

# Living in Harmony

## Embrace the possibilities

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

Issue: **May 2017**

### Featured Articles

Wellness	Pg. 2
Writing Article	Pg. 3
PVM Foundation	Pg. 4
Senior Advocate	Pg. 5
Reminder/Welcome Birthdays	Pg. 6
Service Coordinator	Pg. 7
Calendar	Pg. 8
Administrator	Pg. 9
Office Numbers	Pg.10
Word Puzzle	Pg. 11

Monday, May 29, 2017



### Harmony Manor News:

The Village of Harmony Manor residents, board members, and staff want to thank everyone who donated to the success of the 2017 Friends and Family Fundraiser.

*Misty L. Gregory, Administrator*



A mother is the truest friend we have, when trials heavy and sudden fall upon us; when adversity takes the place of prosperity; when friends desert us; when trouble thickens around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to ...

[www.goodreads.com/quotes/tag/mother](http://www.goodreads.com/quotes/tag/mother)

Look for PVM on:





## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Announcements

### MARK YOUR CALENDARS!



"Vee Eye See Tee Oh Are Why"\* is that your Village's battle cry? If you're having a challenge deciphering the battle cry, try reading it again but this time read it out loud. So, is it your Village's battle cry? Is your Village ready for this year's Village Victory Cup?

Scheduled for Friday, June 23<sup>rd</sup> this year's event is being held at the Ford Community and Performing Arts Center in Dearborn. At 11:00 am sharp, PVM Villages from across Southeast Michigan will gather together at this location to compete for the coveted Village Victory Cup travelling trophy. To ensure everyone has the energy they need to compete, lunch will be served from 11:15 – 11:45 am. The games themselves will begin promptly at noon.



If you're not familiar with the Village Victory Cup, it consists of a series of competitive events that include a puzzle building competition, a walking race, a lip sync battle, a photo contest, a beanbag toss, a timed basketball shoot and more. You earn points for your Village by simply coming to the event and cheering them on. You earn more points if you compete in the events and you earn even more points if you finish first, second, or third in an event. At the end of the day, the Village that scores the most points wins. To learn how you can join your Village's team, contact your Administrator.

\*battle cry = Victory



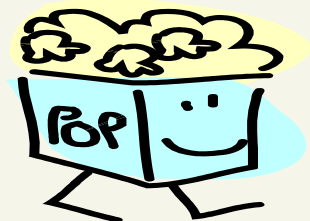
**Every Saturday**

**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**

## 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](http://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**



## AGE OUT LOUD!

### *Michigan's Everyone's aging, but who is listening?*

**Be the wake-up call!** Your backing and your voice = a variety of services, safe housing for a wide range of older adults and putting veterans first.

YOU and PVM: we're up against a cultural indifference to the elderly.

It sounds harsh, but it's true.

#### Think about it:

**"Over the hill." "Senior moment." "Past your prime."**

Those are pretty rough words about older adults—and we hear them, or even say them without batting an eye.

**You have the power to change that indifference and make this state a great place to live at any age.**

Every time you introduce someone new to PVM, or you make a gift, you're bringing aging out of the shadows. You're making it possible for you and your peers of all income levels, backgrounds and needs to

**AGE OUT LOUD.** This month is Older American's Month, so **raise your voices and spread the word.**

#### **World: listen up!**

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you!

Paul J. Miller, CFRE

**\*P.S. YOUR IMPACT:** *In 33 Michigan counties, there are now more older adults than school-aged children. HUGE when you consider that those older adults will stay as many kids grow up and move away.\**

*\* "The Age Wave: A Call to Action" Thomas B. Jankowski*

LEAVE A  
*Legacy*  
Ways to make  
a Planned Gift

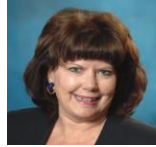
Support PVM during your  
lifetime and beyond.

- › 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.pvmfgifts.org](http://www.pvmfgifts.org)

 Presbyterian Villages  
OF MICHIGAN  
THE FOUNDATION



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### **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 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.

So to all of our readers, and especially women, please take this information to heart and take action to secure your financial future. It is the best gift you can give to yourself and loved ones.



The Village of  
**Harmony  
Manor**

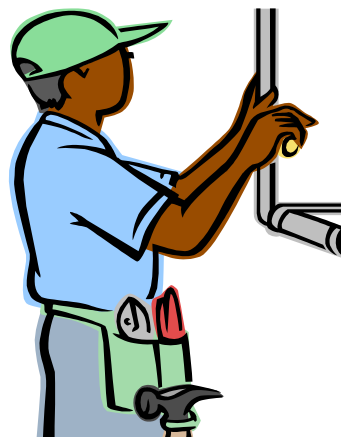
A SENIOR LIVING COMMUNITY

**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**

**Willie Nelson 5/5**  
**Harold Jackson 5/11**  
**Walter Harris 5/31**



**Harmony Manor Board  
of Directors  
2017**

**Board Chairperson**  
*Lisa Watkins*

**Board Vice Chair**  
*Michael Taylor*

**Secretary**  
*Marjorie Ball Walker*

**Treasurer**  
*Ronald Spears*

**Trustees**  
*Rev. Dr. Arthur Caldwell*  
*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 48238  
313-934-4000, Ext 3  
[www.nationalchurchresidences.com](http://www.nationalchurchresidences.com)  
Monday thru Friday (9:00 am - 1:30 pm)

	<p>1 Van leaves @ 10am *Always Sign-up in Mgmt. Office</p>	<p>2 Cafe</p>	<p>3 Van leaves @ 10am *Always Sign-up in Mgmt. Office</p>	<p>4 Cafe</p>	<p>5 Willie Nelson Happy Birthday!</p> <p>Misty L. Gregory Administrator Happy Birthday!</p>	<p>6 Movie Night @6pm Comm. Room</p>
<p>7</p>	<p>8 Cafe</p>	<p>9 Cafe</p>	<p>10 Tenant Council Meeting @ 6pm</p>	<p>11 Harold Jackson Happy Birthday!</p>	<p>12 Cafe</p>	<p>13 HAPPY MOTHER'S Day!</p>
<p>14</p> <p>Mother's Day</p>	<p>15 Cafe</p>	<p>16 Cafe</p>	<p>17 Cafe</p>	<p>18 Cafe</p>	<p>19 Cafe</p>	<p>20 Movie Night @6pm Comm. Room</p>
<p>21</p>	<p>22 Cafe</p>	<p>23 Cafe</p>	<p>24 Cafe</p>	<p>25 Cafe</p>	<p>26 Focus Hope</p>	<p>27 Movie Night @6pm Comm. Room</p>
<p>28</p>	<p>29 Office Closed memorial DAY</p>	<p>30 Cafe</p>	<p>31 Walter Harris Happy Birthday!</p>	<p>Notes:  <b>**EMERGENCY MAINTENANCE – Andrew Bullock #313-670-0407**</b>                  Media Display – Renee Smith                  Daily Café – Rosetta Peace                  Floor Captains- 1<sup>st</sup> floor Verlinda Woods &amp; 2<sup>nd</sup> floor Frances Wimbush</p>		

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

**Quote of the month:**

**No matter what you're going through, there's a light at the end of the tunnel and it may seem hard to get to it but you can do it and just keep working towards it and you'll find the positive side of things.**  
 Demi Lovato

[https://www.brainyquote.com/quotes/quotes/d/demilovato433146.html?src=t\\_positive](https://www.brainyquote.com/quotes/quotes/d/demilovato433146.html?src=t_positive)





*Misty L. Gregory, Administrator's Message*

## Fun Facts about Spring Time



- Spring is one of the four seasons.
- It is the transition from Winter to Summer.
- This season is often associated with rebirth, renewal and regrowth.
- Sun rises in the earlier hours of the morning and sets later on in the afternoon.
- Spring days get slightly warmer.
- Spring flowers start to appear, birds start building their nests and the farmers deliver new-born lambs.
- Spring weather will be varied with some days cold enough to snow, and some days warm enough to play out in the garden. The spring months can also be awfully windy.
- First day of spring is also called the vernal equinox. 'Vernal' and 'equinox' are Latin terms meaning 'spring' and 'equal night' respectively. Hence, the day exactly 12 hours of daylight and 12 hours of darkness, though not exactly technically so. This generally falls on March 20 / 21 every year.
- At the spring equinox, days are close to 12 hours long with day length increasing as the season progresses.
- Spring is a season for ideas of rebirth, rejuvenation, renewal, resurrection, and regrowth.
- In spring, the Earth's axis is tilted toward the sun, increasing the number of daylight hours and bringing warmer weather that causes plants to bring forth new growth.
- Frogs lays her frogspawn in the water mostly in March.
- Plants begin to grow in Spring because of ample availability of water, light, warmth and soil (compost).
- Flooding is common in and near mountainous area because of melting of snow.
- Hurricane season also begins in late spring.

**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  
Village Staff:**

**Misty L. Gregory**  
*Administrator*

**David Jones**  
*Service Coordinator*

**Andrew Bullock**  
*Maintenance Tech.*

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



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



# Spring

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

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

ALLERGIES	FROGS	RAIN
APRIL	GOLF	RENEWAL
BASEBALL	GRASS	ROBINS
BEES	GREEN	SEASON
CROCUSES	GROWTH	SNOWMELT
CYCLAMENS	IRISES	SOFTBALL
DAFFODILS	LILIES	SPRING BREAK
DANDELIONS	MARCH	SPRING CLEANING
EASTER	MAY	TULIPS
EQUINOX	NEW LEAVES	WARMER
FLOWERS	PLANTING	WET