haven Hall Nurse – 716-7384

Lynette Sanday

Housekeeping/Laundry Mngr. – 716-7418

Mary Breen

Maintenance Manager - 716-7417

Rod Brandt

Nursing Wellness Manager – 716-7021

Sheri Stover

Physical Therapy Manager– 716-7398

Kim Frabotta, AgilityTherapy

Resident Care Manager – 716-7426

Toni Greig

Sales & Leasing Specialist– 716-7397

April Myers & Nancy Smiley

Sales & Leasing Manager – 716-7221

Carolyn Martin

T.C.U. Admission Specialist – 716-7427

Sue McCallum

**Wellness Lead Assisted Living &
Independent Living – 716-7143**

Betsy Miannecki



8/5 Ralph Sloane

8/8 Wilbur Ware

8/8 Harvey Stearns

8/13 Stan Wojcik

8/15 Mary Underwood

8/17 Bernice Bender

8/18 Grace Dain

8/20 Joan Lehoszky

8/22 Mary Alice White

8/23 Angeline Banach

8/24 Helen Janas

8/25 Helen Warner

8/27 Wilma Lee

8/29 Dorothy Dennis

8/30 Martha Reibling

CHAPEL NEWS

“IT IS A GOOD DAY TO GIVES THANKS UNTO THE LORD, AND TO SING PRAISES UNTO HIS NAME!”

Please keep Chaplain Pat in your prayers, as she is out on medical leave.

Due to her absence, our spiritual classes will be handled through our Wellness Department and taught by Mindy Raulston. If you have any questions or concerns, please contact Betsy Miannecki at 716-7143.

Tuesdays, Aug. 5th, 12th and 19th - Spiritual Devotions, 4:00pm, (CH)

Wednesdays, Aug. 13th, 20th, 27th - Read a bestseller, 4:00pm, (CH)

Thursdays, Aug. 14th & 21st - Bible Study, 3:00pm, (CH)



Bible Trivia

From the clue provided, name the biblical person.

1. Strong man _____
2. Man of great patience _____
3. Wise king _____
4. Giant killer _____
5. Lion tamer _____
6. Weeping prophet _____
7. Ark builder _____
8. Baby in the bulrushes _____
9. Father of the nations _____
10. All generations call her blessed _____



Bonus Question

What was the 10th and final plague visited upon the Egyptians?

Answers can be found in the Activity Room bulletin board.