

Living in Harmony

Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org

Issue: **MAY 2015**

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Sunday, May 10, 2015



Look for PVM on:



Harmony Manor News:

The Village of Harmony Manor Friends and Family Campaign was a success. Harmony Manor residents, family members, Board Members, and staff want to thank everyone who supported us to exceed our goal of \$600 to purchase a new Barbecue Grill. Excess funds will be used to help with future projects in the building.

*Misty L. Gregory,
Administrator*



- #1: It's good for you.
- #2: It saves resources.
- #3: Volunteers gain professional experience.
- #4: It brings people together.
- #5: It promotes personal growth and self-esteem.
- #6: Volunteering strengthens your community.
- #7: You learn a lot.
- #8: You get a chance to give back.
- #9: Volunteering encourages civic responsibility.
- #10: You make a difference.

Harmony Manor residents enjoy the Friends & Family Kick Off Party - May 2015

Welcome Everyone!
See below activities at the Kick Off Party



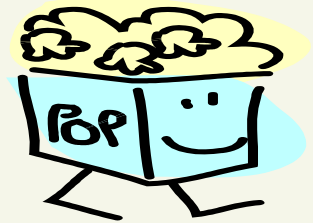
Harmony Resident singing her favorite song Summer Time...



Announcements



Every Saturday
Movie Day
6:00pm
Community Room
Bring your snacks



Every 2nd Wednesday
Tenant Council
Meeting @ 6:00pm
Community Room

Sunday Service
Hope Presbyterian Church
15340 Meyers
Detroit, MI 48238
Fellowship begins
@ 10:00 am
Transportation Available
Please call
Stephanie 313.861.2865

Fashion Show



Hair Show



Harmony Resident's enjoying Music with Fast Freddy

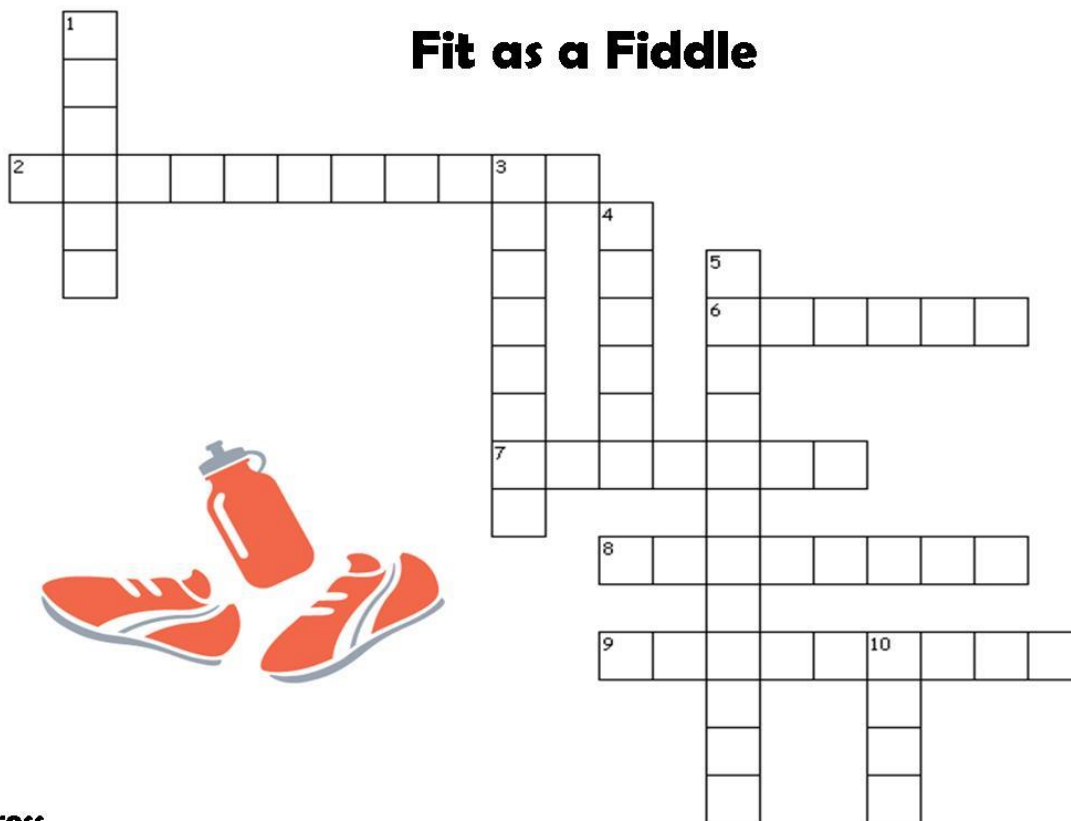




It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Fit as a Fiddle



Across

- 2. Lace these up when you're about to head out for a run.
- 6. Exercise can give you this, which can help wake you up and help you stay positive throughout the day!
- 7. It's good to do this before being active, to loosen up those muscles!
- 8. This is an activity you can do in the water, and can be easy on the joints.
- 9. This is a machine that you can use to walk or run inside, and is great when the weather isn't permitting exercise.

Down

- 1. Grab one of these and have them come with you for a walk!
- 3. This is something you can do to keep your body healthy.
- 4. You should always speak with this person before becoming active.
- 5. This illness impacts the heart, and the risk of it can be reduced with exercise.
- 10. This is improved when you exercise, and leads to a more positive outlook.

Answers can be found in next week's newsletter!

Upcoming Events in Detroit



Sunday, May 17

Riverfront Festivals at Hart Plaza

In search of something fun to do with your family, well, you have found a great option in going to the Riverfront Festivals held at Hart Plaza in Detroit, MI.

Friday, May 22 - Monday, May 25

Memorial Day Weekend in Detroit, MI

Whether you're planning on attending the city's enormous annual electronic music festival, or spending the day on the lakes and rivers around Detroit, Memorial Day in The D is sure to be a memorable one this year.

Monday, May 25

Memorial Day in Detroit, MI

This year, do something special during the Memorial day holiday with your family by taking a trip to Detroit, MI.

June 2015 Detroit Events

Thursday, June 4

Riverfront Festivals at Hart Plaza

In search of something fun to do with your family, well, you have found a great option in going to the Riverfront Festivals held at Hart Plaza in Detroit, MI.

Monday, June 1 - Tuesday, June 30

The Henry Ford Driving America

Take a tour through the Henry Ford Museum and the Greenfield Village in a Model T, Model AA, steam locomotive, or a horse-drawn wagon to see all of the museum's historical artifacts!

TOP 10 TO REMEMBER

- 1) FOBS Are For Residents Only
- 2) Do Not Open the Door/Allow Strangers Into the Building
- 3) Wear Your Life Line Pendant & Keep Your Cell Phone With You
- 4) NO SMOKING, No Incense & No Candles in Apartments
- 5) Check On Your Neighbors
- 6) Report All Work Orders
- 7) Pick Up After Yourself & Remind Your Guests to Do the Same
- 8) All Garbage Must Be In A Tied Trash Bag & Break Down Boxes
- 9) Attend Tenant Committee Meetings
- 10) Overnight Guests Are Allowed 21 Days Per Year & Must Register With Office



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

Grants Awarded to PVM Villages

Through the generosity of our many donors, the **PVM Foundation Grant Allocation Committee** was able to award over **\$73,000** so far this year to fund various Village projects and programs including:

- Funding to complete a Paved Service Road at **The Village of Sage Grove**
- Funding to complete the new Security Camera system at **The Village of Warren Glenn**
- Funding to complete the Gazebo at **The Village of Our Saviour's Manor**
- Funding for resident activities at **16 Villages**
- Community Living Room updates at **The Village of Rosebush Manor**
- Automated phone call system at **The Village of Springs Meadows**
- Signage replacement and updates at **The Village of Bethany Manor**

Projects like these and many others that are funded throughout the year are only possible through the support of donors, so **THANK YOU** for all you do for residents! If you have any questions about projects that the PVM Foundation funds, please call Avni Thomas at 248.281.2040.

Another event the PVM Foundation supports is the annual **Village Victory Cup**, being held on **Friday, June 26th** at the Ultimate Soccer Arenas in Pontiac. This senior Olympics-style competition brings nearly all the Villages together for a fun-filled and rewarding day. I hope to see each of you there competing or cheering on your teams!

If you have any questions or would like to share your thoughts, please contact me at 248-281-2040 or pvmfoundation@pvm.org. Thank you for all you do to support PVM!

Warm regards,
Paul J. Miller, CFRE

LEAVE A
Legacy
Ways to make
a Planned Gift

Support PVM during your
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

CONTACT US TO LEARN MORE
Without obligation, PVM Foundation would like
to answer any questions you may have, call Paul Miller
248.281.2045 www.pvmfgifts.org

 **Presbyterian
Villages**
OF MICHIGAN
THE FOUNDATION

Fitness with Peace

*Fitness Classes are held
Tuesday and Thursday*

*At 11:00pm in the wellness room
with our volunteer fitness instructor:*

Rosetta Peace

*All are welcome to come
down and join in. Work out on
the tread mill, we teach mid-style
of exercise routine*

*We enjoy having you as a resident and a
member of the fitness club.*

Rosetta Peace

**Harmony Manor "STEPPERS" fitness
Instructor**



Monday, May 25th, 2015



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

OLDER AMERICANS MONTH – 2015

May is Older Americans Month. The Administration on Aging denotes this celebration as a way to draw attention to acknowledge the past and present older persons in our country. This year's theme is "Get Into the Act". When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived their life in poverty; and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month", the prelude to "Older Americans Month".

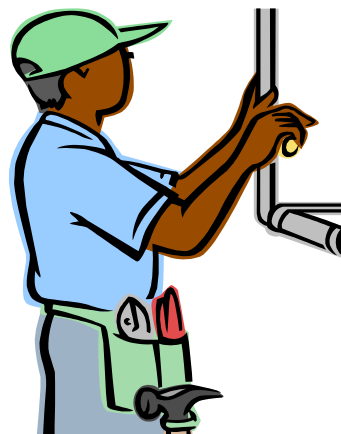
Every President since Kennedy has issued a formal proclamation for Older Americans Month asking that the entire nation pay tribute in some way to older persons in their communities. This is celebrated across the country through ceremonies, events, fairs and other such activities. Each of us can do something to honor our older Americans. If you are a senior who is blessed with mobility and good health reach out to another senior friend or neighbor who may not be as fortunate as you. If you are a family member, neighbor or friend of a senior find some special way to let them know that you appreciate what they have done through defending us or building the communities which we all now enjoy. We owe a debt of gratitude to our older Americans. Please join me in saying THANK YOU!

REMINDERS:

MAINTENANCE PROCEDURES: PLEASE REMEMBER THAT ALL WORK REQUESTS/WORK ORDERS **MUST** BE PLACED WITH THE MANAGEMENT OFFICE. **PLEASE** DO NOT STOP MR. BULLOCK IN THE HALLWAYS REGARDING ANY WORK THAT NEEDS TO BE DONE IN YOUR APARTMENT.

PLEASE REMEMBER TO HAVE YOUR GUEST/FAMILY AND/OR DOCTORS SIGN IN AND OUT ON THE VISITORS LOG SHEET. IT IS IN THE BEST INTEREST OF ALL OF US THAT WE KNOW WHO IS IN OUR BUILDING.

THANK YOU FOR YOUR COOPERATION - MANAGEMENT



Happy Birthday Wishes

Mary Burt 5/2
Willie Nelson 5/9
Walter Harris 5/31



**Harmony Manor Board
of Directors
2015**

Board Chairperson
Rev. Dr. Arthur Caldwell

Board Vice Chair
Lisa Watkins

Secretary
Marjorie Ball Walker

Treasurer
Ronald Spears

Trustees

Michael Taylor
Rev. Mary Austin
Charles Reese
Ruthenia Henderson
Dr. Lawrence Glenn, Sr.



From the Desk of Service Coordinator:

From the Desk of Service Coordinator:

Your Service Coordinator will like to remain residents you have until September 30, 2015 to apply for the Home Heating Credit. In order to apply your income can't exceed \$12,299 per year for one person. If you receive \$20 or more refund from Home Heating Credit you may be eligible to receive an increase in food assistance benefits.

Letters are being mail out to resident who currently have Medicaid & Medicare coverage to select a new Medical provider or Opt out of the program and keep the traditional Medicaid. Please see Trudy Jones, Service Coordinator for assistance or call @ 934-4000 Ext.3 for an appointment regarding Home Heating Credit and Medicaid/Medicare insurance.

Trudy Jones

Luella Hannan Memorial Foundation

Service Coordinator

Harmony Manor

15050 Birwood St.

Detroit, MI 48234

313-934-4000, Ext 3

www.hannan.org

Tuesday & Thursday (9:00 am-5:00 pm)

~ May 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Happiness is not a matter of intensity but of balance, order, rhythm and harmony. Thomas Merton</p>			<p>Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>Bingo Every Thursday @ 6pm -</p> 	<p>1 12:45 p.m.</p> 	<p>2 Happy B-Day Mary Burt</p> 
<p>3 </p>	<p>4 </p>	<p>5 </p>	<p>6 </p>	<p>7 </p>	<p>8 12:45 p.m.</p> 	<p>9 Happy B-Day Willie Nelson</p> 
<p>10 Happy Mother's Day!</p> 	<p>11 Rachel \$ Store@ 10am</p> 	<p>12 </p>	<p>13 Tenant Council Meeting @6pm</p> 	<p>14 </p>	<p>15 12:45 p.m.</p> 	<p>16 Movie Night @6pm Comm. Room</p> 
<p>17 </p>	<p>18 </p>	<p>19 </p>	<p>20 </p>	<p>21 </p>	<p>22 Focus Hope Deliver 12:45 p.m.</p> 	<p>23 Movie Night @6pm Comm. Room</p> 
<p>24 </p>	<p>25 </p>	<p>26 </p>	<p>27 </p>	<p>28 </p>	<p>29 12:45 p.m.</p> 	<p>30 Movie Night @6pm Comm. Room</p> 
<p>31 Happy B-Day Walter Harris</p>  	<p>Note: Please call the office for all maintenance work orders 313.934.4000, after 4:30pm Only Emergency calls go to 313.670.0407</p>					



Misty L. Gregory, Administrator's Message

Fun Facts About Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America. Over two dozen cities and towns claim to be the birthplace of Memorial Day. While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day.

Regardless of the exact date or location of its origins, one thing is clear - Memorial Day was borne out of the Civil War and a desire to honor our dead. It was officially proclaimed on 5 May 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.

The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war).

It is now observed in almost every state on the last Monday in May with Congressional passage of the National Holiday Act of 1971 (P.L. 90 - 363). This helped ensure a three day weekend for Federal holidays, though several southern states have an additional separate day for honoring the Confederate war dead: January 19th in Texas; April 26th in Alabama, Florida, Georgia, and Mississippi; May 10th in South Carolina; and June 3rd (Jefferson Davis' birthday) in Louisiana and Tennessee.

<http://www.usmemorialday.org>

**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our Christian heritage, we serve seniors of all faiths and create new possibilities for quality living.

www.pvm.org

Office Numbers

Staff at Your Service:

Kesha Akridge
Director of Housing

Misty L. Gregory
Administrator

Trudy Jones
Service Coordinator

Andrew Bullock
Maintenance Tech.

PHONE: (313) 934-4000
FAX: (313) 934-4017



The Village of
**Harmony
Manor**

A SENIOR LIVING COMMUNITY

Office Hours: 8:00 am – 4:30pm
Monday thru Friday

EMERGENCY NUMBER
(313) 670-0407



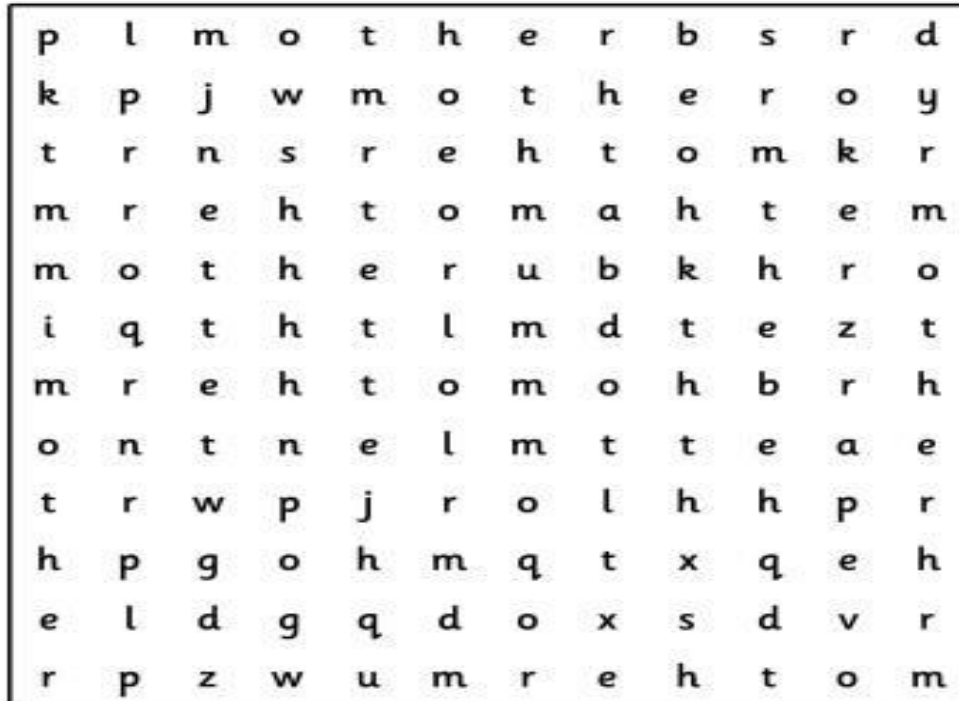
Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org





Mother's Day Wordsearch

How many times can you find the word Mother in the puzzle below?



Copyright © www.ActivityVillage.co.uk - Keeping Kids Busy

<http://www.activityvillage.co.uk/mothers-day-word-search-2>