



Living in Harmony



Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: **FEBRUARY 2017**

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Valentine's Day is February 14th



Harmony Manor News:

The Village of Harmony Manor graciously thank the Zeta Phi Beta Sorority, Inc. for their continual community service.

The residents enjoy the professional ladies who come out and provide various activities such as arts & crafts, bingo night, healthy recipes, cooking demonstrations, karaoke, etc.

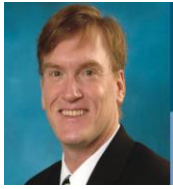
Misty L. Gregory, Administrator



- #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.

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“E” stands for Eat

In December I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on the “E” (eat).

In the words of Dr. Thomas, “In order to be well, we need to eat well.” So what exactly does that mean? It seems every other day you can read about some food that scientists first thought was good for you but have since changed their minds and now claim it is bad for you. It's enough to drive you crazy. It's no wonder we tend to throw our hands in the air and say “whatever” and stop paying attention to what we eat altogether.

If there isn't a medical reason for you to do so (such as being diabetic or having high blood pressure), rather than focus on specific foods, you should focus on the big picture. Take a look at your plate. It should be very colorful and contain primarily plants. In other words, it should consist mostly of a variety of fruits and vegetables. Research has shown that plant-based diets are good for our muscles, bones, hearts and brains and just about every other organ in our body. Meat should not be the main course, but should be considered a side dish and consist of fish or poultry.

You also need to remember to eat, and to eat throughout the day. As we get older, our taste buds change and food just doesn't taste the same anymore*. As a result, we tend not to eat or pack all our calories into one meal at the end of the day. Our bodies work better, however, if we spread our calorie intake throughout the day. Three to six small meals spread throughout the day is much better than one large meal right before we go to bed. Both our blood sugar levels and our metabolism remain more stable if we graze rather than gorge.

While it might be a challenge at first to make the switch recommended above, if you stick with it you will probably find you are less fatigued, are better able to control your weight, have a whole lot more energy and simply feel better. For more information on healthy eating, visit www.choosemyplate.gov.

**To compensate for your changing taste buds, try experimenting with a variety of different spices. You might be surprised just how tasty food can once again be.*

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

Metro Detroit Events Calendar

- **Detroit Camper & RV Show @ Suburban Collection Showplace**, Novi, February 8-12, 2017
- **Cupid's Undie Run - Detroit** - a "brief" fun-run that takes place in the middle of a BIG party. That's right: party, run (a mile-ish, and at your own pace), party—all in benefit of Children's Tumor Foundation. All participants in Detroit that raise between \$500 & \$1,000 will have their donations matched by Dan Gilbert! **Fillmore Detroit**, Saturday, February 11, 2017
- **Michigan Love Celebration** - featuring Michigan's top food trucks, local breweries, and live music - Royal Oak Farmers Market, Saturday, February 11, 2017
- **"Love and Coffey"** - a Valentine's Day event with Motown legend and original Funk Brother, Dennis Coffey. Guests will have the chance to meet Coffey and purchase a personalized, signed copy of his newest album HOT COFFEY in the D. Guests can continue connecting with Coffey during a special "Coffey and Conversation" portion of the event that will take place from 6-6:30 p.m. in Studio A. **Motown Museum**, February 14, 2017. For more information, visit www.motownmuseum.org
- **Our Role. Our Response. Our Action** - Join us to meet and work with representatives from groups actively seeking to enhance and celebrate the health and diversity of Southeast Michigan. Participating organizations include Affirmations, Detroit Jews for Justice, Farmington SAFE, HAVEN, NAACP, Syrian American Refugee Network, and TAKE ON HATE. Farmington Community Library, 32737 W 12 Mile Rd, Farmington Hills, Thursday, February 16, 7:00-8:30 pm
- **PaczKi Run** - The 5k route winds through Hamtramck, highlighting the city that boasts "The world in 2 square miles." begins and ends at the intersection of Jos. Campu and Hanley in Hamtramck, Saturday, February 25, 2017
- **10th Annual Bocce Palooza** - to benefit the Mary and Charles A. Parkhill Foundation who raises funds that are granted to individuals, in the form of scholarships, to obtain occupational and physical therapy services. Palazzo Di Bocce, Lake Orion, Saturday, February 25, 2017, 6 pm. Contact Stephanie Villalobos at (734) 743-2906 or svillalobos@therecoveryproject.net or visit www.parkhillfoundation.com.

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



ALL YOU NEED IS LOVE ♥

...and amazing donors LIKE YOU.

Really!

That's how the world becomes a better place.

That's how MICHIGAN becomes the best place to live at any age.

It's people like you, who selflessly, LOVINGLY give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.

♥Happy Valentine's Day!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,

Paul J. Miller, CFRE

Maybe money CAN grow on trees...

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM!

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmgifts.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION

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**



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

SILVER KEY COALITION PRODUCING RESULTS FOR MICHIGAN SENIORS

It is a true pleasure to be able to announce good news for Michigan seniors. You may be aware that PVM is very involved with advocacy and community partnering to assist with quality of life for Michigan seniors. We are a part of making Michigan a great place to live and age well. No doubt there is still much work to do. However, on the good news front, we are making progress! PVM is a member of the Silver Key Coalition which was formed in 2014 to advocate for an increase in state funding for in-home services supported through the Michigan Aging and Adult Services Agency (AAHSA). AAHSA is the state agency charged with providing senior services across Michigan and reporting to state and federal government agencies. An increase of \$7.5 million over the past three years was intended to remove wait lists and serve all in need of assistance.

Due to rising costs and increased need we still have been unable to eliminate wait lists; although many more seniors did receive help. And there are many more seniors who still need help. The services which are provided include: Personal Care, Homemaking, Respite, Home Delivered Meals, Chore Services/ Minor Repair, Adult Day Care, Personal Emergency Response Systems and Medication Management. Our next phase of advocacy will feature a rationale for the value and positive outcomes of in-home services. The main message will stress the exceptional productivity by the Aging Network to increase the number of individuals assisted, increase funding for those on the wait lists, and emphasize progress in addressing unmet needs. Governor Snyder and the Michigan Legislature have been quite receptive to our advocacy efforts. In fact, he recognized the success and importance of the Silver Key Coalition in his recent State of the State Address. So the good news is that we are poised to see another increase for the 2018 budget in support of the Silver Key Campaign and Michigan seniors.

Many experts have noted that seniors want to maintain as much independence as possible, yet have needed services and safety measures in place. PVM is proud to be a part of providing services which assist Michigan seniors to take charge of their Aging Well destiny and create new possibilities for embracing life at any age. We will continue to advocate daily at all levels for PVM and community initiatives in support of all Michigan seniors. I will keep you posted on our progress as well as any other new information regarding senior services throughout Michigan. Healthy aging for all!

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

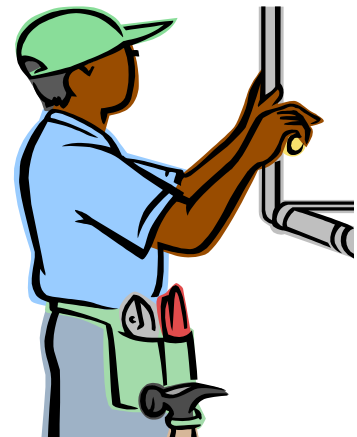
GeniusQuotes.net

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

Sue (Frances) Wimbush 2/8
Anna Jones 2/22
Ola Clay 2/20



**Harmony Manor Board
of Directors
2017**

Board Chairperson
Lisa Watkins

Board Vice Chair
Michael Taylor

Secretary
Marjorie Ball Walker

Treasurer
Ronald Spears

Trustees
Charles Reese
Ruthenia Henderson
Rev. Dr. Lawrence Glenn, Sr.
Rev. Dr. Arthur Caldwell



From the Desk of Service Coordinator:

Harmony Manor Residents, Please consider completing your Home Heating Credit form. Some of you completed this form with me last year. If you have never completed this form before, let me encourage you to do so. The Home Heating Credit is an application you complete where the State of Michigan helps you pay some of your heating cost if you are a homeowner or a renter and you meet qualifications. In order for you to qualify your income must not exceed \$13, 070. Your service coordinator can help you complete this form. All you need to bring with you when you make an appointment with your service coordinator is your forms of income such as, social security, pension etc. You also should bring to your appointment your DTE utility bill statement. The Service coordinator can also indicate about how much you should be getting back from completing this government form. If you get at least \$20.00 or more in your Home Heating Credit refund or return, let your service coordinator know so that he can get in touch with your case-worker at MDHHS to increase your food stamps. As long as you get at least \$20.00 dollars in your return, you can get your food stamp benefit amount increased up to \$180.00 a month. If you are interested in completing the Home Heating Credit form, you must do so by the deadline, which is September 30, 2017.

<https://www.irs.gov/individuals/seniors-retirees/tips-for-seniors-in-preparing-their-taxes>

David Jones
Service Coordinator at The Village of Harmony Manor
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Detroit, MI 48238
313-934-4000 #3
DaJones@nationalchurchresidences.org
www.nationalchurchresidences.org

February 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Shopping Trip Van leaves @ 10am *Always Sign-up in Mgmt. Office 	2 Daily Café 	3 Shopping Trip Van leaves @ 10am *Always Sign-up in Mgmt. Office  12:45pm 	4 Movie Night @6pm Comm. Room 
5 	6 Daily Café 	7 Daily Café 	8 Sue Wimbush "FRANCES" Happy Birthday! 	9 Daily Café 	10 12:45pm 	11 Movie Night @6pm Comm. Room 
12 	13 	14 Happy Valentines 	15 Daily Café 	16 Daily Café 	17 12:45pm 	18 Movie Night @6pm Comm. Room 
19 	20 Ola Clay Happy Birthday! 	21 Daily Café 	22 Anna Jones Happy Birthday! 	23 Daily Café 	24 Focus Hope 	25 Movie Night @6pm Comm. Room 
26 	27 Daily Café 	28 Daily Café 	Notes: **EMERGENCY MAINTENANCE – Andrew Bullock #313-670-0407** *Flyers for the month will be distributed*			

Thank you very much Harmony Manor Resident Volunteers for all you do!!
Misty L. Gregory, Administrator

Quote for the month: **Live life to the fullest, and focus on the positive** "Matt Cameron"

WE  **VOLUNTEERS**



Misty L. Gregory, Administrator's Message



February 1 - The 13th Amendment to the U.S. Constitution, which abolished slavery, was adopted by the 38th Congress. Ratification was completed December 6, 1865. Also in 1870, Jonathan Jasper Wright was elected to the South Carolina Supreme Court.

February 2 - Today in 1914, artist William Ellsworth is born in Washington, North Carolina. Educated at Syracuse University, he was a student of Florida artist Augusta Savage. His works were exhibited at Atlanta University, the Whitney Museum, the Two Centuries of Black American Art exhibit, Fisk University, Hampton University, the North Carolina Museum of Art and private collectors.

February 3 - Six time All-Star Bill White was named president of National League IN 1989. Former Saint Louis Cardinals first baseman Bill White is named president of the National League. He is the first African American to head a major sports league. On February 3, 1903; Jack Johnson became the first Negro Heavyweight Champion, The Negro Baseball League founded in 1920.

February 4 - Today in 1986, a stamp of Sojourner Truth is issued by the U.S. Postal Service.

February 5 - Henry "Home Run King" Aaron, baseball superstar was born in 1934.

February 6 - On this day in 1867, The Peabody Fund for Black education in the South established.

February 7 - Negro History week originated by Carter G. Woodson is observed for the first time in 1926.

February 8 - Figure skater Debi Thomas became the first African American to win the Women's Singles of the U.S. National Figure Skating Championship competition, was a pre-med student at Stanford University in 1986.

February 9 - In 1979, Baseball Hall of Fame announced that Leroy "Satchel" Paige would be inducted.

February 10 - 1964, After 10 days of debate and voting on 125 amendments, the U.S. House of Representatives passed the Civil Rights Act of 1964 by a vote of 290-130. The bill prohibited any state or local government or public facility from denying access to anyone because of race or ethnic origin. It further gave the U.S. Attorney General the power to bring school desegregation law suits.

. <http://www.floridablackhistory.com/facts.cfm>

**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



Weather

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an additional weather word.

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

- | | | | |
|------------|-----------|-----------|-------------|
| BAROMETER | FLOOD | ICE | STORM |
| BLIZZARD | FLURRIES | LIGHTNING | SUNNY |
| CELSIUS | FOG | MIST | TEMPERATURE |
| CLOUDS | FORECAST | MONSOON | THERMOMETER |
| COLD | FREEZE | OVERCAST | THUNDER |
| CYCLONE | FROST | RAIN | TORNADO |
| DOWNPOUR | HAIL | SHOWER | TSUNAMI |
| DRIZZLE | HOT | SLEET | TYPHOON |
| DROUGHT | HUMIDITY | SNOW | VISIBILITY |
| FAHRENHEIT | HURRICANE | SQUALL | WINDY |

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



Harmony Manor Resident “Enjoying Bingo”



IN HONOR OF BLACK HISTORY MONTH



A Drummer's Story! By Baba Issa

TUESDAY FEBRUARY 15, 2017

11AM-1:30PM

AT THE

THE VILLAGE OF HARMONY MANOR

15050 BIRWOOD ST., DETROIT

****THERE WILL BE LUNCH FOR THE RESIDENTS****

Presented by

Hope Presbyterian Church
Pastor Charon Barconey

Recipe for the Month

“Slow Cooker Pot Roast”



Ingredients

- One 4-pound beef chuck roast
- Kosher salt and freshly ground black pepper
- 1/3 cup all-purpose flour, plus more for coating
- 3 tablespoons olive oil
- 4 medium carrots, cut into 2-inch pieces
- 3 stalks celery, peeled and cut into 2-inch pieces
- 1 medium onion, cut into 1/2-inch wedges
- 3 cloves garlic, mashed
- 3 tablespoons tomato paste
- 1 cup red wine
- 3 cups low-sodium beef broth
- 3 bay leaves
- 2 sprigs fresh thyme
- 1/2 teaspoon ground allspice
- 1/2 cup loosely packed parsley leaves, chopped

Directions

- Sprinkle the roast all over with 2 1/2 teaspoons salt and 1 1/2 teaspoons pepper. Coat in flour and shake off any excess. Heat 2 tablespoons of the oil in a large nonstick skillet over medium-high heat. Add the roast to the skillet and cook until golden brown on all sides, about 8 minutes, turning as needed. Transfer the roast to the insert of a 6-quart slow cooker, along with the carrots, celery, onions and garlic.
- Add the remaining 1 tablespoon oil to the skillet over medium heat. Add the tomato paste and stir until the oil begins to turn brick-red, about 1 minute. Add the flour and wine and whisk until thick (it's OK if there are some lumps). Add the beef broth, bay leaves, thyme, allspice, 1/2 teaspoon salt and a few grinds of pepper and bring to a simmer, whisking, until the gravy is smooth and thickens slightly, about 4 minutes.
- Pour the gravy into the slow cooker. Cover and cook on low for 8 hours. The roast and vegetables should be tender.
- Remove the roast and let rest for a few minutes. Discard the thyme stems and strain the vegetables, reserving the gravy. Toss the vegetables with half the parsley and season with salt and pepper. Stir the remaining parsley into the gravy and season with salt and pepper. Slice the roast against the grain. Serve the meat and vegetables on a platter, moistening them with some of the gravy; serve the remaining gravy on the side.