



Village Trumpet



Embrace the possibilities

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

November 2015



Featured Articles

Chaplain

Getting to know...

Marketing & Events

Events

Events

Whazzup...

Photos



2015 Spelling Bee held at Shelby Township Senior Center. The Village of East Harbor Spelling Bee Team came in third place.



The Village of
East Harbor
A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



The Village of East Harbor

Holiday Bazaar

Friday • Saturday, November 13 & 14 10am-4pm

No Admission Fee!
Over 50 Vendors!
Start Your Holiday Shopping Early!!!

Holiday decorations	Origami Owl	Hand Knitted items
Hand Painted items	Wine Bottle Art	Baked Goods
Gourmet Chocolate	Unique Jewelry	Apparel
Bird Houses	Cosmetics	Crafts

...And so much more!

From the Desk of Chaplain Mindy



In the country, a man goes to the minister and complains, "Life is unbearable. There are nine of us living in one room. What can I do?"

The minister answers, "Take your goat into the room with you." The man is incredulous, But the minister insists. "Do as I say and come back in a week."

A week later the man comes back looking more distraught than before. "We cannot stand it," he tells the minister. "The goat is filthy."

The minister then tells him, "Go home and let the goat out. And come back in a week."

A radiant man returns to the minister a week later exclaiming, "Life is beautiful. We enjoy every minute of it now that there is no goat – only the nine of us."

This is a funny story but how many of us know that we too act this way sometimes. We complain about our lives and our circumstances. We need only to realize it is all a matter of perspective. It's a matter of waking up each morning and looking for the blessing. It's a matter of seeing the good instead of the bad. It's a matter of having an attitude of gratitude and thanksgiving!

We have the opportunity this month to practice being thankful and practice makes perfect! Thanksgiving is a beautiful holiday where we can gather with family and friends to give thanks for all the blessings in our lives. Lets not wait until Nov. 26th, to begin giving thanks.

Lets start now Nov. 1st, and practice all month long - Giving Thanks!

Join me in giving thanks by stopping by outside my office and contributing to our "Give Thanks" piece of art. What's that, you may ask? Well come by and find out :)

It is a good thing to give thanks!

I Thessalonians 5:18

"in everything give thanks; for this is God's will for you in Christ Jesus."

MINUTES OF
THE RESIDENTS ASSOCIATION MEETING
OF OCTOBER 13, 2015

The meeting was called to order by President Pete Batts at 1:32 PM.

New residents that were present and recognized were Marvin Pelke and Jim Powell.

Pledges to the American and Christian flags were led by Secretary Bob Healy.

Beverly Harwood did an inspirational reading from "Our Daily Bread" devotional and encouraged residents to Pick up a free copy from outside the Chapel if they were not using a daily devotional guide. Dorothy Dennis volunteered to bring next month's inspirational message.

Minutes of the previous meeting were read by Secretary Bob Healy and approved by those in attendance.

Gladys Stolzenfeld gave the Treasurer's report giving the balance in the General Fund as of October 6th at \$2,731.77; the balances in the Petty Cash Fund and the Sugar Bowl Fund remained unchanged from the previous month at \$83.00 and \$159.45 respectively. President Batts pointed out that we had spent \$60 for birthday entertainment during the month. The report was accepted as given.

REPORTS FROM THE STAFF

Chef Debbie of Unidine described the menus for the Birthday Dinner on October 15, and the special Halloween Supper on October 27. She announced that there would be a Farmer's Market and pie sale one or two days before Thanksgiving.

Betsy showed a video of a Public Service Announcement regarding the abuse of prescription drugs which was made including a number of East Harbor residents. She then described a number of events and trips that are planned for the remainder of October. She also announced that the Holiday Bazaar will be held on November 13 and 14. Anyone who wishes to have vending space, or would volunteer to relieve those who do for rest breaks, should see her.

Chris informed us that Lisa is returning On October 26th. She will be conducting the Fitness Classes on Mondays and Thursdays, and Chris will continue leading them on Tuesdays, Wednesdays and Fridays.

Chaplain Mindy reminded us about "The Mysteries of the Rosary" classes on Thursdays in October. She thanked all those who participated in the Give-Back Project in which 100 kits were put together. She made available tent cards with her phone numbers on them so that residents can contact her 24/7 when they have a need for her services. She has received comments from several residents that the sound system in the Chapel is poor. She is looking into how the system may be improved. She encouraged ladies to come to the Bible Study on Thursdays in which they are using the book, "Bad Girls of the Bible and What We Can Learn from Them." East Harbor is partnering with Season's Hospice for a memorial service on All Saints' Day for those of our community who have died during the past year.



Toni Gregg reminded us that flu shots will be available for independent residents on two days in October. On another day in October, the nurse will go to each room in Assisted Living to give a flu shot.

David Miller informed us that a project management firm called ARCH is making an assessment report determining what renovations need to be made. We have received significant funds from the sale of the nursing center and assisted living and memory care units at the Village of Redford. These funds will go toward the construction of the new Wellness Center, a food pavilion, and a new 3-story apartment building at East Harbor.

The use of heart resuscitation units is being currently evaluated in Health Care. Currently, in Michigan, we cannot legally resuscitate in Independent Living or Assisted Living because some people have a “Do Not Resuscitate” declaration. David is checking into how we can make use of the units. He is also looking into leasing a new vehicle such as the GMC Terrain for the Village, as well as another 16-passenger bus with wheelchair lift. Meanwhile, anyone who requires transportation, and uses a wheelchair/powerchair, will be accommodated. Assistance is always available.

COMMITTEE REPORTS

Bob Bradley reported for the Buildings and Grounds Committee that the main recycle bin is in place, but some residents have said that they cannot lift the lid on top. Chaplain Mindy said that Betsy had talked to Maintenance and they will come and pick up and dispose of the recyclables until a solution is arrived at.

Jean Campbell for the Communications Committee thanked all those who have helped resolve the issues that have been raised by the Committee.

Bob Healy reminded everyone that it would soon be time to prepare a donation to the Resident Association Christmas Fund for Employees.

Pete Batts made another plea for someone to volunteer to be the coordinator of fundraising activities for the Resident Association.

Upon motion to adjourn, the meeting was closed at 2:53PM and refreshments were enjoyed in the dining room.

Respectfully submitted,

Bob Healy,
Secretary



JUST SOME THOUGHTS

by Fred Pankow

What would cashiers do, when making change, if the machine didn't print out the answer or dispense the change? Most old timers would have already figured it out in their heads.

With the doing away with machine shop and wood shop what is happening to industrial arts skills? Where is the learning for the "art" of it?

We did away with typing class and then gave every student a keyboard attached to a computer.

With so many required classes the classes for subjects in which the students are interested and want to take will disappear from the list of studies available.

What happens to learning and remembering the "basics" if students can carry mini-computers?

What happens to a child when the library becomes a *media center* without books?

Would it be so terrible if once in a while politicians agreed with a plan created by members of the opposite party, and said so?

Political suicide is when an office holder publicly disagrees with, or votes against, anything being pushed by his/her party.

I often wonder if printed books are priced by the quality of the contents or by the weight of the volume. The document should be neither too heavy in the weight of the materials of its construction or of the wording in its contents. Reading should be a pleasure and not punishment.

Have you noticed the host or hostess, on cooking shows, use the freshest ingredients (many of which I never heard of), the best cooking pans, the best serving dishes, gas fired burners, well ventilated kitchens and everything is within arms reach in just the right amount. If I had that I wouldn't need the show I could hire a cook. Show me how to make a great meal from the few outdated cans I have on the shelf and that bag of wilted spinach in the refrigerator. I'll bet they never ate a sandwich of goose grease spread on bread with a sprinkle of sugar on top, or white oleo (later colored to resemble butter).

My passenger said, as a car passed our car at a high rate of speed, "He is going to the hospital. He just doesn't know it yet."

An elderly lady teacher retired and moved to the country. She decided to raise some chickens. She went to the grain elevator and ordered five roosters and five hens. The man behind the counter said, "Mam, you only need one rooster for five hens."
She said, "Sounds just like a man."

FITNESS NEWS

November is American Diabetes Month

Diabetes Facts and Figures:

- » Diabetes affects nearly 10 percent of the U.S. population.
- » Every 19 seconds someone in the U.S. is diagnosed with diabetes.
- » Recent estimates project that as many as 1 in 3 American adults will have diabetes by 2050 ***unless we take steps to stop diabetes***
- » Diabetes nearly doubles the risk for heart attack and for death from heart disease.
- » Roughly 60 to 70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other

Diabetes can be delayed and possibly prevented by losing a small amount of weight (5 to 7 percent of total body weight) through **30 minutes of physical activity 5 days a week and healthier eating.**

Our wellness center offers a variety of classes for all fitness levels. Stop in at 9:00 am, 11:30 am or 2:00 pm for any one of our classes to decide which ones are right for you.

You'll also want to check out our bulletin board outside of the wellness center to learn more about diabetes



**WELCOME LISA BACK!
AND HER NEW BUNDLE OF JOY
ALEX JEREMY SONNENBERG**

League Starting

Wednesday, November 4

1:15 pm

Activity Room

Nintendo® Wii

Bowling



Easy to Learn and Fun to Play
Come on down and give it a try

EVERYONE IS WELCOME



Oakland University future Nurses will be visiting The Village to complete their older adult clinicals. We are looking for volunteers who would like to help them for approximately 1 hour with their health and safety assessments.

The days are as follows:

Group 1: Tuesdays, November 17, 24 and December 1

Group 2: Thursdays, November 12, 19 and December 3

Both groups will meet on the first day at 10:00am.

If you would like to help please sign up in the Activity Room or call Betsy at 586-716-7143



We are looking for Volunteers who would like to help put the finishing touches on crafts being sold at the Holiday Bazaar

Monday, November 2 & 9

10:00am

Activity Room



*Calling All
Bakers!*

PLEASE CONSIDER DONATING A BAKED GOOD FOR THE HOLIDAY BAZAAR!

Drop off all baked goods
Wednesday, November 11 before 4:00
or
Thursday, November 12 by 10:00am

If you would like to package and price, join us
Thursday, November 12, 10:00am
Activity Room

All Proceeds to benefit the Resident Association.



Mandala Art

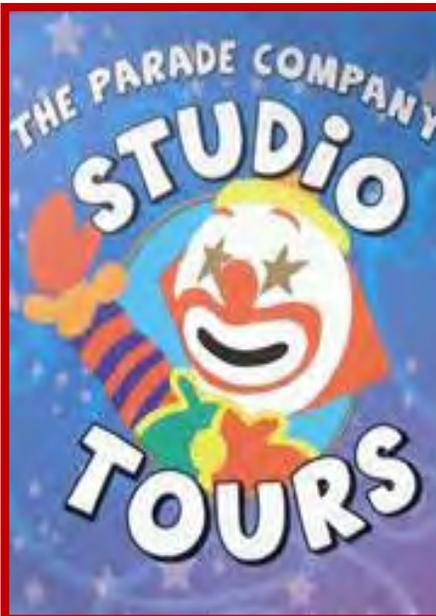
Mandala means circle. People who color mandalas often experience a deep sense of calm, well-being and improved concentration. It does not require any expertise, but it does allow you to express your creative side.

Enjoy the tranquility of soft music and uncover your creativity as you color a Mandala of your choice.

Every Wednesday, 9:00am

Friday, November 13, 2:00pm

Friday, November 27, 2:00pm



Discover Detroit's most enchanting hidden treasure! Venture into the magical ParadeLand and experience a behind the scenes look at America's Thanksgiving Parade®. Learn more about the Parade's fascinating history, explore the 200,000 square-foot storyland of floats and see how our award-winning artisans bring them to life.

**Tuesday, October 17
9:30am**

Lobby

**Lunch following the Tour
Buddy's Pizza
Six Mile and Conant**



Picture Day is November 18



**Calling ALL Residents
We will be updating all pictures on file.
Come dressed in your favorite outfit.**

And bring a smile!

Wednesday, November 18

11:00am

or

2:30pm

Activity Room

Make-up Day

Friday, November 20

10:00am

Activity Room



WHAZZUP with wellness.....

UPCOMING EXCURSIONS

Wednesday, November 11

Women's Lunch

Mexican Village

Shopping to follow

Debby Dollar

11:00 am \$\$\$ on your own

Tuesday, November 17

Parade Company Tour

Buddy's Pizza

9:30 am

Tour: \$10.00 due November 9

Lunch \$\$\$ on your own

Friday, November 20

MJR Movie & Lunch

9:00 am

\$\$\$ on your own

Monday, November 23

Mall Trip

Waterside

9:30am

\$\$\$ on your own

Tuesday, November 24

Men's Lunch

12:00 pm

Activity Room

\$11.00 (Residents without a meal plan only)

Please sign up for all excursions in Kiely Lobby

Alzheimer's Support Group

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

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

Please call

Maria Messina, Lead Attorney

(313) 937-8282

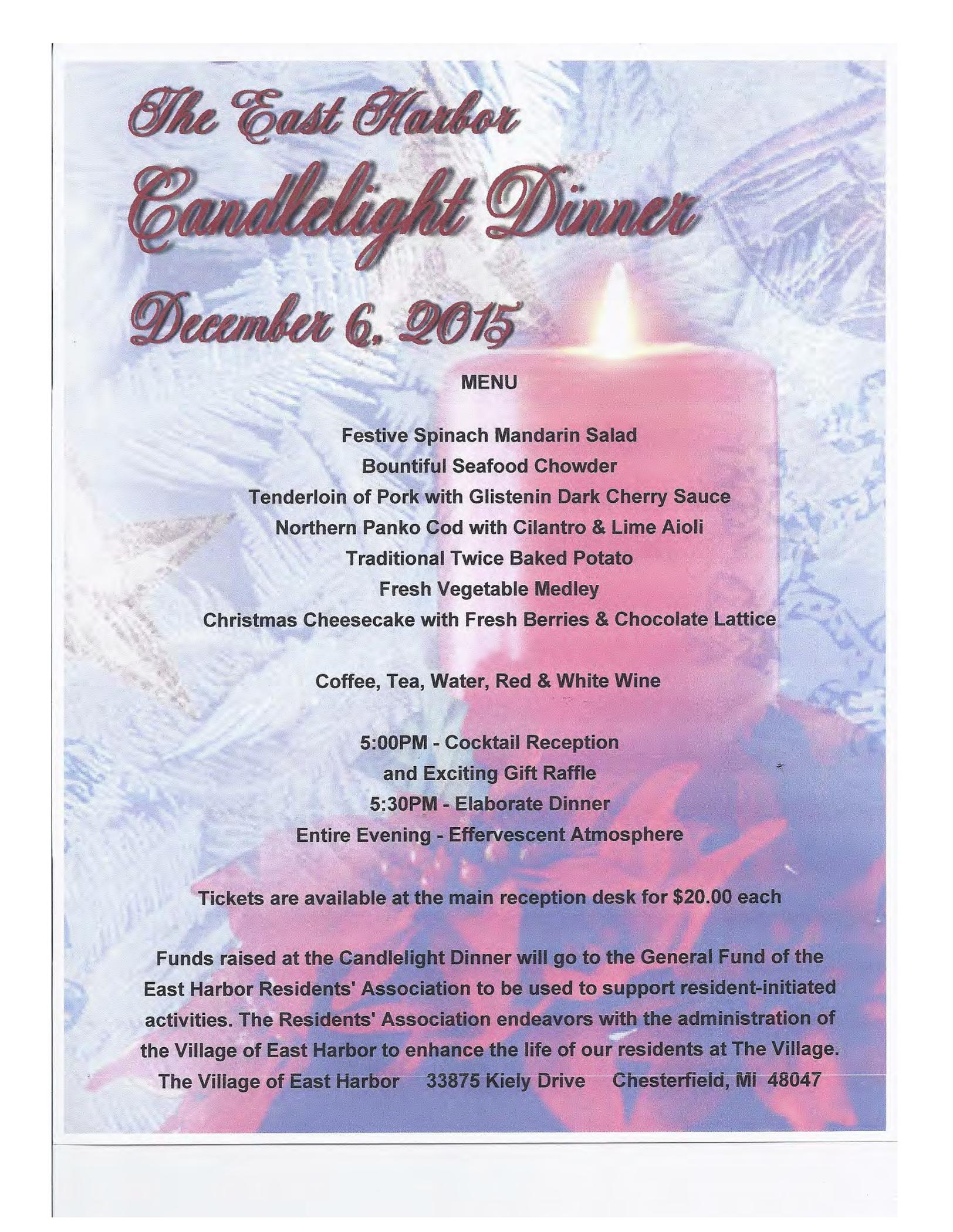


Michigan -VS- Michigan State Pre-tailgate Party



Pumpkin Decorating





*The East Harbor
Candlelight Dinner
December 6, 2015*

MENU

**Festive Spinach Mandarin Salad
Bountiful Seafood Chowder
Tenderloin of Pork with Glistenin Dark Cherry Sauce
Northern Panko Cod with Cilantro & Lime Aioli
Traditional Twice Baked Potato
Fresh Vegetable Medley
Christmas Cheesecake with Fresh Berries & Chocolate Lattice**

Coffee, Tea, Water, Red & White Wine

**5:00PM - Cocktail Reception
and Exciting Gift Raffle**

5:30PM - Elaborate Dinner

Entire Evening - Effervescent Atmosphere

Tickets are available at the main reception desk for \$20.00 each

Funds raised at the Candlelight Dinner will go to the General Fund of the East Harbor Residents' Association to be used to support resident-initiated activities. The Residents' Association endeavors with the administration of the Village of East Harbor to enhance the life of our residents at The Village.

The Village of East Harbor 33875 Kiely Drive Chesterfield, MI 48047

Directory

Accounting	
<i>Tracy Tesch</i>	716-7408
Activity Lead A/L & I/L	
<i>Betsy Mianecki</i>	716-7143
Admissions Specialist T.C.U	
<i>Sue McCallum</i>	716-7427
Assisted Living Nurse	
<i>Denise Klimaszewski</i>	716-7115
Beauty Salon	
<i>Appointments</i>	716-7180
Chaplain	
<i>Mindy Raulston</i>	716-7438
Front Desk	
<i>Receptionist</i>	725-6030
Dining Services Mgr.	
<i>Nolan Poloney</i>	716-7419
Director of Nursing	
<i>Melissa Freiburger</i>	716-7416
Driver	
<i>Ann Marie Hart</i>	716-7142
Fitness Specialist	
<i>Lisa Sonnenberg</i>	716-7164
Front Desk	
<i>Receptionist</i>	725-6030
Haven Hall Nurse	
<i>Lynette Sanday</i>	716-7384
Housekeeping / Laundry Mgr.	
<i>Mary Breen</i>	716-7418
Maintenance Mgr.	
<i>Rod Brandt</i>	716-7417
HCC Activity/Volunteer Mgr.	
<i>Sheri Stover</i>	716-7021
Physical Therapy Mgr.	
<i>Kim Frabotta, Agility Therapy</i>	716-7398
Resident Care Mgr.	
<i>Toni Greig</i>	716-7426
Sales & Leasing Mgr.	
<i>Carolyn Martin</i>	716-7221
Sales & Leasing Specialist	
<i>April Myers</i>	716-7397
<i>Nancy Smiley</i>	716-7183



11/04 Jane Mize

11/05 Donna Moore

11/07 Delores Janco

10/15 Grace Buffa

11/12 Ivan Bassett

11/14 Shirley DeLaere

11/18 Darlene Wallace

11/23 Annette Gobert

11/26 Elizabeth Gigliotti

11/27 Audrey Miller

11/27 Marie Kowalczyk

11/29 Stanley Orzol

WELCOME NEW RESIDENTS

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

Helen Rosnick-503 Capman