

Living in Harmony

Embrace the possibilities

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

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Harmony Manor News:

Harmony Manor Board Members, Residents, and Staff wish everyone a year of good health; happiness; wealth; wisdom; peace; prosperity; love and laughter!

Happy New Year

*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:





Senior discounts

An AARP membership costs only \$16 a year for anyone over age 50, including free membership for spouses or partners (www.aarp.org). AARP's discounts website features discounts on dozens of products and services including rental cars, hotels, restaurants, clothing and department store chains. AARP also offers an inexpensive driver safety course for drivers over 50 (members and nonmembers alike) that can lower auto insurance premiums by up to 10 percent or more.

Popular AARP discounts include:

- 20 percent off purchases from 1-800-FLOWERS.com.
- Up to 20 percent discount at many hotel chains including Hyatt, Hilton, Wyndham, Best Western, Days Inn and Ramada, among others.
- 10 to 20 percent off at many restaurant chains, including Claim Jumper, Denny's and Outback Steakhouse.
- 15 percent off many Geek Squad services from Best Buy.
- Kroger Grocery Stores 10% off (date varies by location)
- The Salvation Army Thrift Stores: up to 50% off (55+)

A quick Google search will uncover numerous other senior discount resources. One popular site is SeniorDiscounts.com, an online directory of more than 220,000 U.S. business locations that offer discounts to people over 50. Registration is free, although they also offer a \$12.95/year premium that offers members-only discounts and other perks.

http://www.practicalmoneyskills.com/personalfinance/experts/practicalmoneymatters/columns_2014/022

Announcements



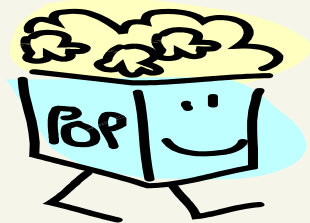
Every Saturday

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**



70 & STILL MAKING WAVES

We're Grateful for You!

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 11am 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 **ANDREW 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

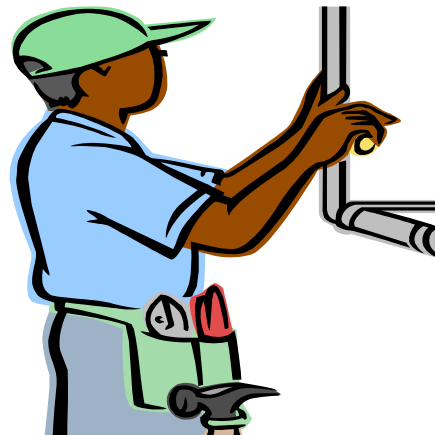
****NOTARY SERVICES PROVIDED BY YOUR ADMINISTRATOR, MISTY L. GREGORY.**

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



Happy Birthday Wishes

- Emmarine Kidd 1/5**
- Faheem Shakoor 1/8**
- Winnie Burt 1/30**
- Dolores Hill 1/31**



**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.














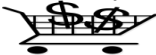




















Misty L. Gregory, Administrator's Message

Fun Facts about JANUARY

In the Georgian calendar, the calendar that most of the world uses, January is the very first month of the year. The name January came from a Roman god Janus. According to the Roman legend, in 700 B.C., the ruler Numa Pompilius added January to the end of the 10-month Roman calendar. When it was added, Pompilius gave 30 days to January. However, Romans later made January the first month of the year. Moreover, in 46 B.C. Julius Caesar added a one more day to January and that's why there are 31 in January today. January was known as the wolf month to the Anglo-Saxons because in winter, wolves came into the villages to search for food. It is the coldest month in the northern half of the world, nature is quiet and the birds travel less. Also, the bears and woodchucks go into hibernation. However, in southern half of the world, January is the warmest month. During this time, unlike the northern half of the world, animals are active and plants are growing.

1. The flower symbol of January is snowdrop & carnation.
2. January's gem is garnet which represents constancy.
3. The zodiac signs for January is Capricorn (December 22 - January 19) and Aquarius (January 20 - February 18).
4. The Common Sense by Thomas Paine was published on January 10, 1776.
5. On January 10, 1920 the League of Nations was established.
6. National Blood Donor Month
7. National Braille Literacy Month
8. National Hobby Month
9. National Soup Month
10. National Staying Healthy Month
11. On January 8, 1798, Amendment 11 to Constitution was proclaimed which modified the Supreme Court's power.
12. On January 4, 1896, Utah became the 45th state.
13. On January 6, 1912. New Mexico became the 47th state.
14. January 8 - Elvis Presley's birthday
15. January 11 - National Human Trafficking Awareness Day in the United States
16. Martin Luther King, Jr. Day in the United States - Third Monday
17. On January 2, 1788, Georgia ratified the Constitution.
18. January 26 - Republic Day in India
19. On January 1, 1863, the Emancipation Proclamation was issued by Abraham Lincoln.

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

January 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy New Year 	2 Movie Night @6pm Comm. Room 
3 	4 Daily Cafe 	5 Emmarine Kidd 	6 Daily Cafe 	7 Bingo Every Thursday @ 6pm 	8 Faheem 223 	9 Movie Night @6pm Comm. Room 
10 	11 Daily Cafe 	12 Rachel's Mobile \$ Store 10am to 12pm 	13 Daily Cafe 	14 Bingo Every Thursday @ 6pm 	15 12:45 pm 	16 Movie Night @6pm Comm. Room 
17 	18 Daily Cafe 	19 Daily Café 	20 Daily Cafe 	21 Bingo Every Thursday @ 6pm 	22 12:45 pm 	23 Movie Night @6pm Comm. Room 
24 	25 Daily Cafe 	26 Daily Cafe 	27 Daily Cafe 	28 Bingo Every Thursday @ 6pm 	29 Focus: HOPE Food for Seniors 12:45 pm 	30 Winnie Burt 
31  Dolores Hill #220 	<p>Notes: Please call the office for all maintenance work orders 313.934.4000, after 4:30pm Only Emergency calls go to 313.670.0407</p> <p>*Management Office Closed on January 1, 2016 New Year's Day *Computer and Cell Phone Classes – Mondays, Tuesdays, and Thursdays in Library 1:00 pm-2:30 pm</p> <p>**Thank you very much Harmony Manor Resident Volunteers for all you do!!** <i>Misty L. Gregory, Administrator</i></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
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



January Recipe Chicken & Noodle Soup



Ingredients

3 to 4 lbs. chicken
5 cups water or chicken broth
1 lb. baby carrots
5 cloves garlic, minced
3 celery stalks, finely sliced
2 tbsp. fresh parsley, minced
1 tsp. low sodium chicken soup base (or bouillon)
1 large onion, chopped
1 or 2 green onions, chopped (optional)
2 bay leaves
pinch oregano and thyme
salt and pepper (to taste)
additional seasonings of your choice (to taste)

Put all ingredients in Crockpot.

Cooks Note: Allow soup to come to a boil for 1 minute, then reduce heat until steaming hot but not boiling (barely simmering is OK). A boiled chicken soup is tasteless. If your Crockpot doesn't allow a steaming hot soup without rapid boiling, do not use it for making soup.

Cook all day (6-8 hours) or until chicken is tender (not stringy).

Thirty minutes before serving time, add noodles; cook until noodles are tender (any kind of pasta can be used). Taste and season soup with salt, pepper, garlic and onion powder, to taste, before serving.

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



Comedy Movies 1

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

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

- | | | |
|---------------|----------------|----------------|
| ALL OF ME | FLETCH | OH, GOD! |
| ANNIE HALL | GHOSTBUSTERS | PLAZA SUITE |
| BABE | HAPPY GILMORE | REPO MAN |
| BEING THERE | HARVEY | RUSHMORE |
| BIG | HOLIDAY | SHREK |
| BOB ROBERTS | HOTSHOTS | SLACKER |
| BULL DURHAM | LEGALLY BLONDE | SLAP SHOT |
| CARS | LIAR LIAR | SLEEPER |
| CAT BALLOU | LOCAL HERO | THE RUTLES |
| CITY SLICKERS | MALLRATS | TOOTSIE |
| CLERKS | MANHATTAN | TRADING PLACES |
| CLUELESS | MEATBALLS | UNCLE BUCK |
| DUCK SOUP | MOONSTRUCK | YES MAN |
| ELECTION | | |

Here are some pictures from Harmony Manor's Holiday Party

