



# Village Trumpet



Embrace the possibilities

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July 2017

**2016 CRAIN'S**  
Best-managed  
**NONPROFIT**  
**WINNER**  
Presbyterian Villages  
of Michigan

## Village Victory Cup Pirates 2017



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The Village of  
**East Harbor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



## FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:

I am happy to report our building renovations in Assisted Living have commenced. I want to thank everyone for their understanding as we go through the building and remodeling process. Our fitness center is now closed as we move forward for the next couple of months but don't despair as we are holding classes outdoors, indoors, and around the building. Now that we have started construction and have had a few staff changes we looked at our staffing needs, activities, and enrichment staff and decided to use this time to make some changes and enhancements. Chris Gorde has graciously accepted the fulltime fitness position. She will transition on, July 3<sup>rd</sup> into her fulltime role. How fortunate we are to get her full time where she can devote her talents. Lisa Sonnenberg will remain with us and she will continue to share her fitness skills, passion for essential oils, and innovative ideas in our wellness department. We currently have an opening for a part time wellness assistant who would like to get paid to have fun and join our great staff. Betsy Mianeki will now oversee Memory Care programs in addition to IL and AL. If you know of anyone looking for a new job with a creative department please send them our way.



Congratulations to our residents who took Second Place in the Statewide Village Cup Challenge. We were well represented and many residents were medalist. They worked hard practicing and their hard work paid off. Thanks to Chris and Lisa for getting our team ready for the challenge. Way to go and can't wait till next year. Go pirates!

I hope you had a chance to stop by the Village Fiesta Picnic. Nay Nay the Clydesdale came back for a visit and brought a variety of farm animals with her. The walking tacos was a hit with everyone. It is a wonderful event and it is nice to see staff with their families, residents, and friends enjoying the festivities. The fire department and police department spent the day with us. Residents were introduced to the newest member of the Chesterfield Police Department, canine officer Viper. Everyone enjoyed entertainment and had fun devouring chocolate pie during the pie eating contest.

Congratulations to our dining staff team who participated in the 2017 Anchor Bay Chamber Tastefest. Our staff and Chefs received the Mayor's Choice award, when new Mayor Dan Acclavatti chose their delicious ribs and mac and cheese as his favorite selection. They took top honors as they best out 16 local restaurants and won the People's Choice Award! We are very proud of our team.

Have a safe and Happy 4<sup>th</sup> of July,

Carolyn Martin  
Administrator

Greetings!

As your new Chaplain, it is my pleasure to serve the Residents and staff of The Village of East Harbor; I look forward to continuing to serve and expand the Chaplaincy Department.

I have included several groups including a Memory Care group, Alzheimer's Support, Bereavement, as well as a group to address anxiety and depression. We have continued with the Chapel activities including Chapel Trivia, Bible Bingo, Scriptural crosswords, word search games as well as community outreach and engagement. Please contact me if you have any suggestions for activities and further growth of the Chaplain Department.



A little about myself: I am married, have two grown children, a teenage granddaughter, 3 rescued kitties and a dog.

Spiritually, I grew up in the church beginning at a very young age. I have attended churches of varying denominations including Catholic, Lutheran, Presbyterian, Baptist, Pentecostal and Non-Denominational.

My educational and training background includes Certification in Chaplaincy and am completing Ordination in Emergency Services Chaplaincy. Additionally, I am attending Liberty University, studying toward a Master's Degree in Pastoral Ministries.

I have extensive Spiritual care and Spiritual education experience which includes developing spiritual care programs and Bible Studies for my place of worship where I have attended and served for over 25 years.

I have served as a Missionary across the US and abroad including South Africa relief and Jamaica to rebuild a village for the deaf which was destroyed by hurricanes.

I studied at Wayne State University, where I earned a Bachelor and Master's Degree in Social Work and practiced in the profession for over 13 years in the fields of Geriatric, hospice, mental health, medical Social Work, and as a Clinical Therapist, having specialized training in Trauma and Crisis therapy and care, among other areas. Additionally, I have experience in Program Development and Program Management, which I believe will be beneficial to further growing an excellent experience for all through the Chaplaincy Department.

Please review your calendars for upcoming activities and groups as well as learning and sharing opportunities in the Chaplaincy Department.

I look forward to serving all at The Village of East Harbor.

Blessings,

Chaplain Laura Stone.



## Summer is finally here!!

The Summer season brings the arrival of warmer weather, longer days, and great opportunities to get out and be active!

**Being active keeps our energy up, our moods positive, and our bodies going strong.**

Things to keep in mind, however, when you're out there having fun:

1. **Keep hydrated.** As we get older, body water content decreases, and the risk for dehydration increases, which can lead to issues such as acute confusion, falling, and constipation.
2. **Cut back on caffeine.** Caffeine acts as a diuretic to the kidneys and can increase your likelihood to dehydrate. Try to substitute those beverages with non-caffeinated choices.
3. **Rinse away the heat of the day.** Taking a cooling shower can do wonders in lowering your body temperature. Remember to moisturize your skin after also, and if you can't get to the shower, cold compresses are a great second option.
4. **Keeping cool.** If you don't have an air conditioner, other ways to keep cool are to open windows at night to let the cooler air in. You can also use a fan to circulate the air.
5. **Get plenty of rest.** When we're having fun, sometimes we push our bodies too far, and don't take enough rest breaks. This adds strain to our bodies, and can accelerate any health issues we are experiencing at the time.
6. **Good nutrition.** Having a healthy balanced diet supports a healthy body, and helps us keep our energies up. Poor nutrition can affect our health, mood, and energy levels. When we don't eat right, we feel slow, and are less active.

**Be careful out there! Enjoy your sun-filled days, and don't forget your sunscreen!!**

**Josie Villegas, LMSW**

**CareSync Care Manager and Discharge Planner at The Village of East Harbor**

**Office 586.716.7092**

**Mobile 586.817.5235**

**\*\*CareSync Solutions is in partnership with Presbyterian Villages of Michigan and helps coordinate community based services to assist individuals to remain independent in the community and, when necessary, work through transitions of care. We provide options for programs and services to support each person's individual needs including physical, psychosocial, and emotional well-being.\*\***

[jvillegas@pvm.org](mailto:jvillegas@pvm.org)

# MARKETING



Here is yet another reason to be proud to live at The Village of East Harbor: Congratulations to our Dining Services Team on beating out some stiff competition from local eateries who brought their best dish to Tastefest 2017 on June 20<sup>th</sup>! Not only did we win the Peoples' Choice Award, we also walked away with Top Choice Award from Chesterfield Township Supervisor, Dan Acciavatti, for our barbecued baby back ribs and gouda mac & cheese – a winning combo that was as delicious as it was beautifully presented.

Congratulations and thank you to Brian Williams and his team for great representation of The Village of East Harbor.

Just a reminder that, as a resident, you can sample this cuisine 7 days a week, either a 3-course sit-down meal in our dining room, including any guests you would like to have join you, order from the grill menu or pick from the salads, soup and snacks in Golden Treasures. All independent residents also have the option of having their meal delivered for a small fee, at their request.

Did you also know that you may reserve our Activity Room, at no charge to our Residents, for any private function you have? We have had baby and wedding showers, birthday and anniversary parties, as well as funeral luncheons in our Activity Room. Brian Williams, Dining Services Manager can help create a menu for your event or you can bring in your own food, call him at 586-716-7419. Call Betsy at 586-716-7143 to reserve the Activity Room.

What do you love most about living at The Village of East Harbor? Add our Dining Services to the list!

## WELCOME HOME NEW RESIDENTS

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

**Nancy Huff—H-2**

**Georgette Little—412**

**Janet Martin—122**

**Margaret Miller—119**

**Lorena Stalls—404**



The Village of East Harbor Skilled Nursing and Rehab Health Care Center is happy to announce that we now are a

preferred provider and can accept HAP insurance.

Please note this for future reference if you carry HAP insurance.

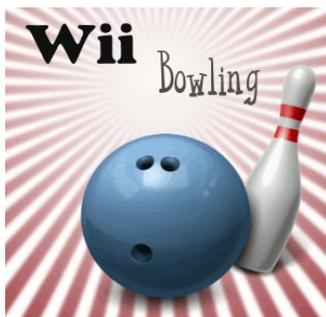
# Fitness Center NEWS

**Due to Construction all Fitness classes will be relocated until further notice.**

**9:00 am classes will be in the Chapel**

**11:30 and 2:30 classes will be in the Activity Room**

**Please check the fitness calendar and daily sheets for any changes. Thank you for your patience while we make these improvements to better serve you!**

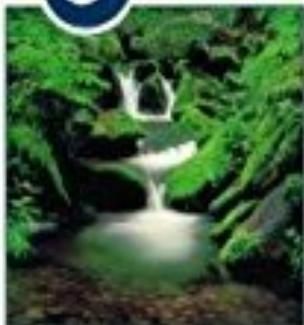


**See you there!**

**Wii Games  
Thursday's—11:00am  
Activity Room**

**Everyone  
Is  
Welcome!**

**A  
CALL  
TO  
JOY**



**A CALL TO JOY—A group designed to inspire us toward joyful living. Learning and practicing relaxation, calming breathing, Yoga, inspirational encouragement, mindfulness, calm through music, and spiritual connectedness, we will learn how to calm the anxiety, alleviate depression, instill peace, calm and comfort into our daily lives.**

**Tuesday's  
3:00pm  
Chapel**

**JUST A REMINDER...Committee Meetings are off for July and August!**



## WE ARE - - - -

Who are Americans and what do they do?  
The list is endless but here are a few.  
We are the President, protector of our needs;  
We are the Civil Liberties Union seeking justice with speed.  
We are the Congress serving the trust of your vote;  
We are the Senate Page delivering your note.  
We are the Secretary who correct your mistakes;  
We are the Mechanics who adjusts your brakes.  
We are the Red Caps who carry your bags;  
We are the Groom who cleans up your nags.  
We are the Business Leaders second to none;  
We are loved, yet hated for we're Number One.  
We are the Cabbies who drives the hack;  
We are the Masseurs who rubs your back.  
We are the Chauffeurs of the limos you ride;  
We are the Nannies who keeps your butt freshly dried.  
We are the Paper Carriers who delivers the news;  
We snap the Rag sharply as we shine your shoes.  
We are the Electricians who make the current flow;  
We drive the Salt Trucks keeping the streets free of snow.  
We are the Tool and Die Makers replacing worn tools;  
We are the Custodians keeping clean our schools.  
We are the Migrant Workers picking the crops;  
We are the Stars off Tomorrow - - building the props.  
We are the Boiler Operators who tend the fire;  
We are the Station Attendants who puts air in your tire.  
We are the Sweepers who clean the street;  
We are the Maids who keeps your home neat.  
We are the Sanitation Workers who continuously toils;  
We are the Gardeners who brings beauty to the soil.  
We are the labors who drives the spike in the rail;  
We are the U.S. Postal Workers who delivers the mail.  
We are the Lumber Jacks falling tall trees;  
We are the Merchant Marines who work the high seas.  
We are the Waiter and Waitress who carries your beer;  
We are the Candy Stripers who softens your fear.  
We run the Jack Hammers that repairs the road;  
We Patch the roof of your abode.  
We bus the tables and keep them clean;  
We are the Dishwashers that aren't a machine.  
We are the workers on the assembly line;  
We are the Butlers that serves the wine.  
We are the Small Farmers with many a chore;  
We Stock up the shelves at the grocery store.  
We are the People who Usher the shows;  
We are the "Ones" who "Do" do windows.  
We are the Door Person who opens the door;  
We are the Ones who take care of the poor.  
We are the Night Security who patrols from dusk 'til dawn;  
We are the Landscapers who tends your lawn.  
We are the Painters that paints your wall;  
We are the Porters that cleans the stall.  
We are the People that adjusts the mike when you talk;  
We are the Pet Sitters who take your dog for walk.  
We are the Bricklayers who builds your home;  
We are the Installers who connect your phone.  
We are the Cowboys who ride the ridge;  
We are the Riveters who connects the bridge.  
We are the Foremen who assigns the crew;  
We are the Laborers following through.

*WE ARE - - - -*



We are the Ranchers who supplies the beef;  
We are the Police who collars the thief.  
We are the Book Keepers who balances the books;  
We are the Beautician who enhances your looks.  
We are the D.J. who plays your tune;  
We are the Astronauts who landed on the moon.  
We are the Soldiers home on leave;  
We are the Navajo with heritage to weave.  
We are the Fire Fighters who combats the heat;  
We are the Soda Jerks making a treat.  
We are the Belly Dancers popping your eyes;  
We are the Crop Dusters out of the skies.  
We are the Auctioneers taking your bids;  
We are the Teachers teaching your kids.  
We are the farmers giving life to the land;  
We Face any peril - forever we'll stand.  
We are the Doctors and Nurses forever on call;  
We are the Athletes we'll carry the ball.  
We are the Priests who hears you confess;  
We are the Seamstress who sews your dress  
We are the Miners who digs deep for the yield;  
We are then Crop Dusters who sprays the field.  
We are the Military that protects our cause;  
We are the Court carrying out the laws.  
We are the Dentists who drills your tooth;  
We are the Bartenders who pours your vermouth.  
We are the Truckers who carries the freight;  
We are the Senior Citizens who made this country great.  
We are the Newscasters relating the news;  
We are Ella Fitzgerald singing the blues.  
We are - - Combined - - the best thing by far;  
We are "AMERICANS" that's what we are!

*ENDLESS - - - - -*

Back in the 1970's and 1980's I wrote a lot of political poems. Some were harsh and direct. This was my style of protesting. I've sent poems at one time or another to the President, Vice President and all members of the Senate and Representatives. I wrote this poem for President Reagan and members of congress. This poem is more important today because there isn't just protests going around today. There is hatred and bigotry. I believe in protesting but it is getting out of hand. We are a complex Nation but that has always been the strength of our country.

Protesting isn't just the art of protesting but it is only a positive answer to our problems if we learn to listen and understand where the other side of the coin is coming from.

I have had responses from most of our politicians and even the one's who disagreed with me did so in a thoughtful and respectable manner.

Sincerely  
*Chuck Kisandi*

*Happy 4th Of July*



Thank you Elaine Walton, Darlene Wallace, Audrey Bolton, Audrey Miller, Carol Morrill, Jean Campbell, Dorothy Dennis, Vida Pozar, Gladys Stolzenfeld, Kelly Riggi and Cindy Johnston for helping me provide a delicious Sunday Dinner for the residents of Kyle's House. They greatly appreciated this home cooked meal made by the grandmothers of the Village of East Harbor plus two.

Elaine, Cindy and I were given hugs of gratitude to pass on to all who helped.

Thanks again.  
God Bless,  
Joan



## Seniors Staying Sharp



# JULY EXCURSIONS.....

**SOLD  
OUT**

Thursday, July 6  
*Shipwreck Cruise*  
8:15am  
Lobby

Tuesday, July 11  
*7-11 Day*  
*Free Slurpee*  
10:00am  
Lobby

Thursday, July 12  
*Butterfly Garden Tour*  
*Weigands & Lunch*  
9:00am  
Lobby

Friday, July 14  
*Mystery Tour*  
9:00am  
Lobby  
*Money for Lunch*

Monday, July 17  
*Target & Panera Bread*  
9:00am  
Lobby

Tuesday, July 18  
*Eastern Market & Lunch*  
8:30am  
Lobby

Wednesday, July 26  
*Men's/Women's Lunch*  
*Mayea Marina-Island Grill*  
11:00am  
Lobby  
*On your own*

Friday, July 28  
*Mt. Clemens Farmer's Market*  
8:15am  
Lobby

Monday, July 31  
*Sage Creek Winery & Mom's Kitchen*  
*Wine tasting & lunch in Memphis*  
9:00am  
Lobby

## UPCOMING EXCURSIONS.....

*Coming in August...*

*Cranbrook-Tutankhamun Exhibit*  
*Tuesday, August 1*  
9:00am  
\$17.50

*Money Due—July 5*

**FULL  
You must  
bring your  
OWN chair!**

*Selfridge Air Show*  
*Saturday, August 19*  
7:30 am  
Lobby

*Snug Theater & Dinner at Fish Market*  
*"Popcorn Falls"*  
*Friday, August 25*  
3:30pm  
\$26.00

*Money Due—July 5*  
*Only 12 tickets available*

*Huron Lady Dinner Cruise*  
*River Crab Restaurant*  
*Tuesday, August 29*  
\$55.00

*Money Due—July 10*

## DON'T GET LEFT BEHIND!

You MUST sign up for ALL shopping TRIPS and EXCURSIONS in the book found in the lobby and money in by the due date!

**There must be 6 or more signed up or trips may be subject to cancellation.**



**Craft with Anita**  
**Monday, July 3**  
**10:00am**  
**Dining Room**



**FREE**  
**SLURPEE**  
**AT**  
**7-11**

**Tuesday,**  
**July 11**  
**10:30**  
**Lobby**



**Summer Painting**  
**And**  
**Planting**  
**Tuesday, July 11**  
**1:00pm**  
**Activity Room**

**Weigands Butterfly Garden Tour**  
**&**  
**Lunch at Country Oven**  
**Wednesday, July 12**  
**9:00am**  
**Lobby**



**ICE CREAM TRIP**  
**SATURDAY, JULY 15**  
**1:00PM**  
**LOBBY**



**Eastern Market**  
**&**  
**Lunch**  
**Tuesday, July 18**  
**8:30am**  
**Lobby**

**BINGO WITH ST. PETER'S STUDENTS**  
**Please join the Vacation Bible students for**  
**Bingo**



**Wednesday, July 19 10:00am,**  
**Activity Room**

**TARGET & PANERA BREAD**



**MONDAY, JULY 17**  
**9:00AM**  
**LOBBY**



**MEN'S & WOMEN'S LUNCH**



**WEDNESDAY, JULY 26**  
**11:00AM**  
**LOBBY**

**Mount Clemens**  
**Farmers Market**  
**Friday, July 28**  
**9:00am**  
**Lobby**



**Sage Creek Winery-Wine Tasting**  
**&**

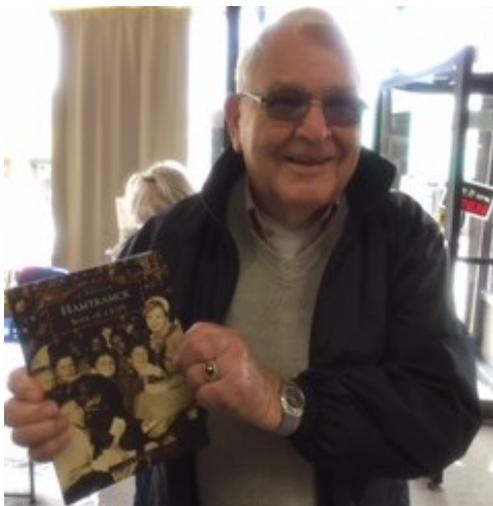


**Mom's Kitchen-Lunch**  
**9:00am**  
**Lobby**  
**5-free wine tastings**

**Book Group**

**The Book Group is reading "Under the Wide and Starry Sky" by Nancy Horan.**  
 A biographical novel detailing the marriage of Fanny Van de Grift Osbourne to Robert Louis Stevenson. **If you would like to join the group, our next meeting is Wednesday, June 19, 3:30pm**

**Mystery Trip**  
**Tour of Hamtramck**  
**&**  
**Lunch at**  
**The Polish Village**



# Village Victory Cup



# FIESTA 2017





# BAYARAMA PARADE



# Directory

<b>Accounting</b>	
<i>Tracy Tesch</i>	716-7408
<b>Activity Lead A/L &amp; I/L</b>	
<i>Betsy Mianecki</i>	716-7143
<b>Admissions Specialist T.C.U</b>	
<i>Sue McCallum</i>	716-7427
<b>Assisted Living Nurse</b>	
<i>Denise Klimaszewski</i>	716-7115
<b>Beauty Salon</b>	
<i>Appointments</i>	716-7180
<b>Care Sync Case Manager</b>	
<i>Josie Villegas</i>	716-7092
<b>Chaplain</b>	
<i>Laura Stone</i>	716-7438
<b>Dining Services Mgr.</b>	
<i>Brian Williams</i>	716-7419
<b>Director of Nursing</b>	
<i>Melissa Freiburger</i>	716-7416
<b>Driver</b>	
<i>Ann Marie Hart</i>	716-7142
<b>Fitness Specialist</b>	
<i>Chris Gorde</i>	716-7385
<b>Front Desk</b>	
<i>Receptionist</i>	725-6030
<b>Haven Hall Nurse</b>	
<i>Lynette Sanday</i>	716-7384
<b>Housekeeping / Laundry Mgr.</b>	
<i>Mary Breen</i>	716-7418
<b>Maintenance Work Orders.</b>	
<i>Front Desk</i>	725-6030
<b>Maintenance</b>	
<i>Emergencies After 11:00pm</i>	248-996-2470
<b>HCC Activity/Volunteer Mgr.</b>	
<i>Sheri Stover</i>	716-7021
<b>Physical Therapy Mgr.</b>	
<i>Kim Frabotta, Agility Therapy</i>	716-7398
<b>Resident Care Mgr.</b>	
<i>Toni Greig</i>	716-7426
<b>Sales &amp; Leasing Mgr.</b>	
<i>Carolyn Martin</i>	716-7221
<b>Sales &amp; Leasing Specialist</b>	
<i>Peggy Carroll</i>	716-7397
<i>Nancy Smiley</i>	716-7183



**7/03 Janet Martin**

**7/04 Walter Krawczyk**

**7/07 Genevieve Sabol**

**7/08 Margaret Miller**

**7/11 Loretta Cortis**

**7/11 Ruth Ann Hubbert**

**7/11 Fred Pankow**

**7/13 Oliver Jacob**

**7/15 Geraldine Bellak**

**7/15 Victoria Cole**

**7/16 Virginia Balanda**

**7/27 Marie McKenna**

**7/28 Chuck Kisandi**

**7/31 Christine Avila**