



# Living in Harmony



## Embrace the possibilities

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

Issue: **JUNE 2016**

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Sunday, June 19, 2016



### Harmony Manor News:

The Village of Harmony Manor want to thank Pastor Charon Barconey from Hope Presbyterian Church for sending volunteers to help with a clean-up project and for providing (2) stunning floret pots filled with flowers to brighten up the entrance doorway at Harmony Manor.

*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:



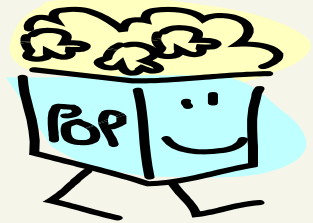
Harmony Manor residents enjoyed a presentation/luncheon from Community Representative, David Alexander Bullock that provided residents with information on current events.



## Announcements



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



**Every 2<sup>nd</sup> 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**

## June Recipe “Honey Chicken Kabobs”



### Ingredients

- Skewers
- 2 red bell peppers that are cut into pieces of 2 inches
- 5 small onions that are cut into pieces of 2 inches
- 2 cloves of garlic
- 8 boneless and skinless halves of chicken breast that are cut into cubes of an inch
- ¼ teaspoon of ground black pepper
- 1/3 cup of soy sauce
- 1/3 cup of honey
- ¼ cup of vegetable oil

### Directions

- Take a large bowl and whisk pepper, soy sauce, honey, and oil together. Before you add chicken, reserve a little marinade that you can brush on the kabobs while you cook. Place the peppers, onions, garlic, and chicken in the bowl and then marinate inside the refrigerator for about 2 or more hours.
- Preheat your grill keeping the heat high.
- Drain the marinade from the vegetables and the chicken and then discard the marinade. Thread vegetables and chicken on the skewers alternatively.
- Oil your grill grate lightly and place skewers on this grill. Cook for around 12 to 15 minutes until the chicken juices have all run clear. Turn frequently to brush with the reserved marinade

<http://awesomecooker.com/delicious-chicken-recipes/>



## You Might Have More Power Than You Think!

If you are among the nearly 1 in 3 adults over age 65 that own a smartphone or tablet, you have more computing power available to you than the Apollo 11 astronauts had on their way to the moon! While comparing a smartphone to a \$3.5 million NASA computer is like comparing apples to oranges, the important question to ask is are you putting all that power to good use? One way to do that is to start making use of some of the senior-friendly apps now available for smartphones and tablets. As of July 2015, there were 1.6 million apps available for Android devices and 1.5 million for Apple devices. That's a lot of choices! To save you some search time, below are 3 apps we thought may interest you:

**MediSafe** (free) – MediSafe is a virtual pillbox that helps you remember to take your medications in the right doses at the right times. As an additional safeguard, it allows you to set up alerts that notify family and friends when you forget to take a medication.

**EyeReader** (\$1.99) – EyeReader turns your smartphone into a magnifying glass. After activating the app, hold your smartphone's camera lens over any hard-to-read print. It will illuminate it using your phone's LED light and magnify it up to 5 times its original size.

**Wunderlist** (free) – Wunderlist is a simple to-do list/task manager designed to help you get things done. A key feature is the ability to share your to-do lists with others.



## Upcoming Events in Detroit



- June 3-5, 2016 (Fri-Sun) Chevrolet **Detroit Belle Isle Grand Prix** on Belle Isle, Detroit. "Event will feature the cars of the Verizon IndyCar Series, the TUDOR United SportsCar Championship, the Pirelli World Challenge Series and the trucks of the SPEED Energy Stadium SUPER Truck Series, the Chevrolet Indy Dual in Detroit presented by Quicken Loans IndyCar doubleheader." [www.detroitgp.com](http://www.detroitgp.com) [Facebook](#)
- June 3-5, 2016 (Fri-Sun) **Festival of the Arts - Grand Rapids** (West Michigan). annual event known as Festival. A FREE community showcase of the arts: visual, performing & culinary West Michigan artists. The area's bands, choirs, rock, folk, country, blues – the works. [www.festivalgr.org](http://www.festivalgr.org)
- June 3-12, 2016 **Cinetopia international Film Festival** in Detroit and Ann Arbor. multiple venues, approx. 70 films. [www.cinetopiafestival.org](http://www.cinetopiafestival.org)
- June 4, 2016 (Sat) **Mount Clemens Cruise Car Cruise and Car Show** in Mount Clemens, MI (northeast of Detroit). 25th in 2016 will have Dash Plaques and Awards to be given out in many classes, live band, special attractions, vendor displays, art fair, kids zone, Racing Thunderfest. proceeds benefit local charities. [www.mountclemenscruise.com](http://www.mountclemenscruise.com) [Facebook](#)
- June 4, 2016 (sat) **Ionia Classic Car and Truck Show** in Ionia, MI (northwest of Lansing). [ioniaclassiccar.com](http://ioniaclassiccar.com) [Facebook](#)
- June 4-5, 2016 (Sat-Sun) **Michigan Antique & Collectible Festival** in Midland, MI, at Midland County Fairgrounds. "Michigan's Largest Antique & Collectible Festival on 80 Acres. Also Mid-Michigan's Largest Classic Car Show." [miantiquefestival.com](http://miantiquefestival.com) [Facebook](#)
- June 9-12, 2016 (Thru-Sun)  **Frankenmuth Bavarian Festival** in Frankenmuth, MI (Mid-Michigan). Live music, Carnival, German car show, German dancers, German foods and more. Over 100,000 people enjoy the annual Sunday Big Parade. [bavarianfestival.org](http://bavarianfestival.org) [Facebook](#)
- June 12, 2016 (Sun) NASCAR **Sprint Cup Series FireKeepers Casino 400** at Michigan International Speedway (MIS) in Brooklyn, MI. Race is on Sunday, plus additional events on Friday & Saturday before the race. [www.mispeedway.com/](http://www.mispeedway.com/)

[http://madmanmike.com/michigan\\_events\\_festivals\\_fairs.html#june](http://madmanmike.com/michigan_events_festivals_fairs.html#june)

### 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**



## Together, We Make Michigan a Better Place to Age!

You, our donors, are transforming the lives of seniors by giving in all sorts of ways, and through gifts large and small. Giving is a deeply personal experience, and I'd like to let you know about a couple of ways you can support the mission of PVM, in a way that's right for you and your family.

The legacy you leave behind can change—or even save a life—and help Michigan seniors thrive for years to come! With a little planning, anyone can make a huge impact. Options exist for all personal circumstances and interests while ensuring your family's financial security. Two of the most common choices include:

- **Gifts that pay you income, like a Charitable Gift Annuity** – a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments (as high as a 9% rate of return!) for life.
- **Gifts that benefit residents beyond your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM.

With the PVM Foundation's 22<sup>nd</sup> Calvin, Sterling and Peterson Mission Maker Societies Luncheon around the corner on June 6<sup>th</sup> at the Masonic Temple, I wanted to share with you a description of our giving societies. Maybe one of these societies offers the right giving option for you!

- **Peterson Mission Makers Society:** Donors who have made a pledge commitment to PVM of \$1,000 or greater for two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given \$50,000 or more to PVM.

For more information about PVM's planned giving opportunities and giving society membership, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

We are so grateful for donors like **you** who have taken a personal interest in the future of Michigan seniors. Thank you for your support!

Warm regards,  
Paul J. Miller, CFRE

## **Fitness with Peace**

*Fitness Classes are held  
Tuesday and Thursday*

*At 11:00am 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*

### **THE LATEST ON THE AGING OF AMERICA**

**NEW FLASH!** Our society is getting older! I call this a new flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.

The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.

About one in every seven, or 14.1% of the population, is an older American.

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

There were 67,347 persons aged 100 or more in 2013.

Older women outnumber older men at 25.1 million older women to 19.6 older men.

Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is:

[www.iog.wayne.edu](http://www.iog.wayne.edu). Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.

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

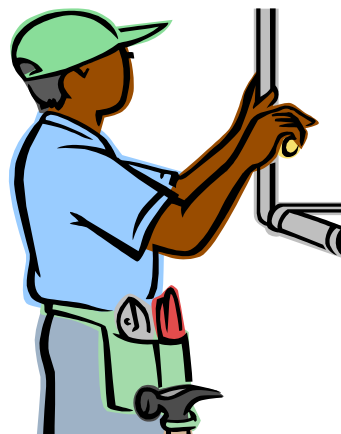
GeniusQuotes.net

**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**

**Gwen Lott 6/1**  
**Yvonne Browder 6/4**  
**Annette Jones 6/13**  
**Christine McKinley 6/20**  
**June Brice 6/30**



**Harmony Manor Board  
of Directors  
2016**

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**Board Vice Chair**  
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**Marjorie Ball Walker**

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**Trustees**

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





From the Desk of Service Coordinator:

Residents bring your spirit of Harmony and cheer on your fellow residents participating in this year's annual victory cup. The residents will take part in several physical activities and competing against the other 26 villages. All residents are encouraged to wear their yellow spirit shirts in support of your participating residents. Lunch will be provided. Any residents who would like for their relatives to come and support them will have to have their spectator relatives and friends pay a fee of \$5.00. Any resident participating in the victory cup that still needs to sign the release waiver or sign up for an activity, please come see your service coordinator no later than 6/10/16. I look forward to spending the day with my Harmony Manor family.

David Jones  
National Church Residences  
Service Coordinator  
Harmony Manor  
15050 Birwood St.  
Detroit, MI 48238  
313-934-4000, Ext 3  
[www.nationalchurchresidences.org](http://www.nationalchurchresidences.org)  
Monday thru Friday (10:00 am-2:00 pm)

June 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Shopping Trip Van leaves @ 10am *Always Sign-up in Mgmt. Office  Gwen Lott <b>Happy Birthday!</b>	2 Daily Café  Bingo every Thursday @6pm <b>BINGO!</b> 	3 Shopping Trip Van leaves @ 10am *Always Sign-up in Mgmt. Office 	4 Yvonne Browder <b>Happy Birthday!</b> Movie Night @6pm Comm. Room 
5 	6 Rachel \$ Store @ 10am 	7 Pre Reac Insp.  Various Units will be randomly selected	8 Daily Café 	9 6pm <b>BINGO!</b> 	10 12:45pm 	11 Movie Night @6pm Comm. Room 
12 	13 Annette Jones <b>Happy Birthday!</b>	14 Daily Café 	15 Daily Café 	16 6pm <b>BINGO!</b> 	17 Daily Café 	18 Movie Night @6pm Comm. Room 
19  HAPPY FATHER'S DAY	20 Christine McKinley <b>Happy Birthday!</b>	21 Daily Café 	22 Daily Café 	23 6pm <b>BINGO!</b> 	24 Focus Hope  12:45pm 	25 Movie Night @6pm Comm. Room 
26 	27 Daily Café 	28 Daily Café 	29 Daily Café 	30 June Brice <b>Happy Birthday!</b>	<b>**EMERGENCY MAINTENANCE – Andrew Bullock #313-670-0407**</b>	

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

- 6/6 - 10am - 12pm - Rachel's Dollar Store
- 6/7 - All Day Pre-REAC Inspection, Random apartments will be selected for Inspection-Please Prepare
- 6/7 -1pm to 2pm - Omar United RX Luncheon and Presentation
- 6/8-10am - 11am - Azzah Smith - Yoga Class - Donations are Welcome
- 6/9 - 10am - 11am - Concerto - Informational Meeting / More Events to be scheduled this month!



## *Misty L. Gregory, Administrator's Message*

### **Fun Facts about Father's Day**

1. Halsey Taylor invented the drinking fountain as a tribute to his father, who succumbed to typhoid fever after drinking from a contaminated public water supply in 1896.
2. George Washington, the celebrated Father of Our Country, had no children of his own. Researchers believe that childhood illnesses may have rendered him sterile. He did adopt the two children from Martha Custis' first marriage.
3. In Thailand, the King's Birthday also serves as National Father's Day. The celebration includes fireworks and acts of charity and honor "" the most distinct being the donation of blood and the liberation of captive animals.
4. In 1950, after the *Washington Post* music critic gave Harry Truman's daughter's concert a negative review, the president came out swinging: "Some day I hope to meet you," he wrote. "When that happens you'll need a new nose, a lot of beefsteak for black eyes, and perhaps a supporter below!"
5. A. Milne created Winnie the Pooh for his son, Christopher Robin. Pooh was based on Robin's teddy bear, Edward, a gift Christopher had received for his first birthday, and on their father/son visits to the London Zoo, where the bear named Winnie was Christopher's favorite. Pooh comes from the name of Christopher's pet swan (of course).
6. Kurt Vonnegut was (for a short time) Geraldo Rivera's father-in-law. Rivera's marriage to Edith Vonnegut ended in 1974 because of his womanizing. Her ever-protective father was quoted as saying, "If I see Gerry again, I'll spit in his face." He also included an unflattering character named Jerry Rivers (a chauffeur) in a few of his books.
7. Andre Agassi's father represented Iran in the 1948 and 1952 Olympics as a boxer.

<http://mentalfloss.com/article/30944/15-dad-facts-fathers-day>



**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](http://www.pvm.org)

**Office Numbers**

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

**Staff at Your Service:**

**Misty L. Gregory**  
*Administrator*

**David Jones**  
*Service Coordinator*

**Andrew Bullock**  
*Maintenance Tech.*



The Village of  
**Harmony  
Manor**

A SENIOR LIVING COMMUNITY

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

**EMERGENCY NUMBER**  
**(313) 670-0407**



**Call Jackie for Hair Appt.**

**(313) 320-0301**



**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](http://www.pvmfoundation.org)



## Songs From the Year 2001

Find and circle all of the songs from 2001 that are hidden in the grid.  
The remaining 22 letters spell an additional song title from 2001.

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

AGAIN	DRIVE	KRYPTONITE	PLAY
ALL FOR YOU	EMOTION	LADY MARMALADE	PROMISE
ANGEL	EVERYWHERE	LOVE	RIDE WIT ME
AUSTIN	FAMILY AFFAIR	MISSING YOU	SOUTH SIDE
BE LIKE THAT	FIESTA	MOST GIRLS	STUTTER
BEAUTIFUL DAY	FILL ME IN	MUSIC	SURVIVOR
BUTTERFLY	FOLLOW ME	MY BABY	THANK YOU
CONTAGIOUS	HERO	ONE MORE DAY	U REMIND ME
CRAZY	I WISH	ONLY TIME	VIDEO
DANCE WITH ME	IRRESISTIBLE	OOCHIE WALLY	WALK ON
DIFFERENCES	JADED	OUTSIDE	WHO I AM
DIG IN			

