



Village Trumpet



Embrace the possibilities

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May 2020



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Mother's Day~Sunday, May 10

All the good things in us
came from our mothers.
We can never thank her enough for
everything she did for us.
Wishing all the happiness to
our mothers on this day.

Happy Mother's Day.



MEMORIAL DAY MONDAY, MAY 25

MEMORIAL DAY...
...IS THE DAY THAT'S SET
ASIDE TO REMEMBER WITH
GRATITUDE AND PRIDE
ALL THOSE WHO SERVED
AND DIED FOR OUR
COUNTRY AND OUR
FREEDOM.
MAY YOUR DAY BE
FILLED WITH
MEMORIES AND
PEACE.
GOD BLESS AMERICA



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GodVine.com



FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:

I was trying to think of positive good news to share during a difficult time in our history. The first thing that came to mind was our Corporate Company, PVM. PVM has been on the forefront of getting the necessary supplies we need for our buildings. PPE, Personal Protective, Equipment has been in high demand. N95 masks, gowns, gloves, hand sanitizers are tools we use on a daily basis when battling any virus. I am thankful we have had a proactive team diligently working to get us the necessary supplies. It has not been easy. Next, testing suspected infected residents needed. Again, not readily available. We were able to obtain testing on case by case for residents. Finally, swab testing became available for residents inside our Skilled Nursing area where the first cases originated on the campus and then in what we call the HFA areas inside the building, Assisted Living, and Memory Care. All residents inside the buildings have received the swab test. Good News, as this will help us access our next steps in providing care.

Our oldest recovering resident to date, who recovered from Covid-19 is 99. Good news! I have also heard vaccine testing is on the fast track, more good news. We are in the process of having telehealth services set up on the campus, using a grant received from the MI Health Endowment Fund. This endeavor will provide residents inside the building the ability to have telehealth services from physicians without leaving the campus. More Good news!

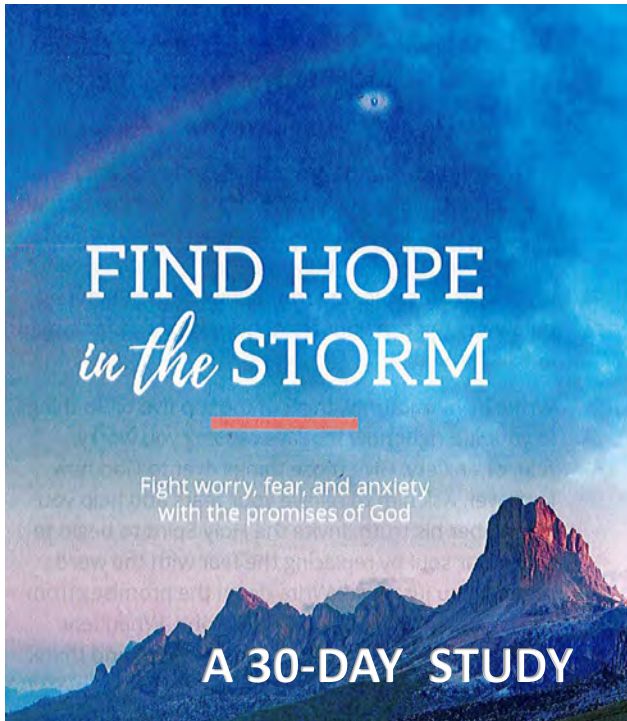
Our social distancing parade was a much-needed moral boost for staff and residents. Staff miss seeing residents smiling faces and engaging with you at our events. Thank you for those of you who came out to give us a wave.

I am so appreciative of our hard working staff members who have shown courage, dedication, and tenacity during this time. Our Super Heroes wear masks!

We have some supplies of cloth homemade masks on hand. We have the ability to make some more. Please call the front desk if you are in need of a cloth mask. If you find yourself struggling emotionally, physically, or in need of supplies please contact Chaplain Laura or myself and we will do our best to assist you. The good news is we may have access to get you what you need.

Stay well and be well,

Carolyn Martin



Fear is one of the enemy's favorite weapons.

Worry, anxiety, fear— it can all overwhelm us like a thick shadow of darkness, controlling our every move and decision. Yet reality tells us that so much of what we spend our time worrying about never even happens. Living under the weight of the “what if’s” is a hard place to dwell.

God has words of life—of truth— that he wants to speak into our fears.

Soaking scripture in, praying them out loud until they become so familiar they replace the other things in your mind is the first line of defense against fear and worry. There’s nothing magical about words and verses, but there IS power through them, because they’re God’s words.

So, if you’ve found yourself battling worry recently, join us in this 30-day prayer guide where, together, in our own places, we can pray and focus on God’s Word. Every day for the next 30 days, there will be a specific prayer to combat fear and anxiety. Throughout this study, we will be encouraged to journal or write down our thoughts on a related prompt. Every day will have at least one verse for us to study and pray through.

We can start this prayer guide Monday, May 4. I will be delivering them to you on Sunday, May 3 and we can read through the guide, in our own places, one day at a time, praying for one another. **I hope you decide to join us!**

God’s blessings and peace over you as you pray!

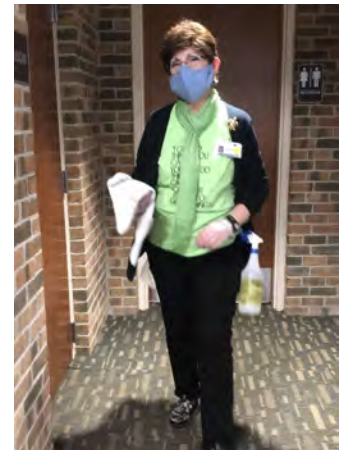
In His Service,
Chaplain Laura

MARKETING



Happy Spring everyone! Flowers, trees, and furry friends from hibernation are all popping up as the weather gets nicer. There are many benefits of saying hello to the world when the sun is shining. Getting outside to enjoy the warmth of sunshine does wonders for physical and mental health. Whether that is walking and waving to your neighbors (from a safe distance) or listening to the birds from your front porch, make an effort to say hello to the sun again (you never know when a parade will be coming around again). We miss everyone and look forward to the day we can enjoy the sunshine together again.

1. **HANDS** Wash them often
2. **ELBOW** Cough into it
3. **FACE** Don't touch it
4. **SPACE** Keep safe distance
5. **HOME** Stay if you can



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





From The Desk Of Chaplain Laura...



MAY
MOTHER'S DAY
MEMORIAL DAY

Happy Mother's Day Sunday, May 10! This year we have the opportunity to be a little creative. Although this year is a bit different, we can still honor the mothers in our lives. Make that favorite meal (mine would be grilled cheese and tomato soup), take a stroll together, share memories. Many restaurants are offering 'curb-side' service and some are even delivering, if you'd prefer.

The most talked-about mothers are the Blessed Mother and Mother Teresa. Both gave of themselves to make remarkable changes in the world. We all know that it is better to give than receive; The benefits of giving can increase our self-confidence and that of others, and is encouraging to ourselves and others as well. Give of your time by calling them to check in and wish them well. **I will be picking up food from North Shore Church food drive this month.** They usually contain canned and packaged goods, some produce, and possibly milk. **If you have need, please call me or email me so I can be sure to pick up a box for you.**

Memorial Day, Monday, May 25. The day we remember those who fought for our rights and our freedoms.

2 Timothy 2:1-4 speaks of being "soldiers of the cross". "You then, my son, be strong in the grace that is in Christ Jesus. And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others. Join with me in suffering, like a good soldier of Christ Jesus. No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer".

Being pleasing unto the Lord, we share our faith, our joy, our love, and our time with one another to bring them hope and happiness this Mother's Day and Memorial Day as we remember and honor those we love and those who served us.

If you are in need of prayer, or know someone who is, please call me at (586) 424-5674 or email me any time at LStone@PVM.org

In His Service,
Chaplain Laura





Fitness Center News

If you are interested in receiving exercise/fitness emails, please contact Chris Gorde, Fitness Specialist cgorde@pvm.org Don't have email? Contact me at (586)716-7385 for a weekly fitness letter.

Included in this newsletter is an updated wellness passport. Some of you have already completed the older passport but please consider doing this new one, too.

Also, for those of you participating in the Walk Michigan! Lighthouse Tour, you can log *any* 20 minutes of activity as a mile on your chart at home. If you have already completed your chart, still keep track of your activity and I'll get you a new chart as soon as I can.

*Continue to stay active but remember to keep at least 6 feet between yourself and anyone else—
EVEN OUTSIDE AND EVEN WEARING A MASK!*



UPCOMING EXCURSIONS.....

Please Note Thursday, July 30

NEW DATE

*Frankenmuth
Ragtime Festival-Zehnders
\$43.00
Money due June 30
9:00am
Lobby*

CANCELLED Thursday, May 7

*Pagliacci Rehearsal
Michigan Opera House
\$25.00
Money due April 1
9:00am*

CANCELLED Friday, May 15

*Prohibition-From Moulin Rogue to
Boardwalk Empire
DSO
\$38.40
Money due April 1
9:00am*

Thursday, June 18

*Tiger's-vs-White Sox-\$33.75
money due-May 18*

**To be
determined.**

Thursday, August 27

*Tiger's-vs-Houston\$33.75
money due-July 27*

Blue Angels Flyover Postponed



The U.S. Navy Blue Angels and U.S. Air Force Thunderbirds are making appearances at several cities to show their support for health care workers and first responders as part of the "America Strong" program.

WXZY, the ABC affiliate in Detroit, reports that a Blue Angels spokesperson said that the poor weather expected in southeast Michigan put the flyover on hold.

Please stay tuned for a robo-call announcing when it will be rescheduled.

**ALL RESIDENTS
LIVING INSIDE THE MAIN BUILDING,
PLEASE CHECK OUT
CHANNEL 3 ON YOUR TV
FOR PROGRAMMING**



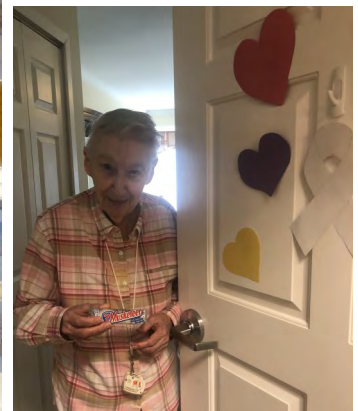
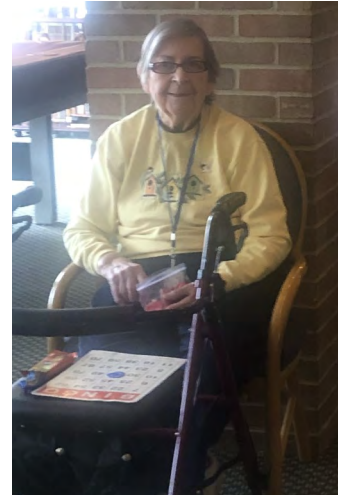
**10:00am-Spiritual
11:00am-Fitness
1:30pm-Activities
4:30pm-Entertainment**

If you need assistance please ask your Aide or call the front desk.

Wear A Mask! it's mandatory



**If you need an extra mask
please contact
Betsy 586-716-7143**



OPERATION STAY CONNECTED

During this time of self-isolation, we would like to help everyone stay connected by having residents reach out to other residents by phone.



In the next couple of days you will receive a call from one of your neighbors. If you don't wish to receive future calls, please just ask to have your name to be removed from the list.



Please know that this is only being implemented during the quarantine.



Self-Quarantined Corona Virus Things to do when you're stuck at home.

With everything going on currently with the coronavirus (COVID-19) and the recommended social distancing and self-quarantine, it might be easy to feel lonely and maybe even bored. Instead of worrying that you might go stir crazy inside with all the extra time, use this as an opportunity to do some things you haven't tried or always wanted to do. Even when it might seem like there's nothing left to do, remember there are always ideas you haven't thought of yet. Here are some ideas to try.

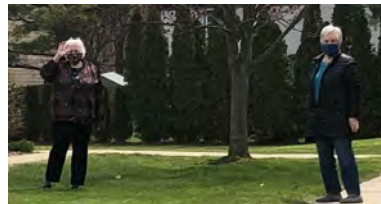
1. Read that book you've been putting off reading. If you need one call 586-716-7143 and we will deliver one to you.
2. Complete a puzzle! If you need one, call 586-716-7143 and we will deliver one to you.
3. Call, FaceTime or zoom friends and family.
4. Try at home aerobics or yoga from You Tube.



5. Finally organize those drawers, clean out closets and clean like you never have before.
6. Take time to reflect.
7. Write a short story.



8. Send a card or call another resident just to say "Hi" or "Thinking of You".
9. Learn a new language on You Tube.



10. Learn a new recipe.
11. Spend time outdoors.

12. If you have a computer, take a virtual trip to a place you always wanted to visit.
13. Color, draw, or paint. If you need supplies call, 586-716-7143.

14. Create a scrapbook.
15. Organize pictures.



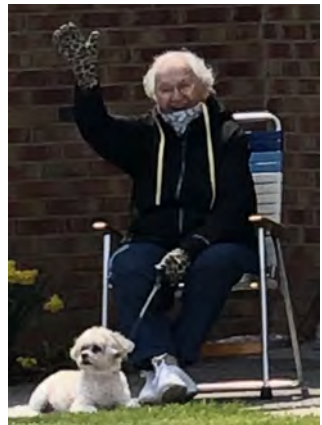
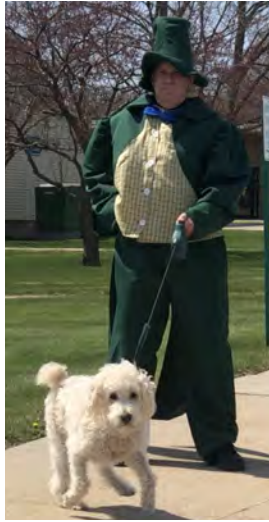
16. Make an inspirational yard sign. We have the supplies call: 586-716-7143.
17. Complete your Passport to Wellness.



18. Take Selfies and send them to Betsy 586-214-2463.

IF YOU NEED ANY SUPPLIES, SUCH AS PAPER, PENCILS, BOOKS, PUZZLES, CARDS, CALL BETSY, 586-716-7143.





Directory

Accounting	
<i>Tracy Tesch</i>	716-7408
Activity Lead A/L & I/L	
<i>Betsy Mianecki</i>	716-7143
Administrator	
<i>Carolyn Martin</i>	716-7221
Admissions Coordinator TCU	
<i>Beth Humble</i>	716-7427
<i>Sue McCallum</i>	716-7395
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>Laura Stone</i>	716-7438
Dining Services Mgr.	
<i>Brian Williams</i>	716-7419
Director of Nursing	
<i>Jeff Robinson</i>	716-7416
Driver	
<i>Ann Marie Hart</i>	716-7142
Environmental Serv. Adm. Asst.	
<i>Shelby Jones</i>	716-7436
Executive Director	
<i>David Miller</i>	716-7410
Fitness Specialist	
<i>Chris Gorde</i>	716-7385
Front Desk	
<i>Receptionist</i>	725-6030
Haven Hall Nurse	
<i>Lynette Sanday</i>	716-7384
Housekeeping / Laundry Mgr.	
<i>Teri Lynn Taylor</i>	716-7418
Maintenance Work Request	
<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 Specialist	
<i>Peggy Carroll</i>	716-7397
<i>Dylan Demo</i>	716-7183



5/08 Leroy Hebben

5/17 Rita Edwartowski

5/20 Ellen Kunath

5/20 Marilyn Smith

5/21 Carolyn Cameron

5/21 Nancy Johnson

5/24 Joseph Hobbs

5/26 Anna Gasowski

5/28 Vincent Carlo

5/31 Donald Cramton

Cinco de Mayo Word Search

Hidden in the puzzle are words associated with this Hispanic celebration.

Z T F X F G C C I N A P S I H Z A H L
O A O Y A M M I V B C C L T B Q O T L
E D B A E A H O M T I Z C D N L Y S A
Q Y V T C L O M H N Q U B I I S P Q V
P Z I A H B A X C D P U S D A O Z K I
A T C T I E R O D A Z L A E C T U F N
T E T S C U O Q E N Y Y S I C L R Z R
U Y O E A P L N X C H N X I N N C G A
K A R I N X O Y O E Q E T O X I A R C
A M Y F O W I G Q E M R I X F A R R J
Y P O N C H O J I Z L T G C X M E L F
T C B I W F D U K M A O E P M A V T E
L Q S O X W V W U R A Q P H K R D N J
J U A Z W F G O B F L D C A B G Q D J
M R C X E O R E R B M O S Y N A U X Y
R Z A Y G R L M S X D O O F P R A I J
P F R U G E A B A T T L E I Z I P F Y
H Y A B C U V U P A R A D E K T P O P
S H M F C F R C J A Z O G A R A Z H G
Y K O A C L H E G B S R S E R A P E U

AMIGO	FOOD	MEXICO	VERACRUZ
BATTLE	FRANCE	MUSIC	VICTORY
CARNIVAL	HISPANIC	NAPOLEON	ZARAGOZA
CELEBRATION	HOLIDAY	PARADE	
CHICANO	JUAREZ	PONCHO	
CINCO	MARGARITA	PUEBLA	
DANCE	MARACAS	SERAPE	
FIESTA	MAYO	SOMBRERO	

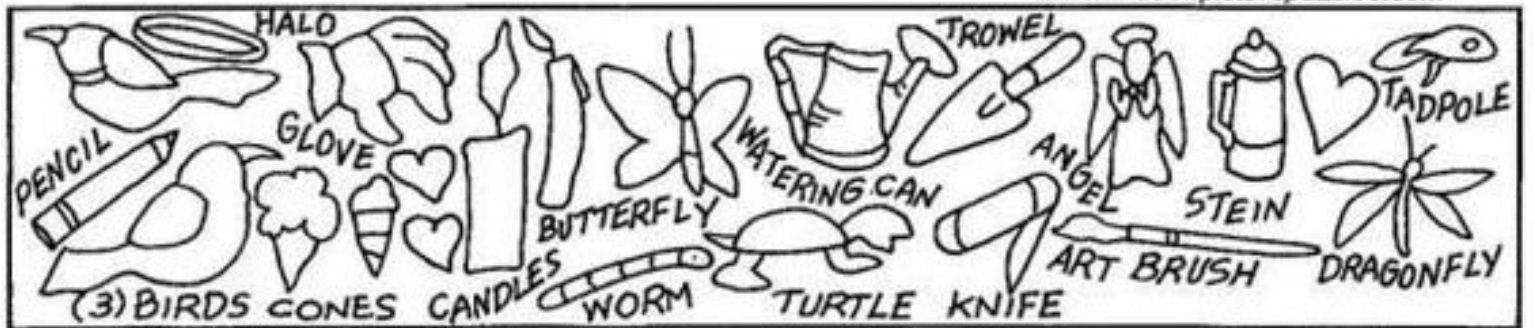
Mother's Day Word Scramble

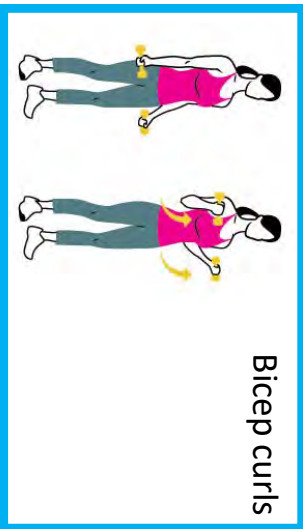


1. IFTG _____
2. WFOSRLE _____
3. HSKNAT _____
4. NDSAUY _____
5. MTHERO _____
6. NOIIAECDDT _____
7. YMA _____
8. RTCEPIPAAE _____
9. IBHRT _____
10. FMLAYI _____
11. EROCTTP _____
12. UDLDEC _____
13. OELV _____
14. AICGNR _____
15. KSSEIS _____
16. UHGS _____

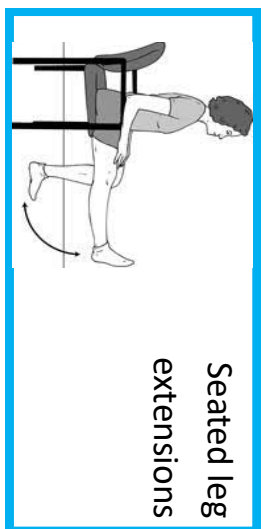


www.hiddenpicturepuzzles.com





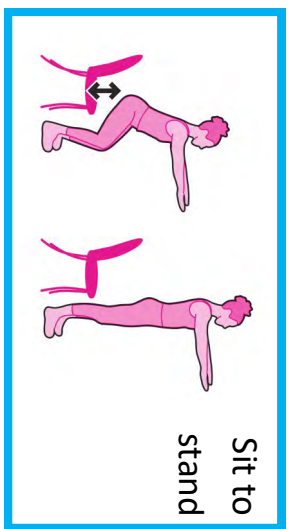
Bicep curls



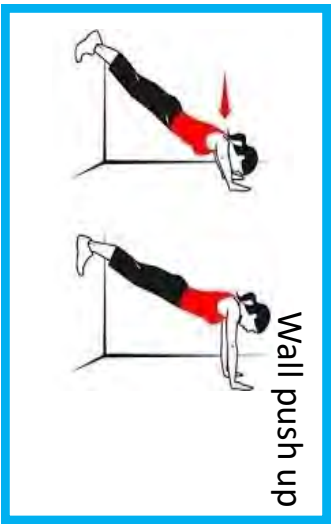
Seated leg extensions



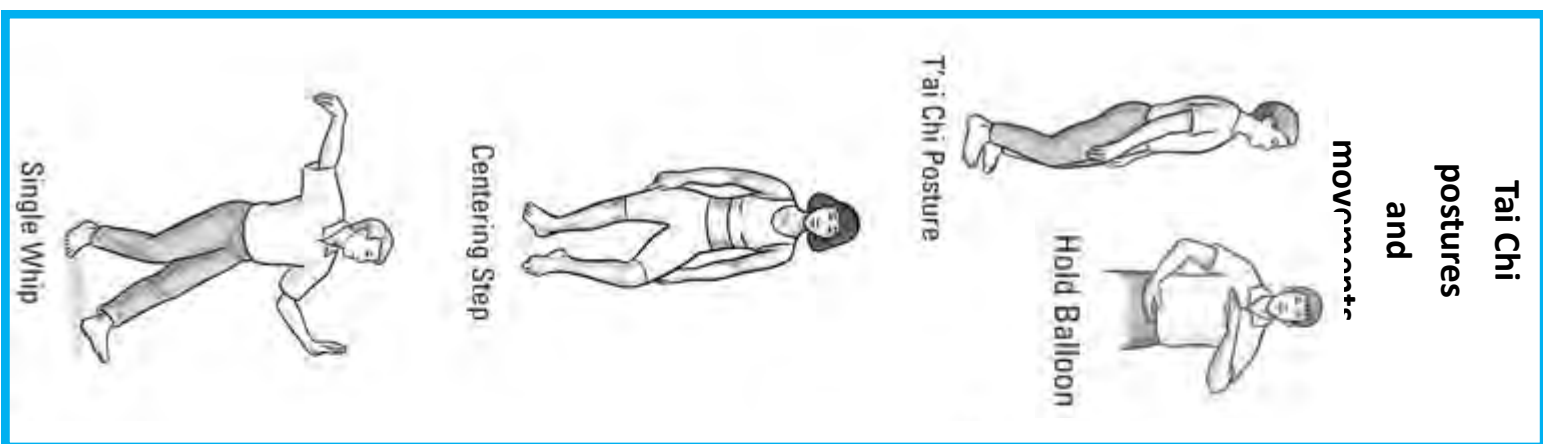
Bent over row



Sit to stand



Wall push up



Tai Chi
postures
and

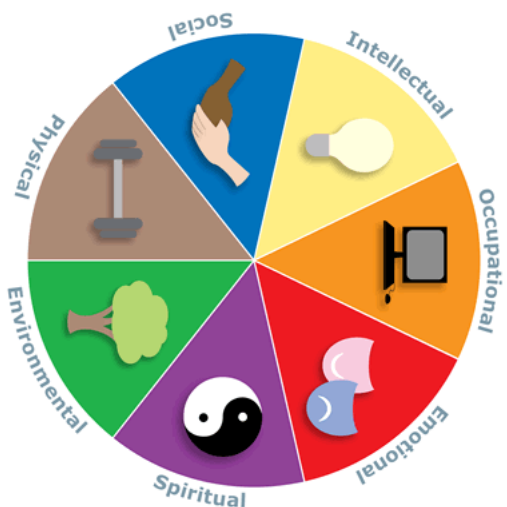
MOVEMENTS

Hold Balloon

Tai Chi Posture

Centering Step

Single Whip



- Social:** fosters meaningful interactions within a diverse community.
- Physical:** promotes personal health and safety.
- Spiritual:** encourages a life of meaning, value and purpose
- Emotional:** facilitates an awareness and acceptance of one's feelings.
- Intellectual:** stimulates creativity, the use of one's mind, and learning.
- Vocational/Occupational:** encourages the pursuit of one's calling, being a good giver and receiver.

**Individual
Health and
Wellness
Passport**

Wellness encompasses much more than just exercise and nutrition. Feel harmonious and balanced by focusing on all areas of wellness in your life.

Check off each of the squares inside your passport as you complete each activity. Turn it in for a prize once the quarantine has been lifted and enjoy your wellness journey!

Fitness Specialist
Chris Gorde—cgorde@pvm.org
PHONE: 586-716-7385



Do 20 seated "jacks"

Do 10 each bicep curls, seated knee extensions, bent over rows, sit to stands, wall pushups (see other side for

Try eating or brushing your teeth with your non-dominant hand



Learn a basic yoga, tai chi or Qigong sequence



Play wastepaper basketball. See how many wadded paper balls you can get into the basket



Spend 10 minutes *alone* in prayer or meditation



Spend 20 minutes or more journaling or



Try eating vegetarian for a day (or vegan if you're al-



Call a resident or someone you haven't spoken to recently to check up on them



Try to keep your balance for 10-30 sec. while standing in tandem stance (as on a

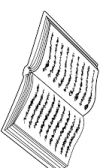


Spend at least 10 minutes gently stretching

Dance!



Spend some time relaxing outdoors or near an open window listening to the birds,



Spend a half an hour or more reading fiction if you normally read non-fiction or vice



Color a picture, work a puzzle or play a game of solitaire



Be creative: doodle, draw, paint, build something, etc.