

The Village of East Harbor
COVID-19 Vaccine Clinic
Wednesday, February 3, 2021

Chapel side entrance

Your Appointment Time is _____

RESIDENT CHECKLIST:

Everyone who is receiving the vaccine, should have completed their consent form and returned it to the front desk. If you have **not** filled out your consent form, please fill out the forms immediately and return them to the front desk.

Bring a copy of all your insurance cards or we will scan them on the day of the clinic.

Dress appropriately. Wear a shirt that is easy to access your upper arm for the shot.

Wear a Mask

Arrive within your scheduled time. Time slots will be in 20 minute increments.

Be sure you are feeling well on the day of the clinic. *If you have had a cough, fever, difficulty breathing, chills, muscle aches, new loss of taste or smell, nausea, vomiting, or diarrhea within the last 2 days, or if you have been asked to isolate or quarantine due to COVID19, please do not attend the clinic. You can call the Health Department to set up a flu appointment for another time.*



Village Trumpet



Embrace the possibilities

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

February 2021



Congratulations!



To all Residents who participated in the 2020 Village Victory Cup.

We came out on top with a total of 653.5 points. In second place, The Village of Westland with 617.83 points and third place, The Village of Oakland Woods with 556.33 points.

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The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



February is...

Heart Month



National Wear Red Day



Friday,

Live Fierce. Wear Red. February 5, 2021



Wear Red and take a selfie or a picture of a friend and send it to Betsy @ 586-214-2463 and your name will be put in a drawing to win a heart healthy prize!

Look inside on how to participate in our Heart Health Challenge starting February 1st!

FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:



Congratulations to all residents who participated in this year's first Virtual Victory Cup. I am pleased to announce that East Harbor took first place. Congratulations to our Coach and team leader Chris Gorde. After years of coming in second place we have regained the title.

Way to go Pirates!!!!!! Fantastic job!!!

Feb 3 is the 1st vaccination clinic for the Covid 19 vaccination for Independent residents. I am pleased that we can offer the clinic and CVS team will administer the vaccinations. The Moderna is the vaccine that we will be provided with. Second clinic will be in approximately 28 days after. Vaccinations are by an assigned appointment time. You will receive a flyer with your Trumpet with your assigned time. Please try to make arrangements for a ride to the building. We will provide transportation on a limited basis, due to social distancing. Thank you for your understanding.

Please bring a copy of your healthcare and insurance cards to the front desk by February 2nd. If you are unable to return a copy to the front desk or make a copy please bring your cards on February 3rd at the time of your appointment.

Construction is well underway. We are holding zoom events where we meet virtually to inform perspective depositors about the new ranch apartments and Harbor Inn. If you would like to attend call the front desk and ask for Sales and Leasing. 586-725-6030.

A fun easy craft you can make at home to celebrate Valentine's Day. Take a heart shaped mold and add green cuttings, berries, small pine cones. Add water and twine to hang or ribbon and freeze. Hang outside and you will enjoy a decorative ice crystal.



Happy Valentine's Day!

Carolyn Martin

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**

MARKETING

It is February and loves in the air! What's not to love about new construction?! The Harbor Inn project is coming along quickly with the first six Ranch style apartments scheduled to be move in ready by June 2021. The Marketing Team just held their first "Red Carpet Zoom Event" on January 29th and there will be more to come. Every third Thursday of the month, there will be a virtual Zoom event with information on Harbor Inn. The next event is February 18, 2021 at 2pm!

Stay tuned for more details!

Sales & Leasing Team



WELCOME HOME NEW RESIDENTS

We welcome these new residents to our
Village of East Harbor Family
Mary Lawlor—113



Secure A Fixed Rate Annuity to Generate Income for Life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



*From The Desk Of
Chaplain Laura...*

February 2021



I love the history of Valentine's Day!

For decades, "Valentines Day" has been celebrated as a time of love, through greeting cards, sweets, hearts, and flowers.

During the time of Roman Catholic Priest, St Valentine, Claudius, (a persecutor of the Church) banned marriage of young people due to war, since a wife and children would be a distraction to the focus on war, therefore, banning marriage.

The church believed marriage to be sacred between two people, for life, and was to be encouraged. St Valentine secretly began marrying couples, was caught, persecuted, beaten and imprisoned for doing so.

He eventually lost his life for his cause... **LOVE.**

Father O'Gara of Dublin, Ireland stated, "Valentine has come to be known as the patron saint of lovers. Before you enter into a Christian marriage you want some sense of God in your life—some great need of God in your life. And we know, particularly in the modern world, many people are meeting God through his Son, Jesus Christ.", adding, "What Valentine means to me as a priest, is that there comes a time where you have to lay your life upon the line for what you believe. And with the power of the Holy Spirit we can do that —even to the point of death."

TRUE LOVE.... laying down your life for another.

Should you need prayer, someone to talk to, would like a visit, or need assistance with something, please feel free to contact me (586) 424-5674

Ash Wednesday and LENT begins Feb 17.

Sunday services now in the Chapel. Please see your calendar

**PLEASE SEE "CHAPLAIN'S CORNER" IN THE TRUMPET FOR
UPCOMING SPIRITUAL STUDIES, PROGRAMS, and CELEBRATIONS**

*In His Service,
Chaplain Laura Stone*



CHAPLAIN'S CORNER

FEBRUARY, 2021



Below are all February Spiritual Events and Activities

SUNDAY– CHAPEL SERVICES — **10:00 Kirk Hall;** **11:00 Barnett and Capman**

MAKE A BLANKET- Join us to make a tied-end blanket like we made last year.

Tuesday Feb 2 at 1:00, Wednesday, Feb 3 at 2:30 , Thursday Feb 4 at 2:30.

***** Choose only ONE day to attend. Blankets are ONE PER PERSON *****

Every Tuesday beginning Feb 9 at 1:00- Spiritual Studies. Every month, we will have a different study topic. February, we will be “Discovering God’s Purpose for Your Life” by Beth Moore.

Every Wednesday beginning Feb 10 at 2:30– Spiritual Games. Come join us for a variety of fun as we explore our faith through fun and exciting games including Bible Bingo, Trivia, word games, and more.

Every Thursday beginning Feb 11 at 2:30– Bible Study– Join us for various types of studies throughout the year. We will be learning more about our favorite people of the Bible, books of the Bible, and various topics in the Bible. It will be a fun and interesting time!

WEDNESDAY, FEBRUARY 17– LENT BEGINS; ALSO ASH WEDNESDAY

You may come to the chapel between 9am and 9:30 am, or I will be moving about the building, visiting everyone individually to give ashes.

If you have any questions about these programs, please see Chaplain Laura or call me at 424-5674. If you have need of prayer, resources or a visit, please come see me or call me. I am here to assist you with these and more.

In Christ,

Chaplain Laura

If you ordered a google nest hub or would still like one...

if you have not already done so, please fill out the **NEW** paperwork that was sent out in the January Trumpet and return it to Betsy by February 3. The Google nests have to be sent back to be reprogrammed with your WIFI address and password in order to work. As soon as we get them back, we will be delivering them.



Please call Betsy-586-716-7143 with any questions.

The MDHHS in cooperation with a national education technology company called *GetSetUp* is helping seniors stay in touch and connected to new opportunities using their computer, tablet, smartphone and even with their regular landline telephone.

These classes include social hours with topics such as Staying Positive During the Pandemic, Playing Pictionary, Holiday Recipe Swaps, etc. They also teach you how to Zoom, Group Meditations, Reading and Recording Stories for Grandchildren. There are literally hundreds of choices. **Registration for the classes is free.** Registration is required.

The website is <https://www.getsetup.io/michigan> or people can call 1-888-559-1614 to register

This is a great program to connect with others and it is **FREE!**

If you witness a staff person, manager, or leader doing a great job and exhibiting of one or more of the Service Excellence Core Values, you can fill out a “What I do Matters” form and give it to the person at any time or turn it into the front desk with the person’s name on it.

If you need more forms please contact Betsy.

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

Fitness Center News

Congratulations to our amazing residents who were involved in the 2020 Village Victory Cup Covid Edition.

It was recently announced that our very own Pirates triumphed over all and took **1st place! Victory is always sweet but our residents proved that they can conquer most anything, including Covid!**

The trophy will arrive to our campus in the coming week to be displayed for as long as we remain the prevailing champions! The wellness team will bring all those involved their appropriate medals and get their picture taken with the trophy! Be sure to wear your Victory Cup T-shirt and, of course, your mask!!

**VVC
Champions**

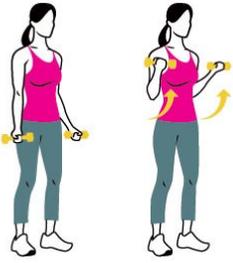


On the back of this page are exercises for you to do on your own. Complete each exercise and fill out the ticket in its entirety. Outside residents can bring it over to the designated dropbox under the awning at the main building. Inside residents will put it in the dropbox in the activity room at the sign in table. We will draw one ticket per week for a chance to win a healthy living prize. If you are unable to bring your ticket in yourself, see if one of your neighbors can drop it off when they bring theirs or call Chris at (586)716-7385 and leave a message and I will come and pick up your tickets for you. For every ticket COMPLETED and dropped in the OUTDOOR dropbox, a second ticket will be added in your name to encourage getting outdoors and getting more activity. GOOD LUCK!!

February is Heart Health month so look for more heart healthy information and activities coming your way!

Continue to stay active and remember to keep at least 6 feet between yourself and anyone else—EVEN OUTSIDE AND EVEN WEARING A MASK!

Bicep curls



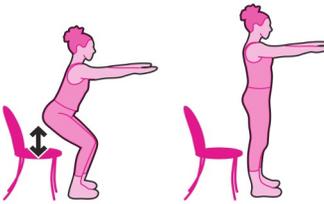
Name AND Date _____

Phone # _____

How many repetitions did you do AND what weight (if any) did you use ?

Other comments: _____

Sit to stand



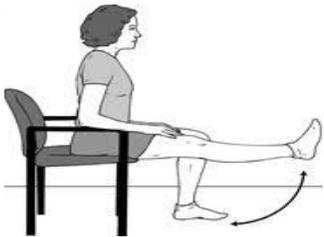
Name AND Date _____

Phone # _____

How many repetitions did you do AND what weight (if any) did you use ?

Other comments: _____

Seated leg exten-



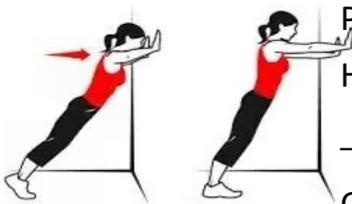
Name AND Date _____

Phone # _____

How many repetitions did you do AND what weight (if any) did you use ?

Other comments: _____

Wall push up



Name AND Date _____

Phone # _____

How many repetitions did you do AND what weight (if any) did you use ?

Other comments: _____

Bent over row



Name AND Date _____

Phone # _____

How many repetitions did you do AND what weight (if any) did you use ?

Other comments: _____



Our newest baby birds



The Village Lottery is held every Tuesday & Thursday at 1:30pm.

**Watch channel 3 if you live in the main building or listen for the robo-call at 1:30pm
announcing the winning numbers.**

Keep your lottery numbers for the month.

Winners of the lottery numbers

Call Betsy—586-716-7143

GOOD LUCK!

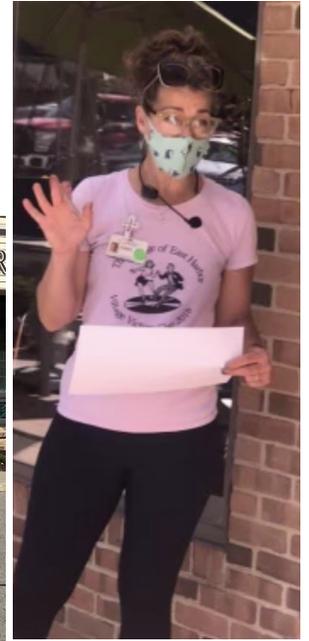
Winners in January:

Gerry Bellak

- **Jane Mize**
- **Eleanor Chapman**
- **Bob & Pat Healy**
- **Jack & Barb David**



Village Victory Cup 2021



Look who visited The Village on his birthday!





Valentine Bird Craft



SHOW AND TELL

MONDAY'S 2:30PM • CHANNEL 3

**WE WILL BE VIDEOTAPING YOU AS YOU TELL US
SOMETHING INTERESTING ABOUT YOURSELF
OR SOMETHING YOU OWN.**

**MEET US IN THE ACTIVITY ROOM OR WE CAN
COME TO YOUR ROOM.**

CALL BETSY: 586-716-7143 FOR MORE INFO

ARMCHAIR TRAVEL

FRIDAY'S

3:00PM

Channel 3



**Be taken to a faraway place without leaving your chair.
Armchair travel takes you on a sensory experience learning
about exotic lands and past events.**

- **February 5-Heart Smart Information**
 - **February 12-Paris**
 - **February 19-China**
- **February 26-History of Tortilla Chips & their origination**

HAPPY HOUR



FRIDAY'S

1:00pm

**Activities will be coming around with light refreshments prior to
the armchair travel presentation on channel 3.**

Directory

Accounting	
<i>Tracy Tesch</i>	716-7408
Activity Lead A/L & I/L	
<i>Betsy Mianecki</i>	716-7143
Administrator	
<i>Carolyn Martin</i>	716-7221
Admissions Coordinator TCU	
<i>Beth Humble</i>	716-7427
<i>Sue McCallum</i>	716-7395
Assisted Living Nurse	
<i>Denise Klimaszewski</i>	716-7115
Beauty Salon	
<i>Appointments</i>	716-7180
Care Sync Case Manager	
<i>Josie Villegas</i>	716-7092
Chaplain	
<i>Laura Stone</i>	716-7438
Dining Services Mgr.	
<i>Brian Williams</i>	716-7419
Director of Nursing	
<i>Jeff Robinson</i>	716-7416
Driver	
<i>Ann Marie Hart</i>	716-7142
Environmental Serv. Adm. Asst.	
<i>Shelby Jones</i>	716-7436
Executive Director	
<i>David Miller</i>	716-7410
Fitness Specialist	
<i>Chris Gorde</i>	716-7385
Front Desk	
<i>Receptionist</i>	725-6030
Haven Hall Nurse	
<i>Lynette Sanday</i>	716-7384
Housekeeping / Laundry Mgr.	
<i>Teri Lynn Taylor</i>	716-7418
Maintenance Work Request	
<i>Front Desk</i>	725-6030
Maintenance	
<i>Emergencies After 11:00pm</i>	248-996-2470
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 Specialist	
<i>Peggy Carroll</i>	716-7397
<i>Dylan Demo</i>	716-7183



2/01 Bill Creed

2/03 Archille Jones

2/07 Audrey Bolton

2/24 Robert Jones

2/27 Marlene Batts

2/27 Steven Huber

**ALL TRIPS AND
APPOINTMENTS
ON HOLD
TILL FURTHER NOTICE**

RESIDENTS TV

Community Channel 3 Schedule

Monday

9:30am-Rosary
10:00am-Spiritual
11:00am-Fitness
3:00pm-Show & Tell
6:00pm-Entertainment

Tuesday

9:30am-Rosary
10:00am-Spiritual
11:00am-Fitness
1:30pm-Tuesday Trivia & Lottery
6:00pm-Entertainment



Wednesday

9:30am-Rosary
10:00am-Spiritual
11:00am-Fitness
6:00pm-Entertainment



Thursday

9:30am-Rosary
10:00am-Spiritual
11:00am-Rosary & Divine Mercy
1:30pm-Word Genius & Lottery
6:00pm-Entertainment

Friday

9:30am-Rosary
10:00am-Spiritual
11:00am-Fitness
3:00pm-Armchair Travel
6:00pm-Entertainment

Saturday

9:30am-Rosary
11:00am-Fitness
6:00pm-Entertainment

Sunday

11:00am-Spiritual Service
1:30-Fitness
6:00pm-Entertainment



Tear this page off and post it near your TV