



Village Trumpet



Embrace the possibilities

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

October 2020



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Friday, October 23

Activities Staff will be delivering Beer & Pretzels

Independent residents, please stand at curb at 11am if you would like to participate.

Assisted Living and Independent Residents living inside the main building, Activities will be coming around starting at 1pm.

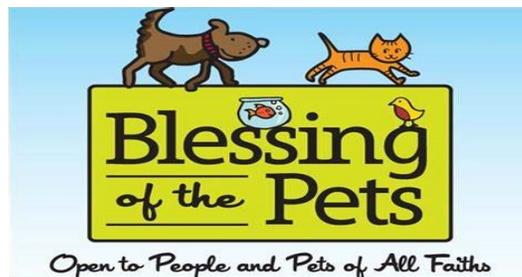


The Village of East Harbor

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Open to People and Pets of All Faiths

Monday, October 5, 2pm

Outside in the front parking lot.

Please bring your pet or a picture of your pet to be blessed by Chaplain Laura.

Inside Residents, please submit a photo.

Questions; please contact Chaplain Laura at (586) 424-5674.

FROM THE DESK OF THE ADMINISTRATOR, CAROLYN MARTIN:



Fall is in the air. It is a special time of year here at The Village of East Harbor when all the trees turn beautiful shades of red, orange, and yellow. This year in particular, it is the little things that I think we appreciate even more than ever. Having a 44 acre campus to enjoy outdoors has been a blessing.

Speaking of blessings, I hope many of you have had the opportunity to participate in Chris' fitness classes outdoors. If you haven't come out and joined in the fun yet, take some time to try it out and wish Chris congratulations on her marriage. Chris married her sweetheart Daryl on, Sept. 20th. We have posted pictures on Channel 3 and here in the newsletter. She was a beautiful bride and we wish them a beautiful life together.

We had to cancel virtually every event this year. Since we could not hold our annual Holiday Bazaar we decided to hold a much smaller outdoor version. Masks were required to be worn. Social distancing was practiced and lots of hand sanitizer was used. We had 16 vendors spaced apart and x marked the spot to maintain social distance. Hope you had an opportunity to do a little shopping. The staff and I did a little shopping ourselves. It was nice to see many of you outdoors. We miss all our interaction in the building and can't wait to resume some normalcy.

Everyone on the news keeps predicting the second Covid-19 wave is coming. We have put together many policies and procedures to try and prevent or contain any outbreak. We recently had a few cases occur in patients that came in for rehab from the hospital. New residents or patients are quarantined for 14 days. Weekly testing is done in Healthcare. The September 22 weekly testing is when patients and some staff tested positive in healthcare. The Staff were immediately sent home. Patients were sent out to the hospital and will go to a Covid-19 regional hub for care after. Having these policies in place helped us to contain the spread. Our 1- 888-412-5999 number is accurate and up to date. Letters of notification were sent out. You can call the number for updates. We will always maintain transparency. We have tested all staff and residents in Memory Care and Assisted Living. As I type this the results are not in yet. Call the 888 number for any updated information. At this time no one is showing any signs or symptoms. Please keep your guard up, practice social distancing, hand wash or sanitize, and wear a mask. This isn't over yet.

Have you noticed renewed activity out front with heavy equipment moving ground? Construction is back on and underway after a short recess during the Covid-19 pandemic. Watch for dates and times but we will be holding a ground breaking ceremony in, October. Tentatively scheduled for October 20th at 11am, outdoors. The two bedroom, two car apartment villas will be underway first with the midway building and health and wellness center following. Marketing materials we can share should be available by end of November or December. We will have a short ceremony recognizing the ground breaking and a few speeches. It is nice to share good news.

Be Well and Stay Well,

Carolyn

From The Desk Of Chaplain Laura...



FAITH is not knowing that God CAN,
it is knowing that God WILL



Paul's words in his epistle to the Romans are among the most well-known and most quoted from the Bible: "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28.

As I prepared to write this article, this scripture reverberates in my mind. I am not sure who it is for, but I am sure the Lord intends this for someone needing encouragement today:

"For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever." - 2 Corinthians 4:17-18



An **outdoor Blessing of the Pets** ceremony will be held on Monday, October 5 at 2pm in the front parking lot. Please bring your pet or a picture of your pet to be blessed by Chaplain Laura.

OUTDOOR SUNDAY SERVICES (11 am beginning October) will continue as long as the weather cooperates. In case of rain or possible inclement weather, service will not be held.

The new **"Our Daily Bread"** books are in. If you would like a copy, please contact me at (586) 424-5674. I am here for your spiritual and other needs. If you need prayer, a visit, or resources, please contact me.

A special **"Thank You!"** to all who sent cards, thoughts, who called, and prayed while I was out. (Thank you, "Veteran"). It means the world.

"The effectual fervent prayer of the righteous availeth much". (James 5:16b)

In His Service,

Chaplain Laura Stone

MARKETING

Hello all ghastly ghouls and wicked witches. We are now into the spooky month of the calendar as we begin October. This month is filled with fun activities like pumpkin carving, Halloween decorations, and best of all CANDY CONSUMING!! The leaves are changing, fall smells are in the air, and the cider mill is pressing out cider and doughnuts at a high clip. Pandemic or not, Halloween still stands as the one day of the year where you can dress up and be someone different. Sales and Leasing wants you to remember we are all still with you, we miss you, we hope you have a great month of October and a very Happy (not haunted) Halloween!!



WELCOME HOME NEW RESIDENTS

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

Eleanor Chapman —B-202

Suzanne Clark—110

Lucille Cope—506

Norma Milligan —610

To share timely information regarding COVID-19, we have set up a toll-free number for our residents, families and staff.

Call our Community Care Line at
888-412-5999,
you can get the latest report
straight from David at the Village
of East Harbor



C h r i s 's W e d d i n g



The Village Lottery is held every Tuesday & Thursday at 1:30pm.

Watch channel 3 if you live in the main building or listen for the robo-call at 1:30 announcing the winning numbers. Everyone will get 1 lottery ticket each MONTH.

Please keep the ticket for the entire MONTH.

Call Betsy if you have the winning lottery number.

586-716-7143

GOOD LUCK!

Winners in September:

- **Jean Ciaramitaro**
- **Bob Healy**
- **Grace Buffa**
- **Jean Campbell**
- **Mabel Campbell**

Fitness Center News

Try our newest class:

DRUM AWAY THE DOLDRUMS

(formerly Stability Ball Beat)



OUTSIDE INDEPENDENT RESIDENTS-WEDNESDAYS AT 10:00AM
In front of the building near the outdoor café seating area

BARNETT, CAPMAN AND KIRK HALL RESIDENTS-WILL RESUME AT A LATER DATE

For other fitness classes, please refer to your respective schedules
and/or tune in to Channel 3 at 11:00 Mon, Tue, Wed & Fri

Schedule is subject to change

You **MUST** wear a mask and observe physical distancing
spacing of 6 feet or more for ALL fitness classes

2020 Village Victory Cup: COVID-19 Edition

There is still time to get involved!!

PVM communities will host the games individually, inside or outside as determined
by their individual community and the results submitted by November 13th.

In addition to games like Beanbag Toss, Hoop Shoot, Wellness Walk and the Spirit Award from
year's past, this year also includes a Sing-Along, Wordsmith (which we call words in words here
at East Harbor), a 75th Anniversary banner contest and changes to the Kick-a-Roo

Please contact Chris Gorde if you are interested in participating.*



Here is a link with all of the details:

<https://2020vvc.weebly.com/game-descriptions.html>

*Despite COVID-19 and all the challenges it imposes, together
we can make this year's Village Victory Cup one of the best ones yet!*

***For more information on any of the above, or for anything else fitness
related, please contact: cgorde@pvm.org OR 586-716-7385**

OCTOBER *Breast* CANCER AWARENESS MONTH



OTHER THAN SKIN CANCER,
BREAST CANCER IS THE

**most
common
cancer**

AMONG AMERICAN WOMEN,
MAMMOGRAMS ARE THE BEST
WAY TO FIND BREAST CANCER
EARLY.

SYMPTOMS

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- Skin of the breast, areola, or nipple is scaly, red or swollen.

MYTHS

MYTH #1: Finding a lump in your breast means you have breast cancer

MYTH #2: Only women with a family history of breast cancer are at risk

MYTH #3: A mammogram or X-ray of the breast can cause breast cancer to spread

MYTH #4: Use of underarm antiperspirants and deodorants cause breast cancer

**40,000
women &
430 men**

**DIE OF BREAST CANCER
EACH YEAR IN THE
UNITED STATES.**

FAST FACTS

- Each year in the United States, more than 245,000 women get breast cancer. Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

Be Aware. Get Involved. Show Support.

Craft & Trunk Show



Sunflower Craft



Ice Cream Day



Directory

Accounting	
<i>Tracy Tesch</i>	716-7408
Activity Lead A/L & I/L	
<i>Betsy Mianecki</i>	716-7143
Administrator	
<i>Carolyn Martin</i>	716-7221
Admissions Coordinator TCU	
<i>Beth Humble</i>	716-7427
<i>Sue McCallum</i>	716-7395
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>Jeff Robinson</i>	716-7416
Driver	
<i>Ann Marie Hart</i>	716-7142
Environmental Serv. Adm. Asst.	
<i>Shelby Jones</i>	716-7436
Executive Director	
<i>David Miller</i>	716-7410
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 Request	
<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>Dylan Demo</i>	716-7183



- 10/01 John David
- 10/03 Vera Ernst
- 10/05 Carol Ouellette
- 10/06 Samuel Vicari
- 10/10 Shirley Chinn
- 10/13 Wayne Miller
- 10/13 Bruce Smith
- 10/14 Delores Garner
- 10/15 Grace Buffa
- 10/17 Mabel Campbell
- 10/18 Helen Rosnik
- 10/19 Joyce Carter
- 10/23 Marilyn Igel

**ALL TRIPS AND
APPOINTMENTS
ON HOLD
TILL FURTHER NOTICE**

2020 Village Victory Cup Entry Form

There is still time to get involved!!

*Deadline to turn in this entry form is WEDNESDAY, OCTOBER 7
Return form to Chris Gorde if you are interested in participating*

Name: _____

Birthdate: _____ (necessary to designate age group for scoring purposes)

Check which game(s)/activities you are interested in*

- Beanbag Toss** (maximum of 5 participants)
- Hoop Shoot** (maximum of 15 participants)
- Wordsmith (aka words in words)** (maximum of 5 participants)
- Wellness Walk** (maximum of 15 participants)
- Kick-a-Roo** (maximum of 15 participants)
- Sing-Along/Karaoke** (3-7 participants)
- 75th Anniversary banner contest** (no participant maximum)
- Spirit Award** (no participant maximum)

Men's style

Boxier fit,
crew neck,
longer
sleeves
and hemline



**Write your
T-Shirt size
(S,M,L, XL, etc.)
within the style
you prefer**

Women's style

Narrower fit,
scoop neck,
shorter sleeves
and hemline



*Here is a link with all of the details:

<https://2020vvc.weebly.com/game-descriptions.html>

For more information or questions please contact:
cgorde@pvm.org OR 586-716-7385

Introducing Community Apps

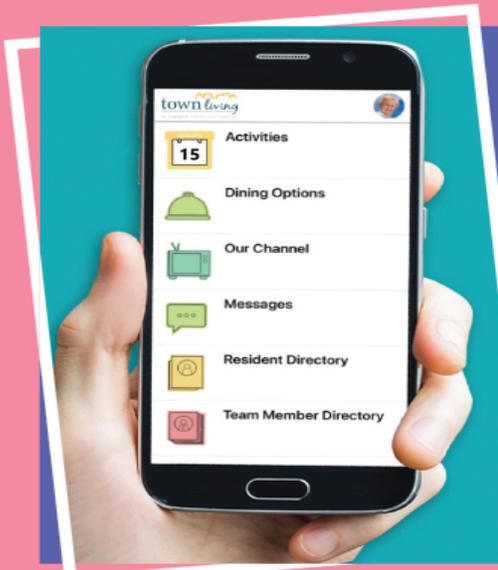
A brand-new way to stay in touch with The Village of East Harbor
with your smart phone or
channel 3 (if you live inside the main building) –

Community Apps

WITH OUR FREE COMMUNITY APPS, YOU WILL HAVE ACCESS TO:

- ACTIVITIES
- DINING MENUS
- ANNOUNCEMENTS

RIGHT IN THE PALM OF YOUR HAND OR CHANNEL 3.



USERNAME: 4368
PASSWORD: 4368

GET STARTED BY

- 1** Searching for Touchtown in your device's app store
- 2** Downloading Community Apps
- 3** Logging in with the username and password provided by your community

If you have questions or need help setting up your
Touchtown, Community Apps,
please call: Betsy 586-716-7143
to set up a one-on-one appointment.