

Living in Harmony

Embrace the possibilities

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

Issue: **April 2015**

Featured Articles

- Pictures..... Pg. 2
- PVM Guest Columnist. 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
- “April Showers, bring May Flowers”



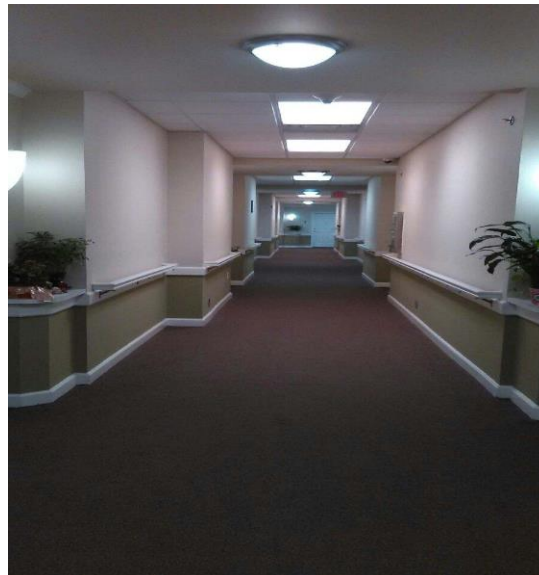
Look for PVM on:



Harmony Manor News:

The Village of Harmony Manor residents and staff want to thank the PVM Foundation for approving our grant application for a 72 Inch Television to use in our Community Room. Kudos to the PVM Foundation~~

The Village of Harmony Manor has begun painting the interior of the building.



The first day of Spring is in 2015 on March 20 (according to the astronomical definition). It is also called the spring quinox. Spring is one of the four temperate seasons, the transition period between winter and summer. Spring and "springtime" refer to the season, and broadly to ideas of rebirth, renewal and regrowth.

www.almanac.com/.../first-day-spring-vernal-equinox

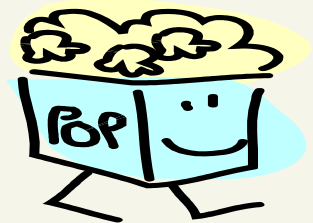
Harmony Manor residents enjoy a bowling event March 2015



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



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.

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



Friends & Family Kicks Off; Consider Joining a Giving Society

April 1st will see the start of the annual **Friends & Family Appeal** to raise funds for your Village project and we are thrilled to offer **a match for eligible gifts received through April 30th!** The match will be based on the percentage each Village raises toward the cumulative Friends & Family (F&F) amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Look for posters, flyers or ask your Village Administrator about your Village's fundraising goal and project this year. Please encourage your friends and family members to make a gift during the month of April and take advantage of the opportunity to make an **even bigger impact** on seniors!

You can make a gift in several ways (*match guidelines apply*):

- See the front desk or your Administrator for a donation envelope
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040
- Mail your gift to: PVM Foundation,
26200 Lahser Road, Suite 300
Southfield, MI 48033

With the PVM Foundation's 21st Calvin, Sterling and Peterson Mission Maker Societies' Recognition Luncheon around the corner on June 8th at Comerica Park, I wanted to share with you a description of the donors who are members of these societies:

- **Peterson Mission Makers Society:** Donors who have made a multi-year pledge to PVM for \$1,000 or greater, and two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate Plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given over \$50,000 to PVM.

If you are interested in learning more about our giving societies and how you can become a member, please contact me at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

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**



Sunday, April 5th, 2015



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

COMING SOON – THE WHITE HOUSE CONFERENCE ON AGING

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoa) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

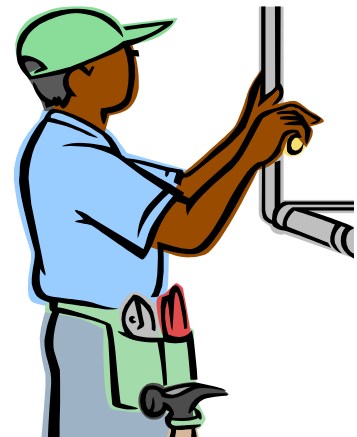
2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoa as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level. Stay tuned!

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

Leslye Tucker 4/6
Christine Browder 4/17
Amanda Treasvant 4/21
Elrece Smith 4/23



**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.



From the Desk of Service Coordinator:

On April 7th the Michigan Disability Rights Coalition, Michigan Elder's Justice Initiative and Michigan Consumers for Healthcare will be on site holding a presentation about Michigan Health Link and what it means. If you receive Medicare and Medicaid changes will be coming to how you receive your health care through a program call MI Health Link.

Find Out:

- *What MI Health Link is
- *What choices you will have
- *Which health plans offer MI Health Link
- *What you need to think about to make the best choice for yourself
- *How you can be an advocate for yourself and others

I would like to thank everyone who complete a survey form and returned completed form in the survey box located in the Community Room.

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)

~ April 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Shopping Trip Van leaves at 10:00am</p>	<p>2</p>	<p>3</p> <p>Wishing you</p> <p>a Blessed Good Friday</p>	<p>4</p> <p>Movie Night @6pm Comm. Room</p>
<p>5</p>	<p>6 Happy B-Day Leslye Tucker</p> <p>Rachel \$ Store@ 10am</p>	<p>7</p>	<p>8</p> <p>Tenant Council Meeting@6pm</p>	<p>9</p>	<p>10</p>	<p>11</p> <p>F&F Kick Off Party 2pm -4pm</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17 Happy B-Day Christine Browder</p> <p>Shopping Trip Van leaves at 10:00am</p>	<p>18</p> <p>Movie Night@ 6pm Comm. Room</p>
<p>19</p>	<p>20</p>	<p>21 Happy B-Day Amanda Treasvant</p>	<p>22</p>	<p>23</p> <p>Happy B-Day Elrece Smith</p>	<p>24</p>	<p>25</p> <p>Movie Night @6pm Comm. Room</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m</p> <p>& Bingo Every Thursday @ 6pm -</p>	



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.

www.22facts.com

**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



**Presbyterian
Villages**
OF MICHIGAN
SERVING SENIORS & COMMUNITIES

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