

Living in Harmony

Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: **NOVEMBER 2014**

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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



Misty L. Gregory
Administrator

Emergency On-Call Number

313 670-0407

After 4:30pm

Andrew Bullock

TENANT COUNCIL

President

Robert Johnson

Vice President

Mary Burt

Secretary

Delores Hill

Sgt. at Arms

Douglas Bigham

Greeting Committee

Rosette Peace

Annette Jones

Floor Captains

Frances Wimbush

Yvonne Browder

Lula Jackson

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“Managing Pain”

Has the presence of persistent pain kept you from doing things you enjoy? Has it caused you difficulty sleeping? Has it caused you to withdraw from family and friends? Are you less active than you were before? If so, you're not alone. These are common occurrences among the estimated 50 million Americans who suffer from chronic pain.

Contrary to what many believe, chronic pain is not just “all in your head”. There are physical reasons for it. It is also not an inevitable part of aging. You don't have to “grin and bear it”. In fact, doing so could be harmful. Left unmanaged pain weakens the immune system, increases anxiety and depression, impairs cognition, and substantially reduces quality of life.

Though chronic pain by definition is not curable, there are many treatment options available that can help you better manage your pain and reduce the negative effects it has on your life. Along with various medications, they include relaxation techniques, pacing strategies, and regular exercise.

Because pain is a complex, subjective experience, there is no “one size fits all” solution. Your experience with pain is unique to you. According to the American Chronic Pain Association (ACPA), the most important thing you can do is to be active in your own care. Effectively managing pain requires a strong collaborative relationship between you, your doctor and the rest of your healthcare team. The more active you are, the better your long-term results will be. For tips, visit the ACPA's website at <http://theacpa.org>.

Announcements



Coming soon

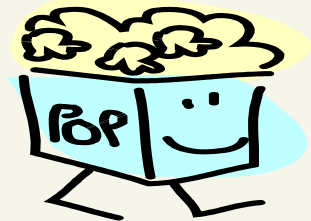
Every Monday

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

Keeping Food Safe

One in six Americans will experience food poisoning each year according to the CDC (Center for disease Control). In its mild form food poisoning can cause stomach distress that is uncomfortable and nasty. In more serious forms it can cause hospitalization and in severe cases even death. The CDC has issued some simple guidelines to keep your food preparations safe. There are four simple steps:

- **Clean:** Wash hands and surfaces often
- **Separate :** Don't cross-contaminate
- **Cook:** Cook to the right temperature
- **Chill:** Refrigerate promptly

When washing your hands, be sure to wash with soap and running water. While you do not have to wash poultry, meat or eggs, you should wash fruits and vegetables- including the pre-cut packaged ones. Counter tops and cutting boards should also be washed with hot water and soap to prevent bacteria from forming on them after use.

You should always keep meat, poultry, eggs and seafood separate from your other food both in your shopping basket and in your refrigerator. This will prevent bacteria from spreading between packages.

You cannot tell by looking at the food if it is cooked to the right temperature. Food is only safe if it is cooked to a high enough temperature to kill bacteria. Different foods have different temperatures where that occur. Use a food thermometer for the most accurate way to tell if your food is done. These can be purchase very inexpensively. Once your food is cooked, keep it hot or chill it right away. Years ago we use to leave food out to cool, but it has been proven that while food is cooling, bacteria is growing. Perishable food should be refrigerated within two hours. When on a picnic in hot weather, that should be an hour or less.

Don't let poor food sanitation lead to illness or something more serious. A few simple steps in food preparation will keep you safe.

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



Help PVM Residents Who Need It Most

Did you know that PVM offers financial assistance to residents who have outlived their resources, so they are always able to call PVM their home? And did you also know that PVM also supports residents in an emergency financial need? This type of support is offered through the Benevolence Fund and positively impacts *each and every PVM Village*. **You can help support residents who need it most by making a donation to PVM's Benevolence Fund today!**

The residents using Benevolence funds today did not plan to be in dire financial circumstances. Savings may have disappeared due to an unexpected healthcare expense or simply because they lived to be over 100 years old! Other residents only need temporary help, perhaps with an unexpected expense such as expensive medical equipment for a resident who is nearly blind, food for a resident who was the victim of a phone scam and countless other examples.

Your gift supporting the Benevolence Fund during November and December is eligible to be matched, \$1.00 for \$1.00! Maximize your gift today by visiting the front desk, your Village Administrator or our website, www.pvmfoundation.org (your gift must be designated for Benevolence to be eligible for the match).

And, new this year, for any Benevolence gift received by the PVM Foundation office on **Tuesday, December 2nd**, or **"Giving Tuesday," we will double the match, \$2 for every \$1 donated!** For more information, please contact us at 248-281-2040 or pvmfoundation@pvm.org. Thank you for supporting residents and for making a difference!

Warm regards,
Paul J. Miller, CFRE

Presbyterian Villages of Michigan Foundation
presents its 11th annual Gala

Get Your Motors Running!

Sponsorship Packages Available!

Patron Tickets \$375
Individual Tickets \$250

For more information, contact
PVM Foundation at 248.281.2040
or visit www.pvmfoundation.org

Friday, November 14, 2014
COBO Center, Detroit

5:30 p.m.
VIP Pre-Reception & Raffle Preview
(Sponsors & Patron Tickets only)

6:30 p.m.
General Reception & Raffle

7:30 p.m.
Dinner, Program & Entertainment

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**



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

THANKSGIVING – A TIME TO THANK OTHERS

The holidays are in full swing! Alongside the Halloween costumes are displays of Thanksgiving and (YES!) Christmas and Hanukah decorations. Thanksgiving is reportedly one of the most traveled holidays while airports and highways are clogged with people trying to return to their Hometowns to reconnect with family and friends.

Let's also think about the folks who helped us get to where we are in life. Chances are there were many others in your life other than your parents who guided you along life's journey. It could be an aunt or uncle, grandparents or a neighbor or teacher who were part of your growing up years. I was reminded recently of a former neighbor, "Uncle Pat", who used to pack his five children into their blue station wagon for a trip to the local swimming pond. As an only child it was always an adventure for me to be part of the gang. And they always seemed to find room for me to join in.

Recently my mom and I went to visit friends and relatives in my hometown located about five hours from here. We had a packed schedule which included relatives and friends from my parents' genealogy society. There was little time to spare. Yet, there were two visits which meant a great deal to my mom. They were stops to visit my aunt as well as a long-time friend of my parents. Both are presently in nursing homes. One visit involved driving a great distance into the countryside of Pennsylvania and was not very desirable geographically. I reminded myself that she had been a very good aunt to me and that her son has been wonderful to my parents by making a visit to them a top priority during the last days of my father's life.

Once we were deep into the countryside I noticed what a beautiful scene lay before us. It was truly spectacular scenery. "This is a good adventure!" I said to myself. However, nothing could compare to the look of joy on my Aunt Mary's face, as well as that of my mom's friend at the other nursing home, when they enjoyed our visits. So along with enjoying touch football, games on television, favorite recipes of family and catching up with family and friends, please remember those who can't join in the festivities with a visit and celebrate the important message inherent in Thanksgiving! I wish all of our readers a wonderful holiday.

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



**Harmony Manor Board
of Directors
2014**

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.

**WARM WELCOME TO
HARMONY'S NEWCOMERS**

Winnie Burt

Happy Birthday Wishes

Shirley Burton - 11/4
Janice Bizzle – 11/5
Renee Smith – 11/7
Rosetta Peace – 11/8
Gladys Richardson – 11/9
Shirley Chisholm- 11/18


























From the Desk of Service Coordinator:

Remember to Cast your Vote on or before Tuesday, November 4, 2014.
Your Vote counts.

Mark your calendar to get your medical equipment assessed and repaired. Received free blood testing and participate in a question and answer session on health care. This event will be held on Tuesday, November 11, 2014 in the Community Room @ 1:00 pm. Given by Larry Davis with Crystal Homes. Also stay tuned for DMC-Sinai-Grace Hospital to sponsor an Injury Prevention program for Seniors. Sharon McKinzie, R.N. at Sinai Grace Hospital will present on injury prevention, medication safety & fire safety programs taught to decrease life threatening injuries. This presentation address offers tips on how to continue a healthy, independent lifestyle!

Trudy Jones

◀ Oct 2014		~ Village of Harmony Manor - November 2014 ~					Dec 2014 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 			1	
2	3 Shopping Trip Van leaves at 10:00am 	4 HAPPY B-DAY Shirley Burton 	5 HAPPY B-DAY Janice Bizzle 	6 Fitness Class 11:00-12:00 pm 	7 HAPPY B-DAY Renee Smith 	8 HAPPY B-DAY Rosetta Peace 	
9 HAPPY B-DAY Gladys Richardson  Light of Life Church Service 10:00 am 	10 Rachel's Dollar Store @10:00 a.m. Community Room 	11 Fitness Class 11:00-12:00 pm 	12 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	13 Fitness Class 11:00-12:00 pm 	14 Walmart Shuttle leaves at 12:45 p.m. 	15	
16 Light of Life Church Service 10:00 am 	17 Daily morning Social in CAFÉ 9a.m. to 11:00 a.m. 	18 HAPPY B-DAY Shirley Chisholm 	19 Daily morning Social in CAFÉ 9a.m. to 11:00 a.m. 	20 Shopping Trip Van leaves at 10:00am 	21 FOCUS HOPE DELIVERY / Walmart Shuttle leaves at 12:45 p.m. 	22	
23 Light of Life Church Service 10:00 am 	24 Daily morning Social in CAFÉ 9a.m. to 11:00 a.m. 	25 Fitness Class 11:00-12:00 pm 	26 Daily morning Social in CAFÉ 9a.m. to 11:00 a.m. 	27 Fitness Class 11:00-12:00 pm 	28 Walmart Shuttle leaves At 12:45 p.m. 	29	
30 Light of Life Church Service 10:00 am 	Note: Please call the office for all maintenance work orders 313.934.4000, after 4:30pm Emergency calls go to 313.670.0407 						



Misty L. Gregory, Administrator's Message

Tips for Preventing Identity Theft

Identity thieves steal your personal information to commit fraud. They can damage your credit status and cost you time and money restoring your good name. To reduce your risk of becoming a victim, follow the tips below:

- **Don't carry your Social Security card** in your wallet or write it on your checks. Only give out your SSN when absolutely necessary.
- **Protect your PIN.** Never write a PIN on a credit/debit card or on a slip of paper kept in your wallet.
- **Watch out for "shoulder surfers".** Use your free hand to shield the keypad when using pay phones and ATMs.
- **Collect mail promptly.** Ask the post office to put your mail on hold when you are away from home for more than a day or two.
- **Pay attention to your billing cycles.** If bills or financial statements are late, contact the sender.
- **Keep your receipts.** Ask for carbons and incorrect charge slips as well. Promptly compare receipts with account statements. Watch for unauthorized transactions.
- **Tear up or shred** unwanted receipts, credit offers, account statements, expired cards, etc., to prevent dumpster divers getting your personal information.
- **Store personal information in a safe place** at home and at work. Don't leave it lying around.
- **Don't respond to unsolicited requests** for personal information in the mail, over the phone or online.
- **Install firewalls** and virus-detection software on your home computer.
- **Check your credit report** once a year. Check it more frequently if you suspect someone has gotten access to your account information.
<http://www.usa.gov/topics/money/identity-theft/prevention.shtml>

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:

Kesha Akridge
Housing Director

Misty L. Gregory
Administrator

Trudy Jones
Service Coordinator

Andrew Bullock
Maintenance Tech.

313-934-4000 ext. 1
Mon- Fri. 8:00am – 4:00pm
Closed Sat. & Sunday's

313-934-4000 ext. 3
Tues & Thurs 9:00am -5:00pm

313-670-0407 Cell#
Mon.- Fri. 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

Thanksgiving (U.S.)

Find and circle all of the words that are hidden in the grid.
The remaining 26 letters spell a popular Thanksgiving Day event.

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

ANNUAL	GRAVY	RELATIVES
AUTUMN	HARVEST	REUNION
CELEBRATION	HOLIDAY	SQUASH
CORN	LONG WEEKEND	STUFFING
CRANBERRY	MASHED	SWEET
FAMILY	POTATOES	POTATO
FEAST	MEAL	THURSDAY
FESTIVAL	NOVEMBER	TRADITION
FOOD	PARADE	TRAVEL
FOOTBALL	PILGRIMS	TURKEY
FRIENDS	PLYMOUTH	WAMPANOAG
GATHERING	PUMPKIN PIE	YAMS