



Village Trumpet



Embrace the possibilities

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September 2016



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The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Kick up your heels and put your boots on...

Nashville Nights MUSIC

DANCING

SENIOR DINNER-DANCE
FRIDAY, SEPTEMBER 30
5:00PM-9:00PM
\$10
Activity Room

Dancing to follow in the Chapel

Doors open at 4:30pm
Tickets on sale September 1-Front Desk

Join us at 3:30pm for a pre-dance cocktail party in the Activity Room.





Although Summer is winding down, there are still plenty of sunny, warm days in the coming month to take advantage of. Why not also take advantage of our respite services for a spouse who needs extra care, or maybe you know of someone who could use a little vacation but is not comfortable leaving their loved one alone. We offer 24-hour, all inclusive care in both assisted living and memory care at a very affordable daily rate up to a 14-day stay. Contact either Nancy at 716-7183 or Peggy at 716-7397 for more information.



The Sales/Leasing/Admissions team hopes that you have been enjoying these glorious summer days, staying active and taking advantage of the many trips, activities, projects and local events in The Village of East Harbor and the local community.

The coming month not only brings colorful changes and refreshing temperatures, but also Art on the Bay over Labor Day weekend and our annual Holiday Shopping Bazaar in November. Enjoy!

**ALL
Residents
Are
Invited!**

WELCOME BACK... RESIDENT ASSOCIATION

**Meeting-Tuesday, September 13
1:30PM**

**SNACKS PROVIDED BY:
The Village of East Harbor Resident Association**

WELCOME NEW RESIDENTS

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

Catherine O’Kon—500

Beverly Pack—S-506

Robert & Carol Morrill—E-1

Anna Gasowski—B-201

Gerald Blake—417

Veronica St.Sauver—S-504

Alzheimer’s Support Group

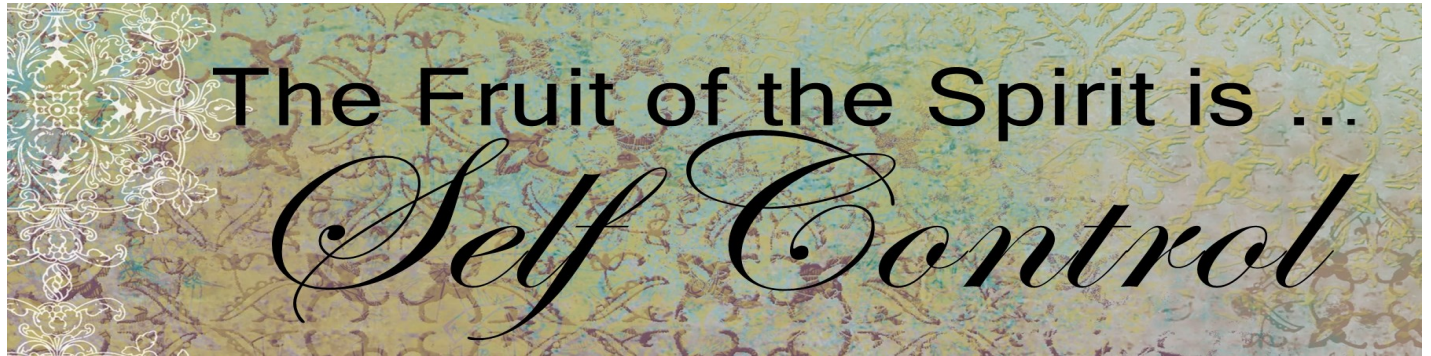
Hosted by Pauline Zeig

3rd Tuesday of every month

2:00pm

Chapel

From the Desk of Chaplain Mindy ...



September is here!

2016 is our year to be studying, The Fruit of the Spirit as laid out in the book of Galatians chapter 5. This month we are concentrating on **Self - Control!**

Self-control

ENKRATEIA, (Greek), meaning:

Infused or within; kratos, vigor, dominion, power, strength.

Having a great force within but under control.

Restraint exercised over one's own impulses, emotions or desires.

Self - control is the ability to live with restraints.



Self-control is not just a puritanical virtue. It is a key psychological trait that breeds success at work and play—and in overcoming life's hardships

Article by: Roy F. Braumeister

The ability to regulate our impulses and desires is indispensable to success in living and working with others. People with good control over their thought processes, emotions and behaviors not only flourish in school and in their jobs but are also healthier, wealthier and more popular. And they have better intimate relationships and are more trusted by others.

What is more, they are less likely to go astray by getting arrested, becoming addicted to drugs or experiencing unplanned events. They even live longer.

Brazilian writer Paulo Coelho "If you conquer yourself, then you will conquer the world."

Let's invest in ourselves this month by focusing on self-control! Join me in the chapel.



Many of us can Remember the “Old Interurban Days.” by Fred Pankow

The following was taken from an article in the South Macomb News, from Thursday, March 11, 1954.

“With the opening of Eastgate Shopping center set for March 29 and the widening of Gratiot avenue...attention is drawn to the history of the old interurban lines which ran out Gratiot Avenue. ...one of the chief landmarks of the village of Roseville was the old powerhouse and car barns of the old Detroit to Port Huron interurban line which stood near what is the present site of Eastgate.

“...the Rapid Railway...was among the very earliest of the high speed electric interurban railways. At the peak of the interurban systems, in the early 1900's, it was possible to travel from Detroit to almost any point in the Midwest by trolley.

“The line to Mount Clemens was completed in 1895. It was extended to Port Huron in 1900.

“...The interurban maintained a half hourly schedule from 7 a.m. to 11 p.m. between Detroit and Marine City, and hourly over the remainder of the line. They made the 21 mile run from Detroit to Mount Clemens in 45 minutes.

“The interurban also carried freight and were spectacular successes as milk trains--until motor trucks became popular.

“The last run of the Rapid Railway was in 1929, but the DSR ran cars over its tracks for some time later.”

I remember riding the Detroit Street Railway for many years on Gratiot, from Detroit to Eight Mile Road; where the cars turned around and headed back to Detroit. Many of the steel rails north of Eight Mile Road were torn up for use of the metal in the war effort. When I was born East Pointe, earlier known as East Detroit, was known as Halfway. Ten Mile Road was halfway between Detroit and Mount Clemens. East Pointe is located roughly between Eight Mile and Ten Mile Roads.

September EXCURSIONS.....

Saturday, September 3

Art by the Bay

\$\$\$ on your own
11:30am

Tuesday, September 6

Eastern Market

\$\$\$ on your own
9:00am

Wednesday, September 7

Detroit Zoo ~ Senior Day

\$5.00 (for lunch)

Due September 5
8:00am

Thursday, September 15

Sterling Heights Health Fair (free)

8:30am

Monday, September 19

Firekeepers

\$30 due September 5
Lunch- \$\$\$ on your own
8:00am

Wednesday, September 21

Ivanhoe/Polish Yacht Club

Men's & Women's Lunch

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

Friday, September 23

Mt. Clemens Farmers Market

\$\$\$ on your own
9:00am

Saturday, September 24

Lexington Heritage Days

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

Wednesday, September 28

Mall Trip ~ Birchwood

9:00am

Thursday, September 29

Tiger Game

\$29.00

Money due August 29
9:00am



**DON'T GET
LEFT BEHIND!**

You **MUST** sign up for **ALL** shopping TRIPS and EXCURSIONS in the book found in the lobby and money in by the due date!



**SATURDAY,
SEPTEMBER 3**

**11:30PM
RETURNING
3:30PM**

PLEASE SIGN UP IN THE LOBBY

FARMERS MARKET TRIPS

EASTERN MARKET

Tuesday, September 6
9:00am



**MT. CLEMENS FARMERS
MARKET**

Friday, September 23
9:00am

**DETROIT ZOO
SENIOR DAY**

**Wednesday,
September 7
8:00am**

**\$5.00 (for lunch)
Due September 5**



Sterling Heights Healthy Living Expo

Thursday, September 15



8:30am

FREE

Guest Speaker: Dr. Frank Mc George
Channel 4 WDIV "Good Health's Report"

CASINO TRIPS



Monday, September 19

8:00am

\$30.00

(receive \$25 in coins, \$5 in food)

Money Due: September 5



Monday, October 3

8:00am

\$20.00

(receive \$30 in incentives)

Money Due: September 19

**Ivanhoe/Polish Yacht Club
Polish Cuisine**



Wed. September 21

Lunch on your own

11:00am

Lexington Heritage Festival

Saturday, September 24

9:30am

\$\$\$ on your own



Tiger Tickets still available for

Thursday, September 29

\$29.00

**MONEY DUE
AUGUST 29**

October EXCURSIONS.....

Monday, October 3

Motor City Casino

\$20.00

8:00am

Money Due September 12

Thursday, October 6

Art-Prize-Day Trip

\$60.00

7:00am

Money Due September 15

Wednesday, October 12

MDNR Outdoor Adventure

\$4.00

8:30am

Money Due September 19

Thursday, October 18

Frankenmuth-Bavarian Inn

9:00am

Thursday, October 27

Purple Rose Theater & Jiffy Tour

Morning After Grace

\$27.00

8:00am

Money Due September 26

November EXCURSIONS.....

Friday, November 18

Tchaikovsky's First Concerto

\$35.00

8:45am

Money Due October 1

NEW

TEA TALK TUESDAY

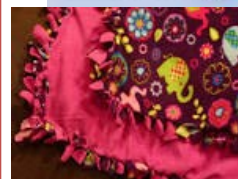
**Join us for a Short Story Reading
& Discussion**

While sipping on a cup of Tea

Tuesday, September 6

3:00pm

Activity Room



PROJECT

"COVERED IN LOVE"

**Join Chaplain Mindy
in a fun service project!**

**Tuesday, Sept. 20th
2:15pm, Activity Room**

**We will be making fleece tie
blankets & pillows
to be donated as
Christmas gifts to**



JUST A REMINDER...Committee Meetings are open to ALL Residents!

Building & Grounds-meets the 1st Tuesday of every month at 2:30pm in Kirk Hall

Communication Committee- meets the 1st Wednesday of every month at 3:00pm in the Conference Room



Make a Sunflower Door Hanger

Thursday, September 8
Monday, September 12
1:30pm
Activity Room

Book Group

Book this month:

"The Art of Racing in the Rain"

By: Garth Stein



Wednesday, September 8
3:30pm
Activity Room



Monday Mile



Monday Mile is an outdoor walking club that meets once a week (Monday) in September. We travel to local parks & trails for a FUN & FIT experience!

Dates: September 12, 19 & 26th

Time: 2:00-4:00



Lets get out and enjoy this beautiful weather together!

Sign up in the lobby for weekly walks!

Locations: TBA

WELCOME....

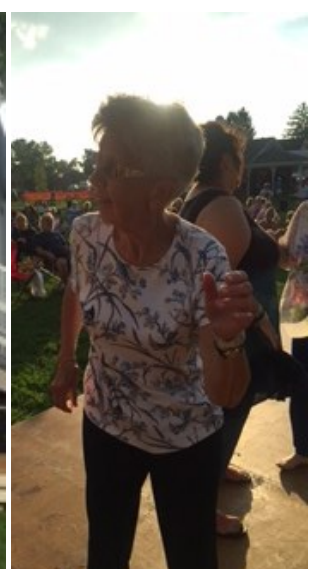
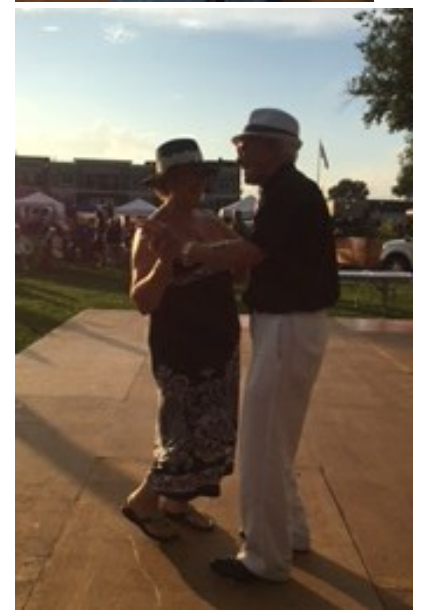
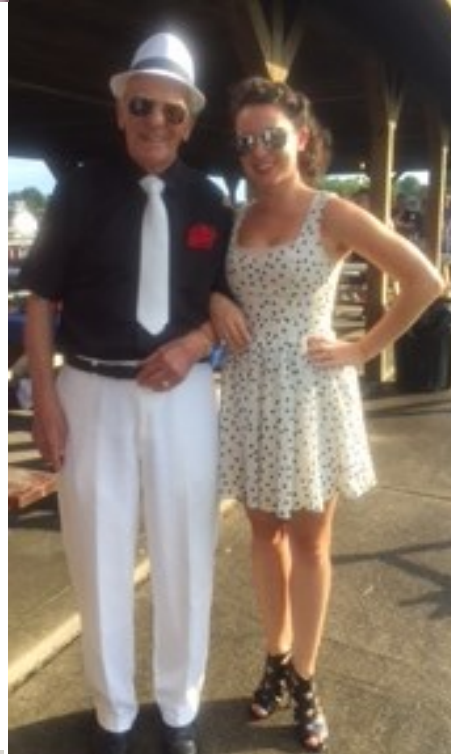
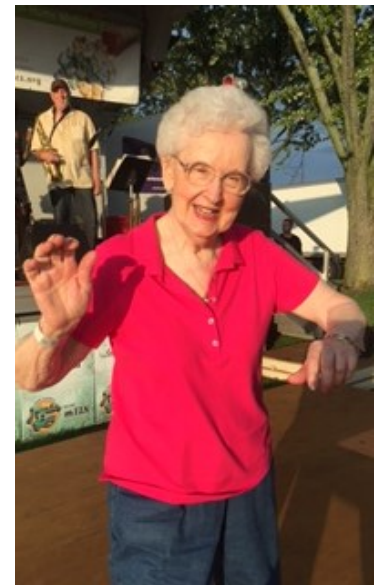
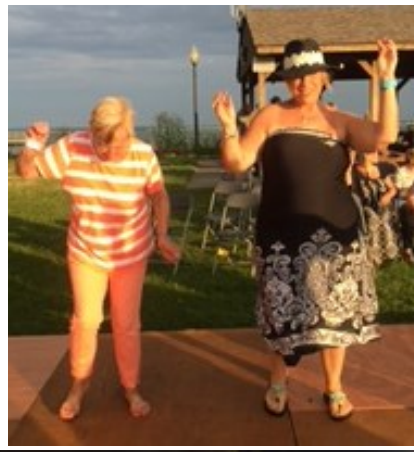
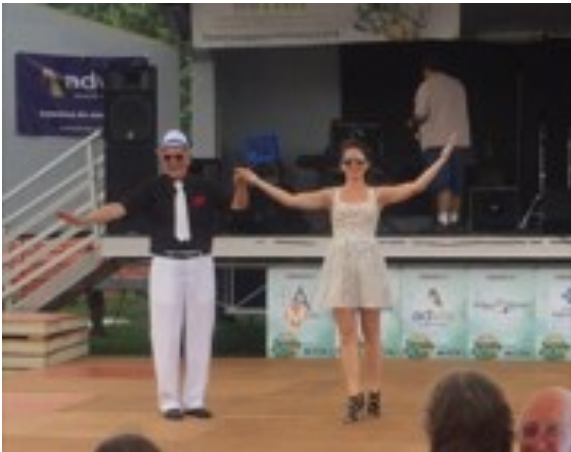


The Clerical Department would like to extend a warm welcome to Jayln, our newest receptionist, at the Village.

Jayln is currently attending St. Clair Community college to obtain a degree in Early Childhood Education. When Jayln is not in school or busy working; her two cats and a dog grab a lot of her attention.

Jayln has been at the Village since March 2016 and has been a great asset to the campus. Her big smile and friendly manner is enjoyed by residents, staff and guests. (Wendy's chicken nuggets are Jalyn's favorite fast food).

MUSIC BY THE BAY



snug theater & marine fish company



painting



The Raven & Port Huron Trolley Tour



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
Care Sync Case Manager	
<i>Josie Villegas</i>	716-7092
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>Chris Gorde/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
Maintenance	
<i>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 Mgr.	
<i>Carolyn Martin</i>	716-7221
Sales & Leasing Specialist	
<i>Peggy Carroll</i>	716-7397
<i>Nancy Smiley</i>	716-7183



9/1 Leon VanWassenhove

9/2 Herbert Walny

9/4 Norma Michaels

9/15 Gerald Blake

9/18 Elva Daniels

9/28 Catherine Wright

9/28 Phyllis Chadwick

9/30 Geraldine Delor

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

Please call

Anita Wenzel, Lead Attorney

(313) 937-8282