



# Village Trumpet



Embrace the possibilities

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

May 2015

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## friends & family

Donations to Date

**\$43,000.00**



The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



*You are invited to our Mother's Day Tea  
Friday, May 8th  
1:30 p.m. in the Activity Room*





From the desk of the Executive Director:

Well another Friends and Family campaign has come and gone as of April 30<sup>th</sup>. I don't have the final count but we may have exceeded our goal of \$50,000 again this year! Thank you to all of our generous residents, families, staff, and Board members for donating to this worthy cause.

Another update on the transitional care unit (TCU), which is the short term stay Medicare unit within our nursing center. We just had the bathing center and the nurse's office completed and we are moving into them soon. They started the dining room renovations and should be done in about a week. The final phase will involve the renovation of the main entrance/lobby of the nursing facility as well as the administrator's office and the project should all be completed by the middle of June.

As you know we started the roadway, parking lot, and driveway project with ASI and are about half way done. As with any project there have been weather delays and challenges so we do appreciate your patience with this. I am so thankful we only have to do this kind of project every 20 years. Just think the next time this has to be done I will be retired, maybe living here at that time.

Lastly, we are in the middle of advertising and interviewing for several positions, the administrator, the chaplain, and grounds keepers for the summer. We plan to have three full time grounds keepers this summer, one more than last year, to try and keep up with everything that grows. We will also be doing a total makeover of the Fritz Garden located in the center of the main resident hall. You overlook the garden from the Kiely dining room and the activities room, so stay tuned.

Respectfully Submitted: David Miller





# Giving Matters.

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

## Grants Awarded to PVM Villages

Through the generosity of our many donors, the **PVM Foundation Grant Allocation Committee was able to award over \$73,000**, so far this year, to fund various Village projects and programs including:

- Funding to complete a Paved Service Road at **The Village of Sage Grove**
- Funding to complete the new Security Camera system at **The Village of Warren Glenn**
- Funding to complete the Gazebo at **The Village of Our Saviour’s Manor**
- Funding for resident activities at **16 Villages**
- Community Living Room updates at **The Village of Rosebush Manor**
- Automated phone call system at **The Village of Springs Meadows**
- Signage replacement and updates at **The Village of Bethany Manor**

Projects like these and many others that are funded throughout the year are only possible through the support of donors, so **THANK YOU** for all you do for residents! If you have any questions about projects that the PVM Foundation funds, please call Avni Thomas at 248.281.2040.

Another event the PVM Foundation supports is the annual **Village Victory Cup**, being held on **Friday, June 26<sup>th</sup>** at the Ultimate Soccer Arenas in Pontiac. This senior Olympics-style competition brings nearly all the Villages together for a fun-filled and rewarding day. I hope to see each of you there competing or cheering on your teams!

If you have any questions or would like to share your thoughts, please contact me at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Thank you for all you do to support PVM!

Warm regards, Paul J. Miller, CFRE

LEAVE A  
*Legacy*  
Ways to make  
a Planned Gift

Support PVM during your  
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

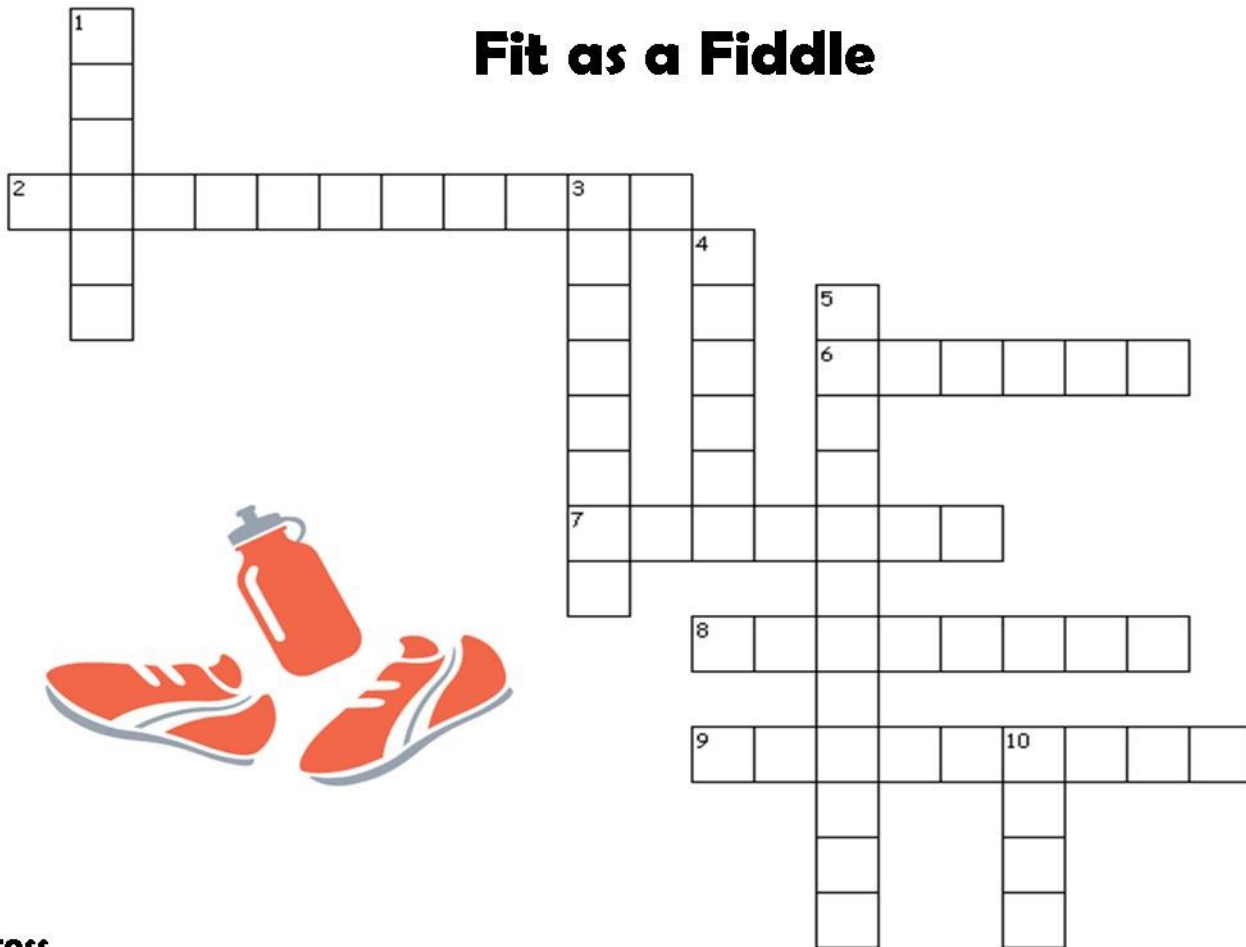
CONTACT US TO LEARN MORE

Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller  
248.281.2045 [www.pvmfgifts.org](http://www.pvmfgifts.org)

 **Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION



# Fit as a Fiddle



## Across

2. Lace these up when you're about to head out for a run.
6. Exercise can give you this, which can help wake you up and help you stay positive throughout the day!
7. It's good to do this before being active, to loosen up those muscles!
8. This is an activity you can do in the water, and can be easy on the joints.
9. This is a machine that you can use to walk or run inside, and is great when the weather isn't permitting exercise.

## Down

1. Grab one of these and have them come with you for a walk!
3. This is something you can do to keep your body healthy.
4. You should always speak with this person before becoming active.
5. This illness impacts the heart, and the risk of it can be reduced with exercise.
10. This is improved when you exercise, and leads to a more positive outlook.

**\*Answers can be found in next week's newsletter!\***

## VEH Resident Association Meeting, April 14, 2015

The meeting was called to order by President Joan Lehoczky at 1:30 p.m, with 47 members present. Gladys Stolzenfeld from the Welcoming Committee introduced new resident Anna Gasowski who moved in from Heritage Estates in Clinton Township last month. Welcome, Anna! We're so glad you're here.

President Joan gave the inspirational thought for the day in the form of a poem titled **Today** by Jonathon Lockwood. "Yesterday is only a memory; tomorrow, a dream or a nightmare. What's left is Today!" Make good use of it.

**Minutes:** Peter Batts moved and Max McCullough seconded that the minutes be filed as printed in the previous week's Village Weekly. Passed.

**Treasurer's Report** by Peter Batts, Treasurer: The Association Account and the Petty Cash Fund showed no change from the March 10<sup>th</sup> report. The Sugar Bowl showed a credit of \$10.26 donated at the March meeting which brings that total to \$155.27. This report will be filed as printed.

### Staff Reports

**Nolan Poloney, Dining Services Manager** announced two important up-coming menus: the April Birthday Dinner and the May 3<sup>rd</sup> Mother's Day fashion show. The May 3<sup>rd</sup> event will feature Cauliflower Cheddar Soup, Chicken Fattoush Salad with fresh-baked Pita Wedges, and a Kitten Heel Cup Cake. This meal will be served at 12:30 p.m. on May 3<sup>rd</sup> for \$10.00 in the main dining room. Be sure to make your reservation since seating is limited.!

The patients in the Transitional Care Unit will be eating in the main dining room for 1 to 2 months while their dining room is being renovated.

### Spiritual

Mindy Raulston announced that she will be covering some of the spiritual classes during the search for candidates to replace Chaplain Pat. The schedule for classes will be announced in the Village Weekly, and also on the Chapel Bulletin Board. The next 5 weeks of 11 a.m. Sunday worship are covered by volunteer clergy.

### Executive Director

David Miller, Executive Director, announced that the replacement of the duplex drive-ways will begin on Monday, April 20<sup>th</sup> and be completed by May 5<sup>th</sup>. Duplex residents won't be able to use their drive-ways for a week, and individuals will be told when their drive-ways will be done!

The new lighting in the main parking lot is almost complete! This was followed by a round of applause.

### Fitness

Lisa Sonnenberg, fitness specialist announced that practices for the Village Victory Cup have begun as follows: Balloon Volley ball, Hoop Shoot, and Corn Toss, in the Fitness Center at 3:00 p.m. on Tuesdays and Thursdays. Be sure to sign in the practice book! Puzzler Practice will be Thursdays at 2:30 in the Activity Room.

-Continued on next page-

### Activities, Betsy Mianecki

**On Wednesday, April 29<sup>th</sup> there is a trip to the International Institute of Michigan to view a collection of dolls.** No charge for the tour, but there will be a charge for lunch at 11:30 a.m., followed by the tour. Please sign up in the Activity Book in the main lobby.

**PREVIEW:** Coming in May, a trip to Great Lakes Crossing.

### Association Reports

#### Building and Grounds, Max McCullough

These issues were addressed at the meeting on the first Tuesday of April: pick-up of fallen, broken limbs; placement of several trash cans on Kiely Drive; rust on the light poles; will ask that screens be cleaned when the outside windows are washed this spring;

Mail boxes; smoking at the main entrance; and recycling were addressed. Virginia Balanda moved that we initiate recycling with the Board. Chris Avilla seconded the motion and it passed.

This committee is open to anyone who would like to join. They meet the first Tuesday of the month at 2:30 p.m. in the conference room off the main dining room.

#### Communications Committee, Jean Campbell

Items discussed at the recent meeting include: Having more classes: various levels of computer training, AARP Safe Driving; Art; Ceramics; Smart Phones; and languages. There are some residents who don't have their Emergency Medical Folders on their refrigerators.

#### Old Business

President Joan thanked the following residents who made thank you calls to 2014 donors to the Friends and Family Campaign: Chris Avilla, Peter Batts, Jean Campbell, Bob Healy, Pat McGarvey, Fran Packer, Gladys Stolzenfeld, and Elaine Walton.

#### New Business

**The annual Friends and Family** fund raiser is currently in full swing. Bob Healy moved that the proceeds from the Bake Sale, the 'Book and Other Sale', and the Needle-work sale to be held at the Health and Wellness Fair on 4/17 be donated to the Resident Association along with an amount from the RA general fund to bring the total to \$1,000 for the RA contribution to The Friends and Family campaign, designated for the Wellness Center at the VEH. Jean Campbell seconded the motion, and it passed.

Loretta Cortis moved that the meeting be adjourned. The next meeting will be May 12 at 1:30 p.m. Refreshments were enjoyed in the Dining Room.

Respectfully submitted,

Pat McGarvey, Secretary

## Remembering: It's Springtime. by Fred and Edgar

As a teenager living in this area I remember WJR, WWJ and WXYZ. They were the radio stations of my youth. I also remember Edgar A. Guest reading his own poetry. When Edgar passed, the reading of his father's poems was continued by his son Bud.

At this springtime it seems appropriate to read again the following.

*The Good World*, by Edgar A. Guest

The Lord must have liked us, I say when I see  
The bloom of the rose and the green of the tree,  
The flash of the wing of a bird flitting by,  
The gold of the grain and the blue of the sky,  
The clover below and the tall pines above--  
Oh, there's something about us the good Lord must love.  
The Lord must have liked us, I say when I stand  
Where the waves like an army come into the land,  
With the gills riding high on the crest of the breeze  
And the ducks flying north in their echelon V's  
The sun slipping down into liquefied gold--  
Oh, it's then the great love of the Lord I behold.  
The Lord must have liked us, I say at the dawn  
When the diamonds of dew gleam and glow on the lawn,  
And the birds from their throats pour the red wine of song  
As if life held no burden of sorrow or wrong;  
The Lord must have loved us, I whisper just then,  
To give such a world to the children of men.  
The Lord must have liked us, I saw as I pass  
The nest of a meadow lark deep in the grass,  
Or hear in the distance the quail calling clear  
And know that his mate and his babies are near;  
Oh, I say to myself as His wonders I see,  
The Lord loves us all or this never would be.

## Office Numbers

Visit us online at <http://www.pvm.org>

**Accounting – 716-7408**

*Tracy Tesch*

**Activity Lead A/L & I/L 716-7143**

*Betsy Mianeki*

**Assisted Living Nurse – 716-7115**

*Denise Klimaszewski*

**Beauty Salon – 716-7180**

**Chaplain – 716-7438**

**Desk—725-6030**

**General Manager Dining Services – 716-7419**

*Nolan Poloney*

**Director of Nursing – 716-7416**

*Melissa Freiburger*

**Driver – 716-7142**

*Mindy Raulston*

**Fitness Specialist – 716-7164**

*Lisa Sonnenberg*

**Haven Hall Nurse – 716-7384**

*Lynette Sanday*

**Housekeeping/Laundry Mngr. – 716-7418**

*Mary Breen*

**Maintenance Manager - 716-7417**

*Rod Brandt*

**HCC Activity Manager/Volunteer Coordinator**

*Sheri Stover* 716-7021

**Physical Therapy Manager— 716-7398**

*Kim Frabotta, AgilityTherapy*

**Resident Care Manager – 716-7426**

*Toni Greig*

**Sales & Leasing Specialist—**

*April Myers 716-7397 & Nancy Smiley 716-7183*

**Sales & Leasing Manager – 716-7221**

*Carolyn Martin*

**T.C.U. Admission Specialist – 716-7427**

*Sue McCallum*

★ **HAPPY** ★  
**BIRTHDAY!**

5/2 Vera McDonald

5/3 George Carter

5/19 Margaret Gibson

5/20 Dolores Bosman

5/20 Ellen Kunath

5/21 Carolyn Cameron

5/26 Anna Gasowski

### Afternoon with an Author



**Alzheimer's  
Support Group**

Hosted by Pauline Zeig on the  
3rd Tuesday of every month @  
2:00 pm in Haven Hall.



# MARKETING

## CASTING CALL!

Attention all pet owners – Do you think you have the cutest, funniest, silliest, prettiest or even the laziest, dumbest, most spoiled pet at The Village of East Harbor? Show us! Now is the chance for your beloved pet to show everyone what makes them special. We are certain that you would not consider moving anywhere that would not accept your four-legged child, and that was one of the many factors that helped you decide to choose The Village of East Harbor as your home. Marketing would like to show prospective residents the happy faces of our four-legged residents, and we are asking that you bring in any favorite photos that we can copy, or you can send them as an email attachment to Betsy at [bmianecki@pvm.org](mailto:bmianecki@pvm.org). Your baby might be featured in a video or print ad that we are planning! If you do not have any photos to share, but you would like your special companion to be considered, call Betsy at 716-7143 and we will arrange to have them photographed.



	<p><b>FRIDAYS</b> <b>MAY 1,8,22,29</b> <b>3-4pm</b> <b>Activity</b> <b>Room</b></p>	
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Where in the World was our VEH and TCU jackets spotted?  
April winner,  
Joan Lehoczky

# WHAZZUP with wellness.....

## UPCOMING EXCURSIONS

Friday, May 1

**Lunch Around the World**

**El Charro's**

11:00 am \$\$\$ on your own

Tuesday, May 5

**Walgreens**

**20% off for Seniors**

3:00 pm \$\$\$ on your own

Wednesday, May 13

**Women's Luncheon**

**Royal Treat Tea Room**

11:00 am \$\$\$ on your own

Tuesday, May 19

**Stahl's Car Museum**

**Lunch @ Green Street Tavern**

11:00 am \$\$\$ Lunch on your own

Museum FREE

Wednesday, May 20

**Mall Trip-Waterside Mall & Lunch**

9:30 am \$\$\$ on your own

Friday, May 22

**Movie & Lunch**

**Please note: Movie will be announced one day prior to event**

9:30 am \$\$\$ on your own

Tuesday, May 26

**Men's Lunch**

**Wintergarden Tavern**

12:15 pm \$\$\$ on your own

## WELCOME NEW RESIDENTS

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

**Herbert Walmy - 509 Capman**

**James O'Grady - C302**

**Charolette Bacsikin - S502**

**Glen & Ruth Nichols - S501**

The Wellness Department is hosting a Meet your Neighbor/Resident Coffee Social following the Resident Association Meeting.

**Tuesday, May 12 1:30pm**

Activity Room.

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



**Please call  
Maria Messina, Lead Attorney  
(313) 937- 8282**

**Please sign up for all excursions in the binder located in the reception area. A minimum of 6 is required for all trips.**



# Senior Brigade

A MICHIGAN SENIORS INITIATIVE

## Key Topics

- How to recognize and avoid identity theft
- How thieves steal and what they do with your identity
- How to protect yourself
- What to do if you become a victim



Tuesday, May 5 , 11:15am

Activity Room



## National Museum Day

### Stahls Automotive Foundation

A visit to the Stahls Automotive Foundation will take you back to a time in history when cars were more than just a way to take us from point A to point B. Gain a better understanding of how the automobile developed from a novelty to a main form of transportation. In addition to the beautiful cars, enjoy the collection of gas pumps, road signs, oil cans and other car-related accessories from the Depression era.

**Tuesday, May 19th**

**11:00am Free**

**Lunch at Green Street Tavern**

**\$\$\$ on your own**

**Please sign up in the Lobby by May 12**

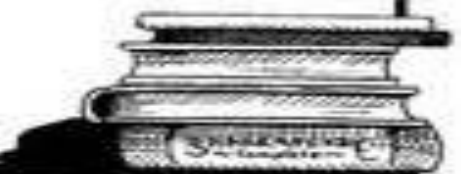


# Afternoon with an Author

*Chuck Kisandi*

Poet Laureate for the City of Roseville, Teacher of Poetry,  
Author of Poetry and Novels.

*May 18, 1:30pm*



*Heidi O'Shea 2008*





## May is: National Arthritis Month



The Fitness Center offers a variety of classes that have been proven to help decrease the risk of Arthritis and relieving pain associated with Arthritis. Come and experience the benefits of exercise with the following pain relieving and Bone density building classes. During the month of May you can have a chance at winning a **GREAT** prize for attending the following classes.

**Mondays:** 11:30– Stretch and Relax, 2:00–Arthritis Exercise

**Tuesdays:** 2:00– Sit and Be Fit

**Wednesdays:** 11:30–Stretch and Relax, 2:00– Chair Tai Chi

**Thursdays:** 2:00– Sit and Be fit

**Fridays:** 11:30– Stretch and Relax, 2:00– Arthritis Exercise

**WALK**  
**to CURE**  
**ARTHRITIS**<sup>SM</sup>

The annual “Walk to Cure Arthritis” is held at the Detroit Zoo on Saturday, May 9th

**\*Check-in from 7:00-8:00am**

**\*Ceremony: 8:00am with Walk immediately following**

**\*Registration includes all-day admission to the Zoo & free parking**

You can register as a participant at [www.arthritis.org](http://www.arthritis.org) ( transportation not available to event)

For more information call or see Lisa in the Fitness Center: 586-716-7166





Join VEH as we celebrate this healthy day!

**WEDNESDAY, MAY 27th**

This will be a FUN filled day of events taking place in the Activity Room & Outdoors

**\*\*Cheerleaders needed !!!!**

**please sign up for these events in the front lobby!**

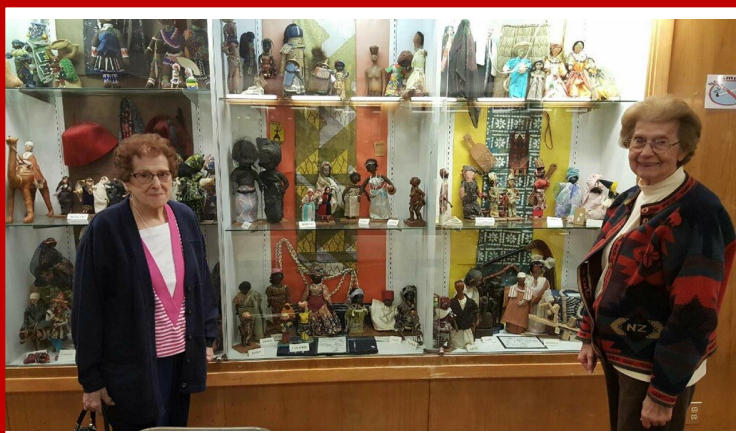
- 9:00– Cranium Crossword Puzzle (AR)
- 9:00– Better Balance (*Fitness Center*)
- 10:00— Bean Bag Toss Competition (AR)
- 11:00– Hoop Shoot Competition (AR)
- 1:00– Bowling (AR)
- 2:00– Balloon Volleyball (AR)
- 3:00– Outdoor Relay Race (Courtyard)
- 3:00– Cooking Demonstration (AR)



**Birthday Entertainment: Ventriloquist**



**Residents Bake Sale — "Huge Success"**



**Doll Exhibit Trip**

