

Living in Harmony

Embrace the possibilities

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

Issue: **JULY 2015**

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Saturday, July 4, 2015



Harmony Manor News:

The Residents, Staff, Board Members and the Community want to thank the volunteers sent by Hope Presbyterian Church for coming out to help the Village of Harmony Manor with an outside clean-up Project.



*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:





From the Desk of Service Coordinator:

Hannan Center for Lifelong Learning located at 4750 Woodward Ave., Detroit, Mi. 48201

Are offering classes, workshops, lectures, literary events and field trips to people 60 years of age and older. Offerings include a variety of fitness classes such as Tai Chi, Gardening, Yoga, Choir, Quilting, Arts & Crafts and Zumba Gold.

Early Registration begins - 8/17/15 to 8/21/2015
 Regular Registration - 8/24/2015 to 8/28/2015
 Late Registration - 9/14/15 to 9/18/2015 (\$3.00 late fee)
 Registration Time - 9:00 am to 12:30 pm

For class information contact: Edith Assaff, Program Associate,
 Rm.#308, Phone (313) 833-1300 ext. 13.

Information on registering and class cost contact Gabriel Elder in
 Rm. #309, Phone (313) 833-1300 ext. 11.

Trudy Jones

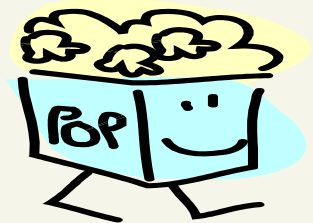
Luella Hannan Memorial Foundation
 Service Coordinator
 Harmony Manor
 15050 Birwood St.
 Detroit, MI 48234
 313-934-4000, Ext 3
www.hannan.org
 Tuesday & Thursday (9:00 am-5:00 pm)

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

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

Let Your Garden Grow



What better hobby than one that creates life! Gardening not only makes the environment around you bloom into something even more beautiful, it also provides some great health benefits. Here are a few important benefits to keep in mind as you plant:

Increases hand strength: Gardening keeps hand muscles healthy and strong, because of the continuous work it requires. Try maintaining a garden to lower the risk of your hands losing their agility!

Decreases risk of Alzheimer's disease: In a study, researchers found that daily gardening was one of the biggest activities that reduced the risk of dementia. This may be due to the amount of learning and problem solving that goes into managing a garden.

Improves immunity: While working outside in your garden, your body is turning sunlight into vitamin D. Vitamin D can help your body fight off diseases, and can also alleviate depression.

You can either choose to start plants from seed early in the season (6 weeks before the last frost) or buy starter plants any time during the summer. Pick out your favorites and watch them flourish!

Upcoming Events in the Detroit Metropolitan Area



- **The Rolling Stones** – July 8, 2015 (Wednesday) at Comerica Park. ZIP CODE Tour
- **Meghan Trainor** with Life of Dillon, Charlie Puth – July 9, 2015 (Thursday) at The Fillmore Detroit. The MTrain Tour
- **311, Blues Traveler, more - H.O.R.D.E. Festival** – July 9, 2015 (Thursday) at DTE Energy Music Theatre.
- **Fall Out Boy and Wiz Khalifa** wsg Hoodie Allen and DJ Drama – July 10, 2015 (Friday) at DTE Energy Music Theatre. Boys of Summer Tour
- **Shania Twain** – July 11, 2015 (Saturday) at Van Andel Arena.
- **Peter Dinklage** and **Cheep Trick** – July 12, 2015 (Sunday) at DTE Energy Music Theatre.
- **Detroit Symphony Orchestra** performs the Music of Star Wars – July 12, 2015 (Sunday) at Meadow Brook Music Festival.
- **Neil Young and Promise of the Real** wsg Band of Horses – July 14, 2015 (Tuesday) at DTE Energy Music Theatre. Rebel Content Tour
- **James Taylor and his All-Star Band** – July 14, 2015 (Tuesday) at Van Andel Arena.
- **Boston** with Brownsville Station – July 16, 2015 (Thursday) at Freedom Hill.
- **Def Leppard, Styx, Tesla** – July 17, 2015 (Friday) at DTE Energy Music Theatre.
- **Run DMC** with Naughty By Nature, Sugar Hill Gang, Whodini, DJ Jazzy Jeff, Grandmaster's Furious 5 – July 19, 2015 (Sunday) at DTE Energy Music Theatre.
- **SHINEDOWN** – July 21, 2015 (Tuesday) at The Fillmore Detroit. Festival.
- **Freddie Jackson** – July 29, 2015 (Wednesday) at Chene Park.

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

What Will Be Your Legacy?

Donations, large or small, help transform the lives of PVM residents and can come in many other forms besides a check. You have the power to leave a legacy for residents by including PVM in your estate plans, like **William and Marjorie Connor** did. The Connors were long-time residents at The Village of Redford. Both have passed away, but the PVM Foundation was blessed to be the recipient of their planned gift that will enable kitchen renovations at The Villa of Redford. Once completed, the William & Marjorie Conner Kitchen will offer easier and more convenient onsite meal service for residents.

You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a huge impact. There are options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

- **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 for life, as high as a 9% rate of return depending on the donor's age.
- **Gifts that benefit us after 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. Sample text: *"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."*

Donors who make a planned gift to PVM 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 so grateful for donors like William and Marjorie Connor, whose legacy will continue to make a lasting impact on residents today and in the future.

Warm regards,
Paul J. Miller, CFRE

LEAVE A
Legacy
Ways to make
a Planned Gift

Support PVM during your
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

CONTACT US TO LEARN MORE
Without obligation, PVM Foundation would like
to answer any questions you may have, 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 11:00pm 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**



Thank you to our Veterans!



Happy Summer to all of our readers. I hope that you are having a chance to gather with family and friends whether with a family reunion or simply a trip to the zoo or local library with your grandchildren. While having fun remember to also keep safety and security in mind.

While working in the back yard keep your back door locked at all times.

It only takes a minute for thieves to Rob you of precious heirlooms, jewelry and silver. There have been many reports of these types of robberies. Do not let anyone into your home unless you have scheduled an appointment. Reputable companies do not send workers out to your home without an appointment. If you are swimming with family make sure someone has their eyes on each other at all times. Do not fall for roof and driveway repair scams. Talk with friends and family and only proceed with a written estimate.

Check the company out with the Better Business Bureau or check with your local senior center. Finally, the scam artists continue to call even during the outdoors season. I recently received a call from a company acting as if they were associated with the National Institute on Aging who had provided alert systems for them to pass on to seniors for free. The representative did not even know the number for the company saying that he was just an order taker and that this was a system worth over \$400 that I would be receiving for free along with a "discount drug card". Well these scam artists selected the wrong person. I am reporting them to the Michigan Attorney General and the National Institute on Aging. As I like to say: "If it sounds too good to be true, it is!" So avoid schemes, scams and swindles. Have a safe and enjoyable summer!

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

JoAnn Bouler 7/4
Betty Brown 7/19
Douglas Bigham 7/25



Harmony Manor Board of Directors 2015

Board Chairperson
 Rev. Dr. Arthur Caldwell

Board Vice Chair
 Lisa Watkins

Secretary
 Marjorie Ball Walker

Treasurer
 Ronald Spears

Trustees

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



Misty L. Gregory, Administrator's Message

Fun Facts About the 4th of July

- The first event celebrating the 4th of July at the Whitehouse was in 1801.
- July 4th is Independence Day or also known as America's birthday in the United States.
- We celebrate the 4th of July because it represents the day that America became separate from British rule.
- Under British rule the Colonists were unhappy with British government. They felt they were unfairly taxed and had no vote on the laws that affected them.
- This document is known as the Declaration of Independence.
- On July 4th 1776 the Declaration of Independence was signed giving the United States independence from Great Britain.
- The first person to sign the Declaration of Independence was John Hancock.
- The Declaration of Independence was written on July 2nd 1776.
- Thomas Jefferson is credited for writing the Declaration of Independence. However the Committee of Five (Benjamin Franklin, John Adams, Thomas Jefferson, Roger Sherman and Robert Livingston) were all involved with the final draft of the Declaration of Independence.
- The Declaration of Independence was signed by 56 men representing the 13 colonies.
- The 13 colonies were: New Hampshire, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania, Delaware, Maryland, North Carolina, South Carolina, and Georgia.
- The Declaration of Independence was written during the American Revolutionary War (1775-1783).
- Did you know that when the United States gained independence the population of the country was around 2.5 million. Today the population is around 304 million.

<http://www.kidsplayandcreate.com>

~ July 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Shopping Trip Van leaves at 10:00am</p> 	<p>2 Bingo Every Thursday @ 6pm</p> 	<p>3 Office Closed in Observance of the 4th of July</p>	<p>4 JoAnn Boulter</p>  <p>Happy July 4th</p>
<p>5</p> 	<p>6 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>7 6:00 p.m. Game Night</p> 	<p>8 Tenant Council Meeting @ 6pm</p> 	<p>9 Rachel \$ Store @ 10am</p> 	<p>10 12:45 pm</p> 	<p>11 Movie Night @ 6pm Comm. Room</p> 
<p>12</p> 	<p>13 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>14 6:00 p.m. Game Night</p> 	<p>15 Shopping Trip Van leaves at 10:00am</p> 	<p>16 Bingo Every Thursday @ 6pm</p> 	<p>17 12:45 pm</p> 	<p>18 Movie Night @ 6pm Comm. Room</p> 
<p>19</p>  <p>Betty Brown</p> 	<p>20 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>21 6:00 p.m. Game Night</p> 	<p>22 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>23 Bingo Every Thursday @ 6pm</p> 	<p>24 FOCUS HOPE DELIVERY 12:45 pm</p> 	<p>25 Douglas Bigham</p>  <p>Movie Night @ 6pm Comm. Room</p> 
<p>26</p> 	<p>27 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>28 6:00 p.m. Game Night</p> 	<p>29 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>30 Bingo Every Thursday @ 6pm</p> 	<p>31 12:45 pm</p> 	<p>Movie Night @ 6pm Comm. Room</p> 

**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

Staff at Your Service:

Kesha Akridge
Director of Housing

Misty L. Gregory
Administrator

Trudy Jones
Service Coordinator

Andrew Bullock
Maintenance Tech.

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



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



Fourth of July

Find and circle all of the words that are hidden in the grid.
The words may be hidden in any direction.

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

AMERICA	FIREWORKS	NATIONAL ANTHEM
BALLOONS	FLAG	PARADE
BARBECUE	FREEDOM	PATRIOTISM
BASEBALL	GREAT BRITAIN	PICNIC
CARNIVAL	HISTORY	RED WHITE BLUE
CELEBRATION	HOLIDAY	STREAMERS
DEMOCRACY	INDEPENDENCE	