

Living in Harmony

Embrace the possibilities

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

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Saturday, October 15, 2015



Harmony Manor News:

The Village of Harmony Manor residents had a great time celebrating the Labor Day weekend. We thank everyone who participated and contributed to a wonderful time.

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

Fact or Fiction?

When it comes to getting older, a lot of people have a lot of opinions on what to expect but how much of it is true? Below are some statements taken from the "Facts on Aging Quiz" first developed by renowned gerontologist Dr. Erdman Palmore in 1977 and revised by Dr. Linda Breytspraak and Lynn Badura of the University of Missouri-Kansas City in 2015*. Do you know which ones are true and which ones are false? I'll publish the answers in next month's column. If you just can't wait until then, you can view all the statements and answers by typing this URL into the address bar of your favorite web browser:

<http://aging.umkc.edu/wp-content/uploads/2015/10/Facts-on-Aging-Quiz.pdf>

- T F It is very difficult for older adults to learn new things.
- T F Clinical depression occurs more frequently in older than younger people.
- T F Personality changes with age.
- T F Older adults have more trouble sleeping than younger adults do.
- T F Physical strength declines in old age.
- T F Older people are happier if they are allowed to disengage from society.
- T F Older persons take longer to recover from physical and psychological stress.
- T F Most older adults consider their health to be good or excellent.
- T F Older workers cannot work as effectively as younger workers.
- T F Research has shown that old age truly begins at 65.

*Breytspraak, L. & Badura, L. (2015). Facts on Aging Quiz (revised; based on Palmore (1977; 1981)). Retrieved from <http://info.umkc.edu/aging/quiz/>

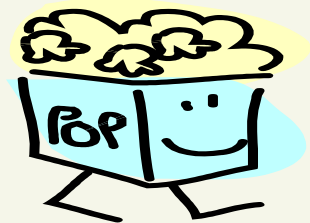
Announcements



**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**



Seniors reap what YOU sow.

Sow seeds of opportunity at the PVMF Gala next month!

The air is crisp. The leaves are changing and time is running out to get your Gala ticket!

It's amazing! You can **change a life** by spending a Friday night at COBO Center.

You care about the needs of Michigan seniors. You want to see your parents, your family members—your peers **thrive**.

You can help by coming to the party or—
you can **sponsor a resident's ticket!**

There'll be great jazz, a raffle, a few surprises—AND—**every single ticket sold** has a direct benefit to Michigan seniors.

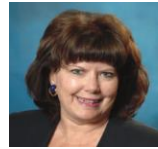
Harvest this opportunity by visiting PVMF.org/Gala2016 or calling 248-281-2040 today!

PVMF's 13th Annual Gala – All That Jazz!
November 11 at COBO Center

See you there!

Warm regards,
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.

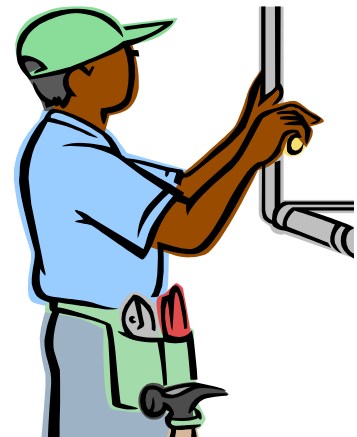
We can take a cue from the popular saying: "Do not regret growing older. It is a privilege denied to many.", by Edith Wharton. Embrace Aging and Enjoy the world!

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

J W Hill 10/12
Ronald Williams 10/14
Linda Webb 10/15



**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:

Medicare is a federal health insurance program for persons 65 or older, persons of any age with permanent kidney failure, and certain disabled persons.







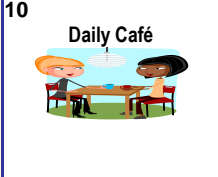




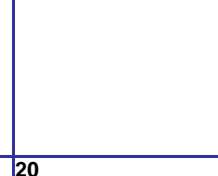

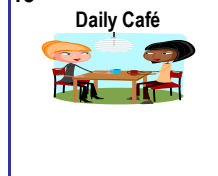
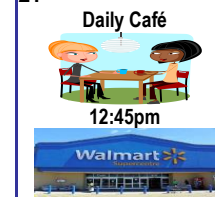
Medicare is administered by the Centers for Medicare & Medicaid Services (CMS), a federal agency in the Department of Health and Human Services. Social Security Administration offices across the country take applications for Medicare, collect premiums, and provide general information about the program. Various commercial insurance companies are under contract with CMS to process and pay Medicare claims, and groups of doctors and other health care professionals have contracts to monitor the **quality of care delivered to Medicare beneficiaries**. CMS also forms partnerships with the thousands of providers of health care services: hospitals, nursing homes, and home health agencies; doctors; suppliers of medical equipment; clinical laboratories; and managed care plans such as health maintenance organizations (HMOs).

Medicare consists of Hospital Insurance (Part A), Medical Insurance (Part B), Medicare Advantage (Part C) (formerly known as Medicare+Choice), and Prescription Drug Insurance (Part D).

Hospital Insurance (Part A) provides institutional care, including inpatient hospital care, skilled nursing home care, post-hospital home health care, and, under certain circumstances, hospice care. Part A is financed for the most part by **Social Security payroll tax deductions** which are deposited in the Federal Hospital Insurance Trust Fund. Medicare beneficiaries also participate in the financing of Part A by paying deductibles, coinsurance and premiums.

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)

~October 2016~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
2 	3 Shopping Trip Van leaves @ 10am 	4 Daily Café 	5 Daily Café 	6 Daily Café 	7 12:45pm 	8 Movie Night @6pm Comm. Room 
9 	10 Daily Café 	11 Daily Café 	12 J W Hill Happy Birthday! Tenant Council Meeting@6pm 	13 Daily Café 	14 Ronald Williams Happy Birthday! 12:45pm 	15 Linda Webb Happy Birthday! Movie Night @6pm Comm. Room 
16 	17 Daily Café 	18 Daily Café 	19 Daily Café 	20 Daily Café 	21 Daily Café  12:45pm 	22 Movie Night @6pm Comm. Room 
23 	24 Daily Café 	25 Daily Café 	26 Daily Café 	27 Daily Café 	28 Focus Hope Deliver 	29 Movie Night @6pm Comm. Room 
30 	31 Daily Café 	Notes: **EMERGENCY MAINTENANCE – Andrew Bullock #313-670-0407** *Stay Tuned for flyers for additional activities this month*				

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

Southern Comfort Cuisine Meals – every Tuesday @ 11am in the Harmony Manor Community Room
10/11/16 @6:00pm – 7:30pm – Fellowship with Zeta Phi Beta Sorority Inc., Upsilon Psi Zeta Chapter
10/12/16 @ 10:00am – Mandatory Fire Drill/Training with Captain Chris Dixon, City of Detroit
****Bingo Night will start back up the month of November.**
****In process of planning an October Party stay tuned****

Fun Facts about October



The 10th month of the year brings us Halloween, Columbus Day, and the Jewish holiday of Yom Kippur.

In the Georgian calendar, the calendar that most of the world uses, October is the tenth month of the year. In early Roman calendar, it was actually the eighth month and there are 31 days in October ever since the since of the Roman emperor August. In North Temperature zone, the first frost happens, leaves change colors and leaves fall. By the time, most of the birds would have left for the South hemisphere to protect themselves from cold weather. However, in southern hemisphere, October's weather is just like the northern hemisphere's April weather. In October, farmers bring the last of the fall crops and ship them to other parts of the U.S. and also, many apples are harvested.

1. The birthstones for October are the tourmaline and the opal.
2. The zodiac signs for October are Libra (September 23 - October 22) and Scorpio (October 23 - November 21).
3. The birth flower for October is the calendula.
4. On October 1, 1896, free rural delivery of mail started in the United States.
5. On October 4, 1957, the first artificial satellite was launched by the Soviet Union.
6. On October 5, 1947, the first presidential telecast address from the White House was made by Harry S. Truman.
7. On October 7, 1816, the Washington (first double-decked steamboat) arrived at New Orleans.
8. On October 12, 1492, Christopher Columbus landed in America.
9. On October 18, 1867, The U.S. flag was formally raised over Alaska.
10. On October 22, 1836, Sam Houston was inaugurated as the first president of the Republic of Texas.
11. On October 31, 1864, Nevada became the 36th state of the United States.
12. National Cookie Month
13. National Chili Month
14. National Pizza Month
15. National Dessert Month
16. Lupus Awareness Month
17. National Seafood Month
18. November 5 - World Teacher's Day
19. Columbus Day - second Monday of October
20. October 31 - Halloween

<http://www.famousbirthdays.com/facts/facts-about-october.html>

**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



Comedy Movies 2

Find and circle all of the comedy movies that are hidden in the grid.
The remaining letters spell an additional comedy movie.

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

AIRPLANE	DUCK SOUP	LIFE OF BRIAN	SABRINA
ANALYZE THIS	EMMA	MASH	SPLASH
ANTZ	FARGO	OFFICE SPACE	STIR CRAZY
ARTHUR	GET SMART	PARENTHOOD	STRIPES
BANANAS	GROUNDHOG DAY	PATCH ADAMS	THE JERK
BEST IN SHOW	HAPPY GILMORE	POLICE ACADEMY	THE PINK PANTHER
BILLY MADISON	HOME ALONE	RAISING ARIZONA	THE TRAMP
BLUES BROTHERS	HORSE FEATHERS	RATATOUILLE	TOMMY BOY
BOWFINGER	ICE AGE	REAL GENIUS	TOOTSIE
BULWORTH	JUNO	ROXANNE	WAYNES WORLD
CADDYSHACK	KINGPIN	RUTHLESS PEOPLE	WORKING GIRL
DAVE			