



Village Trumpet



Embrace the possibilities

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

February 2017



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Executive Director

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Events

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FROZEN HARBOR SUPERHERO STYLE

Wednesday, February 1, 2017

1:30 pm

Annual Ice Carving Demonstration

And

Chili Cook-off Contest

SATURDAY, FEBRUARY 4
1:30PM

LIVE ICE CARVING
HOT COCOA & COOKIE BAR



NATIONAL WEAR RED DAY PICTURE

FRIDAY, FEBRUARY 3

2:30PM

ACTIVITY ROOM



Let's unite to prevent heart disease and stroke.
Wear red to raise awareness and help save women's lives.



The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



THURSDAY,
FEBRUARY 16

1:30PM

CHAPEL

We are looking for couples who would like to participate in the Village of East Harbor's version of the Not so Newlywed Game.

Please contact Betsy
586-716-7143



FROM THE DESK OF THE EXECUTIVE DIRECTOR:

The new wing for the nursing center transitional care unit will start soon.

The construction trailer is on site, the State has approved the project, and we are wrapping up the final permits through the local township. It is my estimation that we should start seeing things happening within the last week of January or first week in February.

As for the assisted living renovations we will see work starting in the fitness center located in Barnett Hall as well as the south wing of Barnett Hall. We will also start in Kirk Hall lounge to create a new dining venue for those living there. Our goal is to work on vacant rooms or common areas first but there may be a need to move some residents to other locations for their safety. There will be safe work zones built in order to protect those living here while this all goes on.

This project is scheduled to be a 15 month process but as areas get finished along the way we will put them back on line so we can move people in. We are excited about the progress happening at our Village but it will come with challenges along the way. We appreciate your prayers and patience throughout this exciting historical step we are taking together.

As for things going on elsewhere within PVM, the Thome Rivertown campus, located downtown off of Jefferson, will be opening and admitting residents to the 21 bed "Green House" Care center sometime early in February. In St. Clair Shores the new independent living senior apartment and memory care facility off of Jefferson and 11 mile road called Lakeshore, is ahead of schedule and has built the first floor of the three story building. They are on track to open this fall. Lastly, PVM has brought on a new community called Trowbridge, located in Southfield Michigan. This facility was recently sold and the new owners hired PVM to manage the campus. PVM now manages 30 communities around the State of Michigan.

Please feel free to email me, stop by the office, or call me anytime with questions or concerns. This is your home and we are here to serve you.

Respectfully Submitted: David Miller



CareSync Solutions is in partnership with Presbyterian Villages of Michigan and helps coordinate community based services to assist individuals to remain independent in the community and, when necessary, work through transitions of care. We provide options for programs and services to support each person's individual needs including physical, psychosocial, and emotional well-being.

- ***Private Duty Services*** --- light housekeeping, assistance with daily living, medication management, meal preparation, laundry services, errands, companionship, accompanying to Drs. / shopping, pet care, and other needs
- ***Skilled Care Services*** --- Skilled Nursing, Physical / Occupational / Speech Therapies, Social Work, Home Health Aide --- **Medicare Reimbursable**
- ***Counseling Services*** --- our licensed Masters of Social Work provide counseling services for all life changes / concerns / difficulties --- **Many Insurances Reimburse**
- ***Care Management*** --- our dedicated staff will assist in being your advocate when going to hospital, arrange post-hospital rehab care, home health care, and manage of all needed care.
- ***Transition Services*** --- our health care group will evaluate and assess each individual situation and provide transition living options based on legal, financial, quality of life, and quality of care to assist families in making an informed decision when a change of living status is required

For more information or to set up an assessment please contact:

Josie Villegas, LMSW

Discharge Planner at The Village of East Harbor

Office 586.716.7092

Mobile 586.817.5235



Do you enjoy living at The Village of East Harbor? Has moving here made your life easier and more enjoyable? Have you made new friends, has your health improved and your stress been reduced? Do you have an interesting personal story to tell? We want to hear it! As you may know, The Village of East Harbor has a website, and we like to keep it interesting. Our residents are interesting! If you are interested in making a short, 1-2 minute video, telling others how your decision to move to The Village of East Harbor has enhanced your life, you are more than welcome to join us on February 9th at 3:30, immediately following the goodbye reception for Chaplain Mindy. Let's have some fun and make a commercial featuring – YOU!

WELCOME HOME NEW RESIDENTS

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

Josephine Smith-106

Elizabeth & Stephen Sambor-418

John & Ruth Offenbacher –D403

Elsie Gray-417

Alzheimer's Support Group

Hosted by Pauline Zeig

3rd Tuesday of every month

**2:00pm
Chapel**

AARP TAX SERVICES

**Wednesdays till April 15
9-11:30am
Kirk Hall**

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. (except in February)

Culinary Committee

Meets the 1st Wednesday of every month at 1:30pm in the Dining Room. (except in February).





Great Love!

A small girl once asked her understanding father, “Daddy, who made God?” With her simple question, she expressed the burning desire of most of us in wanting to know more about the God we worship?

It seems that every time we try to explain God to another person, we discover the painful and astonishing truth that nearly all of our explanations are inadequate.

Why is that? It’s because of how great our God is!

He is great in knowledge, great in mercy, great in power and great in LOVE!

We only catch glimpses of Him, only fragments of His greatness. Our human mind could not comprehend the full greatness of God all at once. Even though we will never be able to correctly and totally explain to someone else the entirety of the God we worship, there is much of his greatness we can share with others, as we live out his plan through our daily lives.

“We can do no great things; only small things with great love!”

Mother Theresa

Dear Residents and Friends,

It is with sadness (and some excitement) that I would like to let you all know that I will be leaving The Village of East Harbor, in mid February. My family will be moving to central Florida, where my husband has been called to Pastor a church. I have enjoyed my five years at the Village and I will truly miss each and every one of you, sharing life with you has been a great experience! There are days when I am sure you have taught me more than I have taught you; for that I am grateful.

As I go, I would like to encourage you to continue to grow in God, continue to live each day to the fullest, and continue to show ***great love*** one to another.

May your days ahead be full of blessings from Christ our Lord,

Chaplain Mindy Raulston

LOVE IS BEAUTIFUL

BY: Chuck Kisandi



Love Is Beautiful!
Love Is Not An Entity!
Nor Is Love Only An Essence Of Life.
Love Is Life!
Not To Love Is An Existence;
An Empty Existence Without Feeling.

Not to know the feeling of a warm embrace, a caress that gives you the soft peaceful tranquility of love. Yet be like an invisible shield protecting you from all harm.

A Kiss...

To say " I Love You"! Without a word, the kindling of a flame within your heart as your lips touch.

A Glow...

An intensive glow within your soul, exploding with the brightness of a million stars on a cloudless summer's night.

Purity...

Purity must come from the heart, as pure as the on rushing water of a mountain stream, cleansing itself upon the rocks as it rushes to the valley far below.

Love Must Grow...

As an infant must grow into an adult so must love grow. If allowed to lie dormant it will never surpass infancy. It would quietly drift away into infinity, never to know the heights to which love can reach.

Love Is Complexity...

It can be as tender as a mother breast feeding her young, or as tumultuous as a volcano erupting from deep within.

Love Is Not Free...

Nor should it be! The price is the spending of one's own self upon another.

THE PRICE IS RIGHT

This is the only poem out of hundreds that I wrote that I didn't use rhyme. I wrote it for Valentine's Day and I wanted it to be from thoughts my heart was filled with. I hope you enjoy it and I wish you and yours a Very Happy Valentines Day.

Fitness Center NEWS

Class Time Changes:

*Stretch & Flex - is now at 11:15

*Arthritis Exercise and Move & Groove -are now at 2:30

New Classes:

*Advanced Stretch & Relax—Fridays at 2:00

*Men's Boot Camp– Thursdays at 11:00

*Wellness Works– Thursdays at 2:30

*Bone Builders- Tuesdays at 2:00

*Seated Tai Chi– Tuesdays at 2:30

****Please see fitness center calendar for full list of classes****

Men's Fitness



The Fitness center will be offering a
MEN'S ONLY fitness boot camp class!!

****Every Thursday @ 11am ~ Fitness Center
starting Thursday, February 2nd****



Wellness Works

This is a FUN, Hands on workshop where
you will be making homemade goods.
(Example: Body Butter, Room spray,
Face scrub, vapor rub and more..!!!!)



Thursday's 2:30 ~ Activity Room

Please sign up for this class in the front lobby binder

FEBRUARY EXCURSIONS.....

**SOLD
OUT**

Thursday, February 2

Lion King
Traffic Jam
\$\$\$ on your own
11:00am

Tuesday, February 7

Premiere Bowling
Dollar Day
1:00pm
Lobby

Wednesday, February 8

Anton Art Center & Lunch
Coffee, Tea & Chocolate
10:00am

Tuesday, February 21

Men's & Women's Lunch
Lakeside Family Polish Restaurant
\$\$\$ on your own
11:00am

Wednesday, February 22

**SOLD
OUT**

Meadowbrook Theater
Altar Boyz
12:00pm
Lobby

Friday, February 24

Movie Matinee
Hidden Figures
9:30am
Lobby

Monday, February 27

Mall Trip
Lakeside
9:00am
Lobby

Tuesday, February 28

The Detroit Institute of Arts
Bittersweet, Coffee, Tea & Chocolate
\$17.50
Money due: February 21

UPCOMING EXCURSIONS.....

Coming in March...

Monday, March 20

Pewabic Pottery
Tour & Craft
\$20.00

Money Due-March 1

Coming in April...

Wednesday, April 26

I Love a Piano-Meadowbrook Theatre
\$27.00
Money Due -March 23

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!

There must be 6 or more signed up or trips may be subject to cancellation.



**Wii Games
Thursday's
11:00am
Activity Room**



**Painting w/a Twist
Monday, February 6
1:30pm
Activity Room**

**Morley Candy Visit
Candy making demo and samples.
Candy will be available for sale.
Monday, February 13
1:30pm
Activity Room**



**Soup Demonstration
and carry out by our Dining Service.
Monday, February 20
1:30pm
Activity Room**



**The
VALENTINE'S
party**

**Tuesday, February 14
2:45pm
Activity Room**

**Mardi Gras/Paczki Party
Tuesday, February 28
1:30pm
Activity Room**



SeniorBrigade
A MICHIGAN SENIORS INITIATIVE

Michigan's aging population faces increasingly complex decisions related to health care and financial matters. In response, the Attorney General's Consumer Protection Division has developed information resources including guides, fact sheets, and how-to's in order to assist in making complex decisions. Additionally, senior citizens are often the targets of unscrupulous scam artists. To protect yourself and your loved ones from these scams, you should understand what they are, what they look like, how they work, and what you can do to avoid them.

LEARN ABOUT PHONE & MAIL SCAMS.

HOW TO PROTECT YOURSELF AND AVOID THEM.

MONDAY, JANUARY 30

1:30 PM

ACTIVITY ROOM

New Years Eve Party





Village of East Harbor Resident Association
Minutes of Meeting January 10, 2017

Meeting was called to order by president Pete Batts at 1:36. An inspiration reading "Amazing Grace" was read by Marlene Batts. Bob Healy led the pledge to the American flag and the Christian flag. Minutes of the last meeting were distributed and approved.

Gladys Stolzenfeld, Treasurer

Balance December 13, 2016 was 2,856.50

Revenue from the bazaar was \$522.36 from bazaar, \$2400 from candle light dinner and \$1208.00 from raffle ticket sales. \$500 went to staff Christmas fund.

David Miller, Executive Director, reported that plans are moving along for the expansion and renovations. This Thursday final contracts will be awarded to sub-contractors. One permit is still needed from the township. Renovations in AL will begin the end of January. Phase I, the new nursing section, will begin soon after.

Plans begin for Phase 2, the 3 story apartment building, cottage homes and fitness center will go to the Board of Trustees in July. As that gets under way Mr. Miller will meet with the resident advisory committee for input.

Mr. Miller will be setting up Facebook and Twitter accounts to keep residents and others abreast of the progress. He now has additional responsibilities with PVM at corporate, Thomes and the new Lakeshore Community in St. Clair Shores which will be managed by PVM. He has been at Village of East Harbor for 31 years. He will remain as executive director of East Harbor. He expressed his appreciation to all of the residents of East Harbor. Carolyn Martin has been named the new administrator for Assisted Living and Independent Living.

Brian Williams, Morrison Community Living, dining services. They are looking forward to binging on new desserts as well as changing beverage service as requested by residents.

The ice carving and chili cook-off events will be held February 1 and 4. The theme for the "Frozen Harbor" is Super Heroes.

Bob Healy reported on the Christmas fund, gifts to all employees.

"With contributions received from residents or their representatives, a monetary gift and a note of appreciation was given to all hourly paid employees of the Village of East Harbor who work more than 20 hours per two-week pay period and began employment prior to October 1, 2016.

As is customary, three factors were involved in determining the amount of each gift: the employee's job classification, the amount of time on the payroll during 2016, and the funds received as follows.

82 full time employees received \$75, 48 part-time employees, less than 75 hours*, received \$50; 15 part-time employees less than 56 hours*, \$30 and 27 part-time employees less than 40 hours \$20 (per two week pay period). In lieu of tipping, which is prohibited by the Village, a total of \$9,450 was distributed to 162 employees. A note of appreciation was sent to each of the salaried staff. Thank you Elva Daniels, Dorothy Dennis, Bob Healy and Bob Jones for your work on this committee.

Betsy Mianecki Activities Lead. Some upcoming activities were highlighted . Movie La-La Land, Detroit Auto Show, DIA, Anton Art Center, Meadowbrook Theater. Wii bowling will be held every Thursday at 11:00 in the activities room.

There are new sign up sheets at the front desk. It is important to sign up for each trip. Include your phone number and if you are bringing a walker

If you need a ride for an appointment it's necessary to let Ann Marie know as far ahead as possible begin so she can coordinate trips.

People are needed to deliver the weekly newsletters. Some volunteer on a regular basis but subs are needed when they can't do it. See Betsy if you can help.

Chris Gordy , fitness instructor, thanked the residents for the monetary Christmas gifts for all the staff. A new class, Move and Groove, begins on Wednesdays. The 11:00 classes are being held in the Activities Room She is looking for new participants in all the classes. A schedule of all fitness classes is available in the fitness center.

Neil Veneri for the Building and Grounds committee.

New crossing signs have been installed in front of the main building. It is hoped that they will remind drivers to slow down.

The railings in the center of the parking lot will be painted yellow for better visibility. The committee would like to see more professional looking signs to replace the pink "ambulance entrance" signs.

If you need help putting your re-cycling into the bin, ring the bell and a maintenance man will assist you, leave the tote next to the bin.

Answering a question by a resident, Pete explained where the recycle bins are located. Do we need a sign ?

Pop cans are now going into the garbage. It was suggested that they should be separated. This should be addressed at the culinary meeting.

Jean Campbell Communication Committee continues work on updating the handbook. They have discussed the recycling issue with the kitchen.

Nancy Stager resigned from her position as head of the telephone tree. She was thanked for her service for many years. Someone is needed to assume this position.

Bob Healy pointed out that it is important to fill out the surveys. Particularly give ideas about how you would like the library to look after renovations.

People are concerned about their neighbors. A question was asked about Medstar Ambulance notifying someone when a resident is taken to the hospital. Betsy explained **the HHP act prohibits sharing of any information about an individual. Resident (or yourself their family) can notify the front desk of any situation. If there are concerns about a situation for yourself or a neighbor you should contact Carolyn Martin.

Meeting adjourned at 2:38.
Elaine Walton, Secretary

Directory

Accounting	
<i>Tracy Tesch</i>	716-7408
Activity Lead A/L & I/L	
<i>Betsy Miannecki</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
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 Work Orders.	
<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 Mgr.	
<i>Carolyn Martin</i>	716-7221
Sales & Leasing Specialist	
<i>Peggy Carroll</i>	716-7397
<i>Nancy Smiley</i>	716-7183



2/03 Archille Jones

2/05 Kenneth Harder

2/05 Kardia Kacel

2/06 Mary Brugulio

2/07 Arline Michelson

2/07 Audrey Bolton

2/10 Helen Beaudin

2/11 Nancy Stager

2/24 Robert Jones

2/27 Marlene Batts

If you need a
Podiatry Appointment...

Please call—

Dr. Krietman

586-772-3500

