



Village Trumpet



Embrace the possibilities

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

July 2015

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Holleran Resident Satisfaction Survey

It's that time of year for the distribution and participation of the Holleran Resident Satisfaction Survey.

Once you have completed the survey, fold and put in the envelope provided and return to the main reception desk, by the deadline of Friday, July 10, 2015. When you return the completed survey you will receive a \$5.00 certificate to be used in our gift shop "Golden Treasurers".

Thank you in advance for your time and assistance in this project.

Naomi Yamagucchi Piano Recital

July 5

3:00 p.m.

Chapel

Reception to follow in the Activity Room



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:

The transitional care unit (TCU), which is the short term stay Medicare unit within our nursing center, is wrapping up the final phase of the renovations. We should be completely done by the end of June and we will set up tours for those who wish to see the changes.

With the sale of the Redford nursing and assisted living coming to completion the end of September this year and the re-financing of the debt here at East Harbor, there will be funds available to invest in our Village's site development plan.

As part of the normal annual business plan each year we always budget for things to be replaced or repaired as part of the capital replacement budget. With the additional cash we will be able to look at the needs of our Village and prioritize renovations and the possibility of new construction to help our Village improve and grow for many years to come.

This is a very exciting time to be part of this community and I am looking forward to seeing this Village expand and grow over the next five years. Stay tune for more updates, as time goes on, and thank you all for being part of this campus. It is because of our residents that this Village exists and on behalf of all of the employees we appreciate the opportunity to care for your needs.

Respectfully Submitted: David Miller





Giving Matters.

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

What Will Be Your Legacy?

Donations, large or small, help transform the lives of PVM residents and can come in many other forms besides a check. You have the power to leave a legacy for residents by including PVM in your estate plans, like **William and Marjorie Connor** did. The Connors were long-time residents at The Village of Redford. Both have passed away, but the PVM Foundation was blessed to be the recipient of their planned gift that will enable kitchen renovations at The Villa of Redford. Once completed, the William & Marjorie Conner Kitchen will offer easier and more convenient onsite meal service for residents.

You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a huge impact. There are options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

Gifts that pay you income, like a Charitable Gift Annuity – a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments for life, as high as a 9% rate of return depending on the donor's age.

Gifts that benefit us after your lifetime, like a Bequest – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM. Sample text: *"I give Presbyterian Villages of Michigan Foundation, (_____ percent of the residue of my estate) or (the sum of \$_____), to be used by Presbyterian Villages of Michigan Foundation, wherever the need is greatest."*

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

We are so grateful for donors like William and Marjorie Connor, whose legacy will continue to make a lasting impact on residents today and in the future.

Warm regards,

Paul J. Miller, CFRE

LEAVE A
Legacy
Ways to make
a Planned Gift

Support PVM during your
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

CONTACT US TO LEARN MORE
Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller
248.281.2045 www.pvmfgifts.org

 **Presbyterian Villages**
OF MICHIGAN
THE FOUNDATION

*From the Desk of
Chaplain Mindy*

Independence Day, commonly known as the **Fourth of July** or **July Fourth**, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States which celebrates our freedom!

There is another freedom we celebrate and it is our spiritual freedom! Freedom from oppression, depression, bondage, addiction, sin and so many other things that we are free from due to our relationship with our Father in Heaven, His Son and His Holy Word.

John 8:31-32

So Jesus was saying to those Jews who had believed Him, “If you continue in My word, *then* you are truly disciples of Mine; and you will know the truth, and the truth will make you free.” (*This holds true for people of all nations.*)

John 8:36

“So if the Son makes you free, you will be free indeed.”

So with the coming of July 4th, let us celebrate our independence, but let us also remember to celebrate our spiritual freedom as well. Freedom to worship, freedom to have and read the Holy Bible, freedom to serve the God we choose, freedom to have peace in our hearts and joy in our souls! We, in America, are a blessed people! Celebrate! The Lord is GOOD!



Remembering the Little Girl and the Trees by Fred Pankow

A lesson learned has served me throughout my career and to this day.

She was so little and just learning to walk. She was already wearing thick lenses in her glasses; on her tiny feet were shoes made for a small child with feet that did not work like the feet of other children.

Her mother and father, friends of mine, had two other children, each older than this small girl, neither of whom had any of these problems. I was sad in anticipation of the problems I envisioned for this little one. She did not seem aware of the imperfections; I never knew her not to smile in greeting.

I had an experience, with the father of the little girl, and it had to do with trees. For many years I grew blue spruce trees from seedlings to the point where the trees were about 2 feet tall. At that point I gave the trees to friends. None of the trees I raised were sold; raising them was a hobby.

The father of the little girl indicated he would be pleased to accept two trees for his back yard. When I delivered the trees I indicated that one tree had developed a double tip and I had trimmed it so it would grow into a perfect blue spruce tree. His reply was, "They don't have to be perfect." It was a simple statement but one which has remained with me all these years.

As a teacher I have experienced interactions with children no two of whom were alike. "They don't have to be perfect", is a lesson I recalled each time a new child rearing problem confronted me. We do not know what perfection is and each of us has strengths and weaknesses. Some of our differences are obvious but some are not; this is true whether it be a child or a blue spruce tree.

The little girl is now a grown lady. I saw her a short time ago. She is beautiful.



The Sales/Leasing/Admissions department would like to wish everyone a safe and happy 4th of July! Summer is finally here, and July is shaping up to be a fun-filled month with plenty of great activities: Village Victory Cup (go Pirates!), the family picnic, and so much more. Looking ahead, on Saturday, September 12th from 8:30 until noon is Macomb County Heart Chase. This fun event promotes healthy living and raises funds to fight heart disease and stroke. The Village of East Harbor is one of the sponsors, and we are looking for a team to represent us in the senior section! Watch for further details coming soon on how you can help raise donations to benefit the American Heart Association while raising awareness and having a great time while doing it!

Office Numbers

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

Accounting – 716-7408

Tracy Tesch

Activity Lead A/L & I/L 716-7143

Betsy Miannecki

Assisted Living Nurse – 716-7115

Denise Klimaszewski

Beauty Salon – 716-7180

Chaplain – 716-7438

Mindy Raulston

Desk—725-6030

General Manager Dining Services – 716-7419

Nolan Poloney

Director of Nursing – 716-7416

Melissa Freiburger

Driver – 716-7142

Ann Marie Hart

Fitness Specialist – 716-7164

Lisa Sonnenberg

Haven Hall Nurse – 716-7384

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Housekeeping/Laundry Mngr. – 716-7418

Mary Breen

Maintenance Manager - 716-7417

Rod Brandt

HCC Activity Manager/Volunteer Coordinator

Sheri Stover **716-7021**

Physical Therapy Manager— 716-7398

Kim Frabotta, AgilityTherapy

Resident Care Manager – 716-7426

Toni Greig

Sales & Leasing Specialist—

April Myers 716-7397 & Nancy Smiley 716-7183

Sales & Leasing Manager – 716-7221

Carolyn Martin

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

Sue McCallum

★ **HAPPY** ★
BIRTHDAY!

7/5 Helen Zimmer
7/7 Genevieve Sabol
7/7 Byron Wright
7/9 Jack Rifenberg
7/11 Rex Phelps
7/11 Loretta Cortis
7/11 Ruth Ann Hubbert
7/11 Fred Pankow
7/12 Treva Roy
7/13 Marjorie Scott
7/15 Geraldine Bellak
7/16 Virginia Balanda
7/22 Robert Bosman
7/28 Chuck Kisandi
7/31 Christine Avila



**Alzheimer's
Support Group**

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

WHAZZUP with wellness.....

UPCOMING EXCURSIONS

Friday, July 3

Lunch Around the World

Sahara Mediterranean Grill

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

Tuesday, July 7

Walgreens

20% off for Seniors

3:00 pm \$\$\$ on your own

Wednesday, July 8

Women's Lunch

Gino's Surf

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

Friday, July 10

Friday Wine Down & Lunch

10:00 am \$\$\$ on your own

Wednesday, July 15

Painting with a Twist & Lunch

Port Huron

10:30 am

\$25.00 due July 10 \$\$\$ Lunch on your own

Please sign up for all excursions in Kiely Lobby

Friday, July 17

Riverbend Driving Range & Putt-Putt

World's Finest Custard

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

Monday, July 20

Cranbrook Gardens & Lunch

9:00am

Gardens are Free \$\$\$ Lunch on your own

Thursday, July 23

Tiger Game

10:00 am

Sold Out

Wednesday, July 28

Men's Lunch

Captains Landing

12:15 pm \$\$\$ on your own

Wednesday, July 29

Mall Trip/Kohl's & Target

10:00 am \$\$\$ on your own

Friday, July 31

Harsens's Island/School House Grill

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

Take a ride to Harsens's Island

Friday, June 31

11:00am

Lunch at Schoolhouse Grille

\$\$\$ On your own



SUMMER CRUISE WEEK

Monday, July 13-China

Tuesday, July 14-Italy

Wednesday, July 15-France

Thursday, July 16-Hawaii

Friday, July 17-Mexico



Join us in the Activity Room for the Festivities

1:30pm

WELCOME NEW RESIDENTS

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

Eleanor Macpherson 102-Kirk

Kenneth Ish 408-Barnett

Rita Perrin 105-Kirk

Adele Webster 104-Kirk

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

Please call

Maria Messina, Lead Attorney

(313) 937-8282





This month the bus takes you to Sage Creek Winery in Memphis and Green Barn Winery in Smiths Creek.

We will board the bus at 10:30am for our first stop in Memphis, cost is \$7.00 for 8 wine tastings. Our second stop will be lunch at Mom's Country Kitchen. We will then head up toward the Green Barn in Smiths Creek, tastings are 1 for free and 5 for \$5.00.

Please bring money for lunch and fees for the wine tastings if you would like to participate.

Friday, July 10, 10:30am



**Painting with a Twist
& Lunch at Freighters**

Wednesday, July 15

Port Huron

10:30 am \$25.00 due July 10

\$\$\$ Lunch on your own

Riverbend Driving Range

World's Famous Custard &



Putt-Putt



Calling all Golfers...

Join us for a day hitting a bucket of balls or play putt-putt, followed by World Famous Custard.

Bucket of Balls-\$5,\$6 and \$7

Putt-Putt- \$4

Ice Cream- \$\$\$ on your own

Friday, July 17, 11:00am

**Cranbrook Gardens &
Lunch at Vinsetta Garage**

Monday, July 20

9:00 am

**Gardens are Free
Lunch on your own**



Coming ATTRACTIONS

Detroit Princess Riverboat

Cruise the Detroit River seeing the downtown areas of both Detroit and our neighbors in Windsor. Sit back enjoy your meal, and relax while listening to the musical entertainers, "Up the Lazy River".

The lunch menu features roast turkey, vegetarian lasagna, mashed potatoes and gravy, sweet potato casserole, cornbread stuffing, hot vegetables, and assorted salads. Chef's choice of dessert. Cash bar is available.



Thursday, August 27

10:00AM

\$39.00 Money Due July 27

Put-In-Bay

There is no doubt that Put-In-Bay, Ohio is one of the most unique places you will ever visit. The tiny two by four mile island is dotted with historic homes, the nation's third tallest monument, quaint restaurants and local pubs.

Departs:

Thursday, August 13, 2015

\$109

Money Due July 15



Your trip includes:

- Motor coach Transportation
- Jet Express Ferry Ride to the Island
- Visits to: Heineman Winery, Crystal Cave, Butterfly House, Antique Car Museum, Perry's Monument Visitor's Center
- A Delicious Lunch at Tippers
- Free Time to enjoy the Island





Beat the Heat While Exercising



Be smarter than the heat!

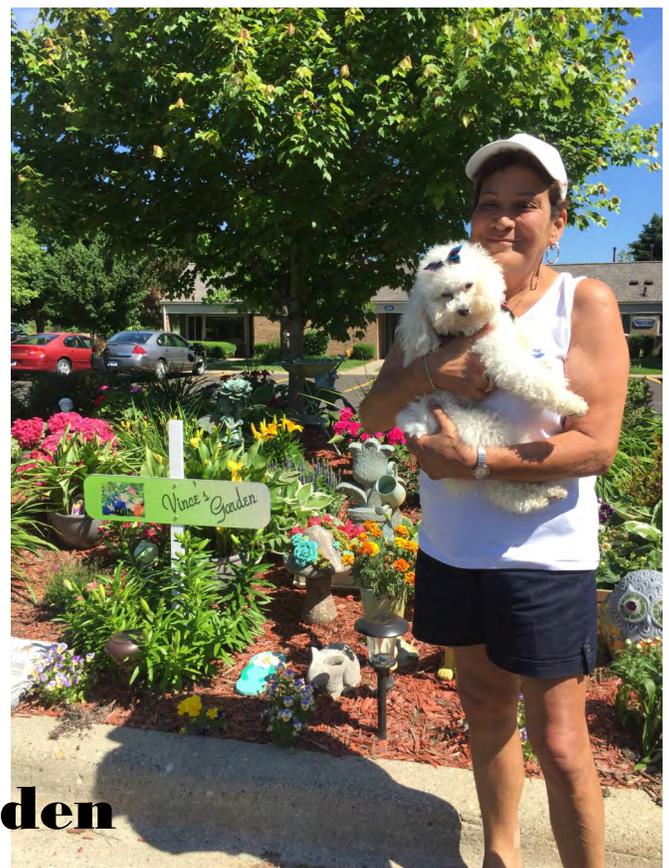
1. **Hydrate, hydrate, hydrate.** Maintain salt-water balance by drinking plenty of fluids (preferably water) before, during and after physical activity. Avoid alcoholic and caffeinated beverages.
2. **Exercise smarter, not harder.** Work out during the cooler parts of the day, preferably when the sun's radiation is minimal — early in the morning or early in the evening. Decrease exercise intensity and duration at high temperatures or relative humidity. And don't hesitate to take your exercise inside, to the gym, the mall or anyplace else where you can get in regular physical activity.
3. **Ease in to summer.** Allow your body to adapt partially to heat through repeated gradual daily exposures. "An increase in the body's circulatory and cooling efficiency, called acclimatization, generally occurs in only four to 14 days," Franklin said.
4. **Dress the part.** Wear minimal amounts of clothing to facilitate cooling by evaporation. "Remember, it's not sweating that cools the body; rather, the evaporation of sweat into the atmosphere," Franklin said. Wear lightweight, light-colored clothing in breathable fabrics such as cotton.
5. **Team up.** If you can, exercise with a friend or family member. It's safer, and could be more fun.

Symptoms of heat exhaustion:

- Headaches
- Heavy sweating
- Cold, moist skin, chills
- Dizziness or fainting
- Weak or rapid pulse
- Muscle cramps
- Fast, shallow breathing
- Nausea, vomiting or both

Symptoms of heat stroke:

- Warm, dry or moist skin
- Strong and rapid pulse
- Confusion and/or unconsciousness
- High body temperature (above 103°F)
- Throbbing headaches
- Nausea, vomiting or both



Susie's Garden



FATHER'S DAY





Happy
Father's
Day

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WINE TASTING

