

Living in Harmony

Embrace the possibilities

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

Issue: OCTOBER, 2013

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Tenant Council News:

*Did you know that all our residents are members of the tenant council? Each and every resident has a voice and a vote in the operations and functions surrounding Harmony Manor. Tenant council meetings are held the **second Wednesday** of every month at **6:00pm** in the **community room**. These meetings are held to address your concerns. There are no collections of dues; therefore the treasury seat has been eliminated. Your voice matters, so let's hear it!*

Thank you,

Harmony Manor Council



Emergency On-Call Number

313 607-0407

After 4:30pm

Jason Riggins

TENANT COUNCIL

President

Robert Johnson

Vice President

Mary Burt

Secretary

Delores Hill

Sgt. at Arms

Douglas Bigham

Entertainment Committee

Mary Brown

Jacqueline Woodruff

Greeting Committee

Geraldine Perry

Rosette Peace

Annette Jones

Floor Captains

Frances Wimbush

Yvonne Browder

Lula Jackson

Booster Club

Jacqueline Woodruff



The Village of

Harmony Manor

A SENIOR LIVING COMMUNITY

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

A Physical Therapy Primer

If you're like me, at one time or another you've had the need for physical therapy. Physical therapy is a type of medical treatment that can help improve mobility, relieve pain, and improve functional fitness. Physicians often recommend physical therapy following an injury or surgery or to treat long-term health conditions.

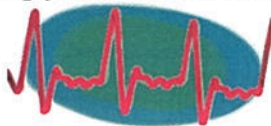
It can be provided in a clinic, hospital, nursing care facility, and even your home. Regardless of where it is provided, it must be provided or supervised by a trained therapist.

While the treatment a therapist provides depends on the health condition being treated, it usually includes some form of exercise. Exercises to improve strength, flexibility, endurance, and balance are common. Other common treatments include ultrasound, electrical stimulation, massage, cold therapy, and heat therapy. The ultimate goal is to make daily tasks and activities easier to do.

If you have Medicare, it will only cover physical therapy if it has been ordered by a physician who indicates that it is medically necessary. It also caps the amount of physical therapy services it will pay for each year. It is possible to have this cap waived, but only if your therapist substantiates the medical necessity for continued therapy and your physician agrees. Otherwise, you may be responsible for paying for the additional therapy yourself.

Because your doctor is most familiar with both your health history and medical needs, I strongly suggest you speak with him first before agreeing to any physical therapy suggested or ordered by anyone other than him. Not only will you be protecting your health, you could be protecting your wallet too!

Tom Wyllie



Announcements



Every Monday
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
@ 10:00am
Transportation Available
Please call
Stephanie 313.861.2865



For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality

Medicare Fraud

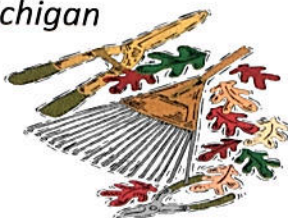
Do you know that you have something valuable in your wallet which gives you many benefits during your senior years? No, I am not speaking of money, but rather your **Medicare card**. Your Medicare card opens many healthcare benefit doors for you. Unfortunately there are some unscrupulous providers who take advantage of that fact by billing for services not done or billing for a more complex procedure than was done, thereby charging more. These providers commit Medicare Fraud. Individuals and companies that have been convicted of Medicare Fraud can no longer bill Medicare for their services, pay huge fines and in many cases are sent to prison.

How can you help prevent Medicare fraud? You and your family need to be good consumers and stay alert. Read your explanation of benefits from Medicare which shows what services were billed to Medicare by a provider. Does your benefit statement show that you went to a doctor for four visits, when you actually only went once? That is Medicare Fraud. Have you been approached for services, which are covered by Medicare, by a provider that you really don't need or want? That is Medicare Fraud.

Don't give your Medicare card number, or actual card, to anyone without asking just what is this for? Do not give your Medicare card or number to someone who stops you in the store or hallway and tells you they can help you at no cost to you. You will need to be alert that Medicare is not going to be billed for services that weren't really needed.

Medicare Fraud is at an all-time high. You are an essential part in helping to see that Medicare does not pay for fraudulent services. If you believe that you have been a victim of Medicare Fraud, please contact Medicare at the **CMS Hotline: 1-800-MEDICARE (1-800-633-4227)**.

Thank you,
Carrie Moon-Dupree
Presbyterian Villages of Michigan



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



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

10th Annual

it's a
wonderful Life
2013 GALA

Donors Support Future Residents Through Tax-Free IRA Rollover

Since becoming a Board member at The Village of Oakland Woods over nine years ago, Richard "Dick" Euler has been an active volunteer for PVM, participating on several committees and in various initiatives. One of his proudest moments was when he and his wife, Nancy, were co-chairs for the annual *It's A Wonderful Life* Gala in 2012.

Over the years, as Dick and Nancy built strong connections to The Village of Oakland Woods and witnessed the devotion of PVM staff and volunteers to the PVM mission, they became annual donors to the PVM Foundation and saw how their philanthropic contributions were helping residents.

Support is dictated by the needs of the mission of such a hard-working organization. Our continued involvement happens to keep a great entity going and to help more people," says Nancy about why they support PVM. "Seeing residents smile is a big motivator," adds Dick.

A couple of years ago, Dick and Nancy decided it was the right time to take advantage of legislation that allowed them to make a tax-free gift to the PVM Foundation to support seniors, directly from their IRA.

"We chose to make a gift through an IRA charitable rollover because the IRS gives a tax advantage for distributions made directly to charity. Therefore, our minimum required distribution was not reported as income and we were able to support the charities we believe in," Dick says. "Through our gift, we know we can help future residents and encourage others to walk down the same path!"

How You Can Help

To learn more about how you can use your IRA to make tax-smart gifts to the PVM Foundation, contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE



Fitness with Peace

Fitness Classes are held

Monday, Wednesday & Friday

At 12:00pm 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 mil, we teach mid-style

of exercise routine

and if you just can't work out then

join us for Coffee and Conversation we enjoy

having you as a resident and a member of the

fitness club.

Rosetta Peace

Harmony Manor "STEPPERS" fitness

Instructor



Zumba Gold is back!! Carla Triplett will be
joining our fitness team for week day work
outs. Getting down to the oldies.

Thursday's 5:00pm

Community room 1st. floor



The Senior Advocate.

*By Lynn Alexander,
 Vice President of Public Affairs*

Lyn Alexander -The Senior Advocate

VP OF PUBLIC AFFAIRS

Fall is in the air!

Our children and grandchildren start back to school. Art fairs appear at our favorite parks and community settings. We move our attention from family vacations to lifelong learning programs and organizational meetings. The cider mills are open; and the annual football rivalries are in full gear. Along with these pleasant routines, unfortunately, comes the revival of a number of scams which threaten our safety and well-being.

Recently the local news reported that perpetrators are going into homes on the pretense of being from the water company and that they need to check your water lines and internal spigots. In one case, a gentleman was lured into his own bathroom with one criminal and held there against his will while yet another criminal looted items from his bedroom. He managed to escape and call the police. Another scam which appears at this time of year involves someone showing up uninvited and claiming that your roof is in critical need of repair. They will claim that if you do not repair it now it will leak during inclement weather which is on the horizon. They will trick people into giving them money up front only to disappear with it.

Protect yourself from these scoundrels. Never open the door to a stranger. Utilities companies do not send staff out unannounced. Check out any contractors through the Better Business Bureau and always check with someone you know. Use contractors who come recommended by friends and family. And never buy into any transaction whereby they solicited you. Take charge of the process from the beginning.

Another positive aspect of the fall season is the arrival of flu clinics. Make sure to get your flu shot early to provide the best protection. Your physician or local health department can provide this service for you. Many senior centers also provide clinics for this. If you are over the age of 60 also consider a pneumonia vaccine and a shingles vaccine. With all of these protections in place you can enjoy the cider mills and art fairs in full swing!

Lyn Alexander
 Presbyterian Villages of Michigan

SERVICE COORDINATORS MESSAGE :

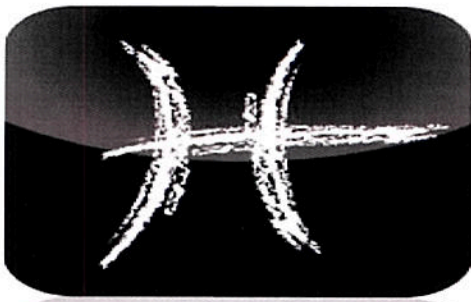
Trudy Jones 313.934.4000 ext. 3

Your service coordinator will assist you with applying for the Home Heating Credit, tTo apply you must have verification of last year income received and income can't exceed \$12,299 per year for one person. Stop by and see Trudy Jones, Service Coordinator for assistance or call @ 313-934-400 Ext. 3 for an appointment. Mark your calendar for the Medicare Open Enrollment Periods. **October 15, 2013 to December 7, 2013**, All people with Medicare can change their medicare health plan and prescription drug coverage for 2014. Medicare Open Enrollment is the time to compare you current plan with all your options for 2014. By carefully comparing, you may find better coverage, higher quality or lower cost. See your Service Coordinator, Trudy Jones, for more information on the Medicare Open Enrollment period.

Trudy Jones

*Luella Hannan Memorial Foundation
Service Coordinator
Harmony Manor
15050 Birwood St.
Detroit, MI 48234
www.hannan.org*

Happy Birthday Wishes!



Happy Birthday to you ♪♪♪...

- Sadie Coe # 226.....10/1/13*
- Jw Hill # 211....10/12/13*
- Walter Ervin # 108...10/14/13*
- Ron Williams #202.....10/14/13*
- Mattie McFarlin # 218.....10/29/13*
- Andrew Bullock # 204.....10/30/13*

**Harmony Manor Board
of Directors
2013**

Board Chairperson
Charles Reese

Board Vice Chair
Lisa Watkins
Secretary
Marjorie Ball Walker

Treasurer
Open
Trustees

Ronald Spears
Rev. Mary Austin
Dr. Arthur Caldwell

Ad'hoc
Ruthenia Henderson
Dr. Lawrence Glenn, Sr.

DETROIT EASTERN MARKET Tuesdays

Every Tuesday through October 29
+ November 26
9 am - 3 pm
Shed 3

Market Links

[Eastern Market Online](#)
[Join Our Mailing List](#)
[Detroit Community Markets](#)



Don't Forget!

Tuesday vendors accepts **Bridge Cards/EBT** as well as Double Up Food Bucks, WIC Project FRESH and Senior Market FRESH coupons. [Click for more informati](#)



DETROIT EASTERN MARKET Tuesdays

EVENTS GALORE!!!



Moving to Shed 3

The first day of October. We can't believe the season is moving so quickly - there are only six more Tuesdays to go.

To avoid some of the more inclement Michigan weather we are **moving the entire market into Shed 3** for the remainder of **October** and our **Thanksgiving Market on November 26**. All of your favorite **Tuesday** vendors will be there, with the addition of a Food Truck pod in Adelaide St! So come on by for breakfast, lunch, or that mid-day out of office pick-me-up. We can't wait to see you tomorrow for our first day in Shed 3!

Harvest Festival : Saturday, October 12.

Guests for this all-ages free event will enjoy all that autumn has to offer. The Harvest Festival includes pumpkin carving, a scavenger hunt, an apple pie eating contest, and an Amateur Michigan Apple Pie Baking contest.

Guests are encouraged to pre-register for the scavenger hunt and Michigan Apple Pie Baking contest. For more information, contest rules or to register, [visit our website](#).

In Booster News:

“Be Encouraged”

It's just weeks until the
November 5, 2013 Mayorial Election

Have Hope, Confidence and Encouragement- With the November election now just 30-days away we must be more active in our stance on how this thing play out. The City of Detroit we call it home- our place- our pride- our history. A lot of the canidates that are running for mayor are just hoping you remember their name – never mind what they will or will not do or what promises they have made- but will you remember my name? Don't be fooled read up on any person you may want to vote for, think about what they are telling you they will try and accomblish while in office weight your pros & cons. Remember the media should not sway you either way- but every day it seems like they are telling which way to vote. Who they favor- who they can get a good interview with. There are a lot of issues on the table- Are you ready to farm again? well that might come to pass (again). I thought we got away from that years ago, in my openion it's almost like we can't go downtown anymore- unless we have business there, what happen to being a part of something big Detroit is the larest metropolian City in the country. Why do we no longer feel a part of it, we've been residents in this great city some of us for over 80 years and we just sit and complain and remember when- as the kids say "don't just talk about it- be about it!" Be encouraged and take your souls to the poles!

Jacqueline Woodruff
Booster President #101

In Council News

It's Official

*Harmony
Manor*

*New Officers Elected
Welcome*

Robert Johnson- President

Mary Burt- Vice President

Dolores Hill- Secretary


Douglas Bigham- STg.at Arms

*Do you have information to
share?*

Put it in the newsletter!

*Bring your ideas to the table or to
the office and we will place them in
the newsletter, please have
your information ready for
review/approval by
the 15th. of
the month.*



Linda Wilcox Administrator **HUD RULES/REGULATIONS****October 5, 2005** Harmony Manor's **GRAND OPENING** Held**Do you know the History of The Village of Harmony Manor?**

Harmony Manor sits on a green filled 19 acres of land, which house 43 very exciting seniors. This two story mid rise have one bedroom units at 450 square feet. Every square inch has been studied, analyzed and designed to promote efficiency and livability. The exterior design helps create a feeling of "home" through porches and columns, building materials and special color schemes. The main entrance is designed to provide shelter and convenience but also as a residential front door welcoming our resident's home. This community's vision was the idea of a community leader and a pastor who ministered throughout the city of Detroit. Rev. Dr. Lawrence Glenn, Sr. As some of us worried and concerned ourselves with Y2K"2000" and the new millennium Rev. Dr. Glenn scouted the Detroit neighborhoods with one vision in mind, a vision to provide a home that was safe, comfortable, affordable and convenient. Partnering with the Michigan Black Presbyterian Caucus, Presbyterian Villages of Michigan, local city officials, and a team of future board members the Village of Harmony Manor was forming, through its struggles for final financing and neighborhood zoning restrictions Harmony Manor began to take shape. The need for immediate occupancy became apparent in 2005 when Harmony Manor opened its doors and filled the building at 100% occupancy in 90-days. As Harmony Manor celebrated its 8th year of servicing seniors it also celebrates our community.

Through our outreach efforts we bring in house services to all its neighbors and friends, through food drives, blanket days, fitness classes, community health fairs, vision screening, computer learning center & library, book Mobil's, church transportation services and our newest project urban renewal gardens. The residents have great affection for their roots and Detroit as previous home owner's memories are reminders of independence and pride show as they take pride in there new home. We welcomed Mrs. Gladys Richardson as Harmony Manors first resident on August 18, 2005, and she is still with us today. I had the opportunity to talk to Ms. Richardson to ask her what is it about her home that makes her want to stay. She replied "home is where the heart is, I never though I could find a place where I have family and friends all living around me." Making the impossible possible serving seniors of all faiths is what we are all about. **Our fingerprints never fade from the lives that we touch.**

Linda Wilcox- Administrator

It is the policy of PVM to comply with HUD regulations, Title VI of the Civil Rights Act of 1964, Title VIII and Section 3 of the Civil Rights Act of 1968 (as amended by the Community Development Act of 1974 and the Fair Housing Amendments Act of 1988), Executive Order 11063, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and any legislation protecting the individual rights of residents, applicants or staff which may subsequently be enacted. To the extent that any provision of this Policy comes to conflict with subsequently enacted legislation or HUD/MSHDA regulations, the regulations or legislation shall control.

**Extra, Extra Read all about it!!!**

Zeta Phi Beta Sorority, Incorporated -Upsilon Psi Zeta Chapter propose Partnership with The Village of Harmony Manor - *Providing great opportunities for our residents and the community*




- Monthly Activities
- Movie Night Host, Casino Night
- Workshops
- Event Planning Fellowship Breakfast
- Z-Hope Programs
- Stay tuned more exciting information will be available soon!

Thank you: Lisa Watkins
Harmony Village, Sr. NP Housing - Vice Chairperson



October, 2013

Harmony Manor

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Happy B-Day Ms. Sadie # 226	2	3 Shopping Trip Van leaves at 10:00am	4 12:00pm Water Presents Comm. rm.	5 Harmony Manor Grand Opening 10-5-2005
6 Hope Presbyterian Church Fellowship 10:00am	7 Wellness Center Open 9:00am- 4:00pm	8 Booster Club Meeting 6:00pm	9 Tenant Council Meeting 6:00pm	10	11 Wellness Center Open 9:00am- 4:00pm	12 Happy B-Day Mr. JW # 211
13 Hope Presbyterian Church Fellowship 10:00am	14 Happy B-Day Ms. Ervin #108 Happy B-Day Mr. Ron #202	15 	16 FireKeepers Casino Hope Bus leaves at 8:30am	17 DMC BIG SHOT Flu Shots 10-12pm	18 Wellness Center Open 9:00am- 4:00pm	19
20 Hope Presbyterian Church Fellowship 10:00am	21 Office Closed all staff PVM Brush Pk	22	23 Wellness Center Open 9:00am- 4:00pm	24	25 FOCUS HOPE Delivery 12:00pm	26 
27 Hope Presbyterian Church Fellowship 10:00am	28 Wellness Center Open 9:00am- 4:00pm	29 Happy B-Day Ms. Mattie # 218	30 Happy B-Day Mr. Bullock #204	31 Happy Halloween	Maintenance Emergency Calls Only after 4:30pm 670.0407	

PVM Mission Statement: *Guided by our Christian heritage, we serve seniors of all faiths and create new possibilities for quality living.*

Keeping Metro Detroit Healthy



FREE Flu Shots*

Thursday, October 17, 2013

10 a.m. – 12 p.m.

Presbyterian Village
Harmony Manor
15050 Birwood
Detroit, MI

THIS YEAR'S PROGRAM IS BROUGHT TO YOU BY:

DMC
DETROIT MEDICAL CENTER

* All flu shots are free. If you have a Medicare or Medicaid card, please bring it with you for our records.



GET YOUR 2013 "VEGAS" ON!!!

Join the
THELMA ADAIR CIRCLE OF HOPE PRESBYTERIAN CHURCH

On a Day Trip To

FireKeepers Casino

Battle Creek, Michigan

Wednesday, October 16, 2013

Bus leaves Hope Presbyterian Church,

15340 Meyers, Detroit

9:00 A.M., returns 6:00 P.M.

Tickets \$35.00

As an added bonus, you will receive \$25.00 from the Casino upon arriving
at check-in

Reserve Your Seat with Payment in full by September 30, 2013

Contact Daryl Taylor (313)407-4182

Jennifer Brown (313)534-5576

or any member of Thelma Adair Circle

Cash only please – no checks, no refunds



**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

(313) 934-4000

Staff at Your Service:

Linda Wilcox 
Administrator

Trudy Jones
Service Coordinator

Jason Riggins
Maintenance Tech.

313-934-4000 ext 1

Mon- Fri. 8:00am – 4:00pm

Closed Sat. & Sunday's

313-934-4000 ext 3

Tuesday & Thursday 9:00am -5:00pm

313-670-0407 Cell#

Mon.- Friday 8:00am – 4:30pm

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



The Village of
**Harmony
Manor**

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Embrace the possibilities

