

Living in Harmony

Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: **DECEMBER 2015**

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Harmony Manor News:

The residents, staff, and board members want to graciously thank Westminster Church of Detroit for delivering 43 Thanksgiving dinners to our residents 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:





From the Desk of the Service Coordinator:

Wishing everyone a Merry Christmas & Happy New Year. The date to make any changes to your Medicare Prescription Drug plan will end December 7th, 2015. However, you can and may be eligible to apply for "Extra Help" there is no deadline for applying for "Extra Help". Extra Help assist with paying for Medicare Premiums. If your income is below \$1,313.00 a month you may be eligible for your Medicare premiums to be paid for. This could result in a savings of \$104.90 per month. If you are eligible then contact your Service Coordinator, Trudy Jones, to apply for this saving.

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



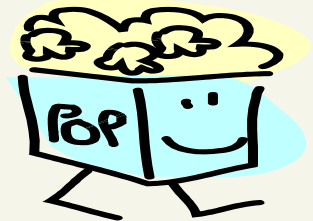
Every Saturday

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



Senior Activities in the Detroit Metropolitan Area

Museums & Historical Sites

- Ann Arbor Hands-On Museum • 734-995-5439**
- Automotive Hall of Fame • 313-240-4000**
- Black Holocaust Museum • 313-491-0777**
- Charles H. Wright Museum of African American History • 313-494-5800**
- Cranbrook Art Museum • 248-645-3323**
- Cranbrook House and Gardens • 248-645-3147**
- Detroit Historical Museum • 313-833-1805**
 - *Historic Fort Wayne • 313-833-1805*
 - *Dossin Great Lakes Museum • 313-821-2661*
- Detroit Institute of Arts • 313-833-7900**
- Edsel and Eleanor Ford House • 313-884-4222**
- Fort Malden National Historical Site • 519-736-5416**
- GM World • 313-667-7151**
- International Gospel Music Hall of Fame and Museum • 313-592-0017**
- Henry Ford Estate • 313-593-5590**
- The Henry Ford Museum, Greenfield Village, Imax Theatre • 313-271-1620**
- Holocaust Memorial Center • 248-553-2400**
- International Institute of Metropolitan Detroit • 313-871-8600**
- John Freeman Walls Historic Site and Underground Railroad Museum • 519-727-6555**
- Meadow Brook Hall • 248-370-3140**
- Michigan Sports Hall of Fame • 248-473-0656**
- Motorsports Museum and Hall of Fame • 248-349-7223**
- Motown Historical Museum • 313-875-2264**
- Tuskegee Airmen National Museum • 313-843-8849**
- Walter P. Chrysler Museum • 1-888-456-1924**

PVM Store Features Winter Goodies with Your Village Logo

By the PVM Marketing Department

As you may know, earlier this year the Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store as part of our year-long celebration of PVM's 70th Anniversary. Made possible via a grant from the PVM Foundation, the PVM store allows staff members, residents, board members, and their families the opportunity to purchase great PVM apparel and accessories complete with the village logo of their choice. Apparel options include shirts, sweatshirts, jackets, bags, hats, and all kinds of other essentials.

For the month of November, the PVM store is proud to run a special holiday promotion that will make giving the gift of PVM easy and affordable. All you have to do is visit the PVM store by typing pvmstore.org in your browser, choose the items you want to buy, and enter the coupon code "**PVMHappyHolidays10**" when checking out. If you've done it correctly, you'll receive 10% off of each item in your order.

Along with our current stock of awesome apparel, we've added all kinds of winter-themed goodies including hats, gloves, scarves, and other great items that'll make the perfect gift for the PVM employee, resident, or family member in your life.

Before you know it, the holidays will soon be upon us – so, what are you waiting for? Promote your PVM pride and spread some holiday cheer by doing this year's shopping at the PVM store.

*To visit the PVM store, type www.pvmstore.org into your web browser. Enter the coupon code **PVMHAPPYHOLIDAYS10** to receive 10% off of your order placed before December 1st. Have suggestions for items you don't see in the store? Email us at gdowney@pvm.org or tell your administrator.*



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



Celebrate PVM's 70th Anniversary at the Annual Gala and Support Seniors!



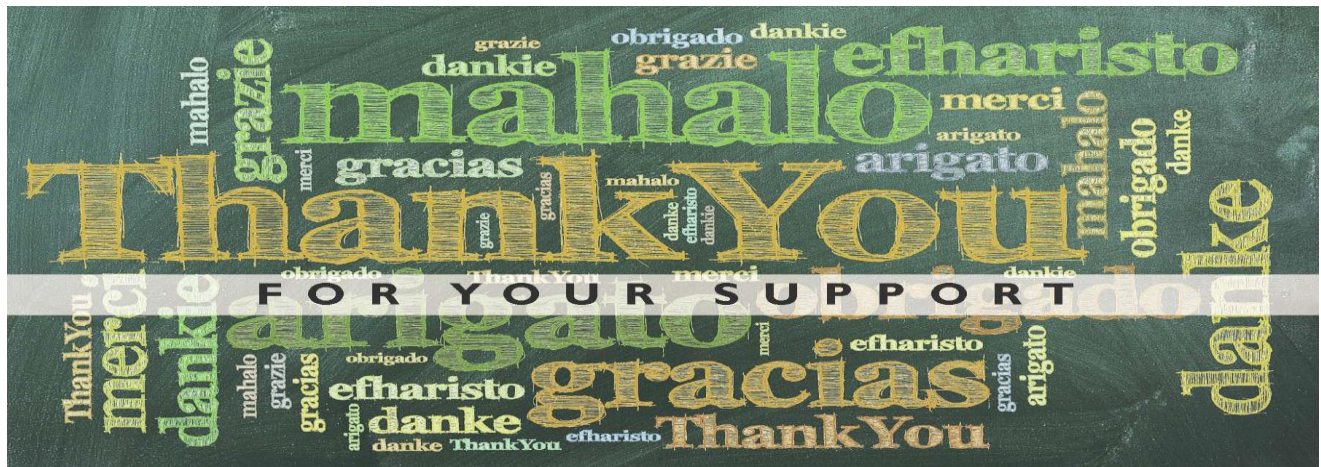
We're Grateful for You!

During this month of gratitude, we want you, PVM donors and supporters, to know how grateful we are for each and every one of you.

Without you, it would not have been possible to provide residents and community seniors with new opportunities for quality living. Through the generosity of donors, the PVM Foundation has granted an unprecedented \$7.3 Million to-date in 2015 to Villages and PVM-related projects and programs including resident emergency needs, technology, transportation, wellness programs and more.

Your support of PVM's mission and residents is appreciated more than you know. Thank you and Happy Thanksgiving!

Warm regards,
Paul J. Miller, CFRE



Fitness with Peace

Fitness Classes are held

Monday, Tuesday and Thursday

*At 9am to 11pm 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!



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

STAY HEALTHY BY FOLLOWING THE FOUR BASIC STEPS OF FOOD SAFETY.

With the upcoming holidays I would like to share important information from the Oakland County Health Division:

Hot foods should be kept at 140 degrees Fahrenheit or warmer. On the buffet table, keep hot foods hot with chafing dishes, slow cookers and warming trays. Cold foods should be kept at 40 degrees Fahrenheit or colder. Keep foods cold by nesting dishes in bowls of ice and replenishing ice as it melts. Otherwise, use smaller serving dishes and exchange with cold dishes of food from the refrigerator at least every two hours.

Here is a look at the Health Division's four basic steps of food safety in detail:

Clean

- Wash hands with soap and warm water for at least 20 seconds before and after handling food.
- Keep food preparation surfaces clean.
- Rinse fruits and vegetables under running water and use a brush to remove any dirt so bacteria cannot spread from the outside in.
- Avoid washing meats, poultry, or eggs.

Separate - Don't Cross Contaminate

- Secure meats, poultry or seafood in plastic bags to keep the juices contained.
- Wash all plates, utensils and cutting boards that held raw meat, poultry or seafood before reusing for perishable or cooked food.
- The juices of raw meat or poultry should never come in contact with cooked meat or other ready-to-eat foods.

Cook

- Meat, poultry, and seafood should be cooked for a long enough time at a high enough temperature to kill harmful bacteria that can cause foodborne illness.
- To check the temperature of a turkey, stick the thermometer into the inner most part of the thigh and wing and into the thickest part of the breast. Turkey's should be cooked according to package directions or at a minimum when internal temperature reaches 165 degrees Fahrenheit.
- Bring sauces, soups and gravies to a rolling boil when reheating them.

Chill

- Refrigerate foods and leftovers within two hours of serving to avoid bacterial growth. Cold foods should be stored at 40 degrees Fahrenheit or below.
- Defrost foods in the refrigerator, under cold running water, or in the microwave. Cook foods thawed under cold running water or in the microwave immediately.

Typical symptoms of foodborne illness include stomach pain, vomiting and diarrhea. Symptoms are not usually long-lasting in healthy people, but foodborne illness can be severe and even life-threatening to older adults, infants, young children, pregnant women, or people with HIV/AIDS, cancer or any condition that weakens the immune system.

FRIENDLY REMINDERS & ANNOUNCEMENTS:

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

****NOTARY SERVICES PROVIDED BY YOUR ADMINISTRATOR, MISTY L. GREGORY.**

Call Ms. Jackie for a Hair Appt. (313) 320-0301



Happy Birthday Wishes

Robert Johnson 12/4



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
Charles Reese
Ruthenia Henderson
Rev. Dr. Lawrence Glenn, Sr.



Misty L. Gregory, Administrator's Message

Fun Facts about DECEMBER

December is the twelfth and last month of the year according to the Gregorian calendar. This is used in almost all the world today. It was the tenth month in the early Roman calendar. It became the twelfth month in a later Roman calendar. Until 46 B.C., December only had 29 days. But the Roman statesman Julius Caesar added two days to December, which made it 31 days.

In the northern half of the world, Winter begins in December. Winter does not begin until December 21 or 22, and most of December is usually warmer than other winter months. The latter part of December has long been a holiday season. Christians celebrate Christmas Day, as the birthday of Jesus Christ.

In the Northern Hemisphere, most birds have gone to warmer climates. But many animals are active. Mink, ermine, beavers, and foxes grow beautiful coats of fur. Nature finishes preparing for the long winter ahead. Many people make feeding places for birds and squirrels.

New England observe December 21 as **Forefathers' Day** in honor of the landing of the Pilgrims at Plymouth on Dec. 21, 1620.

People in several European countries celebrate December 6 as the **Feast of Saint Nicholas**.

Christmas Day is celebrated on December 25 in many places, including the United States.

Some Christian churches observe the **Feast of Saint Stephen** on December 26, the **Feast of Saint John the Evangelist** on December 27, and **Holy Innocents' Day** on December 28.

POPULAR BELIEFS

A beautiful Bible story tells how the star of Bethlehem guided the wise men to the place where they found the Christ child. The star at the top of a Christmas tree symbolizes this star.

Christmas Traditions

<http://entourages.com/barbs/december.htm>

| December 2015 | | | | | | |
|--|---|---|---|--|--|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  |  | 1 Shopping Trip 9am  | 2 Daily Cafe  | 3 Shopping Trip 9am  Bingo Every Thursday @ 6pm  | 4 Robert Johnson  | 5 Movie Night @6pm Comm. Room  |
| 6  | 7 Daily Cafe  | 8 Rachel's Mobile \$ Store 10am to 12pm  | 9 Daily Cafe  | 10 Bingo Every Thursday @ 6pm  | 11  Food for Seniors 12:45 pm  | 12 Movie Night @6pm Comm. Room  |
| 13  | 14 Daily Cafe  | 15 Daily Cafe  | 16 Daily Cafe  | 17 Bingo Every Thursday @ 6pm  | 18 12:45 pm  | 19 Harmony Manor Christmas Party! Community Room 3pm to 6pm  |
| 20  | 21 Daily Cafe  | 22 Daily Cafe  | 23 Daily Cafe  | 24 Bingo Every Thursday @ 6pm  | 25  Happy Holidays Christmas Day Office Closed! | 26 Movie Night @6pm Comm. Room  |
| 27  | 28 Daily Cafe  | 29 Daily Cafe  | 30 Daily Cafe  | 31 New Year's Eve  | Quote for December "Yesterday is history, tomorrow is a mystery. And today? Today is a gift. That's why we call it the present." - B. Olatunji | |

Notes: Please call the office for all maintenance work orders 313.934.4000, after 4:30pm

Only Emergency calls go to 313.670.0407

*Walmart Shuttle comes every Friday @ 12:45pm

**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

Staff at Your Service:

Kesha Akridge
Director of Housing

Misty L. Gregory
Administrator

Trudy 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



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



December Recipe Chicken Casserole



Ingredients

- 2 tablespoons butter or vegetable oil
- 1 medium onion, peeled and diced
- 1 medium broccoli, clean and cut into pieces
- 3 cups diced, cooked chicken
- 1 (4-ounce) jar pimentos
- 1 (10 3/4-ounce) can condensed cream of celery soup
- 1 cup mayonnaise
- 1 (6-ounce) box long-grain wild rice, cooked according to package directions
- 1 cup grated sharp Cheddar
- Pinch salt

Directions

Preheat oven to 350 degrees F.

Heat butter or oil in a small skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Remove from heat and transfer to a large bowl.

Add all remaining ingredients to bowl and mix together until thoroughly combined.

Pour into a greased 3-quart [casserole dish](#). Bake for 20 to 25 minutes or until bubbly. Let stand for a few minutes before serving.

<http://www.food.com/recipe/chicken-broccoli-cheddar-bake-204160>



Christmas

Find and circle all of the Christmas words that are hidden in the grid.
The remaining letters spell a secret message.

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

- | | | | |
|--------------|----------------|------------|----------------|
| ANGEL | FRUITCAKE | MANGER | SNOWFLAKES |
| BELLS | GABRIEL | MARY | SNOWMAN |
| BETHLEHEM | GIFTS | MISTLETOE | STABLE |
| CANDLES | GOLD | MYRRH | STAR |
| CANDY CANE | GREETING CARDS | ORNAMENTS | STOCKING |
| CAROLS | HOLLY | POINSETTIA | THREE WISE MEN |
| DECORATIONS | ICICLES | SANTA | TOBOGGAN |
| EGGNOG | JESUS | SHEPHERDS | TOYS |
| FAMILY | JOSEPH | SKATES | TREE |
| FRANKINCENSE | LIGHTS | SLEIGH | WREATH |
| FRIENDS | | | |



Harmony Manor Resident's Decorating the Christmas Tree 12/1/15

