



Village Trumpet



Embrace the possibilities

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

July 2014

Featured Articles

- Administrator pg. 2
- Marketing & Events pg. 3
- Wellness pg. 4
- Chat with Pat pg. 4
- I Remember pg. 5
- Safety/Foundation pg. 6
- Senior Advocate pg. 7
- Photos pg. 8
- Wellness pg. 9
- Photos pg.10
- Directory pg.11
- Birthdays pg.12

Happy 4th of July!!

**Join us for our Americana Celebration
July 3, 2014**

**Square Dancing Demonstration in the
Chapel at 1:30 pm**

**Refreshments immediately following in the
Activity Room**



**To H E L P
with Bingo, Games
and Crafts. Please
contact Betsy in
Activities at
586-716-7143**

WANTED!

**LOOKING FOR
Artisans & Crafters
Annual Holiday
Shopping Bazaar**

**Learn how you can be
part of this exciting
event**

**Tuesday, July1
Activity Room**



Look for PVM on:

From Your Village Administrator



Within the next few weeks, the resident satisfaction surveys that I have referenced in previous articles will be hand-delivered to residents. Please contact the Wellness and Activity Managers if you would like a volunteer to assist you in completing the survey due to poor vision or another limitation we will be happy to help you.

In the past your comments and feedback have given us direction to improve the Village while we continue to build on the things we do well. This is why our survey is so important. Please continue to share your thoughts with us, your feedback and comments help us deliver the quality of life you expect and deserve.

Terry Mavis Our Director of Nursing after 14 years of service to our Health Care Center is retiring. We will truly miss her expertise and guidance. Please join us for cake and punch on Thursday July 12 at 2:30pm in the Station Three Dining room to wish her luck and celebrate her farewell.

On a different note I am happy to announce Melissa Freiburger RN MSN has accepted the position as Director of Nursing for the Village of East Harbor. Melissa will officially join our team on Monday, June 16, 2013. Melissa lives in New Baltimore with her husband and two children and is very involved in the community. Melissa obtained her Bachelor of Science degree at Western Michigan University 2003. She received her nursing degree from Glen Oaks College in 2008 and her Masters of Science in Nursing in 2012. Her background includes Assistant Director of Nursing, In-service Director and Healthcare Instructor. Melissa is patient focused a Registered Nurse with expertise in geriatric patient care, staff development, healthcare education, leadership and teamwork. Please welcome her to our team.





Easy Money!

If you enjoy living at The Village of East Harbor, tell your friends and family! Even if they are not interested in moving, they might know someone who is. Name-dropping pays off, just ask them to mention your name when they come to check us out, and you may be the smiling face in our next newsletter holding a \$250 referral check! Have them ask for April or Nancy in the sales/leasing office and be sure to say that YOU sent them.



Whazzup with Wellness

Upcoming Excursions

Strawberry Fields Restaurant

Saturday, July 5, 2014

11:30 p.m. \$\$\$\$ on your own

The Great Lakes Maritime Center & Farmers Market, Port Huron

Tuesday, July 8, 2014

10:00 a.m. Free

Learn about the history and current events of the Great Lakes

Lunch at the Waterside Deli (on your own)
Stroll the Farmers Market

Women's Lunch Bunch

Wednesday, July 9, 2014

12:00 noon

Club Capri Italian Restaurant

\$\$\$\$ on your own

Frankenmuth (Day trip)

Bavarian Inn

Wednesday, July 16, 2014

10:00 am \$\$\$\$ on your own

Senior Brunch & Bowl

Premiere Lanes

Friday, July 18, 2014 9:00 a.m.

\$7.00 Brunch and 3 Games

\$4.00 Brunch Only

Worlds Finest Frozen Custard & Miniature Gold

Tuesday, July 22, 2014

1:30 p.m. \$\$\$\$ on your Own

Men's Lunch Bunch

Bad Brad's

Tuesday, July 29, 2014 \$\$\$\$ on your own

Picnic in the Park

New Baltimore Downtown Waterfront

Thursday, July 31, 2014

12:30 p.m.

Independent residents please bring your own bag

Please be sure you sign up in the binder in the lobby for any trips



It's Your Life. Live It Well.

By Tom Wyllic,
Director of Wellness

This month we have a guest columnist, Andrea Taylor, an intern from Oakland University's Wellness, Health Promotion & Injury Program

The Importance of Oral Health

Did you know that your oral health can offer clues about your overall health – or that problems in your mouth can affect the rest of your body? Oral health is more important than you might realize.

Without proper oral hygiene, bacteria can reach levels that might lead to oral infections such as tooth decay and gum disease. Your oral health might contribute to various diseases and conditions including: diabetes, cardiovascular disease and osteoporosis. As we age we become at risk for a number of oral health problems such as darkened teeth caused by plaque and made worse by food left in your teeth. The use of tobacco products, poor diets, and certain diseases such as anemia, cancer, and diabetes are also oral health problems that may put us at risk.

Oral hygiene tips: Daily brushing, flossing and cleaning of your teeth whether natural or not is essential to keeping your mouth healthy. Plaque can build up quickly, especially if oral hygiene is neglected. To maintain good oral health, it's important to brush at least twice a day with fluoride-containing toothpaste, floss at least once a day and visit your dentist on a regular basis for cleaning and an oral exam. An annual checkup is vital to ensure that you are keeping your mouth healthy. Remember, oral health is important at any age.

Chat with Chaplain Pat

July. Do you remember back in brrrrrrrr days of winter how the thought of July was so far off in time? Well, here we are right on the cusp of the Fourth of July and all the days to follow!

This month we celebrate Independence Day. Our beloved country is now 238 years young. Let us be committed to celebrating Independence Day as a great nation and independence at the Village of East Harbor every day of our life!

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

**-The Declaration of Independence
4 of July, 1776.**



We Remember

Joyce's dove.

In addition to giving birth to and raising three honorable and hard working children, Gary, Brian and Colleen, and doing all of the normally required duties of a modern day housewife she loved her pet dogs and birds.

We bought an incubator; she hatched quail, chickens, and ducks for the personal pleasure it brought, and for the love of nature it brought to our children and their classmates. We learned one lesson the hard way. We placed a cage with young quail, out of doors, under a tree, thus enabling them to experience the great out-of-doors. Nearby the wild birds seemed to enjoy these new friends. That evening when we threw back the bed covers we discovered that our quail had become hosts to hundreds, if not thousands, of bird lice, and the lice had occupied our bed.

Joyce had many successful adventures including rescuing baby robins and baby squirrels which fell to the ground. Without doubt saving the life of a dove was the most rewarding. A newly hatched dove had fallen to the ground and could not be returned to the nest.

Joyce decided to attempt to raise the dove. The baby had just begun to grow a few tiny feathers when it fell to the grass. The little dove was fed about every type of ground up food which we believed would meet her requirements. We settled on the name of the little thing as Dove. She survived beautifully and soon grew feathers. A tissue lined shoe box became her home. We were able to hold Dave and she showed no fear.

Eventually we had a mature dove ready to jump out of the box, however, she still treated the box as a nest. As the dove grew Joyce decided we must determine if the dove could and would fly. After placing the nest/box, with the dove in it, on the floor just inside to door leading outside we opened the door. The bird hopped out of the box and flew to the top of the yard fence. Soon she flew away.

That evening our friend returned to her perch on the fence. On opening the door we got a shock. The dove jumped to the ground and hopped, not flew, in through the open door. We placed the box on the floor and the beautiful full grown gray beauty returned to its nest.

This drama was reenacted for about two weeks. Dove would hop out through the open door in the morning and hop back in the evening. We no longer hand fed our winged friend. Then it happened.. One morning Dove followed her usual pattern; from her box, to the fence, to the open sky. That evening we experienced a thunder and lightning storm with strong winds and rain. Dove failed to return home.

Each spring as we see doves we wonder if one is Joyce's Dove or Dove's children or grandchildren.

I know this adventure is true because Joyce and I have been wife and husband for 67 plus years.

By Fred Pankow



For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Summertime & the Outdoors

We thought winter would never end, but now that the summer is upon us, it is time for some common sense reminders about how to enjoy summertime ,safely.

While it is wonderful to be able to open windows to let the fresh air in, just remember not to leave them open when you are not around. Especially if you live on a lower level, do not leave your patio door unlocked when you are not there. While it is tempting to put saucers of milk and food out for stray animals, please remember that this food also attracts unwanted non domesticated animals.

Here at Presbyterian Villages of Michigan, residents can cook outside with supervised barbequing. This means that outdoor cooking may be done as part of a supervised group activity with proper fire safety measures in place. Individual barbequing is not allowed anywhere on the property. This is due to fire safety concerns.

Be aware of the strength of the sun and protect yourself by wearing a hat and loose clothing. Drinking enough water to stay hydrated is always a good idea. Sunscreen is a must when you are going to be in the sun any length of time.

This is also time of the year where temperatures can soar to levels that make it difficult to breath, especially if you have a breathing problem. If you are having trouble with your air conditioning, opening windows or any other air quality issue, be sure to contact your building's maintenance department. Listen to your local radio station or TV station to learn of storms coming your way and stay inside in a windowless room if the local tornado sirens are going off. For most residents the inside of their bathroom or interior hallway is the safest place in the building. If you are not aware of your Village's emergency preparedness plans, ask your Administrator to provide you with the plan.

Summer is meant to be enjoyed and with a little preplanning, you can enjoy the summer safely.

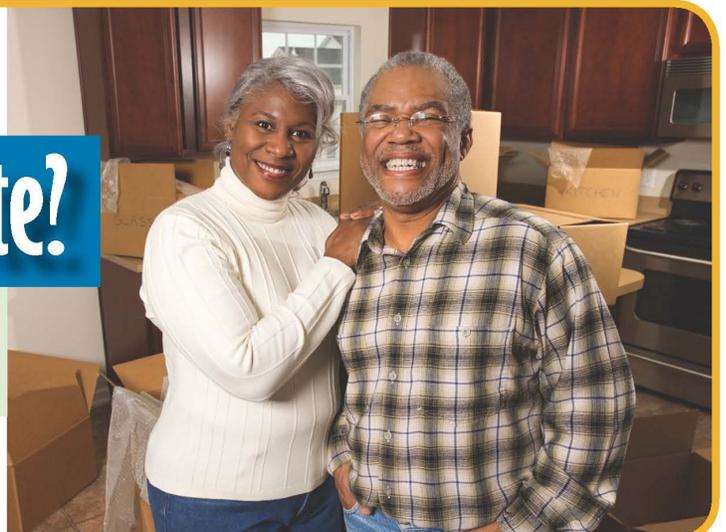


Is your Will up to date?

Have you moved?

Have your beneficiaries changed?

Now might be a good time to update your Will...and please consider leaving a legacy to PVM residents in your update.





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

GOOD NEWS FOR MICHIGAN SENIORS

Governor Snyder presented his Message on Aging recently at the Rochester Older Person's Commission to a large and enthusiastic crowd. His message heralded great news for Michigan's

seniors. In fact, our colleagues across the country have stated that he is the first governor in the country to draw such attention to the value and issues of our senior population. Some highlights of his message include:

Healthy Lifestyle: Promotion of Health & Wellness and a call for more innovation. Governor Snyder recognized us (Presbyterian Villages of Michigan) for our innovative and evidence based programs and mentioned our Village Victory Cup as an example of innovation.

Commitment to Home and Community Based Services and a pledge to make Michigan a "No Wait State" for aging services with a \$20 million investment in 2015.

Support for family caregivers by calling on employers to help their caregiver employees.

Support for a dementia pilot program in Michigan and expansion of innovations in this arena.

Promotion of culture change in nursing homes and reinvention based on task force recommendations.

Increased access to programs and services via a new website launched by the Michigan Office of Services to the Aging by 2015.

Enhanced protection of vulnerable adults by improving the Adult Protective Service program to offer timely assistance, comprehensive follow up and easy entry. Also, the state will work with financial institutions to further prevent financial exploitation and increase funding in this regard.

Creating an Age-Friendly Michigan via age friendly communities, access to transportation, volunteerism and support of an Older Adult Workforce as well as entrepreneurs. This would also include better trained health care providers, retirement planning, lifelong learning and utilizing senior volunteers for travel and recreation with our parks system.

To see the complete message, go to www.michigan.gov/snyder

Ty Dye Shirts



- 
- Due to low attendance, the live long, stay strong class will be discontinued effective July 3rd
 - There will be no fitness classes on Friday, July 4th

Fitness Center News

NEW CLASS TIMES!!!!!!

Arthritis Tai Chi and Arthritis Exercise will now be starting at 2PM instead of 1:30PM!!!!!!!

This will go into effect July 1st.



Clinton River Cruise

Office Numbers

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

Accounting – 716-7408

Tracy Tesch

Administrator – 716-7414

Joan Sonnenberg

Assisted Living Nurse – 716-7115

Denise Klimaszewski

Beauty Salon – 716-7180

Chaplain – 716-7438

Pat DeBruce

Dining Services – 716-7419

Nolan Poloney

Director of Nursing – 716-7416

Terry Mavis

Driver – 716-7142

Mindy Raulston

Fitness Center 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

Nursing Wellness Manager – 716-7021

Sheri Stover

Physical Therapy Manager– 716-7398

Kim Frabotta, Agility Therapy

Resident Care Manager – 716-7426

Toni Greig

Sales & Leasing Specialist– 716-7397

April Myers & Nancy Smiley

Sales & Leasing Manager – 716-7221

Carolyn Martin

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

Sue McCallum

Wellness Lead Assisted Living & Independent Living – 716-7143

Betsy MianECKi

Father's Day





Welcome to our facility
Nicole Langmesser, RN
 Clinical Care Manager
 Long Term Care Unit (LTCU)



Welcome to our facility
Melissa Freiburger RN MSN
 Director of Nursing
 L.J.Peterson Nursing Center



- | | |
|---------|-------------------|
| July 4 | Richard Morgan |
| July 5 | Helen Zimmer |
| July 11 | Loretta Cortis |
| July 11 | Fred Pankow |
| July 12 | Treva Roy |
| July 15 | Geraldine Bellack |
| July 15 | William Fritz |
| July 16 | Virginia Ballanda |
| July 18 | Regina Borum |
| July 20 | Dorothy Wojcik |
| July 22 | Robert Bosman |
| July 24 | Alicia Villanueva |
| July 28 | Linda Fellows |
| July 30 | Doris Beyer |
| July 31 | Christine Avila |