



Village Trumpet



Embrace the possibilities

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

May 2017



cordially invites you to a

MAD HATTER

Spring Fashion Show

Saturday • May 13, 2017 • 12:00pm

Tickets \$10

MENU

The Queen's Roasted Tomato Bisque
Alice's Spring Mix Salad

Tweedle Dee's Assorted Tea Sandwiches:

- Smoked Salmon with Dill Crème Fraiche*
- Savory Spinach and Cheese Mini Quiche*
- Shrimp and Cucumber with Dill Butter*
- Roast Beef with Horseradish Crème*
- Deviled Egg Salad*

White Rabbit Cupcakes

*Clothing Provided by Advantage Apparel
Shopping after the show
Eight racks of clothing sizes S-XXL*

To Purchase Tickets or more Information...
Please call 586-716-7143



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The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:





Giving Matters.

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

AGE OUT LOUD!

Michigan's Everyone's aging, but who is listening?

Be the wake-up call! Your backing and your voice = a variety of services, safe housing for a wide range of older adults and putting veterans first.

YOU and PVM: we're up against a cultural indifference to the elderly.

It sounds harsh, but it's true.

Think about it:

"Over the hill." "Senior moment." "Past your prime."

Those are pretty rough words about older adults—and we hear them, or even say them without batting an eye.

You have the power to change that indifference and make this state a great place to live at any age. Every time you introduce someone new to PVM, or you make a gift, you're bringing aging out of the shadows. You're making it possible for you and your peers of all income levels, backgrounds and needs to **AGE OUT LOUD**. This month is Older American's Month, so **raise your voices and spread the word.**

World: listen up!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

****P.S. YOUR IMPACT: In 33 Michigan counties, there are now more older adults than school-aged children. HUGE when you consider that those older adults will stay as many kids grow up and move away.****

* "The Age Wave: A Call to Action" Thomas B. Jankowski

FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:

Spring is a time of renewal and we have started our new improvements for you. The health care center parking lot is in the final stages of being resurfaced. The site work is in progress and soon the building will begin. We will work hard to try to not inconvenience our residents. There will be growing pains but the benefits will be worth it. Renovating and improving for you. Phase 1 is under way.

We recently held our volunteer thank you breakfast. Our volunteers give freely of their time. Two couples have been volunteering for over 20 years together! The volunteers expressed how much they get back from giving their time. It was wonderful to hear how volunteering has given them so much gratification and how passionate they are about sharing their time and talents on our campus. If you are interested in volunteering contact Sheri Stover our volunteer coordinator.

Thank you to all of you who were able to donate to this years friends and family campaign. Our kick off began with the To Tell the Truth Game. We learned some interesting and fun facts about our participants. More to follow on our campaign results. Whether you are able to donate your time, money, or talents or yourselves ...we appreciate all that you do.

Our Chapel is a blessed space to get married, hold a memorial or funeral service, baptisms or renew wedding vows. We can put together packages for catering services, musicians, cremations, and more. If you need assistance planning an event let us know. Also, we will be introducing our new Chaplain soon.

Enjoy the beauty of springtime on our campus. Stop in and share any new ideas or thoughts you might have as we take this journey together improving and renewing for you.

Happy Spring,
Carolyn Martin



Kyle's House Project

A small committee including Village residents would like your help providing a home cooked meal to the residents of Kyle's House. Kyle's House is a ¾ house sober living home started by one of the founding members of **FAN** (Families Against Narcotics). This home provides a safe place for men who seek **recovery** in a 12 step program.

You can help by donating money for the food, help plan a menu, help prepare the meal or help deliver the food. The meal will be dropped off at the house on Sunday, June 18 (Father's Day) between 3:00 and 5:00 PM.

Please contact Joan Lehoczky 248-568-7629 if you can help.

MARKETING

This could be YOU receiving a \$250.00 check simply by referring a friend or family member to The Village of East Harbor!

Leotta MacKenzie likes living here so much, she told a friend, and now her friend lives here and Leotta is \$250.00 richer! Remember to have your referral mention your name upon initial contact with Nancy or Peggy in the Sales/Leasing Department.



We have a new service for you to take advantage of as a resident of The Village of East Harbor: In the unfortunate circumstance that you find yourself in the hospital, Sue McCallum is our new hospital liaison who will visit you at bedside and help you and your family coordinate with our TCU for any rehab or home care. This is just one more courtesy we offer our residents to help make life easier! If you anticipate a hospital stay, or have questions, you can reach Sue at 716-7427.



The Village of East Harbor Skilled Nursing and Rehab Health Care Center is happy to announce that we now are a preferred provider and can accept HAP insurance.

Please note this for future reference if you carry HAP insurance.

EYES, EARS & FEET WORKSHOP

Attend this one-day informational meeting and learn more about these services:

- ◆ **Library service for visually impaired**
- ◆ **How to get a caption phone FREE**
 - ◆ **Diabetic Shoes**
 - ◆ **Reflexology**
 - ◆ **Aromatherapy**

Tuesday, May 23, 1:00pm, Activity Room

WELCOME HOME NEW RESIDENTS

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

Victoria Cole—120

Gary Allen—106

Donald Jacob—108

Angelika Dandridge—A-106

Alzheimer's Support Group

Hosted by Pauline Zeig
3rd Tuesday of every month

2:00pm

Chapel

If you need a

Podiatry Appointment...

Please call—Dr. Krietman

586-772-3500



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.

Culinary Committee

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

Maintenance Corner :

For the safety of you and others, Please stay away from all construction



KEEP OUT!
Construction
sites are
dangerous

Spring Changeover will be starting soon!

DEAREST MOTHER

You have given me countless memories;
As many as the stars that shine above.
When I was feeling empty inside
you filled my heart with love.
When I stumbled through the roadblocks in life
you were there with confidence.
When solutions to problems had me totally
confused
you taught me commonsense.
One moment will always remain the best,
none of the others will stand quite as tall.
It was the moment you became my mother.
I cherish that moment most of all!



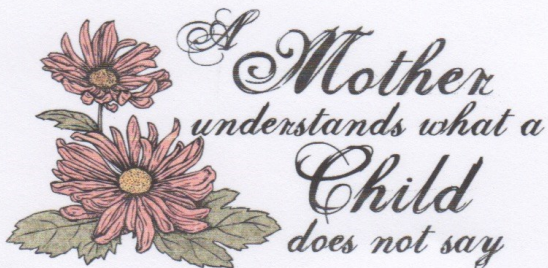
Keeper Of The Flowers



Mom, God's keeper of the flowers
brings true beauty to the earth.
Without her tender caring of the plants
the soil would have no worth.

Only one thing tops her flowers
whose fragrance rises towards the sky;
That's the warmth she bestows upon others
and a love you cannot deny.

To do these things takes patience
and a person who's full of love.
Having these virtues proves strongly to me
you are a favorite of God above.



By: Chuck Kisandi

STEPMOTHER

Whenever I see a pink carnation
or a pink fluffy cloud above;
A special person comes to mind
my Stepmother whom I love.
You always give so much to others
never seeking an equal share.
You have opened your heart to everyone
because you really care.
There's one thing I want to clarify.
My intensions I don't want you to miss.
I have the world's greatest Stepmother
and this fact I seal with a kiss!



THANKS MOM

You baited my hook while fishing;
You taught me to tie my shoe.
My heart cries out the praise I sing;
Thanks for letting me be part of you!
Thanks for the love and kisses;
Thanks for enriching our minds.
Thanks for being our best friend;
Thanks for wiping our behinds!



WHAT ARE MOTHERS FAMOUS FOR?

"Wonderful kids like Me!"

By: Chuck Kisandi



“What To Do When You’re Blue”

It happens to everyone. Some days, we just feel blue and that’s okay. We can allow ourselves time to feel sad, or to grieve, but then we can also allow ourselves to get back up, and enjoy ourselves again.

When we’re sad, sometimes we can feel a loss of energy, changes in appetite, sleep disturbances, changes in activity levels, decreased confidence, or even a loss of pleasure from things that would normally make us happy.

Sometimes sadness will occur for a couple of days, and then go, leaving us to feel like ourselves again. If it lasts for a couple of weeks, however, it can then be considered depression.

Whether experiencing occasions of sadness, or full depression, there are things we can do to help ourselves feel better.

- ❖ Getting out of our homes, and socializing can do wonders. Hanging out with friends, and connecting with people elevates our moods, and helps lighten the load of our worries.
- ❖ Exercise! Keeping active helps us stay healthy and strong. When we feel healthy, we feel good, and this helps us improve and maintain a positive well-being.
- ❖ Addressing issues and coming up with a plan to improve a situation that is bothering us can also potentially decrease our sadness. We can’t always prevent negative things from happening in our lives, but when a problem does occur, if we have a solution or a plan to deal with the situation, it can help us feel better about things overall.
- ❖ Changing our perspective also helps. Sometimes old behaviors and thoughts processes become more harmful to us than good, and we need to learn how to approach a situation from a different angle.
- ❖ Replace negative thoughts with positive ones. When we always see the bad, its hard to see the good. If its raining outside, some people may think, “this day is ruined because its raining.” Others may say, “I can’t wait to see the flowers after this rain. And since its raining, I’ll call my friends today, or stay inside and visit with others.”

- ❖ Taking care of ourselves medically. When something is wrong medically, it can cause us to feel ill, out of sorts, or in pain. Addressing medical issues, and keeping up on our health also can improve mood.
- ❖ Finding a sense of meaning and purpose. We tend to serve certain roles our whole lives, and then when we retire, things can change dramatically. Sometimes that's hard to deal with, but we can find new roles in our lives. It can be fun to explore new avenues and find new meaning, and a new sense of purpose!
- ❖ Hobbies. Being retired means we have time to do the things we love, and that make us happy. Hobbies not only bring us joy, but they can also keep us healthy and active.

These are just a few of the things we can do to help ourselves improve our mood when we are down. Being sad is ok, and we all go through periods of sadness, but if it becomes something more, we need to get help.

If you feel like you are experiencing sadness or depression, and would like to talk about it more, or are feeling like you need more help, please feel free to call me at:

Josie Villegas, LMSW

Discharge Planner at The Village of East Harbor

Office 586.716.7092

Mobile 586.817.5235

jvillegas@pvm.org



ATTENTION ALL POOL PLAYERS

The Pool Table in Kirk Hall has been resurfaced and is ready for play!

Thank you Resident Association!

Fitness Center NEWS



**Join us in practicing for the
Village Victory Cup games each
weekday in the
Fitness Center or Activity Room!
The VVC will be held Friday, June 23rd.**

**Balloon Volleyball—Mondays @ 3:00 and Wednesdays @ 2:15
Open Practice—Tuesdays @ 3:00, Thursdays & Fridays @ 1:30
Please check the daily schedule for location**

**Event descriptions, rules and sign up sheets are all located in the
Fitness Center. See Chris or Lisa to sign up and participate.**

All are welcome!



Optimizing Brain Fitness

Discover the secrets to increasing and expanding your brain's power to meet everyday challenges and enhance the quality of your life with **Optimizing Brain Fitness**, an engaging 12-lecture course that shows you how to take advantage of the basic principles of brain operation and build the brain you want to live with for the rest of your life. Delivered by Dr. Richard Restak, an award-winning teacher, practicing neurologist, and professor at The George Washington University School of Medicine and Health Sciences, these lectures are packed with vital information and research-based exercises you can perform every day to tap into your hidden mental potential.

The series will be held Saturdays starting May 6, 3:15pm, in the Activity Room.

Please note: No program May 13.

MAY EXCURSIONS.....

Wednesday, May 3

Women's Lunch
Just Delicious Scones
11:30am
Lobby

Wednesday, May 3

Listen & Love
9:30am
Lobby

Monday, May 15

Pewabic Tile Pick up & Lunch
Johnny Noodle King
10:00am
Lobby

Wednesday, May 17

Listen & Love
9:30am
Lobby

Tuesday, May 23

Men's Lunch
Pit Stop
11:30am
Lobby

Wednesday, May 24

Listen & Love
9:30am
Lobby

Wednesday, May 31

Listen & Love
9:30am
Lobby

Wednesday, May 31

Mystery Trip
9:00am
Lobby
Please bring money for lunch.

UPCOMING EXCURSIONS.....

Soaring Eagle Day Trip with Show
"Ultimate Doo-Wop"
Monday, June 12
\$35.00
Money Due—May 15

Coming in July...

Shipwrecks on Lake St. Clair Cruise
Friday July 14
\$25.00
Money Due—May 30

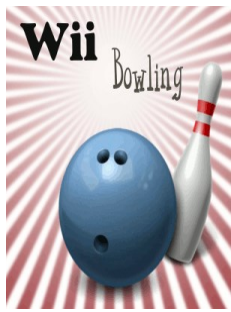
Coming in September...

Journey through the Straits
Lake St. Clair—3 hour Cruise
Saturday September 16
\$35.00
Money Due—May 30

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



Everyone is invited!
Come and enjoy this lighthearted musical from 1952 with Doris Day and Gordon MacRae while munching popcorn and drinking pop.
Sunday, May 7, 6:30pm, Activity Room

Craft with Anita—

Monday, May 1
10:00am
Activity Room



Make NoteCards with JoAnn Tuesday, May 16 1:00pm, Activity Room



Monarchs Need Our Help!



PROMOTE MONARCH CONSERVATION

BY CREATING A MONARCH WAYSTATION!

Monarch resources are declining due to urban development, use of agricultural herbicides and roadside management. The Village of East Harbor with students from Great Oaks

Elementary would like to help by creating a garden with milkweed and nectar plants for monarch butterflies and other wildlife.

If you would like to be part of this exciting project, please meet us in the Activity Room some time during the week of May 22. Please watch for the date and time to be announced in the Village Weekly.

Gardening tools will be supplied, please bring gloves if you need them.

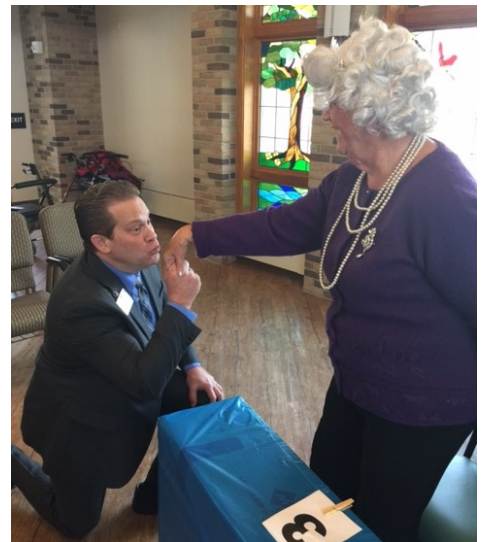
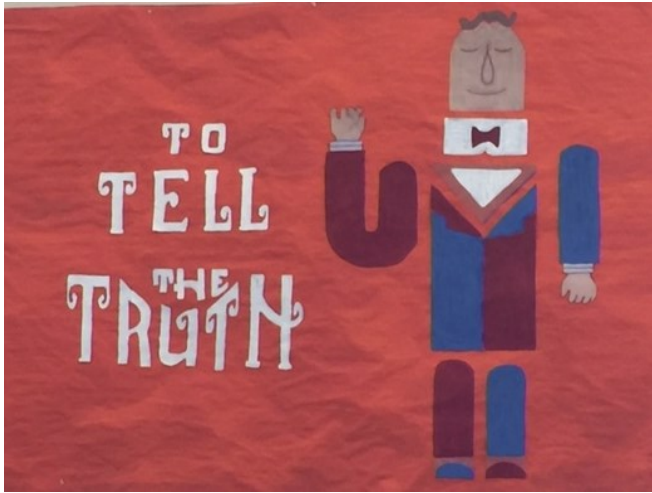


Set Sail to Learn About the Lakes

Summer Discovery Cruises offer anyone interested in the Detroit River and Lake St. Clair the opportunity to get out on the water for an educational experience. Cruisers can learn about many aspects of the lakes, from lighthouses, shipwrecks, bootleggers and history and culture of the region to fish, ecology, restoration and wind, waves and water — and much more, depending on the cruise theme.

The cruises range from 2.5 hours to 4 hours on the water and range in price from \$25-\$30 per person.

Sign up in the lobby for all cruises you are interested in!



Easter Cookie Decorating Contest Easter Party



Smoothie Demo



Take your Child to work day



Tiger's Opening Day Party



Directory

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	
	716-7438
Dining Services Mgr.	
<i>Brian Williams</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

Birthdays of the Month

- 5/02 Vera McDonald
- 5/03 George Carter
- 5/11 Geraldine Faucher
- 5/16 Alma Tomlinson
- 5/19 Margaret Gibson
- 5/19 Janet Coe
- 5/20 Ellen Kunath
- 5/20 Marilyn Smith
- 5/21 Carolyn Cameron
- 5/26 Anna Gasowski



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

**Please call
Anita Wenzel, Lead Attorney
(313) 937-8282**