



Village Trumpet



Embrace the possibilities

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

August 2019



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The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan



Look for PVM on:



Aloha

The Village of East Harbor
Cordially invites you to a

LUAU

Celebrating the **END**
of the Fundraising Campaign for

THE HEALTH & WELLNESS CENTER

Friday, September 6
1:30pm
Marguerite's Restaurant

Please come dressed in your best Hawaiian Attire!

FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:



PVM is always looking for innovative ways to provide quality services to you our valued residents.

We were given the opportunity from our Technology Dept. to try out an innovative new Virtual Reality game called JoiRide developed by a company called ZenJoi.

The purpose of ZenJoi is to promote brain health. In the game you put on virtual reality glasses and get immersed in a 3-D world consisting of animals, scenic views, and an adorable corgi leading the way. You have a set of bike pedals strapped to a chair and pedal while playing the game. 50's and 60's music is played through the head device. It is not hard to use and staff can guide you through the process. The game serves a very important service.

Neuroscientists have been researching the brain and preventative measures to help facilitate brain health and ward off Alzheimer's. Studies have shown that exercise creates new brain cells but they quickly die off. Exercising the brain combined with playing challenging games not only creates new brain cells but they attach and stay alive longer. ZenJoi a virtual exercise game company was created by two young brothers and a neuroscientist. It was created out of love for their mother who has early onset Alzheimer's. Jason and Jacob moved back home, changed careers and started working on ways to help their mother and others. We are piloting the ZenJoi program here at VEH. There was no cost to us. The company is researching their equipment and the results will be used to evaluate the program.

If you would like to come and try it out give Betsy or Chris a call. We have a number of residents who are in the pilot program but we welcome everyone to test it out. I tried it out and it was so much fun. Who knew exercising the brain and body could be so invigorating?

August 1st between 12:00-3:00 pm we will have an opportunity to experience aqua therapy. The equipment will be here for one day only to pre-view or try out. Please contact Betsy 716-7143 if you would like to try it. We are considering the HydroWorx system to add to our new Health and Wellness Center. This state of the art underwater treadmill is a way to reduce pain while exercising in warm water. I can't wait to see it and learn more about the benefits.

Save the date for Sept. 6th at 1:30 pm when we will officially celebrate the end of fundraising for the Health and Wellness Center. Yeah!!! Find out about the current construction timelines and more. We will be having a Hawaiian Luau and party. Hawaiian Dancers, great food, and fun. Please join us and wear your favorite colorful Hawaiian clothing. We will provide flowered leis and drinks! Get your Hawaiian on!

Check out Marguerite's new menu specials for August. Due to popular demand, Saturday specials have been added in addition to the Friday specials. The Brunch menu has been updated for August as well. The restaurant committee provided feedback that they would like a better quality prime rib cut so you will notice an increase in price to accommodate the request. Enjoy the summer and leave the cooking to our Chef's.

Now that the storage garage has been torn down the landscaping and sidewalks have been added. Won't be long before we can enjoy another sitting area to sit out in the fresh air and sunshine. I have noticed many residents, families, and staff sitting out on the patios and courtyards. Summer Breeze makes us all feel fine!

Happy Summer,

Carolyn

We invite you to
“Experience the Power of Water”
HydroWorx Mobile Showroom Coming Soon!

The HydroWorx Mobile Showroom will be coming to
The Village of East Harbor on **August 1** from **12:00-3:00pm**.

The **HydroWorx** underwater treadmill is traveling across the country to educate physical therapists, athletic trainers, physicians and patients on

“Why Water Worx!”
Come see it for yourself!

If you would like to experience aqua therapy
Please come between the hours of 12:00 and 3:00pm
prepared to sign a waiver and don't forget your swimsuit and a towel.



For more questions, please contact: Betsy-586-716-7143

HydroWorx[®]



2018 Walk to End Alzheimer's - Detroit Zoo
Will you join our team?

Saturday, August 24
7:30am
Lobby

Register online at alz.org. Click on the button that says Find Your Walk, click find a team, then under team name type in Village of East Harbor. When our team name pops up, you will click on that and then click on the button asking you to “Join our team” and follow the prompts. The walk around the zoo is approx. 1 1/2 miles but you can walk as much or as little as you'd like. If you are unable to join us at the zoo, you can still donate to the team on the same page.

For more information on how you can walk or donate to end Alzheimer's
Please contact Chris Gorde, Team Captain– 586-716-7385

MARKETING

By now, you've probably heard the rumor I started about retiring at the end of August. Well, Carolyn has hired an amazing young man named Dylan Demo to take over my position here at The Village of East Harbor, and I couldn't be more pleased with her excellent choice. Carolyn knows how to hire the best! Thank you, Carolyn, for hiring me, and David for your confidence in me, and all of my friends here at The Village of East Harbor. Never in 50 years of career employment have I ever worked with people or for a company like East Harbor. Staff, residents, families – you are truly family! Seeing active people in their 70's, 80's, 90's and beyond has made me want to be like that! Having fun, making new friends, learning new things, going to new places, enjoying each day, and even finding new romance later in life following the loss of your spouse. I am excited to begin a new chapter in my life, but you haven't seen the last of me! I only live 5 minutes away, so plan to see my face at the Craft Show, the Fashion Show and other events.

Thank you for letting me be a part of your lives – and know you've been a big part of mine!

May God shower blessings on each of you,

Nancy Smiley

WELCOME HOME NEW RESIDENTS

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

Sandra Fordt—116 Kirk

Joyce Salame—614 Barnett

John Smilnak—101 Kirk

Alzheimer's Support Group

Join us as you learn ways to help you
deal with difficult behaviors,
decrease stress, and assist with
confident caregiving.

Hosted by Chaplain Laura
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 the month at 3:00pm in Marguerite's Restaurant.

Culinary Committee

Meets the 1st Wednesday of the month at 1:30pm in Marguerite's Restaurant.

Restaurant Committee

Meets the 1st Wednesday of the month at 2:30pm in Marguerite's Restaurant. For August ONLY the committee will be meeting on Wednesday, August 14.

Communication Committee(Will not be meeting in July or August)

Meets the 1st Wednesday of the month at 3:00pm in Marguerite's Restaurant.

PLEASE NOTE: RESIDENT ASSOCIATION WILL NOT MEET UNTIL SEPTEMBER.



AUGUST



The color for August is **Sun Orange**;

A royal color that signifies **POWER** and **WEALTH** and represents **LIGHT** and **HAPPINESS**.

“Every good and perfect gift comes down from the Father of Lights. We shall not fear our circumstances, but hold fast to His Word.” It is easier said than done sometimes. We need one another; to lift one another in prayer. To pray without ceasing. To lean wholly on Him. Then we shall shine like the sun in dark places and stand firm on His word and in the power of His promises. Be encouraged and lift one another in prayer.

[Psalms 46:1-3](#) “God is our refuge and strength, a very present help in trouble. Even though the earth be removed, and the mountains be carried into the sea; though its waters roar, and the mountains shake, **we will not fear, but trust in the Lord.**”

[1 Corinthians 2:5](#) “That your faith not rest in the wisdom of men but in the power of God.”

[Matthew 19:26](#) “With man this is impossible, but with God all things are possible.”

[2 Corinthians 13:11](#) “Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you.”

The Word of God is full of accounts describing the power of prayer. It has overcome enemies (Psalm 6:9-10), conquered death (2 Kings 4:3-36), brought healing (James 5:14-15), and defeated demons (Mark 9:29). God, through prayer, opens eyes, changes hearts, heals wounds, and grants wisdom (James 1:5). The power of prayer should never be underestimated because it draws on the glory and might of the infinitely powerful God of the universe!

Please continue to pray for our residents, staff, and patients here at The Village.
Additionally, continue to pray for world leaders, VEH and PVM leadership.

PLEASE SEE MY PAGE for details of upcoming events and outings such as:

Breakfast With Our Chaplain– Monday, August 19.

Hope For The Hungry outreach– upcoming

Clothing Resale- Tuesday, August 27.

In His Service,

Chaplain Laura Stone

CHAPLAIN'S CORNER—AUGUST 2019

Upcoming Events and Outings

Breakfast With Our Chaplain-

MONDAY, August 19, leave NO LATER THAN 8:30AM- COUNTRY INN.

\$5.00 full breakfast with coffee if we get there by 9:00 am.

You MUST sign up. Reservations are required; seats are limited.

PLEASE INCLUDE YOUR PHONE NUMBER ON SIGN UP SHEET IN CASE I NEED TO REACH YOU.

CLOTHING RESALE

NEW AND USED DONATED OVERSTOCK ITEMS

TUESDAY, AUGUST 27, 10:30AM TO 1:00 PM

MOST ITEMS WILL BE \$1.-\$3.

*******THIS IS A RESALE OF ITEMS**

THAT HAVE ALREADY BEEN DONATED TO THE CHAPEL.

Our outreach to Hope for the Hungry. Will begin again soon. We will be assisting our community and providing for the needy by sorting and packing food donations to be distributed to the homeless, hungry, and needy.
Starting again soon!

Bible Study and Discussion- Mondays at 1:30 pm

Catholic Service- Tuesdays at 9:45 am

Bible Trivia and Games Wednesdays at 3:00 pm

Rosary- Thursdays 11:00 am

PLEASE SEE CHAPLAIN LAURA IF YOU HAVE ANY QUESTIONS



FOLKSONGS OF NORTH AMERICA

Dennis North (professional actor) and his wife, Deborah (professional singer and teacher) will present a program of songs which have been sung for countless generations. Come and hear some of these songs our ancestors sang as they explored and settled in various regions of North America. Some background commentary will accompany each song, and there will also be several opportunities to join in the singing. You will leave with new melodies in your heart!

THURSDAY, AUGUST 8th ~1:30pm ~ CHAPEL

DETROIT DAYS

Monday, August 12~ 1:30pm ~Activity Room

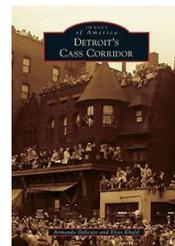
Armando Delicato

Author of several books about Detroit will speak on several topics.

Tuesday, August 13~9:30am~Activity Room

Detroit Reminisce

Reminisce about your own memories of Detroit.



Tuesday, August 13~10:30am~Activity Room

Karen Dybis

Author of books on better Made Chips and Detroit Drive-Ins

Wednesday, August 14~1:30pm~Activity Room

Bruce Kopytek

Author of books on Jacobson's and Crowley's.



Thursday, August 15~1:30pm~Chapel

Birthday Entertainment~Faye Bradford, Motown Entertainer



Friday, August 16~1:30pm~Activity Room

Bingo Detroit Style



Labor Day Weekend

Saturday & Sunday August 31 & September 1

Show Hours are 10am – 5pm

Downtown New Baltimore Walter & Mary Burke Park

We are looking for people to bake, package and sell Cookies at Art on the Bay!

Please sign up in the book if you are able to help!

ALL proceeds from the cookie sale go to the Resident Association.

Call Betsy for more information-586-716-7143

COOKIE SALE





Marguerite's

Friday & Saturday Menu

Friday August 2nd 2019

Buy one get one half off Rib Dinner \$13.50
Served with French fries and your choice of
coleslaw or salad

Saturday August 3rd 2019

Meat Loaf Special \$10
Served with mashed potatoes, vegetable
medley and your choice of soup or salad

Friday August 9th 2019

All you can eat
soup, salad and breadsticks \$10
(Dine in only)
Choice of 3 soups

Saturday August 10th 2019

Beer and Burger Special \$10
Served with French fries and your choice of
coleslaw or salad

Friday August 16th 2019

Chef's Reserve Dinner \$25
(RSVP only. Limited seating)
Five course Beef Filet Dinner
crafted by Chef Dustin

Saturday August 17th 2019

Fish Fry \$10
Served with French fries or mac & cheese and
your choice of coleslaw or salad

Friday August 23rd 2019

Polish Night Platter \$12.50
Kielbasa with sauerkraut, Potato pierogi and
Stuffed cabbage

Saturday August 24th 2019

Prime Rib Night \$15.00
Served with garlic mashed potatoes and vege-
table medley and your choice of soup or salad

Friday August 30th 2019

Family Style Chicken Dinner \$13.50
(Dine in Only)
Fried chicken, mashed potatoes, buttered
noodles, peas, stuffing and coleslaw.

Saturday August 31st 2019

Wing Night \$10
Served with French fries, carrots and celery
sticks and your choice of coleslaw or salad

It's that time of year ... Nominate your Shining Star **Shining Star**

Hello PVM Residents, Families, Board Members and Employees,

A Shining Star is someone who works at PVM and has been **nominated by you** - a resident, family member, coworker or board member- for exhibiting one or more of the Service Standards of Excellence. One of the best things about this is that everyone can nominate a staff person as a Shining Star!



Nomination forms can be found at the front desk.

Relationships, Respect, Listening and Accountability. These values serve as a standard against which every action and thought can be measured. The Service Excellence Standards show our commitment to make PVM a great place to live and work.

If you witness a staff person, manager, or leader doing a great job and exhibiting one or more of the Service Excellence Core Values, you can nominate them at any time. As an alternative to submitting a paper form you may also submit nominations online at <http://pvm.org/about-us/what-i-do-matters-service-excellence/>.

Please take this time to nominate deserving PVM staff members and share this nomination form with others. PVM is proud of the hard work and care our employees provide for those we serve and this is your opportunity to help recognize them for their efforts. Nominations may be submitted year round. **However, 2019 nominations are due by August 23, 2019 to be processed in time for this year's celebration and award consideration.**



Please use this form, "What I do Matters" when you would like to recognize someone exhibiting a core value (they are listed on the bottom of the form) anytime of the year.

Shining Star is a once a year nomination for Excellence in Service, nomination forms can be found at the front desk.

Congratulations!

You are being recognized because
"What you did mattered!":



Thank you for what you did!

Employee Name: _____

Person Recognizing Employee: _____

Date: _____

**** Please turn this card into Village Administrator for a chance to win a prize ****

ACCOUNTABILITY LISTENING RELATIONSHIPS RESPECT

SCRABBLE

Tournament
Thursday, August 1
1:30pm
Activity Room

BINGO

Bring 8 Quarters to Play
Thursday Evenings ~ 6:00pm
Activity Room



National Coloring Book Day
Coloring Contest
Friday, August 2



National Root Beer Float
Join us for one!
Monday, August 5
1:30pm
Activity Room



EASTERN MARKET & LUNCH
TUESDAY, AUGUST 6
8:30AM
LOBBY

LEADER DOG

Meet Benny ,a leader dog graduate. Hear from his owner Don on what it takes to be a guide dog.



Wednesday, August 7 –7:00pm - Activity Room



Fri, August 9-5:00pm
&
Sat, August 10-3:00pm
Tickets:\$10
On Your Own

New Baltimore Shopping & Lunch



Friday, August 16
11:30pm
Lobby



SHOW & TELL
WEDNESDAY, AUGUST 21
1:30PM
ACTIVITY ROOM

Harsen's Island Tour & Lunch at San Souci
Wednesday, August 21
10:00 am Lobby



Hamtramck Tour & Lunch

Join us for a bus ride and tour of St. Florian church with lunch at Polish Village.
Friday, August 23
9:30am-Lobby



Dominoes—Mexican Train
Learn to Play!
Thursday, August 22
1:30pm-Activity Room



Art Class with Linda Martin

Make a seashell necklace
Monday, August 26
10:30am-Activity Room



AFRICAN SAFARI TRAVELOGUE DAY
WED, AUGUST 28
1:30PM
ACTIVITY ROOM

August EXCURSIONS.....

Tuesday, August 6

*Eastern Market
And Lunch*

\$\$\$ on your own

8:30am

Lobby

Wednesday, August 7

Detroit Tiger's Game

1:00am

Lobby

FULL

Friday, August 16

*Shop New Baltimore
And Lunch*

\$\$\$ on your own

11:30am

Lobby

Monday, August 19

Breakfast with the Chaplain

Country Inn

\$5.00

8:30am

Lobby

Wednesday, August 21

Men's/Women's Lunch

Harsen's Island

\$\$\$ on your own

10:00am

Lobby

Friday, August 23

Hamtramck Tour & Lunch

9:30am

\$5.00 donation

Lunch \$\$\$ on your own

Saturday, August 24

Walk to End Alzheimer's

Please check with Chris Gorde

7:30am

Lobby

Tuesday, August 27

*Huron Lady Cruise &
Lunch at Freighter's*

Lunch on your own

10:00am

Lobby

FULL

UPCOMING EXCURSIONS.....

Thursday, September 12

Leader Dog Tour

Yates Cider Mill

SAVE THE DATE

Party like a Pineapple

with

Chesterfield Seniors

Dinner Dance

Friday, September 20

4:30pm

\$10 per person

Tickets go on sale

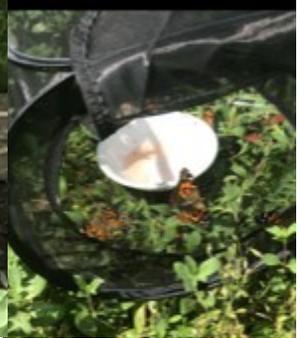
September 2



Manicures



Butterfly Garden in Courtyard



Wyandotte Art Fair



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World's Finest Custard



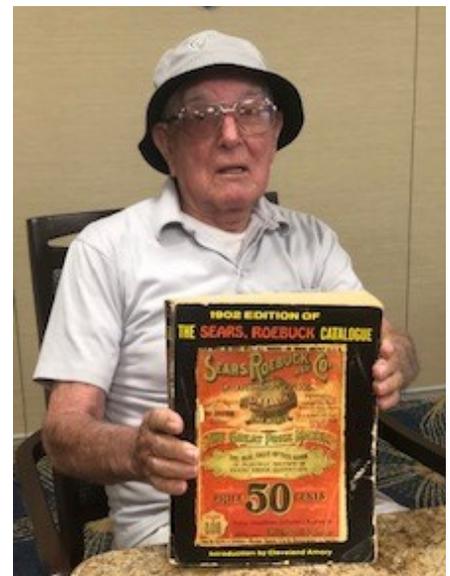
ZENJOI JOIRIDE



Fun Day With Buttercup



Show & Tell



Directory

Accounting	
<i>Tracy Tesch</i>	716-7408
Activity Lead A/L & I/L	
<i>Betsy Miannecki</i>	716-7143
Administrator	
<i>Carolyn Martin</i>	716-7221
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>Laura Stone</i>	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
Environmental Serv. Adm. Asst.	
<i>Shelby Jones</i>	716-7436
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 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 Specialist	
<i>Peggy Carroll</i>	716-7397
<i>Nancy Smiley</i>	716-7183



8/1 Betty Gersch

8/3 Diane Conti

8/6 Judith Wullaert

8/10 Carol Craycraft

8/11 Kenneth Ouellette

8/13 Stanley Wojcik

8/13 Doris Perkins

8/18 Nancy Huff

8/20 Joan Lehoczky

8/21 Elena McPherson

8/22 Janet Hibner

8/23 Shirley Boss

8/29 Dorothy Dennis

8/29 Marie Urbin