

# Living in Harmony

## Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: NOVEMBER, 2013

### Featured Articles

- Wellness..... Pg. 2
- PVM Risk Mgmt..... Pg. 3
- PVM Foundation..... Pg. 4
- Senior Advocate..... Pg. 5
- Service Coordinators..... Pg. 6
- Spotlight/Events .... Pg.7
- Calendar..... Pg.7a
- Booster/Council..... Pg.8
- Admin's Colum... Pg. 9

### 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**

### 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

### 'Tis the Season: Flu Season!

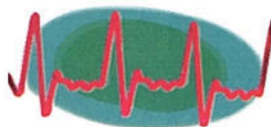
The flu is a highly contagious respiratory illness that can have serious health consequences, especially for seniors. According to the U.S. Centers for Disease Control more than 60% of flu-related hospitalizations occur in people age 65 or older. In the United States, flu season occurs in the fall/winter. It starts as early as October, peaks in January or February, and ends as late as May.

The best way to prevent the flu is to get vaccinated. Annually researchers identify which strains of the virus will be most common during flu season. They then develop a vaccine that helps protect us from getting infected by these common strains. Because it takes about two weeks for immunity to develop, it's best to get a flu shot in early fall, before the flu season kicks into high gear.

Additional steps you can take to help prevent the flu include:

- Washing your hands often with soap and water or an alcohol-based hand rub.
- Avoiding touching your eyes, nose, or mouth (germs spread this way).
- Avoiding close contact with sick people.
- Practicing good health habits (get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food).
- Covering your nose and mouth with a tissue when you cough or sneeze (throw the tissue in the trash after you use it).
- Staying home if you are sick with flu-like illness for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

Tom Wyllie



## Announcements



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

# For Your Safety.

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

## Dress for the Season!!

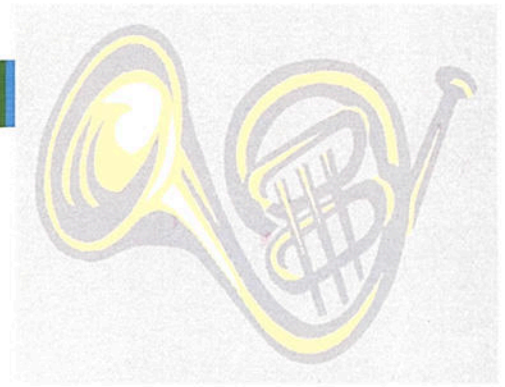
Each fall I do the annual migration of clothes in my closet. I put the summer clothes away and replace them with winter clothes. This annual ritual is necessitated by the change in the weather and my need to be prepared for it. So my question to you is, "Is your wardrobe ready for the winter weather?"

My reason for asking is that I have often seen seniors going outside and not wearing the proper footwear, such as non-skid boots or shoes. Your comfortable slippers or shoes are just not going to cut it when there is snow or ice on the ground. While we do our best to clear the snow and ice, it is an impossible task in Michigan to get every spot cleared. Be prepared.

Do you have a winter coat available, along with a hat and gloves? You might not think you need them as you don't go out much in the winter, but what would you do if you had to? Hypothermia, the loss of body heat, is a serious problem for seniors in the northern climates. Layering of clothes will keep you warm without a lot of bulk. Gloves are a must. Sunglasses can help with the glare that comes off the white snow. A scarf that you can pull up over your mouth and nose will help warm the air you are breathing in.

It is also important in the winter to check the weather forecast before you head out the door. Is a storm on the way? If so, perhaps that trip to the store can wait for another day. No one wants to stay in the house all winter as cabin fever can set in. It pays to be smart and be prepared for the weather. Those of us who have lived in Michigan for a number of years know that winter can be a wonderful season as long as we are ready for it.

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

### Garden In Honor of Mother

Detroit native Janet DeVold has been a resident at The Village of Oakland Woods for six years. After seeing how much her mother, Velma Smith Bryant, thrived at The Village of Woodbridge Manor in her first year, she wanted to experience that quality of life first-hand. "Living at Oakland Woods is like my own little paradise. I didn't know I would enjoy all the resident activities as much as I do," she says.

Velma had a wonderful passion for gardening and volunteered in the seniors' garden at the Hannan House in Detroit for years. She asked Woodbridge Manor for a raised bed garden for the seniors, but the funds were not available. Janet, knowing how much it would mean to mother, decided she would take action and made a generous donation to The Village of Woodbridge to make it happen. "I wanted to pay tribute to mother by honoring her passion for gardening and provide an outlet for others who love it," says Janet. When Velma found out the garden would be named after her, she was so pleased and proud.



Velma Bryant



Janet DeVold

The raised bed garden, named 1300 Bryant Garden, was completed this past summer with numerous vegetable and herbs planted, including collard greens, tomatoes, peppers and more. Sadly, Velma passed away in August at age 99, only a few days before the garden dedication took place. Janet attended the dedication with family members to honor mother and to participate in the Resident Memorial Ceremony. "To anyone who is thinking about donating, do it. It could help seniors in so many ways," says Janet. Thank you, Janet, for your generosity and thoughtful tribute in memory of Velma that will leave behind a wonderful legacy for current and future residents.

Warm regards,  
Paul J. Miller, CFRE

**TAX-FREE RELIEF IS DOG GONE GOOD NEWS!**  
If you are 70½ or older, you can distribute a portion of your IRA to Presbyterian Villages of Michigan Foundation, tax-free.

Presbyterian Villages OF MICHIGAN THE FOUNDATION

For more information, call Paul Miller at the PVM Foundation 248.281.2045  
www.pvmgifts.org

## **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 1<sup>st</sup>. 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, to 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. **November 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](http://www.hannan.org)*

**Happy Birthday Wishes!**



*Happy Birthday to you ♪♪♪...*

Shirley Burton .....	11/4/2013	#118
Janice Bizzle .....	11/5/2013	#105
Renee Smith.....	11/7/2013	#125
Rosetta Peace .....	11/8/2013	#215
Gladys Richardson.	11/9/2013	#103
Jason Riggins .....	11/9/2013	#107
Shirley Chisholm..	11/18/2013	#126

**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 November 1-  
+ November 26  
9 am - 3 pm  
Shed 3

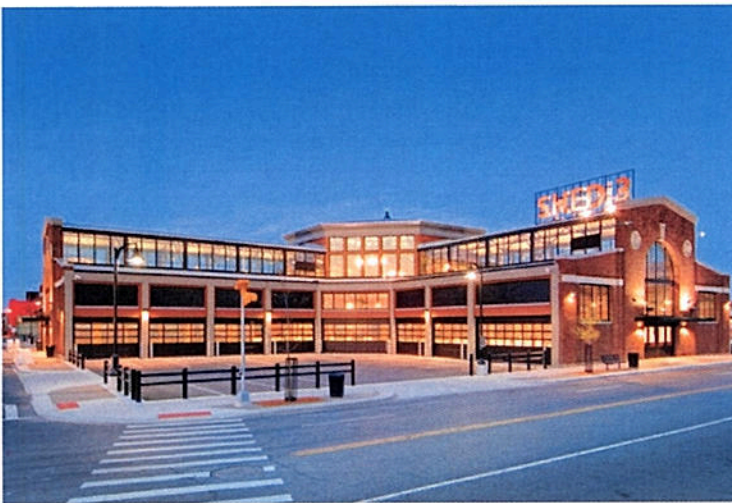
### Market Links

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



### Don't Forget!

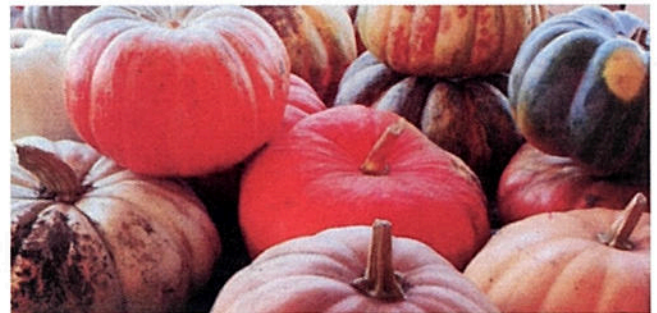
Tuesday vendors accept [Bridge Cards/EBT](#) as well as Double Up Food Bucks, WIC Project FRESH and Senior Market FRESH coupons. [Click for more informati](#)



## Food Trucks and Special Guests

The culinary delights of the following fabulous good trucks!

- [The Grindhouse](#)
- [Green Zebra Truck](#)
- [The Mac Shack](#)
- [Ned's TravelBurger](#)
- [The Shimmy Shack](#)



Cool Temps gets us Started...  
The First Saturday of each Month  
The Harmony Manor Van sets off to the Eastern Market  
As we make a day of shopping, lunch and friendship you must sign up in the office.

Van leaves the building at 8:30am

# DETROIT EASTERN MARKET Tuesdays

## *In Booster News:*

### **“Be Encouraged”**

It's just days away the  
November 5, 2013 City of Detroit 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 candidates 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 accomplish 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 opinion 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 largest metropolitan 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*

*Looking for  
Entertainment  
Committee  
Members  
To help  
Plan and organized all  
end of the year activities*

*See: Robert Johnson  
Council President at the  
Nov.13, 2013 6:00pm  
Council Meeting*

***November 23, 2013  
Saturday @ 6:00pm***


*Tenant Council will host its  
Potluck Thanksgiving  
Holiday Dinner Party  
Please bring your favorite dish  
or if no dish, donations are  
\$10.00 payable before the  
event or at the door  
After the dinner we will  
Pull names for Christmas  
gift exchange.*

***Please come to the meeting  
for all the details.***

***R. Johnson # 206  
Council President***





Linda Wilcox Administrator **HUD RULES/REGULATIONS**

PURE MICHIGAN<sup>®</sup>  
Business Connect

**DON'T BE SCAMED!!!**

A new telephone scam involves imposters calling our residents threatening to shut off their power unless they obtain and pay their bill over the phone using a Green Dot or another type of prepaid card. A number of DTE Energy customers have been victimized by this very scam.

Once you have given them number on your debit card, they will clean your account out. These transactions are usually untraceable.

- **Remember DTE Does Not:**
- **Endorse or require prepaid cards for payment**
- **Impose unrealistic deadlines for payment nor threaten to shut off within hours**
- **Collect payment at customer's house or business**
- **Ask for social security numbers, bank account or credit card information by phone**

If you are uncertain about anyone calling claiming to be from DTE you should call **1.800.477.4747 immediately.**



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**

*Be Strong and of good courage, fear not, nor be afraid... for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee*  
*Deuteronomy 31:6*

S	M	T	W	T	F	S
	Maintenance Emergencies after 4:30pm please call 313.670.0407				1 Shopping Trip Van Leaves at 10:00	2 Day Light Saving Time set clocks back 1-hour
3 	4 Happy B-Day S. Burton#118 FOOT DOC on Site Sign Sheet up at mail boxes	5 <b>ELECTION DAY</b> Happy B-Day J. Bizzle # 105	6 Staff @ PVM Meeting 10:00am Southfield, MI	7 Happy B-Day Renee Smith #125	8 Administrator @ Peace Manor Happy B- Day Rosetta Peace #215	9 Happy B-Day G. Richardson #103 Happy B-Day Jason #107
10 Westminster Church 8:00am Service A Church for all people	11 <b>VETRANS DAY</b> Government offices closed NO Mail	12 Booster Club Meeting 6:00pm with Jacqueline Woodruff	13 Tenant Council Meeting 6:00pm Come one Come all	14 	15 Fitness with Peace 12:00pm Wellness Center	16 Sadie Coe Community Rm.
17 Hope Presbyterian Church 10:00am Service	18 Happy B-Day Ms. Shirley Chisholm #126	19 Office Closed Staff Fair Housing Class Redford, MI	20 	21 H.C.Partners Brain Games & Hot Luncheon 12:00pm	22 <b>FOCUS HOPE Delivery by Volunteers</b>	23 Council Thanksgiving Pot Luck Dinner 6:00pm Bring a Dish or Donate \$10.00
24 	25 Fitness with Peace 12:00pm Wellness Center	26 	27 Hanukkah begins at sundown	28 Thanksgiving Day Office Closed Be Thankful & Show Kindness Every Day!	29 Office Closed Black Friday Malls open 24 hours Largest shopping day of the year!	30 
<b>November, 2013</b>						

**COME AND  
SHARE  
SOME OF YOUR  
THANKSGIVING  
DAY  
WITH US.**



**31st Annual  
Thanksgiving Day Dinner  
Westminster Presbyterian  
Church of Detroit**

17567 Hubbell at W Outer Drive  
(enter North door)

**November 28, 2013**

**11:00 am until 2:00 pm**

**ALL are welcome!**

**There is NO charge at our table!**

For more  
information call:  
313.341.2697  
X 200.

## 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)




Presbyterian  
Villages  
OF MICHIGAN

THE FOUNDATION



The Village of  
**Harmony  
Manor**

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

## Office Numbers

### Staff at Your Service:

**Linda Wilcox**   
Administrator

**Trudy Jones**  
Service Coordinator

**Jason Riggins**  
Maintenance Tech.

**(313) 934-4000**

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

# Embrace the possibilities

