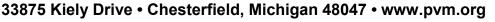
The Village of East Harbor

📲 Village Trumpet 📲

Embrace the possibilities



April 2018



Presbyterian MICHIGAN Anniversary SERVING SENIORS & COMMUNITIES

Featured Articles

Executive Director

Marketing & Events

Chaplain

Events

Events

Whazzup...

Photos

Directory



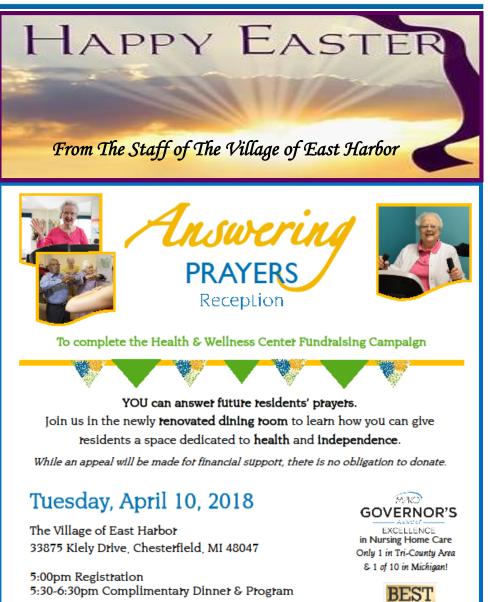


A SENIOR LIVING COMMUNITY

🚱 Managed by Presbyterian Villages of Michigan

Look for PVM on:





RSVP to Bobie Clement at 248-281-7252 of bclement@pvm.org



Can't attend but want to make a gift? Visit GiveToPVMF.org or mail to PVM Foundation 26200 Lahser Road, Suite 300, Southfield, MI 49033

FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:



I am excited to announce we are rounding the finish line on our renovations and new nursing addition. If you haven't been in the building lately be sure to come by and stop in. You may have noticed a big trailer parked out front which is our temporary kitchen while we finish updating our cooking areas. The trailer is expected to be here for about two weeks. We lost some parking with the location so if you need to be picked up please call Ann Marie and we will come and get you. The new Cameron Café is almost completed. Watch for

news on the Grand Opening of the Café.

We will be holding the first event in the new dining room on April 10th. The event is to raise money for the Health and Wellness Center. We need approximately \$300,000 more dollars to complete the financial part of the project. We are so close to realizing our goals. You can pledge future donations to the project like homes or insurance policies.

The month of April is our annual friends and family campaign and is your opportunity to give dollars to support our foundation. The foundation money this year will be put toward the Health and Wellness project. In the past the campaign helped raise money to build our beautiful Chapel. Foundation dollars helped purchase our bus for transportation, helps residents when they run out of money, and so much more. Friends, family, board members, and staff are all encourage to support the campaign as well.

Our annual Fashion Show is rapidly approaching. This will be the first large resident/ community event held in our newly renovated restaurant and activity room space. Invite all your friends and family to enjoy a day of shopping, scrumptious lunch, and fun. This year our theme is Pretty in Pink. We also are featuring a new clothing vendor and we are anxious to see our models walk the new runway. If you would like to model yourself or maybe with a granddaughter or daughter and make it a family affair please let Betsy know.

April showers bring May flowers. Spring is one of my favorite seasons here at The Village of East Harbor. I love all the flowering trees on our campus and it makes me appreciate the beauty of our 44 wooded acres even more.

Happy Spring,

Carolyn



MARKETING

So many exciting things going on at The Village of East Harbor! Very soon you will have even more reasons to show off to your friends and family what a great place this is to live. Yes, we still offer \$250 referral fees for each new resident you bring to the Sales and Marketing Department when they more in! Invite everyone to the Spring Fashion Show Luncheon and bring them here to enjoy our new dining room and the Cameron Café where you will soon be able to enjoy the patio as well.

The Sales/Marketing and Admissions Team would like to wish all of our residents a Blessed Easter, and a very happy, beautiful Spring!

WELCOME HOME NEW RESIDENTS

We welcome these new residents to our Village of East Harbor Family: Laura Buckholz—406

Mabel Campbell—L-1

Ron Dombrowski—108

Jean Grunow—115

Norbert Hageman—413

Sally Riggens—410

Joe Zerilli—419



Resident Pot Luck

Sunday, April 15 5:00pm Chapel

Please Sign up in the Lobby so we know how many we need to set up for.

The Víllage of East Harbor Book Group

We are looking for a Resident or two to take over as the coordinator of the Book Group. The group meets once a month.



ny questions, please call Betsy, 586-716-7143

Next meeting will be **Wednesday, April 18** Please note April 18 is the correct date!

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

Building & Grounds

Meets the 1st Tuesday of every month at 2:30pm in Capman Hall.

Culinary Committee

Meets the 1st Wednesday of every month at 1:30pm in Capman Hall.

Communication Committee

Meets the 1st Wednesday of every month at 3:00pm in Capman Hall.



From The Desk Of Chaplain Laura...

APRIL-NEW BEGININGS

Easter came early this year. It is the day we celebrate the resurrected Christ, which is 3 days after his crucifixion on Good Friday.



As was customary, the women of the Bible went to anoint Jesus' body and were greeted by angels who told them he was not there; He had risen as he said he would.

His resurrection proves he was exactly who and what He said He was.

The entire public had seen him on the cross, the spear in his side confirmed he was dead. He was buried in a tomb for 3 days, after which he rose and appeared to his disciples and over 500 witnesses.

The resurrection proves his authority and the importance of his teachings.

It proves, according to the Scriptures, that the resurrection guarantees all believers and followers that the penalty for our sins has been paid in full.

The resurrection guarantees Jesus' return; it also guarantees of ultimate justice and that through him, we are justified (Just-if-I'd never sinned), sin will be judged, and death of our physical body is not final.

Our hope is in Christ and what took place at the cross. There is new hope for a new life in Christ and that He will return for his children.

This is reason to rejoice! He laid down his life, yet- HE HAS RISEN!

For many, this day marks new beginnings and fresh starts.

Let us never forget the incredible importance of Jesus Christ's resurrection. It is the anchor of every hope we have and ultimately the anchor of hope for all mankind (Hebrews 6:17-20).

In laying down our lives for others, we continue to visit the lonely and shut -ins, praying for the sick, giving to the needy with outstretched arms.

We continue to visit and break bread with homeless Military Veterans, making hats for cancer patients, mats for abandoned animals, packing and distributing food to the hungry, and more.

Please continue to check your calendar and our Chapel Bulletin board to sign up to join us. The experience of reaching out to others is one you will not soon forget.

In Hís Servíce,

Chaplaín Laura Stone

A Message From Our Chaplain



Our visit to Father Solanus Casey's Center was one I will not soon forget. It was an educational experience that I wish all will participate in at some time in their lives. It was life changing.

He was born to life in Wisconsin and born in heaven from Detroit in 1957.

He touched the lives of several

who reside here at The Village of East Harbor, even attending the wedding of one of our Residents! What an honor that must have been.

Although given a job that many might consider lowly, Father Solanus never considered any work for God as 'slight'. Every work he did, he consid-

ered directed of God and he did it with his whole heart, soul and mind.

I am unable express the magnificence of this man and his work he did while among us, so I encourage everyone to attend the next trip to Father



Solanus Center next time we go. You will be blessed. I was.

I even had the honor of sitting at his desk where he prayed for many.

The glass case holds his personal relics.

ALZHEIMER'S SUPPORT GROUP

HOSTED BY CHAPLAIN LAURA 3RD TUESDAY OF EVERY MONTH 2:00PM CHAPEL

<u>A SPIRITUAL POEM</u>

SUBMITTED BY STANLEY WOJCIK

...But by love serve one another.

(Gal 5:13.)

The old Quaker was right: "I expect to pass through this life but once. If there is any kindness or any good thing I can do to my fellow beings, let me do it now. I shall pass this way but once."

Lord, help me to live from day to day In such a self-forgetful way, That even when I kneel to pray, My prayer shall be for OTHERS.

Help me in all the work I do To ever be sincere and true, And know that all I'd do for you, Must needs be done for OTHERS.

Let "Self" be crucified and slain, And buried deep; and all in vain May efforts be to rise again, Unless to live for OTHERS.

And when my work on earth is done, And my new work in Heaven's begun, May I forget the crown Al've won, While thinking still of OHERS.

Others, Lord, yes others Let this my motto be. Help me to live for others, That I may live like Thee. --Charles D. Meigs.



CHAPEL CALENDAR OF EVENTS AND COMMUNITY OUTREACH

BAGS FOR THE HOMELESS–Monday, April 9– 1:30pm-Chapel

Help decorate lunch bags for St Mary's for the homeless. No skills or artistic abilities needed. We also write encouraging statements on the bags as well.



HOPE FOR THE HUNGRY– Wednesday, April 18-1:00pm-Lobby

We will sort and bag food for the needy and possibly hand out food to individuals and families in need.

LUNCH WITH VETERANS- Tuesday, April 24-9:30am-Lobby

Join us in visiting and having lunch with Veterans living in transitional housing. Whether you are a Veteran or would like to show your appreciation, there is no better way than to share a meal and show your love and gratitude.

KNIT OR CROCHET HATS FOR CANCER SURVIVORS.

Join the knitting and crochet groups and help us make hats for Cancer Survivors, or you can make them on your own. Hats are needed year round; "Sometimes we don't want to wear wigs". Hats are needed for boys, girls, adult females and males. See Chaplain Laura if you need yarn to make the hats.



Time to get those walking shoes on!

Winter is finally over, and the sun is out to shine.

Shed off those winter blues and start filling up your activity calendar for the year.

One of the best ways to fling off those winter blues is by getting our bodies and minds into motion.

Some ideas for both in and out of home activities are:

1.) <u>Walking</u>- Whether inside or out, walking is a great way to get that blood pumping. Think about getting a walking partner! And if you're outside, there's nothing like the feeling of fresh air in our lungs and on our faces to wake us up, and keep us going strong.

- 2.) <u>Spring cleaning</u>- Spring cleaning is a great way to sort out items that may be piling up, and causing you stress. An organized environment promotes a positive mood, and you know where everything is!
- 3.) <u>Be Social</u>– With the snow leaving us for another seasons, its time to get out with family and friends! Enjoy picnics, and walks, and other activities in the company of others to keep those smiles going.
 - 4.) <u>Gardening</u>-Whether you have in ground, or potted plants, tending to a garden can add both beauty and serenity to your environment.
- 5.) <u>Explore local shops</u>– It's always fun to shop! Get your Adventure on by exploring the area, and discovering new things to do!

Josie Villegas, LMSW

CareSync Care Manager and Discharge Planner at The Village of East Harbor

Office 586.716.7092 Mobile 586.817.5235

**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.

If you're interested in services, give Josie a call today**



A DAY IN THE LIFE OF A BLUE COLLAR

In 10 years I've never used my auto insurance; Suddenly a fender bender with my car that's new! Though not at fault I'm now a "bad risk driver",

and believe me my payments will double too! Premiums keep these firms safely afloat. To file a claim would tend to rock it. One thing about being in their hands

is it gets crowded as hell in my pocket. At the dentist's office they try to calm me; "Ok badger mouth you must be brave"! "First what kind of insurance do you carry"? "Second, what side of your mouth do you want to save"? "Believe me I can save your tooth". "I'm straight forward - I have nothing to hide". "Yes I know I've filled it six times before". "No I don't think your head hangs down on one side"! Next I rush off to Cut-em Up Hospital. Barely attached my bloody mangled thumb. "Sorry doc, I'm laid off -- no Blue Cross". "What do you mean do I have a stick of gum"? "Doc I know I must have an operation but

another insurance firm I don't have time to join". "By the way who's going to perform the operation"? "Hey doc, why are you and the janitor flipping a coin"? The next stop is the local car dealer. "What do you mean I can have that dream for 999"? "It's bad enough you only offered 100 for my trade-in

then you have the guts to scalp what's already mine"!!
"Ok! Ok! You've sold me on a new car".
"Yeah I know I'm going to have a ball".

"What! Why can't I take it with me"?

"No I didn't hear of any recall"!

"Mr. Superintendent I know you want more money".

Johnny read, " See Dick - see Jane run - see what's in between"?

"No sir! I don't think that deserves higher taxes".

"What the hell - Johnny is seventeen"!!!

"I know he's been offered a college scholarship but after sports then what will he do"?

"It took years to build his athletic prowess - - couldn't you have developed his mind too"!









Arriving at home I saw a man turning off the gas; "Hey man it's winter! It will be too God Damn tough"! "Besides I've dialed down and paid my bill". He said, "You've dialed too far you're not using enough". The gas company is an example of "Big Business". The government says, "Dial down let's get out of this mess". The gas company is sure not patriotic --They will charge you more for using less. I went to the John to read my favorite section of the paper. Being blue collar it was the want ads without a doubt. This time I wasn't so lucky - I forgot to pay - -Good night - - the lights are out! The cutting of power has created a phenomenon. It has become an eerie but warming sight. A soft flickering light shines through the darkness, as candles burn romantically through the night. The phone rings but I do not answer. After thirty-two rings it's suddenly still. It wasn't the ring twice - hang up - call again signal; Simple conclusion - - it had to be a bill. Quote: "Reach out and touch someone" unquote. Kind of catchy but I just have to knock it. Visions of Ma Bell keep running through my head. A sweet - little - old lady pickpocket! Because of high interest rates starters are no more. The mortgage companies have brought back family unity. Yesterday I cried when my daughter got married; Today I cried when they moved back in with me! For newly weds they're proposing a fifty year mortgage.; Now don't let that thought put you on the skids. The first thirty will be paid by the newly weds - -The next twenty by their future kids. Off to the John to catch op on the news of the day. Page after page of hunger and fear. God! Unemployment soars - the recession deepens Ironic where I sit the end seems so near. Now the government and businesswon't strain themselves. They feel it would be like beating a dead horse. When it does end they'll all jump on the band wagon taking undue credit of course!

The Senator I heard back most from was Carl Levin, It was really neat because I didn't expect what he did. He wrote his answer in his own poem. After that he and I continued to write to one another. I hope you enjoyed this poem and if it bothered some of you I apologize. Thank You As Always Chuck Kisandi



APRIL EXCURSIONS.....

Thursday, April 11

Listen & Love Maconce Elementary 9:30am Lobby

Friday, April 13

Skate World/Polish Century For Lunch \$8.00 if you want to skate lunch on your own 10:00am Lobby

Monday, April 16

Women's Lunch Penne Lane \$\$\$ on your own 11:30am Lobby

Wednesday, April 18 Hope for the Hungry 1:00pm Lobby

Monday, April 23

Men's Lunch Men's Choice \$\$\$ on your own 11:30pm Lobby

Tuesday, April 24

Lunch with Veterans 9:30am Lobby

Wednesday, April 25

Detroit Zoo-Senior Day Free Entrance Fee 8:15am

UPCOMING EXCURSIONS.....

<u>Wednesday, May 9</u>

Meadowbrook Theater The All-Night Strut 12:00pm \$29.50 Money due April 2

<u>Thursday, May 31</u>

Detroit Tigers Price & Time to be announced

<u>Tuesday, June 5</u>

FisherTheater Motown the Musical Showtime-8:00pm \$58.75 Money due April 30

<u>Tuesday, July 10</u>

Tappers Garden Time to be announced

Thursday, July 12

Purple RoseTheater Willow Run Rosie the Rivetor Showtime-3:00pm \$26.00 Money due June 1

Thursday, August 23

Detroit Tigers Price & Time to be announced

Thursday, August 9

FisherTheater Wicked Showtime-1:00pm \$66.00 Money due June 4

VEH Resident Association Meeting, March 13, 2018

The meeting was called to order at 1:40 p.m. by President Bob Morrill. There were 51 residents and staff present. New residents welcomed were Sam Vicari 509 and Carol White 502.

Opening prayer was led by Chaplain Laura Stone. Pledges were led by Bob Healy. Inspirational message was delivered by Dorothy Dennis.

Village staff reports:

Administrator Carolyn Martin reported that the Village of East Harbor will celebrate its 40th anniversary in June. Renovations should be done by June and a big celebration is being planned. The VEH has received several awards. It is rated among the top 100 performers in the country by US News Best Nursing Homes. The nursing home also received the Pinnacle award which is based on the survey. She noted that both awards were awarded while the Village was undergoing a renovation. Carolyn also reported that new Tiger shirts are now on sale in time for opening day. The saying on the shirt: "Don't mean a thing. If you don't have that swing."

Kevin Petro PVM construction manager reported that renovations were on schedule. Maps were distributed and an explanation followed as to what renovations were completed and those scheduled to be completed soon. It was stated that the restaurant will be completed by the end of the month, but will not be licensed for another month. The main kitchen will be under renovation starting next week. A mobile kitchen will be used while this work is being done.

He stated that complaints were made that the new restroom doors were heavy and hard to open. This is being addressed.

Brian William food service manager announced that the Omelet Bar will be open Wednesday, March 14 from 7 to 10 am. Corned beef will be offered along with potato pancakes. A new Spring/Summer Menu will be presented on April 1. Chef Dustin has prepared a new dish (Farro Salad) for all to taste after the meeting. Recipes will be available.

Bob Healy announced that PVM Friends and Family Campaign will begin April 1. This will be kicked off at VEH on April 10 or April 17 with an evening dinner for all friends and family of the Village. This is an Answering Prayers Reception" All money donated during the month will go toward the new Wellness (Fitness) Center.

Bob Healy presented a written report which broke down the Staff Christmas Fund distribution. It is attached to the minutes.

Chaplain Laura Stone announced the death of Vida Pozar. All information regarding viewing and funeral are posted on the chapel bulletin board. It was announced that 5 residents participated in the Gleaners outreach and 6 residents visited with the Veterans. Frank Gitre encouraged other veterans to participate in this project. Sunday the Brookside Church will be presenting an Easter concert at 3 pm in the Chapel. All are

encouraged to participate in the Hope for the Hungry Project the last Thursday of the month.

Chris Gorde Wellness Coordinator encouraged all to join fitness classes. Dance has been requested, but at the present time space is lacking to have this activity. Practices for the VillageVictory Cup will begin in April. Village Olympics will be held in Novi on June 22.

Betsy Mianecki reviewed the events for March. Added to the calendar is the play Wicked on August 9. Cost is \$66. Tiger Baseball game outings are scheduled for May and August. Carolyn Martin announced that Betsy Mianecki received the Caring and Spirit Award for going over and above of expectations. This award is a state wide award given at the Leading Age Convention in May. Congratulations were given.

It was announced that the Villages will sponsor a Technology Programs Conference July 27. This is an all day conference 9 to 4. More information will be given later.

Neil Veneri motioned to approve the minutes from last month. A second was give by Peter Batts.

It was announced that Bob Jones resigned as Vice President of the Association. Joan Lehoczky has agreed to be interim Vice President until another person is elected.

Darlene Wallace gave the Treasurer Report. \$3,621 was made on the raffles at the Candlelight Dinner. The cost charged for dinner by Morrison was \$1,800 and the purchase of wine was \$122. The net total made on the event was \$1,699. The total of the Resident fund is presently \$6,391.64.

Darlene Wallace announced her resignation as Treasurer.

Peter Batts motioned to approve the transfer of \$1,000 from the Resident Association General Fund to the Resident Association Christmas Fund as moved in the December meeting of the Association. The amount is then to be withdrawn by Robert Healy as reimbursement to him for fronting \$1,000 so that it could be included in the December distribution of the Resident Association gifts to the hourly employees of the Village of East Harbor. It was seconded by Loretta Cortis. Motion carried.

Neil Veneri chair of Building and Grounds Committee stated concerns about new bathroom doors. This situation is being addressed. Carolyn Martin was commended on keeping the parking lots cleared of construction crew's vehicles. Residents were told that they can get copies of work orders when they make them upon request. Residents expressed concern about the condition of Village roadways. A definite date for road repair work has not been set at this time. Linda Aderman reported leaks in her windows. It was stated that this leak is caused by a roofing problem and is scheduled for repair this spring.

Bob Morrill reported that a suggestion was made that speed bumps be installed throughout the Village. A second suggestion was made that Chaplain Laura video Sunday service in the chapel and it be broadcast in resident rooms.

Jean Campbell Communication Committee Chair announced that only 2 people attended the March meeting of the committee. Therefore there is no report. The committee will start revising the Resident Handbook when the renovations are completed.

Dorothy Dennis Welcoming Committee Chair welcomed all new residentsw

Frank Gitre announced that he represented the Village at the annual Governance Conference this month. He stated that it was a rewarding experience.

The raffle ticket for a \$25 gift certificate to Kroger was drawn. The winner was Joan Rifenberg. A gift certificate will be raffled at the next association meeting in April.

The meeting was adjourned at 3:10.

Respectfully submitted by Joan Lehoczky, taking minutes for Elaine Walton, Secretary

St. Patty's Day Party





















April is Parkinson's Awareness Month



Parkinson's Disease is a neurodegenerative disorder which can cause body tremors, rigidity and slowness of movement. Doctors aren't sure what causes it but they do know exercise can help slow down and sometimes reverse the symptoms depending on how far the disease has progressed. Classes we offer that might be beneficial to those with PD are Tai Chi, Circuit Training, Stretch and Relax, and 7th Inning Stretch.

Let me help design a program for you!

Contact Chris Gorde at 586-716-7385 or cgorde@pvm.org

VILLAGE VICTORY CUP IS COMING!

Join us on April 13 in the Chapel at 2:30pm for fun and games and to learn more about this years event!



Directory

Accounting	716-7408
Tracy Tesch Activity Lead A/L & I/L	/10-/400
Betsy Mianecki	716-7143
Administrator	/10-/143
Carolyn Martin	716-7221
Admissions Specialist T.C.U	110-1221
Sue McCallum	716-7427
Assisted Living Nurse	110-1421
Denise Klimaszewski	716-7115
Beauty Salon	110-1113
Appointments	716-7180
Care Sync Case Manager	110-1100
Josie Villegas	716-7092
Chaplain	110-1052
Laura Stone	716-7438
Dining Services Mgr.	110-1450
Brian Williams	716-7419
Director of Nursing	110-1413
Melissa Freiburger	716-7416
Driver	110-7410
Ann Marie Hart	716-7142
Fitness Specialist	110-1142
Chris Gorde	716-7385
Front Desk	110-1303
Receptionist	725-6030
Haven Hall Nurse	123-0030
Lynette Sanday	716-7384
Housekeeping / Laundry Mgr.	110-1304
Mary Breen	716-7418
Maintenance Work Orders.	110-1410
Front Desk	725-6030
Maintenance	123-0030
Emergencies After 11:00pm	248-996-2470
HCC Activity/Volunteer Mgr.	240-330-2470
Sheri Stover	716-7021
Physical Therapy Mgr.	110-1021
Kim Frabotta, Agility Therapy	716-7398
Resident Care Mgr.	110-1390
Toni Greig	716-7426
Sales & Leasing Specialist	110-1420
Peggy Carroll	716-7397
Nancy Smiley	716-7183
Ivalley Shilley	110-1103



4/03 Neil Veneri

4/04 Leotta MacKenzie

4/08 Elsie Gray

4/09 Ruth Offenbacher

4/12 Inez Cynecki

4/14 Robert Bradley

4/16 Sally Riggen

4/18 Ruth Nichols

4/18 Joyce Walker

4/20 Peter Bates

4/20 Frank Gitre

4/25 Jean Campbell

4/27 Jleane Sills

4/28 Linda Aderman

4/29 Linda Turri