

HARTFORD HERALD

A Premier Senior Living Community

17500 Meyers Rd • Detroit, MI 48235-1404 (future address) • www.HartfordVillageHomes.com Q1 2015

“1st Quarter 2015 is Full of History and Fun!



VILLAGE PROGRESS

Last year Hartford Village made great strides to increase future residency at Hartford Village.

Believe it or not, there is still room for you to invite your friends and family to become neighbors, living in a lovely gated community.



We have completed several milestones with the city of Detroit and placed a new sign on the property!

Also, Presbyterian Villages of MI received a \$250k grant from the Kresge Foundation as well as \$100k from the Community Foundation of SE Michigan (CFSEM) to support the development of Hartford Village.

Here's what they said: KRESGE Foundation Grant Award

Roger Myers, President and CEO of PVM, stated, "PVM is truly grateful to the Kresge Foundation for this grant and the meaningful impact that it will

have on the lives of seniors who will be served by Hartford Village. It is a continuation of the Foundation's impressive transformational investments made in Detroit."

Laura J. Trudeau, managing director of The Kresge Foundation's Detroit Program, said "this development adds to the broad revitalization efforts throughout the McNichols Corridor, which includes nearby anchor institutions Sinai-Grace Hospital and Marygrove College."

CFSEM Foundation Grant Award

"PVM deeply appreciates the investment the CFSEM has made," said Paul Miller, president of the Presbyterian Villages of Michigan Foundation. "Not only will this commitment positively impact the lives of the seniors served by Hartford Village, it will truly impact the entire community."

Frank Taylor, vice chair of the Hartford Memorial Baptist Church Board of Trustees, stated, "We are grateful to the CFSEM for their support. Detroit needs more vibrant senior living communities like Hartford Village so that older adults have the opportunity to continue living in their neighborhoods."

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This Senior Living Community will provide equal housing opportunity to all persons regardless of race, color, religion, sex, disability, familial status, or national origin.

...IT WAS A TOTAL BLAST!



Last fall, Hartford Village threw another party for its resident depositors. It was informative and loads of fun! We enjoyed those of you who could attend the luncheon. Yet in the same breath we missed our residents and guests that could not make it.

Themed "Oktoberfest" we began with an ice breaker song game. Then guest speaker Shannon Gordon from 5/3rd Bank graciously provided information about the various savings programs that 5/3rd offers and specific details relative to the Northwest Activity Center branch.

Brad Amiot from Accredited Senior Service discussed the topic "what to do before moving to a retirement community". He talked about

- 1) How to downsize....
- 2) What to do first and where to start....
- 3) Is my stuff worth anything....

The cuisine was again wonderful with flavors bouncing off tongues. Preston Hill's Catering prepared a tasteful fall feast buffet which included ...smoked ham and white bean soup, butternut squash with candied walnuts, pesto chicken "caprese" salad, chicken "snitzel" with herb roasted redskins and desert.

The luncheon finale ended with singing and dancing with Fast Freddie. It was so much fun! Become part of the Hartford Village family and get invited to our next gathering!



SAVE THE DATE!

ATTENTION RESIDENT DEPOSITORS!!!
Wednesday March 25, 2015 at 11:30

Yes it's time for our next exciting Hartford Village *Party!* We are planning for you. Stay tuned and look for your formal invitation to come in the mail.

Also, there is still room for your friends and family to come live at Hartford Village!

Hartford Village is currently over 80% reserved. This is partly due to referrals from the you our current resident depositors. We distributed many referral checks last year. Continue spreading the word and earn extra cash.

By pre-leasing residents, we reduce advertising and continue our focus on building a wonderful community for our senior citizens who all deserve to live in a beautiful home. So tell your colleagues, friends and family to hurry and contact Gena Edwards at 248-281-2024 or gedwards@pvm.org to make a reservation!



Ok, it's cold outside, so while at home be productive and toss out items that you do not want to bring with you to your new home. Take 15-20 minutes a day to sift through items you don't use and get rid of it! Put it in the "throw away", "give away" or "sell it" box. This will save you time and you will be more organized for your move. Also, it will give you so much peace of mind.

If you are interested in selling some of your items, contact Gena Edwards for the name of a resale company to help you.



I rarely cook, but tried this recipe and it turned out YUMMY! Ummumm Good!

Stuffed Cabbage Soup



Ingredients

- 1 1/2 lb Ground beef or turkey
 - 1 small bag of carrots
 - 3 celery sticks
- 1/2 head of green cabbage
- 2 cans of diced tomatoes
- 2 (14.5-ounce) vegetable broth
 - 1 onion - diced
- 1/2 teaspoon freshly ground black pepper
 - 1/2 teaspoon of salt
 - 1 teaspoon of garlic powder
- Optional seasonings: Basil, Oregano
 - 1 cup of Quinoa or Rice

Preparation :

Cook ground meat in stew pot over medium heat until brown, then add onions, carrots, celery, cabbage, cook until soft, then add tomatoes, broth and seasonings. Bring to a boil, add rice or Quinoa and let simmer for 45 - 60 minutes

Bona petite!

That many cities have their own flag? Below is a picture of Detroit's flag, with an explanation about its origination.



Design

The flag has the city seal emblazoned on quartered background, with each section representing a country that once controlled Detroit. The lower hoist (left) quarter represents France, which founded the fort and settlement in 1701; it has five gold fleurs-de-lis on a white field, imitating the Royal Standard of France. The upper fly (right) quarter represents Britain, which controlled the fort from 1760 to 1796; it has three gold lions on a red field, imitating the Royal Arms of England. The lower fly has 13 red and white stripes and the upper hoist has 13 white stars on a blue field, representing the original thirteen colonies of the United States.

Symbolism

The two Latin mottos read *Speramus Meliora* and *Resurget Cineribus*, meaning "We hope for better things" and "It will rise from the ashes", which was written by Gabriel Richard after the fire of 1805. The seal is a representation of the Detroit fire which occurred on June 11, 1805. The fire caused the entire city to burn with only one building saved from the flames. The figure on the left weeps over the destruction while the figure on the right gestures to the new city that will rise in its place.

History

In the original design of the flag, the seal was oval. In the early 1970s, the flag was redesigned and the seal was changed to a circle. In approximately 2000, the seal was again changed to reduce the number of colors.

District Manager:

Kim Tandy 313-236-3464
TandyK@detroitmi.gov

Assistant Manager:

Sean Davis 313-236-3489
DavisSe@detroitmi.gov

RSVP – Retired Senior Volunteer Program. 313-883-2389

AARP Michigan Home Page
www.aarp.org/mi

Advance Directive Forms for Michigan

www.med.umich.edu/1libr/aha/umadvdir.htm

Area Agency on Aging 1-B
www.aaa1b.org

Medicaid Information for Michigan
www.cms.hhs.gov/medicaid/state.asp?state=MI

Michigan Elder Prescription Insurance Coverage
www.miepic.com

MiSeniors.net
www.miseniors.net

Region IV Area Agency on Aging
www.region-iv.org

Senior Alliance, Area Agency on Aging 1C www.aaa1c.org

Senior Corner
www.tcnet.org/seniors

Tri-County Office on Aging
www.tcoa.org

This list is complimentary from
<http://www.savvysenior.org>



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

PVM CELEBRATES 70th ANNIVERSARY THROUGHOUT 2015

By Lynn Alexander

I am pleased to announce that PVM will be celebrating our 70th Anniversary in 2015. Throughout the coming year we will be hosting events at all of our Villages culminating with our annual PVM Gala in November. We will highlight the rich tapestry of shared history with Michigan since we are Michigan founded and Michigan based. During the past 70 years PVM has become one of the state's premiere senior living and services organizations known for its Service Excellence, innovation, diversity and leadership. It has also created a positive and significant economic impact on the communities which it serves.

As a resident at one of our PVM Villages you may be most aware of our Village Victory Cup and our wellness programs. However, we are expanding and growing every day with the addition of home services, community outreach, advocacy and other innovative programs. We hope that you will join in the celebration by participating in our upcoming events and even volunteering to help if that is something that you enjoy. Events will be posted on the PVM website at www.pvm.org and on our Facebook page at Presbyterian Villages of Michigan.

Your friends and family can join in the fun for many of the events. Ask them to check out these sites with you and keep updated on the latest 70th Anniversary news.

Along with announcing our anniversary, we at PVM want to thank you for placing your trust in us.

We look forward to enjoying many more years of embracing the possibilities!





It's Your Life. Live It Well.

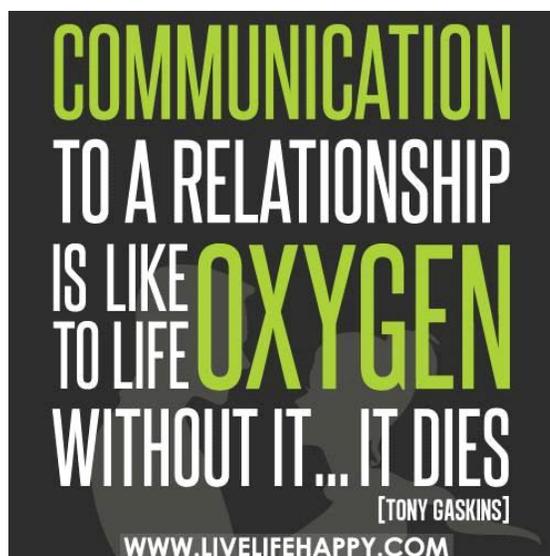
By Tom Wyllie,
Director of Wellness

This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program.

Be Happy & Well In Your Relationships through Constructive Communication

February was a month in which we really focused on building and enhancing the relationships with our loved ones. Through constructive communication we can respect the well-being of the people we hold dear as well as our own. Here are some communication techniques that you can practice with your loved ones to help build and maintain positive, harmonious, and rewarding relationships:

1. **Think positive** – Keep a positive mindset and attitude. Always look for a solution to barriers in communication.
2. **Center yourself** – Take a deep breath. Think about what you truly want to say before you say it.
3. **Specify** – Be specific about what you would like your loved one to do, or what you'd like to see your loved one do more of. Thank them for it and appreciate it in advance!
4. **Share your feelings** – Describe your feelings to your loved one in a calm, genuine, and non-accusatory manner.
5. **Be understanding** – Try to understand your loved one's perspective; put yourself in their shoes to help build empathy.
6. **Accept responsibility** – Take part in sharing a problem or challenge with your loved one. This sharing in a problem will show that you are interested in solving the problem *together*.
7. **Offer to help** – Ask your loved one: "How can I help *you*?" Act on the offer!





FUNNY CHURCH BULLETIN BLOOPERS

1. The senior choir invites any member of the congregation who enjoys sinning to join the choir.
2. The church will host an evening of fine dining, superb entertainment, and gracious hostility.
3. Weight Watchers will meet at 7 p.m. Please use large double door at the side entrance.
4. Thursday Night there will be a potluck supper: prayer and medication to follow.
5. The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday morning.
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7. The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: I upped my pledge - Up Yours.
8. This being Easter Sunday, we will ask Mrs. Jones to come forward and lay an egg on the altar.
9. When parking on the north side of the church, please remember to park on an angel.
10. For those who have children and don't know it, there is a nursery downstairs.
11. Ladies, don't forget the rummage sale. It is a great chance to get rid of those things not worth keeping around the house. Don't forget your husbands.
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13. The visiting monster today is Rev. Jack Bains.
14. Visiting Missionary: Bertha Belch.....
Announcement: "Come tonight and hear Bertha Belch all the way from Africa".
15. Remember in prayer the many who are sick of our congregation.
16. Thursday at 5:00PM there will be a meeting of the Little Mothers Club. All wishing to become little mothers, please see the minister in his study.
17. Ladies Bible Study will be held Thursday morning at 10. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.
18. Don't let worry kill you — let the church help.

Start today ... get your laugh on at least "once" a day and have a healthy heart!

“A Merry Heart is Just Like a Medicine”

From a scientific point of view, laughter increases the feel-good endorphins in our brains, which also supports good health, fosters positive energy, connections, and creativity. Depression has the opposite effect.

It is sad to learn that, 20 years ago, people laughed at least 20 times per day. Now we only laugh 5 times on a “good day.”

Below are a few bible verses which support the belief that fun and laughter is healthy for us.

Pro 15:13 - “A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken”.

Pro 15:15 - “All the days of the afflicted [are] evil: but he that is of a merry heart [hath] a continual Feast”.

Pro 17:22 “A merry heart doeth good [like] a medicine: but a broken spirit drieth the bones”.

I make it a point to get in a hearty, loud laugh at least once a day, every day of my life. I do it on purpose. I used to watch a very *stupid* - *funny* movie with Eddie Murphy called “Norbit”. I’d make a point to watch a few minutes every day, especially when I had a rough day at work. Now I watch “Family Feud” to get my laugh on! While this works for me, I want you to figure out what makes you feel good and laugh out loud...talking to a friend, playing games, reading the comics, watching TV, looking at old photographs, dance, etc.

Just do anything that can give you a hearty laugh. You will feel refreshed. Go ahead and get your laugh on today! Below is a very corny, but cute joke....I hope you enjoy it.

What about the man that got hit in the head with a can of Coke! Well, he turned out alright. Why? Because it was a “soft” drink. LOL!

As we move forward with the Hartford Village Pre-Lease Campaign remember that I am available to speak at any church, community group, organization, etc. Feel free to provide them my information so that we can make arrangements to attend! Also, you may join me! ☺

Gena Edwards

Hartford Village is a collaboration of two organizations, dedicated to quality living for seniors: Hartford Memorial Baptist Church and Presbyterian Village of Michigan

IMPORTANT DATES

March 5th: 6:00 – 8:00

12th Precinct Community Meeting on the 1st Thursday of each month. Call (313) 596-1200 to confirm. Location: 1441 W. 7 Mile Rd.

March 10th: 6:00-8:00

2nd Precinct Community Meeting on the 2nd Tuesday of each month. Call (313)-596-5200 to confirm. Location: 13530 Lesure

March 13th: 7:00-8:30

10th Precinct Community Meeting on the 2nd Thursday of each month. Call (313) 596-1000 to confirm. Location: 12000 Livernois

March 25th: 11:30 - 1:30

Hartford Village Event reserved for Hartford Village residents only.

March 23rd: 6:00-8:00

6th & 8th Precinct Community Mtg on the 4th Monday of each month. Call (313) 596-5600 to confirm. Location: Bushnell Congregational Church, 15000 Southfield

April 16th: 8:30-2:00

Art of Aging Successfully Greater Grace Conference Center 23400 W. 7 Mile Road 313-664-2600

April 29th: 10:00-3:00

Senior Day at the Detroit Zoo. Free to Seniors 62+.

Meet Gena Edwards



Sales & Leasing

248.281.2024
pvm.org

Office Hours: Tues & Thurs 10:00-4:00 or by special appointment. Northwest Activities Center 18100 Meyers Road

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