

The Village of East Harbor



Village Trumpet



Embrace the possibilities

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MAY 2016



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The Village of
East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



The Village of East Harbor *Masquerade*

FASHION SHOW

Tickets \$10.00

May 7, 2016 ~ 12:00pm

MENU

Duchess Soup
Chicken and Wild Mushroom Strudel
Almond Wild Rice
Broccoli With Red Peppers
Cupcakes

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

Seats are going fast Reserve yours today.....
Please call 586-725-6030

From the desk of the Executive Director:

As of April 26th we raised just over \$35,000 for Friends and Family! I want to give a great big thank you to all who contributed to this cause.

Our dining services contract, as I stated last month, has gone out to bid and we should know a decision sometime in early May on whether we will continue with our current provider, Unidine, or select a new provider so stay tuned.

The Assisted Living/Nursing project and renovations is still plugging along. We hired the Architects, Civil Engineers, and the Contractor. They will be working with us through the summer to get both local and State approvals for starting this first phase of our projects. We are on track to start the construction by the end of September, unless we run into delays with the State.

Respectfully Submitted: David Miller



The Village of East Harbor is excited to present Ms. Teepa Snow, one of America's leading educators on dementia, for a free informational seminar right here in our chapel. She will do two sessions, morning and afternoon, and seating is limited, so make sure to register at www.cehealthlink.com. If you do not have computer access, Pauline will assist or register for you. Contact Pauline at 716-7385. These invaluable sessions are designed to help caregivers better understand why the person they are trying to help frequently exhibit difficult or challenging behaviors. A problem-solving approach will be presented for healthier relationships and better outcomes. These sessions are open to the public, but we hope that any of our residents' families who would benefit from this information will attend. We are co-sponsoring this event with Senior Helpers and Hospice of Michigan so there is no cost to you. If you have questions about these sessions, you may call Senior Helpers at 586 430-1015.

Currently, we do have immediate availability in our memory care area, both for respite (short term) stays up to 14 days at a special daily rate, and month-to-month tenancy. If you know of any one in need of these services, please call Nancy at 716-7183 or Peggy at 716-7397. Of course, there will be a \$250 referral fee for you upon move-in.

From the Desk of Chaplain Mindy ...

Welcome to the month of May!

2016 is our year to be studying, The Fruit of the Spirit,
so this month we are turning our attention to

KINDNESS!



Kindness begins with caring —being tenderhearted and compassionate toward one another. You may think, that sounds easy, but in this day and age, kindness is actually a rare commodity. Everyone is in a hurry and everyone is concerned with their own agenda.

In order to purposefully live out kindness in our lives, we must make it our goal and habit to be actively looking for opportunities to show kindness. When we see one, we need to act quickly before the opportunity is gone.

The Greek word for “kind” is chrestos . Part of its meaning is useful, which makes it clear that kindness involves action! Have you ever heard the term “Random Acts of Kindness”? They are actions, that people do, for no apparent reason, other than to show kindness. Have you participated recently in any “Random Acts of Kindness”?

Of course, the emphasis on deeds over simple words does not mean words are unnecessary. Action includes words. Encouraging words of comfort, courtesy, compliments and even correction can be heartwarming acts of kindness

Our motive for acts of kindness should not be to impress people (Matthew 6:1-4). The greatest rewards from God come when our acts of kindness are done humbly, quietly and, when practical, anonymously.

So join me this month, in the chapel, as we grow and bloom in kindness!

Interfaith Choir—Spring Concert

Join us in the Chapel

Monday, May 9th

7:00pm



MINUTES OF THE RESIDENTS' ASSOCIATION MEETING OF April 12, 2016

The meeting was called to order by President Pete Batts at 1:30PM.

The number of residents present was 43. There were no residents present for the first time.

Pledges to the American flag and to the Christian flag were led by Bob Healy.

Gladys Stolzenfeld brought the inspirational message.

Minutes of the previous meeting were approved as published.

Gladys Stolzenfeld presented the Treasurer's report as follows: (A) General Fund: No activity.

Balance remains at \$4,188.74 (B) Petty Cash Fund: \$20 was received from the sale of a sofa in the Activity Room. Net balance - \$93 (C) Sugar Bowl Fund: Donations received - \$7.38;

Purchase of yarn for activities - \$10.32 Net balance - \$158.62

STAFF REPORTS

Nolan informed us that Unidine was making a commitment to improve the speed of service in the dining room. He also stated that there would be another brunch coming on the last Friday of May.

Betsy gave a long listing of activities that were coming up in the next few months. Some future activities include The Spring Fashion Show on Saturday, May 7th. If anyone would like to model some clothes, contact Betsy right away. On May 13th the village bus will take a group to the Michigan Opera Theater to see Mozart's "The Magic Flute." If interested, contact Betsy to see if any tickets are still available. We will be going to two Tiger games this year. The first one is on June 29th and the tickets are \$39 each. The second game is on September 29th and the tickets are \$29 each.

Chris explained that the "Matter of Balance" class was a way of becoming more confident about going out and not falling. The class started April 15th and is meeting on Tuesdays and Fridays.

COMMITTEE REPORTS

Communications Committee. Jean Campbell reported that the committee is beginning an update of the resident handbook. They are looking for any questions or comments from residents regarding the handbook. The Resident Potluck for April is being postponed to May 1st. They are asking people to submit their email address for inclusion in the resident directory.

Building & Grounds Committee. Neil Veneri informed us that the outside trash containers are getting garbage put in them. This must not happen because garbage will attract both animals and insects. The committee is contacting Candice Miller to see if she can help us get some action from the Post Office regarding the installation of some new mailboxes. Some residents would like clarification as to what's involved in the spring and fall changeovers. Outside spraying for spiders and window washing will be occurring soon. Matters raised by the members were (1) water damage in some buildings; (2) the need for mosquito prevention; (3) better enforcement of the speed limit within the village. The committee will ask for a response from the administration concerning water damage. Some suggestions as to how to get better compliance with the village speed limit were (a) lower the limit to 10 mph; (b) use speed bumps; (c) put stop signs at all pedestrian crossings.

Elva Daniels reminded us that the Residents' Association usually donates to the Friends & Family Campaign each year. **Joan Lehoczky** recommended we do it at this meeting.

A motion was made by Elva and seconded by Marie Beaulac to donate \$1,000 to the F & F Campaign designated for the Village of East Harbor. Motion carried.

The meeting was adjourned at 2:35PM followed by a time of refreshments and fellowship.
Respectfully submitted,
Bob Healy, Secretary

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



I Was Their Teacher and I Remember

by Fred Pankow

Thirty plus years I spent teaching. Most of those years I was not in a classroom. I left the classroom and served as principal, superintendent, and consultant in Michigan's public schools. No matter the position I may have held I have never abdicated from the profession of teaching. It is that for which I spent many years studying.. That is my profession.

Often it is with pleasure, satisfaction or often a smile or even laughter that a teacher will recall the students he or she has taught. Each one is remembered as they were in the classroom many years before and even the seat in which they sat. Now that the student is gone they never grow older except as new events document that these young people are indeed aging even as you and I. But we as teachers remember them as they were. When new events bring them to our attention we learn of their achievements and we claim partial credit for each success they have achieved. While I may never have had some of them in front of me in a classroom I append myself to their success.

I saw a former student named Bill one day as he plied his profession of being a professional gymnast on a large trampoline. You know one of those bouncing machines. He came back to the high school he attended where I taught an after school gymnastics club. In front of the entire student body he credited me for his start in gymnastics. Others I remember, many with whom I never worked directly but was a school administrator and at times part time counselor. They were brother and sister, David and Marie. He became a university professor; she became a teacher in the high school from which they graduated and where I was principal. In retirement she writes books about local communities. He became a university professor at Central Michigan University. A school from which I graduatead. I have two signed copies of her books; Harrison Township Michigan and Mt. Clemens Bath City U.S.A.

One day I had to make an emergency visit to a local hospital. I learned my emergency room doctor had graduated from what I had come to believe was "my school." He told me his sister, another of our graduates, is a heart doctor.

I have a book written by still another former student. She is an international traveler, reporter and writer. The book Anatomy of a Miracle is authored by Patti. It is an excellent book written about the unification of South Africa. Patti signed a letter for me but I loaned the book and letter and neither has been returned. I bought another copy of the book, however, I have not been able to trace the signed letter. The achievements of these former students and many others are a great source of pride and satisfaction to their former teachers and I consider myself a member of that group.

However, life is not all events of celebration and happiness. I have never wanted to put the following described events to pen and paper. However, my memories would be incomplete and my story would lack complete truthfulness if I did not tell you about one more student. The name Tom will serve our purpose.

While I was seated at my desk I was introduced, by one of my students, to a handsome well dressed young man. I was school superintendent at the time. My student indicated that Tom would like to attend and graduate from our high school. That, at first glance, presents no problem as I learned he does live in our school district. It is explained that he lives with relatives but not his parents. That too is not a problem. I am told he is twenty one years of age. I sense potential problems. It is unusual to have a student who is up to 6 years older than most of our other students. The three of us discussed in detail the newcomer's situation and why he wanted to complete high school. We also discussed my concerns. Tom was well dressed. Only he and I were wearing sport coats, white shirts and ties. He spoke well and seemed to have established solid goals for himself. I will skip other details of this story and tell you that he was enrolled. I never saw Tom without a suit jacket, dress shirt, pressed trousers, and tie. He presented no problems.

I heard little about Tom as he finished the few classes he needed to earn his diploma. He did graduate and got on with his life. I am not certain how many years passed before I read a news story that seemed to fit my former student, but the details I do not recall, as the paper fell from my hands and I did not read more. I also do not recall how this newspaper story reached me. Perhaps a friend traveling had read the paper published elsewhere in the state. As I was handed the newspaper. I read the heading, "Arrested for Murder."

Many emotions come with being a teacher of children. Emotions can leave a deep and lasting imprint . You see.....I was their teacher.

VILLAGE VICTORY CUP 2016

JUNE 24

**IF YOU WOULD LIKE TO PARTICIPATE YOU MUST ATTEND ONE OF THE
INFORMATIONAL MEETINGS**

MONDAY, MAY 2

- **9:00AM CHAPEL**
- **1:30PM CHAPEL**

**PLEASE PICK UP A FITNESS CALENDAR FOR DETAILS ON
ALL PRACTICES.**

JO-ANN
fabric and craft stores



Wednesday, May 4, 1:30pm
Sign up in Lobby


bordine's
nursery

Monday, May 16, 9:30am
Please sign up in Lobby

Tri-County
SENIOR DAY
AT THE DETROIT ZOO

Tuesday, May 24, 8:45am
FREE entrance
Sign up in Lobby



**Tiger Tickets are still
Available!**

Wednesday, June 29- \$39.00
Thursday, September 29- \$29.00
Sign up in Lobby.

EXCURSIONS.....

Wednesday, May 4

JoAnn Fabrics
1:30pm

Wednesday, May 11

Women's Lunch
Just Delicious
11:00am

Friday, May 13

Opera House
Magic Flute
9:30am

Monday, May 16

Bordine's/Lunch
9:30am

Wednesday, May 17

Men's Lunch
Dimitri's
12:15pm

Tuesday, May 24

Detroit Zoo
8:45am

Wednesday, May 25

Mall Trip
Waterside
9:30am

Make an Americana Door Hanger

Wednesday, May 18 ~ 1:15pm ~ Activity Room

Friday, May 20~ 2:30pm ~ Activity Room



Seniors Staying Sharp—Part 4

Join Marcia Relyea in this fun interactive event on the aging brain. Learn to use all the latest tricks and strategies to maintain and improve the most important organ in the body, your brain.

Thursday, May 12
1:30pm Activity Room



IMMERSE YOURSELF IN DOWNTON ABBEY
AS YOU ARE TRANSPORTED TO VARIOUS FILMING LOCATIONS OF THE
AWARD WINNING PBS SERIES THROUGH THE PHOTOGRAPHS OF TRAVELER/
PHOTOGRAPHER BARBARA WARREN

MONDAY, MAY 23
1:30PM ACTIVITY ROOM

May is Better Hearing & Speech Month



Learn what you can do to improve your hearing.
Come meet the experts from Miracle-Ear and see how you
can get a FREE caption phone!

Tuesday, May 31
1:30pm, Activity Room

Alzheimer's Support Group
Hosted by Pauline Zeig
3rd Tuesday of every month
2:00pm , Chapel

Great Lakes Legal will provide
legal service by appoint. only.
Please call
Anita Wenzel, Lead Attorney
(313) 937-8282

Pallet Project with St. Mary's Youth Group



Flower Arrangements by Theresa



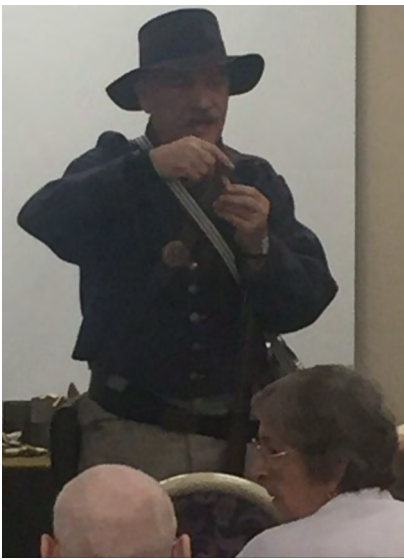
Murder Mystery Dinner Theater



opera house tour



Civil War Presentation With Norm Gibson



Spring

CHANGE OVER

- Starting April 11 Maintenance Staff will check residence's light fixtures, heating and air conditioners, change filters, change batteries in carbon monoxide and smoke alarms. They will leave a list of all things done.
- Starting April 22 Spider Control. Depending on the weather, all buildings will be sprayed outside for spiders.
- May 4, 5 & 6 Window Washing. Depending on the weather, exterior of all windows will be washed.

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
Chaplain	
<i>Mindy Raulston</i>	716-7438
Front Desk	
<i>Receptionist</i>	725-6030
Dining Services Mgr.	
<i>Nolan Poloney</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 Mgr.	
<i>Rod Brandt</i>	716-7417
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



5/02 Vera McDonald

5/03 George Carter

5/09 Valerie Kruger

5/16 Alma Tomlinson

5/19 Margaret Gibson

5/19 Janet Coe

5/20 Ellen Kunath

5/21 Carolyn Cameron

5/26 Anna Gasowski

5/29 Rita Perrin

WELCOME NEW RESIDENTS

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

Paula Boglarsky—108

Bob & Ardy Jones—F-1

Elizabeth Jesky—404

Oliver & Nary Jacob—A-102

Beverly Peck—417