



Village Trumpet



Embrace the possibilities

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October 2016



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The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Trick or Treating
by Great Oaks Elementary in the Dining Room
11:30am
Spooky Story Telling
"TERROR IN THE CITY"
By Author Tom Stanton
1:30
Activity Room
Face Painting



The Marketing Department would like to wish all of our residents a Happy Autumn, one of the most beautiful seasons at The Village of East Harbor. We are getting closer and closer to beginning new renovations, expansion and improvements on our campus, starting with our nursing area.

This will include an addition and will feature private rooms! We love referrals, so please keep us in mind if you have friends or family in need of rehab following a hospital stay – we are the BEST, and 5-star rated!

We are getting closer to the best craft show in the area: The Village of East Harbor Holiday Shopping Bazaar! This two-day event takes place Friday and Saturday, November 11 and 12 from 10am – 4pm. There is no admission fee, and everyone is welcome, so mark your calendar and tell your friends and family about our crafters and vendors who will be displaying everything from unique jewelry, holiday décor, apparel, cosmetics, soaps & lotions to gourmet foods and baked goods. There may still be a few tables available if you or someone you know has quality crafts they would like to sell, please contact Betsy at 586 716-7143 for more information.

WELCOME NEW RESIDENTS

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

Shirley Stewart—115

Marion Welchner - 121

Mary Doher—119

Richard Cowper—403

Geneva Malane—413

Louisa Sustarich—417

Janet Hibner—T-603

Alzheimer's Support Group

Hosted by Pauline Zeig

3rd Tuesday of every month

2:00pm

Chapel

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

From the Desk of Chaplain Mindy ...



October is here!

2016 is our year to be studying, The Fruit of the Spirit. This month we are concentrating on Peace, our last Fruit of the Spirit for the year!

Philippians 4:7

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Peace is a state of tranquility or quietness of spirit that transcends circumstances. The term peace is described in Scripture as a gift from God and congruent with His character.

Living in peace can be compared to the petals of a flower unfolding in the morning sunlight. The petals of peace in our lives unfold as we learn more about God. We discover that His character is always faithful. We experience His continual goodness. We read more of His promises. We learn to bask in His overwhelming love for us. We refuse to allow ever-changing circumstances to determine our level of contentment, relying instead upon the character of God that never changes.

When we develop a lifestyle of making the Lord our refuge, we begin to live in the peace of God. Psalm 91:1 holds the secret to living in the peace of God: "He that dwells in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust." That secret place in our hearts is where we go to meet with God. When we choose to live there and hide away under His shadow, staying in constant communion with Him, we can remain peaceful, even when circumstances may not be. When we learn to cry out to Him in times of trouble, we find that His peace really does pass all human understanding (Phil. 4:7).

(Recommended Resource: The Mind of Christ by T.W. Hunt)

Join us in the chapel this month to learn more about living in peace!

Minutes of the Residents' Association meeting of Sept. 13, 2016

The meeting was called to order by President Peter Batts at 1:30P.M.

New residents here for the first time are John and Barbara David, Bob and Carol Morrill, Janet Hibner, and Geneva Malane.

Miriam Woodcock gave the inspirational message called "Stuff."

Minutes of the last meeting were published in the July Village Trumpet and approved.

In the absence of Treasurer Gladys Stolzenfeld, Elva Daniels presented the financial report as follows: General Fund beginning balance \$3,249.00, Entertainment fee debit \$67.50, leaving a balance Sept. 6 of \$3181.50. Petty Cash Fund beginning balance \$93.00. BB hoop purchase for Victory cup \$91.28 leaving a balance Sept. 6 of \$1.72. Sugar Bowl Fund beginning balance \$166.92. Cash receipts credit \$10.17, card supplies debit to Annette Gobert \$21.54, painting supplies debit of \$22.22 for dresser painting to Pete Batts leaving a balance of \$133.33.

David Miller stated the need for more storage and office space. CON (Certificate of Need) was approved in August. 1st phase of development will be a 16 room wing to addition to Nursing with a move of Transitional back into private rooms. Therapy and Wellness will have a new entrance. Each hall will have their own dining room. Restaurant service will be provided where present dining room is located. Gift shop/full service café will have outdoor sitting area. Reception desk will be smaller with new flooring, lighting, paint and more seating. A small bar near the café in lobby will have alcoholic drinks available. Haven Hall roof replacement is in progress. The 2nd phase will be renovations to the apartments and duplexes with a start time in the spring and opening in 2018. A committee of 6 is working with David on those plans. Questions were raised about the computer problems in the library and the need for an area for guests to play cards and visit with their families.

Brian Williams, director, and Dustin DeForge, chef, were introduced from Dining Service. Brian reported that 3 new cooks were hired and the menu was being reviewed. A restaurant venue will be offered soon. A manager for the wait staff will be soon hired.

Betsy reported on the "Art on the Bay" event where 8 dressers from Nursing were repurposed with 4 being sold, and the remainder to be on sale at the Holiday Bazaar in Nov.

Sept. 30 is the Nashville Night dinner dance with cocktails at 3:30, dinner at 5 followed by dancing and line dancing. Charge is \$10. Trips to the Sterling Heights Health Fair and Fire-keepers were cancelled. Betsy reminded residents to sign up for the planned trips. At least 6 people must be signed up for each trip. Sept. 23 is the Farmers Market in MC, Sept. 24 is the Lexington Heritage day, Sept. 29 Tiger game (full), Oct. 3 Motor City Casino, Oct. 6 Art Prize-Grand Rapids with display of art work on a walking tour, Oct. 12 MDNR Outdoor Adventure, Oct. 18 Frankenmuth, Oct. 27 Jiffy Tour and Purple Rose Theater, Nov. DSO Concert (money due Oct 1).

Tea Talk Tuesday with reading and discussion of a short story while sipping on a cup of tea will be held 2X's a month.

Chris Gorde reported on the "Monday Mile" walking during the month of Sept.

No reports from the Buildings and Grounds and Communication committees.

Pete reported that Annette Gobert is getting help with the Sunshine committee from Stan and other gentlemen in the Village who help with the delivery of her cards. The Welcoming committee was thanked for their efforts.

A reminder was given about the Suggestion box available located next to the sign up book.

Communication committee is looking for a volunteer to bring bins to the recycle dumpster for those who are physically unable do so.

A concern was raised by Leona Kirk regarding the heavy bathroom doors. Pete said he would contact maintenance to look into it.

The meeting was adjourned at 2:50 followed by refreshments.

Marlene Batts, for Elaine Walton



**A fun day celebrating Lexington's Heritage...
Lunching at the Windjammer on the Lake...
Then heading home via an apple cider mill
and yummy donuts.**



I Can't Remember Why: by Fred Pankow

Why **Bread and Butter Pickles** are called Bread and Butter Pickles. From time to time we have all attempted to resolve such questions. Well, I went to the computer to help me with the pickle question and came up with the following. "During the depression sandwiches were made with bread and butter and pickles." Thus Bread and Butter Pickles. It is said that in England, prior to the depression, they were served as small tea sandwiches.

I can't explain the butter part as most families didn't eat butter during the depression. They ate **white oleo** (until coloring packets were provided), goose grease, lard or other fats, on their bread. The depression recalls different things to different people. One thing it means to me is the actual fun of watching the reddish/orange coloring stuff mix with the white oleo, as you stirred it round and round in the bowl, until you made yellow "butter."

In the National Geographic Book An Uncommon History of Common Things I found the following. I suppose it is true but will not bet on it.

The "**hot Dog**" may have gotten its name when at a New York Giants baseball game a concessionaire hawked "dachshund sausages, get 'em while they're hot!"

Ancient Greeks chewed the resin of the mastic tree; the Maya chewed chicle and North American Indians chewed spruce sap mixed with beeswax and this would become the settlers' **first chewing gum**.

In the late 19th century, metal tobacco tins were often recycled as lunch boxes. In the 20th century when people realized that kraft paper shopping bags were handy totes for midday meals manufacturers made lunch-size bags. Thus when you carry your own lunch you are "**brown bagging it**".

Before aluminum foil was possible, sheets of tin-foil served some of the same purposes. Thus even today aluminum foil is often referred to as "**tin foil**" Do you remember during World War II the government asked everyone to save their gum wrappers, and anything else containing aluminum foil, for the war effort.

The long hot days of summer, the sluggish summer stock market and the slow summer months of Congress are referred to as **Dog Days**. Ancient Romans noticed that the really hot days came along with the rising of Sirius, the Dog Star, and so these hot days became known as Dog Days.

Do you remember when you were reminded to do your **chores**? Where did that word come from? I find it is a corruption of the English word char such as char-man or char-woman who does small domestic jobs or the English cherre "odd job".

"Take it on the lamb". Wrong! Correctly it should be "take it on the lam". Because of the sound people assumed it is "lamb" not "lam". English and Canadian meaning is "sudden sweeping flight or escape". It is from the Scandinavian word "lemja", meaning to cripple by beating.

I added the following just to see if you are paying attention.

Don't look at a flag before reading this. Our flag; "Old Glory", "The Stars and Stripes", has how many stripes? Why are there this many? What color is the top stripe? Is the field of blue on the right or left? Could be two correct answers. How can that be?

I remember but would like to forget. In 1955, when teaching a class in penmanship I instructed a student not to use the new pen he brought to school. I told him it was just a fad. It is today known as the ball-point pen. Did this item seem familiar? I wrote it in a column once before.

Fall Walking Club

Friday, October 7th (*Blake's Orchard*) & 14th (*Wolcott Mill*) @ 1:30

Sign up in the activity binder—Meet for the walks in the Front Lobby!

***NEW FALL FITNESS CLASSES**

***Fall Prevention Fitness:** Tuesday's @ 2:30 & Thursday's @ 11:30

***Standing Pilates:** Wednesday's @ 2:00

Fitness Center

October EXCURSIONS.....

Wednesday, October 5

Women's Lunch
Sugarbush Tavern
\$\$\$ on your own
11:00am

Friday, October 7

Walking Club
Blakes Cider Mill
\$\$\$ on your own
1:30pm

Wednesday, October 12

MDNR Outdoor Adventure
\$4.00—Lunch on your own
9:00am

Friday, October 14

Walking Club
Wolcott Mills
1:30pm

Tuesday, October 18

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

Wednesday, October 19

Chesterfield Tastefest
\$15.00
Money due October 14
11:45am

Monday, October 24

Men's Lunch
Pit Stop
\$\$\$ on your own
11:00am

Tuesday, October 25

Yates Cider Mill Tour
\$4.00 money due October 3
10:00am

Wednesday, October 26

Mall Trip ~ Partridge Creek
9:00am

Thursday, October 27

Jiffy Factory Tour-Free
Purple Rose Theater
\$27.00 money due October 3
Lunch-The Common Grill
\$\$\$ on your own
8:00am



**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!

Fall Walking Club



BLAKES CIDER MILL
OCTOBER 7
1:30PM



WOLCOTT MILLS
OCTOBER 14
1:30PM



MDNR Outdoor Adventure Center
Bringing "up north" to downtown Detroit!

Located on Detroit's riverfront in the historic Globe Building, with the Dequindre Cut Trail running through its backyard, the Outdoor Adventure Center (OAC) gives you a taste of Michigan's great outdoors in the heart of the city.

We will be attending a tour called, **City Slickers**. Learn the special adaptations of wild mammals in urban environments. Explore the concepts of predator-prey relationships and identify common wild mammals in Detroit. Weather permitting, this could include a walk on the RiverWalk or Dequindre Cut—both are paved and flat, with no steep grades or hills.

Wednesday, October 12
9:00am

\$4.00 money due October 3

Lunch—Andrew on the Corner— on your own

Chesterfield Township TasteFest

Come and sample foods from over 15 different restaurants.

\$15.00

Money due October 14
11:45am

Yates Cider Mill Tour



Tuesday,
October 25
\$4.00
Money due 10/3
10:00am



DETROIT
SYMPHONY ORCHESTRA

Tchaikovsky's First Concerto

Friday, November 18

9:00am

\$35.00

Money Due
October 3

Coming in November
Mystery Tour

Date

&

Time

To be announced



Baking with Kelly
 Tuesday, October 4 & 25
 1:30pm

Tea Talk Tuesday

Tuesday, October 4 & 25
 2:30pm
 Activity Room



Book Group
 Book this month:
**"Behind the Beautiful
 Forevers"**

by Katherine Boo
 The history of a family in Mumbai, India.

Wednesday, October 12
3:30pm



**Make a Pumpkin
 door hanger**
 Thursday, October 6
 1:30pm
 Activity Room



PAINT A FALL TREE
 Monday, October 17
 1:30pm
 Activity Room

2016 SPELLING BEE



Friday, October 21
Clinton Township Senior Adult Life Center
8:45am
 Practices will be held on...



Mondays—11:00 Chapel ~ Thursdays—11:00 Activity Room



Join Us!

Wednesday, October 26th
 Bus leaves at 8:15am
 Lunch after, \$ on your own

**Sign up in the chaplain office or
 Call Chaplain Mindy 586-716-7438**

**Community
 Service is
 good for the
 soul!**

Polish Yacht Club



Nashville Nights



Nashville Nights



Covered in Love



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>Brian</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



Birthdays of the Month

10/1 John David

10/4 Catherine O'Kon

10/8 Shirley Osborne

10/11 Louisa Sustarich

10/13 Bruce Smith

10/15 Kenneth Ish

10/15 Grace Buffa

10/17 Elmer Pekarek

10/18 Helen Rosnik

10/19 Joyce Carter

10/23 John Gregor

10/30 Paul Mahoney

If you need a
Podiatry Appointment...
Please call—
Dr. Krietman
586-772-3500

