



Village Trumpet



Embrace the possibilities

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

February 2018



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CONGRATULATIONS
The Village of East Harbor
Dining Services

For taking 1st place in the Annual
New Baltimore Lions
Winterfest Chili Cook-off.

CONGRATULATIONS

To those who
participated in the
Polar Bear Plunge!



NATIONAL WEAR RED DAY

EVERYONE IS INVITED TO BE PART OF THE
PICTURE

FRIDAY, FEBRUARY 2
10:00AM
CHAPEL



VALENTINES DAY PARTY / BIRTHDAY ENTERTAINMENT

FEBRUARY 15
MIKE MC CABE
PIANIST
1:30PM
CHAPEL



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:

Flu season is upon us. Make sure you wash your hands frequently. Flu bug germs can live up to 24 hours on a surface. If you get the flu and need extra assistance please feel free to reach out to Toni Grieg if you require care or Brian Williams from Dining Service for food delivery. You can schedule mail delivery as well if you need it. Drink plenty of fluids and see your Doctor.

Every year we do resident surveys. The survey's purpose is to learn what we are doing right and what we can do better. This year our resident responses were way down. Now that could mean you are happy with our services! However, we are working on ways to improve the number of responses collected. Also, don't forget there is a suggestion box here in the main building. Currently it is located in the hallway past the Administrative offices. Ask the front desk if you can't locate the box. We love new ideas. It is also a way to anonymously share concerns.

The multisensory equipment for our Memory Care Sensory Room will be delivered soon. Various parts of the building have been renovated and new furniture has been arriving. Stop in to see the renovation progress when you get a chance. We will have a big reveal party when everything is completed.

Our theme this year that we are building around is , "There's No Place Like Home Like The Village of East Harbor". We are looking for a couple of residents who have been here less than 5 months to join in a Governance Panel to be hosted in Dearborn in conjunction with a State Wide meeting with our Corporate Office and Managers and Executives from our various communities. The panel participants would be asked to answer two questions. Why did you choose senior living and why did you choose The Village of East Harbor to live? If you would like to be part of the panel, Feb. 23rd please call me at 586-716-7221. Transpiration will be provided. Hope you can participate , we value your opinions.

Be well,

Carolyn Martin



Happy February, everyone! We have so many exciting activities planned this month that are covered elsewhere in the newsletter, but Sales and Leasing has an exceptional move-in special for Assisted Living and Memory Care for new residents that was just approved by David Miller beginning February 1st. It is a limited time special rate that will save new residents thousands of dollars! If you know of anyone who is considering Assisted Living or Memory Care, please have them contact Nancy (716-7183) or Peggy (716-7397) for details, and make sure they mention your name so that you can collect that \$250.00 referral bonus! We have recently completed renovations in Barnett Hall so we can now offer true one bedroom apartments with separate living/dining/kitchen areas in addition to the traditional studio style for even more options.

Life at The Village of East Harbor just keeps on getting better!

Nancy Smiley

Peggy Carroll

Beth Humble

Sue McCallum

WELCOME HOME NEW RESIDENTS

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

Carol White-502

Joyce Walker-33879 Kiely

Alzheimer's Support Group

Hosted by Chaplain Laura

3rd Tuesday of every month

2:00pm

Chapel

JUST A REMINDER...Committee Meetings are open to ALL Residents!

Building & Grounds

Meets the 1st Tuesday of every month at 2:30pm in Kirk Dining Room.

Culinary Committee

Meets the 1st Wednesday of every month at 1:30pm in the Kirk Dining Room.

Communication Committee

Meets the 1st Wednesday of every month at 3:00pm in the Kirk Dining Room.



From The Desk Of Chaplain Laura...

FEBRUARY— DEDICATED TO LOVE

For decades, "Valentines Day" has been celebrated as a time for showing affection to your loved ones. It is celebrated mostly with sweets, hearts, and flowers.



At the time of St Valentine, a Roman Catholic Priest, when emperor Claudius, (who persecuted the Church) banned marriage of young people due to war. Due to polygamy caused by the ban on marriage, the church thought that marriage was very sacred between two people, for life and that it was to be encouraged. And so it immediately presented the problem to the Christian church of what to do about this. St Valentine secretly began marrying couples in the church. He was eventually caught, persecuted, beaten and imprisoned for performing marriages. He eventually lost his life for his cause; **LOVE**.

"Valentine has come to be known as the patron saint of lovers. Before you enter into a Christian marriage you want some sense of God in your life—some great need of God in your life. And we know, particularly in the modern world, many people are meeting God through his Son, Jesus Christ."

"What Valentine means to me as a priest," explains Father O'Gara of Whitefriars Street Church in Dublin, Ireland, "is that there comes a time where you have to lay your life upon the line for what you believe. And with the power of the Holy Spirit we can do that—even to the point of death." **LOVE**—laying down your life for another.

Beginning this month, the month of **Love**, we will be embarking on acts of love; visiting the lonely and shut-ins, praying for the sick, helping sort and pack food at food pantries, packing backpacks, giving to the homeless, visiting and preparing meals for Military Veterans, making hats for cancer patients, and more.

Please check the Chapel Bulletin board and be sure to sign up.
Space is limited for these events and outings.

In His Service,

Chaplain Laura Stone



GOOD SLEDDING MAL



AHHH - Good - Old - Cold - Winter!
Welcome my most frigid friend..
Welcome - O - Mighty - North Wind
and your flurries without end.
A miracle occurred when introduced to your snow,
so delicately woven it seemed to be hand spun.
I always thought this to be utterly impossible -
would you believe - cold crossed buns!
The steam from my breath bellowed out
on this teeth shattering day.
Before I could hear the words I spoke
I saw what I had to say.
Ah-ha! I'll simply wear two of everything.
My logic seemed quick and smooth.
Taking step #1 I fell on my back...
My God - I couldn't move.

Three hundred and fifty horses under the hood.
Wow! This car has get up and go!
The next thing I know I'm flat on my face -
"One man power" flat out in the snow!
To get warm I enter a restaurant.
What happened next ought to be against the law.
Ripples quickly formed atop my steaming soup
as my beard begins to thaw.
Sometimes I think I've reached the limit.
Tomorrow I'll pack my bags and move south.
I try to picture my life without snow -
and I quickly shut my mouth.
If every snowflake was worth a dollar
it wouldn't come close to what my native state is worth.
I come from Michigan - God's Winter Wonderland!
The greatest hunk of real estate on earth.

So the cold winters will never break me;
In fact I'll never bend.
I've be promised to thaw out by July 28,
Mal Sillars guaranteed me that my friend!



What is our Love

*Our love is a caress in quiet shadows;
It is the tenderness derived from fear.
Our love is broken bows and arrows;
It is stolen moments when you are near.
Love is the night end thousand goofsbyes;
It is the breath if illicit rapture.
Love is seeing you in every face.
It is my heart for you to capture.
Love is the gleam in your eyes
so sparkling and clear;
It is the mirror of your soul
reflected in a tear.
Love is the touching of hearts;
Individually beating as one.
It is the sanctuary of understanding
when all is said and done.*

*Love is the sharing of problems,
thus easing the strain.
It is letting a smile be our umbrella
during a mid-summer's rain.
Love is each dates ending;
Each to a different home.
Love is being together always;
Yet in fact we are alone
Love can be the hurting of others
thus giving it infamy.
Love can be broken hearts
when it can not be.
Love is saying "Good-bye darling;
Forgive me for I can not stay".
These words must be spoken...
Words my heart will never say!*



Cupid And his bows and arrows work for a while but there are times when it can never be. This is bitter-sweet and it pains like hell. Yet we somehow survive although our hearts will never forget!



Happy Valentine's Day
2018
From
Chuck Kisandi

The Cataract Of Lodore

How does the water
Come down at Lodore?'
My little boy asked me
Thus, once on a time;
And moreover he tasked me
To tell him in rhyme.
Anon, at the word,
There first came one daughter,
And then came another,
To second and third
The request of their brother,
And to hear how the water
Comes down at Lodore,
With its rush and its roar,
As many a time
They had seen it before.
So I told them in rhyme,
For of rhymes I had store;
And 'twas in my vocation
For their recreation
That so I should sing;
Because I was Laureate
To them and the King.

From its sources which well
In the tarn on the fell;
From its fountains
In the mountains,
Its rills and its gills;
Through moss and through brake,
It runs and it creeps
For a while till it sleeps
In its own little lake.
And thence at departing,
Awakening and starting,
It runs through the reeds,
And away it proceeds,
Through meadow and glade,
In sun and in shade,
And through the wood-shelter,

Among crags in its flurry,
Helter-skelter,
Hurry-skurry.
Here it comes sparkling,
And there it lies darkling;
Now smoking and frothing
Its tumult and wrath in,
Till, in this rapid race
On which it is bent,
It reaches the place
Of its steep descent.

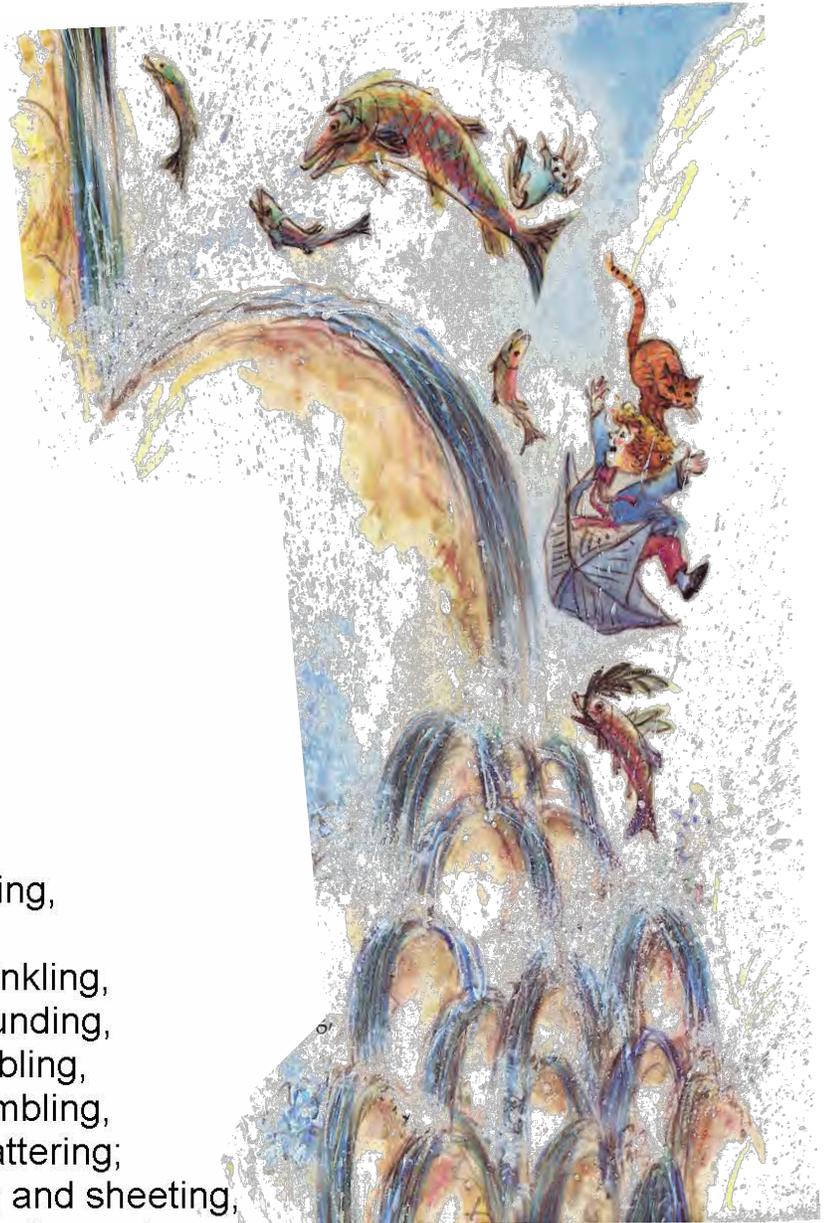
The cataract strong
Then plunges along,
Striking and raging
As if a war waging
Its caverns and rocks among;
Rising and leaping,
Sinking and creeping,
Swelling and sweeping,
Showering and springing,
Flying and flinging,
Writhing and ringing,
Eddying and whisking,
Spouting and frisking,
Turning and twisting,
Around and around
With endless rebound;
Smiting and fighting,
A sight to delight in;
Confounding, astounding,
Dizzying and deafening the ear with its sound.

Collecting, projecting,
Receding and speeding,
And shocking and rocking,
And darting and parting,
And threading and spreading,
And whizzing and hissing,
And dripping and skipping,
And hitting and splitting,
And shining and twining,
And rattling and battling,

And shaking and quaking,
And pouring and roaring,
And waving and raving,
And tossing and crossing,
And flowing and going,
And running and stunning,
And working and jerking,
And guggling and struggling,
And heaving and cleaving,
And moaning and groaning;

And glittering and frittering,
And gathering and feathering,
And whitening and brightening,
And quivering and shivering,
And hurrying and skurrying,
And thundering and floundering;

Dividing and gliding and sliding,
And falling and brawling and sprawling,
And driving and riving and striving,
And sprinkling and twinkling and wrinkling,
And sounding and bounding and rounding,
And bubbling and troubling and doubling,
And grumbling and rumbling and tumbling,
And clattering and battering and shattering;
Retreating and beating and meeting and sheeting,
Delaying and straying and playing and spraying,
Advancing and prancing and glancing and dancing,
Recoiling, turmoiling and toiling and boiling,
And gleaming and streaming and steaming and beaming,
And rushing and flushing and brushing and gushing,
And flapping and rapping and clapping and slapping,
And curling and whirling and purling and twirling.
And thumping and plumping and bumping and jumping,
And dashing and flashing and splashing and clashing;
And so never ending, but always descending,
Sounds and motions for ever and ever are blending,
All at once and all o'er, with a mighty uproar,
And this way the water comes down at Lodore.



Robert Southey, 1820

This poem was submitted by a Resident.



February is
**National Heart
Month**

Learn about Life's simple 7 to improve your heart health

Thursday, February 8

1:30pm

Chapel

Heart Healthy Food Demo immediately following



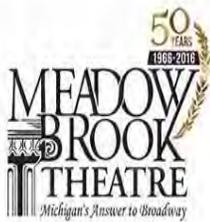
DETROIT SYMPHONY ORCHESTRA

Live Webcast comes to The Village of East Harbor

Daphnis and Chloe

The DSO's French Festival opens with a program dedicated to the music of Maurice Ravel. Influenced by jazz, traditional French composers along with his contemporaries, and greats from Mozart to Chopin, Ravel was a master orchestrator. He meticulously crafted color and movement in his music, which often seems to float out of a storybook, such as the tale of Daphnis seeking help from the god Pan to rescue his beloved Chloe from the hands of pirates.

Friday, February 9 ~ 10:30am ~ Chapel



Tenderly: The Rosemary Clooney Musical

Rosemary's journey starts with her Kentucky childhood and follows her rise to Hollywood stardom. With her signature songs woven in and out, we learn both the story of her successes as well as her struggles.

Wednesday, February 21~12:00 pm

\$20.50 ~ Money Due: February 12



K-Mart & Lunch

Visit this iconic store and shop for great deals, before they close the doors forever.

Lunch at Ken's Country Kitchen.

Friday, February 23– 11:00am

Footwear Footcare

A shoe store specializing in therapeutic, diabetic, corrective, accommodating and comfort footwear.

Wednesday, February 28

1:30pm



Learn How a Metabolic Detoxification Program Can Change your Life!

Learn how a Metabolic Detoxification Program can change your life! Every day you are exposed to numerous chemicals that can affect the way you feel. A Nutritional Metabolic Detoxification program can significantly change your life and re-energize your body. Plus, you will lose weight, sleep better, have better concentration, less moody, healthy digestion, and feel healthier!



Seminar presented by Dr. Rose Minkiewicz, Total Health Systems

Wednesday February 28, 12-1pm

Chapel

FEBRUARY EXCURSIONS.....

Thursday, February 1

Detroit Institute of Arts
Highlights of Permanent Collection
12:00 pm
Free, Lunch on your own
Lobby

Wednesday, February 21

Meadowbrook Theater
Tenderly
The Rosemary Clooney Musical
12:00pm
\$20.50
Money due February 12

Friday, February 23

Women's Lunch & Kmart
Ken's Country Kitchen
\$\$\$ on your own
11:00am

Tuesday, February 27

Men's Lunch
Men's Choice
\$\$\$ on your own
11:30pm

Wednesday, February 28

Footwear Footcare
\$\$\$ on your own
1:30pm
Lobby

UPCOMING EXCURSIONS.....

Father Solanus Casey Center
Has been postponed. Watch your
Newsletter for new dates and times.

Friday, April 6

Michigan Opera Theater
Tosca
Showtime-12:00pm
\$25.00
Money due March 1

Wednesday, May 9

Meadowbrook Theater
The All-Night Strut
12:00pm
\$29.50
Money due March 30

Tuesday, June 5

Fisher Theater
Motown the Musical
Showtime-8:00pm
\$58.75
Money due April 27

Thursday, July 12

Purple Rose Theater
Willow Run
Rosie the Riveter
Showtime-3:00pm
\$26.00
Money due June 1

Seats are Limited for all performances!

First Come, First Served!

VEH Resident Association Meeting, January 9, 2018

The meeting was called to order at 1:30 p.m. by President Bob Morrill. There were 44 residents and staff present. New residents welcomed were Sherrie Knudson L2 and Marilyn Igel B206.

Opening prayer was led by Chaplain Laura Stone. Pledges were led by Bob Healy. Inspirational message was delivered by Bob Healy.

Village staff reports:

Administrator Carolyn Martin reported on a pipe burst in the dining room and the activity room remodeling delay as contractors work carefully to remove a weight barring wall. The fitness room is now open. New this January is Village participation in the Lions Club Winterfest January 27 and January 28. Village staff chefs have entered the Chili contest and a team has been formed to participate in the Polar Plunge. Long sleeve t-shirts will be sold in honor of Village participation. The Village bus will take residents to both events. Additional parking is part of the renovation plan. There is a plan to add more staff with new addition. It was explained that a licensed facility is required to have a certain number of RA's per resident and the Village adjusts this number when census changes.

Brian Williams food service manager reported that plans are being made to improve the menu of Birthday dinners. He mentioned Lions Chili contest and asked for Village resident votes. He said tartar sauce and lemon will be provided residents when fish is served and that serving staff will be provided sharp knives when needed. Omelets will be made in chapel and delivered to dining rooms on Omelet Wednesday.

Chaplain Laura and husband were congratulated on building the beautiful manger. She reported that several outreach activities are planned for February. These will be listed in February's newsletter. All wanting to participate are asked to sign up on sheets in the activity book.

Chris Gordy reported on two new wellness activities offered this month: Tuesday at 11:30 – indoor walking and Thursday at 11:00 Billards.

Betsy Miannecki reported that the bus will leave at 5:15 for the Chili Cookoff on January 27 and at 1:00 for the Polar Plunge on January 28. Residents were reminded of January's activities. Also in planning is a visit to Father Solanus Casey Center in February. Sign up sheets are in activity book. Residents were also asked to sign up for a visit with student nurses and student doctors from Oakland University.

Darlene Wallace moved to accept the minutes from December's Resident Meeting and it was seconded by Neil Veneri. Motion carried.

Darlene Wallace, Treasurer presented the financial report. The Association Account showed a balance of \$4,772.67. The Petty Cash Fund showed a balance of \$135.81. The Sugar Bowl Fund showed a balance of \$205.63. The report will be filed as presented.

Resident Committees did not meet in January. Scheduled meetings will resume in February. Neil Veneri, chair of the Buildings and Ground Committee did report that two

vehicles have been parked in the main parking lot for several weeks without moving. Also reported that several construction workers have been parking in the main lot. Carolyn Martin said she would address this.

Jean Campbell reported that the resident potluck for January was omitted from the month's calendar. The potluck will be held on Sunday, January 21 in the Chapel.

The meeting was adjourned at 2:35. Moved by Linda Aderman and seconded by Neil Veneri. The next meeting will be Tuesday, February 13 at 1:30.

Respectfully submitted,

Joan Lehoczky substituting for Elaine Walton, Secretary

Resident Association Meeting

Tuesday, February 13

1:30pm

Chapel



Enjoy a paczki & Coffee
After the meeting
Provided by the
Resident Association

We are forming a new Community Outreach group we are calling C.O.P.S which stands for:

Community Outreach Program Supporters

"Healing Our Community; Lending a Hand."

Join us Monday, Feb 5 at 1:30 to learn how you can help
"Heal Our Community and Lend a Hand".

We have various outreach opportunities both within our East Harbor as well as outside communities.

Our group called "C.O.P.S." will be joining together with Gleaners, Hope for the Hungry, St Mary's, Village of East Harbor, and other community organizations to help where help is needed most.

Those who crochet or knit can assist by making hats for cancer survivors. Make pom-pom mats for rescue animals. Or donate needed items for these projects.

Join us Feb 5 to learn more.

Contact Chaplain Laura for more information.

Bereavement Support; Managing Through The First Year After Losing A Loved One.

Presented by Season's Hospice and Palliative Care

A free one day workshop open to the community, designed to help you move through grief, receiving support from one another and learning ways to manage emotions.



Monday, February 12, 6:00 pm – 7:30 pm in the Chapel

Women's Lunch Sugarbush



Snowglobe Door Hanger



Men's Coffee Hour



Make a
St. Patrick's
Day Door
Hanger

Monday, February 19
10:00am
Chapel

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 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
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>Melissa Freiburger</i>	716-7416
Driver <i>Ann Marie Hart</i>	716-7142
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>Mary Breen</i>	716-7418
Maintenance Work Orders. <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>Nancy Smiley</i>	716-7183



2/03 Archille Jones

2/05 Kardia Kacel

2/06 Mary Brugulio

2/07 Arline Michelson

2/07 Audrey Bolton

2/10 Helen Beaudin

2/11 Nancy Stager

2/24 Robert Jones

2/27 Marlene Batts



**Meet
Your
Neighbors**

FRIDAY, FEBRUARY 23

3:00PM

CHAPEL

Resident Pot Luck

Sunday, February 18

5:00pm

Chapel



Sign up in the Lobby