

Living in Harmony

Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: **NOVEMBER 2016**

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Thursday, November 24, 2016
Office Closed.



Look for PVM on:



Harmony Manor News:

The Village of Harmony Manor residents are preparing to schedule their holiday parties.

We will put some pictures in the next newsletter.

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.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Answers to Fact or Fiction?

Below are the answers to the true or false statements published in last month's column.

1. **FALSE.** It is NOT very difficult for older adults to learn new things. It is well established that those who regularly practice their learning skills maintain their learning efficiency over their life span.
2. **FALSE.** Clinical depression DOES NOT occur more frequently in older than younger people. There is no evidence that depression occurs more often in older adults than younger groups, and it should not be considered a normal part of aging.
3. **FALSE.** Personality DOES NOT change with age. Particular traits in youth and middle age will not only persist but may be more pronounced in later life.
4. **TRUE.** Older adults DO have more trouble sleeping than younger adults do. They often experience sleep changes such as taking longer to fall asleep, frequent awakenings, daytime napping, and lighter sleep.
5. **TRUE.** Physical strength DOES decline in old age. However, research shows that weight bearing exercise, aerobics, and weight resistance can restore muscle strength, increase stamina, stabilize balance and minimize falls.
6. **FALSE.** Older people are NOT happier if they are allowed to disengage from society. There is substantial evidence that people who remain active and engaged have higher levels of function and happiness.
7. **TRUE.** Older persons DO take longer to recover from physical and psychological stress. However, older adults who have developed active and health lifestyles may be able to resist some of the negative effects of stress or illness.
8. **TRUE.** Most older adults DO consider their health to be good or excellent. Overall, most people over the age of 65 still rate their health positively.
9. **FALSE.** Older workers CAN work as effectively as younger workers. Research has identified characteristics of low turnover, less voluntary absenteeism and fewer injuries in older workers.
10. **FALSE.** Research DOES NOT show that old age truly begins at 65. Old age is a social construct. Meanings, definitions and experiences of aging vary across cultures and throughout history.

Announcements



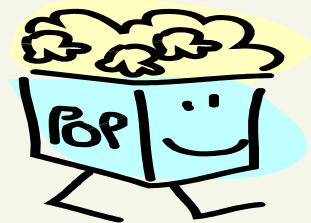
Every Saturday

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

Write Your Worries Away



Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.

www.guideposts.org

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**



YOU matter.

Thank you for being our hero!

You've given PVM residents and seniors all of this—

A safe and secure home.

New friends and experiences.

A chance to **thrive** in their golden years.

Hope.

And more—and we couldn't be more grateful for you!

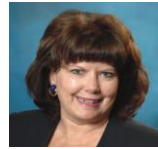
We give thanks to you, our hero, for **making life better** for older adults. Not only this season, but all year round.

Thank you!

Wishing you and your family a blessed and Happy Thanksgiving,

Paul J. Miller, CFRE





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Fitness with Peace

*Fitness Classes are held
Tuesday and Thursday*

*At 11:00 am 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**



BEING AFFIRMED BRINGS SUCH JOY

I think for most of us being affirmed by noted experts is a joyful experience. This just happened to me the other day upon reading the September 26, 2016 issue of Time Magazine. For years I have led the charge on the notion of embracing aging. The aging process is going to occur no matter what our response is. We can either deny it, defy it or embrace it. I have found it sad that so many folks choose to be in denial. Plastic surgeons can tell you that the quest for The Fountain of Youth is surging. Yet, aging is much like everything else in life. If we have a positive attitude we create a far better life experience for ourselves. So imagine the joy I felt upon reading the Time article which was headlined with "How and social ties affect the way you age". In it author Mandy Oaklander mirrors many of the messages my business as Your Aging Well Advisor has promoted over the years.

She reflects studies which suggest that some of the best ways to make the most of our extra years include to: Embrace technology; Have family be there for each other; Lighten up and enjoy a sense of humor; Set goals and take risks, Expect the best with a positive attitude; and my favorite, Welcome Aging.

Indeed this new longevity which many of us have been granted is providing opportunities our ancestors could only dream about. The chance to hold a great grandchild In our arms, be there for a grandchild's graduation or wedding, launch a business at middle age, travel around the world or volunteer at something we have always wanted to become involved with are just a few of the many life experiences we now hold dear.

We can take a cue from the popular saying: "Do not regret growing older. It is a privilege denied to many.", by Edith Wharton. Embrace Aging and Enjoy the world!

The smallest
act of
kindness
is worth more
than the grandest
intention.

GeniusQuotes.net

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

- Shirley Burton 11/4**
- Janice Bizzle 11/5**
- Renee Smith 11/7**
- Rosetta Peace 11/8**
- Gladys Richardson 11/9**
- Ruthie Holmes 11/13**
- Shirley Chisholm 11/18**



**Harmony Manor Board
of Directors
2016**

Board Chairperson
Rev. Dr. Arthur Caldwell

Board Vice Chair
Lisa Watkins

Secretary
Marjorie Ball Walker

Treasurer
Ronald Spears

Trustees

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



From the Desk of Service Coordinator:

Are you having trouble hearing your phone conversations? Now you can listen on the phone carefully to details in your telephone conversations with this free government phone. Tracy Salisbury ADA specialist and Territory Manager of Michigan will be on hand to explain this federally funded program that provides “*Captioned Telephone Service*” to anyone who is hard of hearing. No income qualifications and not billed to insurance. This is a service is free of charge to all those who qualify. This event will be held at Harmony Manor on November 8th at 11:30 am. There will be a lunch provided. Please come and learn about this interesting opportunity. You must have hearing loss, a telephone service plus internet in order to qualify. All residents are welcome and encouraged to attend this free informational meeting.

David Jones

National Church Residences
Service Coordinator
Harmony Manor
15050 Birwood St.
Detroit, MI 48234
313-934-4000, Ext 2
www.hannan.org
Monday thru Friday (10:00 am-2:00 pm)

November 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Daily Café 	2 Daily Café 	3 Shopping Trip Van leaves @ 10am *Always Sign-up in Mgmt. Office 	4 Shirley Burton #118 Happy Birthday! 	5 Janice Bizzle #105 Happy Birthday! 
6 	7 Renee Smith #125 Happy Birthday! 	8 Rosetta Peace #215 Happy Birthday! Election Day! 	9 Gladys Richardson #102 Happy Birthday! Tenant Council Meeting @6pm 	10 Lunar Presentation Community Room 11am to 12pm Bingo Night @6pm 	11 	12 Movie Night @6pm Comm. Room 
13 Ruthie Holmes #122 Happy Birthday! 	14 Daily Café 	15 Daily Café 	16 Daily Café 	17 Bingo Night @6pm 	18 Shirley Chisholm #126 Happy Birthday! 	19 Movie Night @6pm Comm. Room 
20 	21 Daily Café 	22 Daily Café 	23 Daily Café 	24 Office Closed Happy Thanksgiving! Happy Thanksgiving 	25 Focus Hope 	26 Movie Night @6pm Comm. Room 
27 	28 Daily Café 	29 Daily Café 	30 Daily Café 	**EMERGENCY MAINTENANCE – Andrew Bullock #313-670-0407** **Thank you very much Harmony Manor Resident Volunteers for all you do!!** Misty L. Gregory, Administrator		

Flyers for events will be distributed; Cafe with Rosette Peace is everyday;
Walmart is every Friday @ 12:45 pm;
Bingo Night is every Thursday@6pm

Fun Facts about November

November is the 11th month of the year and has 30 days.

Season (Northern Hemisphere): Autumn

Holidays

Pearl Harbor Day

Veterans Day

World Diabetes Day

Thanksgiving

American Indian Heritage Month

Good Nutrition Month

Aviation Month

American Diabetes Awareness Month

National Stamp Collecting Month

National Peanut Butter Lover's Month

Symbols of November

- Birthstone: Topaz and citrine
- Flower: Chrysanthemum
- Zodiac signs: Scorpio and Sagittarius

History:

In the original Roman calendar, November was the ninth month of the year. It got its name from the Latin word "novem" which means nine. However, it became the eleventh month when the Romans added in January and February to the start of the year.

Throughout much of history, November has often been thought of as a somber month because it signaled the start of winter. People would spend the month storing up their harvest and preparing their food and homes in order to survive the winter.

November in Other Languages

- Chinese (Mandarin) - shíyiyuè
- Danish - november
- French - novembre
- Italian - novembre
- Latin - November
- Spanish - noviembre

**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

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

Village Staff:

Misty L. Gregory
Administrator

David Jones
Service Coordinator

Andrew Bullock
Maintenance Tech.

Call Jackie for Hair Appt.
(313) 320-0301



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



Thanksgiving (U.S.)

Find and circle all of the words that are hidden in the grid.
The remaining 26 letters spell a popular Thanksgiving Day event.

M A C P I L G R I M S P A R A D E
S M A Y S W E E T P O T A T O Y N
G N I R E H T A G S H T H G A O S
D N P L L A B T O O F F R N I C E
O S U C K S N S L G E A O N R L O
O T M I E R E I V S V I U A A D T
F U P I O L D V T Y T E N U N G A
R F K C N A E I I I R B N E N A T
I F I Y Y O V B D T E N K G H O O
E I N D A A V A R R A E A Y T N P
N N P N L D R E R A E L T P U A D
D G I A M T S Y M W T R E F O P E
S Y E K R U T R G B A I E R M M H
H A R V E S T N U V E A O E Y A S
H S A U Q S O U E H S R A N L W A
R F A M I L Y L A T T L A D P E M

ANNUAL	GRAVY	RELATIVES
AUTUMN	HARVEST	REUNION
CELEBRATION	HOLIDAY	SQUASH
CORN	LONG WEEKEND	STUFFING
CRANBERRY	MASHED POTATOES	SWEET POTATO
FAMILY	MEAL	THURSDAY
FEAST	NOVEMBER	TRADITION
FESTIVAL	PARADE	TRAVEL
FOOD	PILGRIMS	TURKEY
FOOTBALL	PLYMOUTH	WAMPANOAG
FRIENDS	PUMPKIN PIE	YAMS
GATHERING		

<http://www.puzzles.ca/wordsearch.html>

