

Living in Harmony

Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: **August 2014**

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Tenant Council News:

*Did you know that all our residents are members of the tenant council? Each and every resident has a voice and a vote in the operations and functions surrounding Harmony Manor. Tenant council meetings are held the **second Wednesday** of every month at **6:00pm** in the **community room**. These meetings are held to address your concerns. There are no collections of dues; therefore the treasury seat has been eliminated. Your voice matters, so let's hear it!*

Thank you,

Harmony Manor Council

Emergency On-Call Number

313 670-0407

After 4:30pm

A. Bullock

TENANT COUNCIL

President

Robert Johnson

Vice President

Mary Burt

Secretary

Delores Hill

Sgt. at Arms

Douglas Bigham

Greeting Committee

Geraldine Perry

Rosette Peace

Annette Jones

Floor Captains

Frances Wimbush

Yvonne Browder

Lula Jackson



Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

"And The Winner Is..."

This year's Village Victory Cup was one for the books! On June 27th, 200 residents from eleven villages and an astounding 70 volunteers converged at Ultimate Soccer Arenas in Pontiac for this annual event. The atmosphere was filled with laughter and friendly competition. It was quite a sight to see so many smiling and happy faces!

As the day progressed, it became apparent that it was going to be a battle between the Village of Westland, the defending champs, and the Village of East Harbor. It came down to the last event. In the end, the Pirates of East Harbor won, beating the Westland Stars by only 2 points!

Throughout the day the Villages also competed for the Spirit Award. This year the Monarchs from Our Savior's Manor took the title, and rightly so. A small but mighty crew of residents pulled out all the stops, including having their own soundtrack!

Not to be left out, Villages 100 miles or further from the PVM Home Office competed in the Virtual Village Victory Cup. Spring Meadows I & II were in it to win it. When the dust settled, Spring Meadows I emerged victorious. Perry Farm Village took the Spirit Award with their clever video showcasing their residents competing and cheering each other on to victory.



For those who like to plan ahead, mark your calendars for June 26, 2015. That's the date for next year's Village Victory Cup. You won't want to miss out!

Announcements



Coming soon

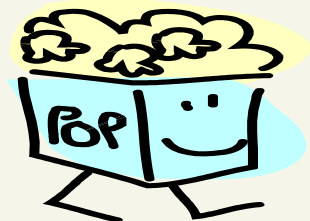
Every Monday

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

@ 10:00am

Transportation Available

Please call

Stephanie 313.861.2865



For Your Safety.

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

Heat Stress As We Age:

My family was lucky enough to live near the beach when I was growing up. We spent hours playing in the water and building castles in the sand. I never quite understood why my Grandparents didn't stay out in the sun for long with us, but now I do.

People who are 65 and older are more prone to react to heat than younger people. Why is that? Sometimes it is because of the medications we are taking or the chronic medical conditions that we may have. This can cause the body to react differently to heat even interfering with our ability to perspire. Without perspiring, we lose our ability to control our body temperature. Perspiration helps our body to cool down. Heat Stroke is a serious medical emergency and must be dealt with immediately. A much better approach is to make sure you don't get in a position of heat stress and or stroke. Here are a few tips to guard against heat stress:

- Stay hydrated. Even if you don't feel like drinking, drink water throughout the day.
- Keep your blinds shut when the hot sun is coming in.
- If your air conditioning is not working or needs adjusting, let your maintenance person know.
- Wear loose clothing.
- Wear a hat when you are going to be outside.
- When going for walks choose the cool morning hours or evening hours, not the noon day sun.
- Recognize when you have had too much sun. The signs are feeling dizzy, red hot and dry skin and a lack of perspiration.
- Get help if you need it.

Today when I go to the beach or work in my garden, I am wiser about how I handle the sun. Nothing spoils a nice summer day faster than needing a trip to the emergency room. I hope you are enjoying your summer days while staying safe.

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

Is Your Will Up to Date? Help Support the PVM Mission

Have you recently moved? Have your beneficiaries changed? Now might be a good time to update your Will and consider leaving a legacy to PVM residents in your update to support the PVM Mission.

You have the power to leave a legacy for future residents, like one donor recently did. This generous donor (who will remain anonymous as her family requested) passed away in January and was an inspiration to those who knew her because of her commitment to her faith and the work of the church. It was that commitment that led her to donate a portion of her estate to support PVM's Benevolence funding to help residents who may have outlived their financial resources.

You don't have to be a certain age or very wealthy to make a charitable bequest. With a little planning, even people of modest means can make a big difference. Just a few sentences in your Will or trust are all that is needed.

"I give Presbyterian Villages of Michigan Foundation, (____ percent of the residue of my estate) or (the sum of \$____), to be used by Presbyterian Villages of Michigan Foundation, (wherever the need is greatest) or (for The Village of ____)."

Donors who leave PVM in their Will are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

We are truly grateful to all our donors, whose generosity makes a lasting impact in the lives of current and future PVM residents.

Warm regards,
Paul J. Miller, CFRE

- HELP SUPPORT THE PVM MISSION -

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.





For more information, call
Paul Miller at the PVM Foundation:
248.281.2045
www.pvmgifts.org

Fitness with Peace

Fitness Classes are held

Tuesday and Thursday

At 12:00pm in the wellness room

with our volunteer fitness instructor: Rosetta

Peace

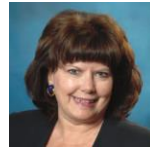
All are welcome to come

*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**



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

4 F's FOR QUALITY OF LIFE

In school receiving an F would have been a tragedy. However, in this edition I want to point out Four F's which have drawn my attention in the quest for Quality of Life at any age. Coincidentally it ties right back to school days since my recent 45th High School Class Reunion inspired me to write this message:

In reading the very nice directory which was published for this grand occasion I noticed some themes which were played out in almost every person's comments: They were Faith, Family, Friends and Fun! All seemed to note the well-known dilemmas which invariably occur with everyday life and professed that the above four items were what rocks their world and offsets the challenges of life.

In our comings and goings we can place much emphasis on reaching goals or finding our latest acquisition; but if we really think about what gives us our greatest joy in life it will most likely be tied somehow to these Four F's. Many folks talked about their latest adventures in far away and exotic locations or their favorite times riding in their convertible car which is an acquisition; but it was the fun and sense of living life to the fullest as a part of these purchases which brought their greatest enjoyment.

So as we travel along life's journey keep in mind that our everyday actions and dedication to these top Four F's can guide us. And the joy of being grandparents was probably the most noted experience in my classmates' comments. So I am very much looking forward to becoming a grandparent for the first time very soon.

Speaking of fun, PVM is a fun place to be. Our recent Village Victory Cup is a prime example. If you have not been involved as yet please consider doing so. It is a day filled with fellowship and great joy! If you aren't into some of the more action oriented events you can join in on the paper airplane flying event! Throughout the summer I hope that you will have the good fortune of fun and lovely life experiences with family and friends. And remember the Four F's.

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.

AS ALWAYS, MANAGEMENT THANKS YOU FOR YOUR COOPERATION.

WARM WELCOME TO HARMONY'S NEWCOMERS

MS. ALLISON
MS. WHITE
MS. TUCKER

Happy Birthday Wishes



Alex Rutledge.. 08/22

Harmony Manor Board
of Directors
2014

Board Chairperson
Dr. Arthur Caldwell

Board Vice Chair
Lisa Watkins

Secretary
Marjorie Ball Walker

Treasurer
Open
Trustees

Ronald Spears
Rev. Mary Austin
Charles Reese
Ruthenia Henderson
Dr. Lawrence Glenn, Sr.

Senior Days at Wayne State Market

Every Wednesday from August 6th through
September 24th

- Fresh Produce
- Specialty Products
- Artisan Village Merchandise
- Demo cooking class
- Senior Stretch



Free Bus Transportation
To make your reservation please
Contact: Pat Baldwin
(313) 833-1300 ext 15

DETROIT EASTERN MARKET
Tuesdays

9 am - 3 pm
Shed 3

Market Links [Eastern Market Online](#)

[Join Our Mailing List](#)
[Detroit Community Markets](#)



Don't Forget!

Tuesday vendors accept **Bridge Cards/EBT** as well as Double Up Food Bucks, WIC Project FRESH and Senior Market FRESH coupons. [Click for more informati](#)



DETROIT EASTERN MARKET
Tuesdays

Misty Gregory Administrator

Harmony Manor residents enjoyed physical activity and socializing in July with Fast Freddy who will be on the schedule regularly at the facility.

Fact Finding Tips for staying active for life:

The more you exercise, the more you will gain the benefits, so it's important to stay motivated when life's challenges get in the way.

- **Check with your doctor.** Exercise safely to avoid injury, if you have joint disease or arthritis, or if you've had a joint replacement, check with your doctor before starting stretching exercises.
- **Warm up first.** Warm muscles are more flexible. Warm up for five to 10 minutes first, or save stretching for your cool-down routine after exercising.
- **Keep a log.** Writing down your activities in an exercise journal not only holds you accountable, but also is a reminder of your accomplishments.
- **Stay inspired.** Reading health magazines or watching sports shows can help remind you how great it feels to take care of your body.
- **Get support.** It's easier to keep going with support. Consider taking a class or exercising with family or friends.



**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



**Presbyterian
Villages**
OF MICHIGAN
THE FOUNDATION

Office Numbers

Staff at Your Service:

Misty Gregory
Administrator

Trudy Jones
Service Coordinator

Andrew Bullock
Maintenance Tech.

(313) 934-4000

313-934-4000 ext 1

Mon- Fri. 8:00am – 4:00pm

Closed Sat. & Sunday's

313-934-4000 ext 3

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

313-670-0407 Cell#

Mon.- Friday 8:00am – 4:30pm

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



The Village of
**Harmony
Manor**

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Embrace the possibilities



~ August 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Shopping Trip Van leaves at 10:00am 	2
3	4	5	6 Wayne State Market Senior Day 12:30 pm-3:00 pm	7 COME DANCE WITH FAST FREDDIE – 1:00 pm	8	9
10 Light of Life Church Service 10:00 am 	11	12 Fitness Class 11:00-12:00 pm	13 Deb's Mobile \$Plus 10:00-12:00 pm Wayne State Market Sr Day - 12:30 pm-3:00 pm Tenant Council Mtg - 6:00pm	14 Fitness Class 11:00-12:00 pm	15	16 WELCOME: ALLISON #122 WHITE #204 TUCKER #219
17 Light of Life Church Service 10:00 am 	18 Shopping Trip Van leaves at 10:00 am 	19	20 Wayne State Market Senior Day 12:30 pm-3:00 pm	21 COME DANCE WITH FAST FREDDIE – 1:00 pm	22 FOCUS HOPE Delivery Happy B-Day Alex Rutledge #209 	23
24	25	26 Foot Doctor Visit – 9:30 am	27 Wayne State Market Senior Day 12:30 pm-3:00 pm	28	29	30
31	Note: Please call the office for all maintenance work orders 313.934.4000, after 4:30pm Emergency calls go to 313.670.0407					