



Living in Harmony



Embrace the possibilities

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

Issue: **MARCH 2017**

Featured Articles

Wellness	Pg. 2
Metro Detroit Events	Pg. 3
PVM Foundation	Pg. 4
Senior Advocate	Pg. 5
Reminder/Welcome Birthdays	Pg. 6
Service Coordinator	Pg. 7
Calendar	Pg. 8
Fun Facts	Pg. 9
Office Numbers	Pg.10
Word Puzzle	Pg. 11
Pictures	Pg. 12 -15

St. Patrick's Day is Friday, March 17th



Harmony Manor News:

The Village of Harmony Manor congratulates resident volunteer Monay Gregory who is a 11th grade honor roll student at the University Prep Science and Math high school for winning 1st place in the citywide Cheerleading competition.

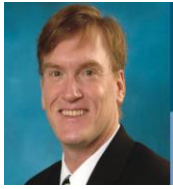
Misty L. Gregory, Administrator



- #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:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“S” stands for Sleep

In December, I introduced you to MESH. It's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal and is what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. According to Dr. Thomas, neglecting to do any one of these things can negatively impact our health. This month we will focus on the “S” (sleep).

According to Dr. Thomas, we shouldn't accept unrestful, unsatisfactory sleep as a natural consequence of aging, because it's not. Everyone needs sleep. Sleep is nature's way for us to recharge. While we sleep, our bodies repair the damage done to our cells during the day; our brains reset their connections that enhance memory and learning; and our immune systems release substances that fight disease and infection. Without quality sleep, our bodies won't adequately heal; our memories and thinking will suffer; and we will become much more likely to get sick.

According to the National Sleep Foundation (NSF), adults age 65 and older need between 7 to 9 hours of sleep per night. To help us get the sleep we need, the NSF recommends we do the following:

- Establish a regular bedtime and bedtime routine to signal our bodies it's time for sleep;
- Avoid caffeine and nicotine close to bedtime since they tend to promote wakefulness;
- Avoid alcohol close to bedtime because it tends to disrupt sleep during the latter part of the night;
- Limit daytime napping to 30 minutes or less to avoid disrupting our natural sleep-wake cycle;
- Do at least 10 minutes of aerobic exercise per day to promote higher quality sleep; and
- Create a cool, dark, comfortable sleeping environment free of distraction to make it easy to both fall and stay asleep.

For more tips and other information on sleep, visit www.sleepfoundation.org.

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

Metro Detroit Senior Activities

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
Windsor's Community Museum • 519-253-1812
Yankee Air Museum • 734-483-4030

<http://www.seniorcitizensguide.com/detroit/listings/cultural.htm>

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



Saving More Than Daylight

Your legacy can change a life.

Each spring, we go through the cycle of losing an hour. Even if it's gained back in the fall, it's just not easy to swallow an hour lost. Time. What a concept. It's an asset, a limit—but, most of all, ***it's a gift.*** The amazing thing is, with your legacy, you have the power to use that gift. You can reach through the years and touch a loved one, a stranger in need, or an entire organization. The gift you leave behind can become a roof over a senior's head, a new piece of fitness equipment, or a life-saving service.

Spring forward—and into action this March. The PVM Foundation has an all-new planned giving website to guide you. It will ask you simple questions to make time, and your gifts, work for you.

Visit mylegacy.pvmf.org for more information.

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

Warm regards,
Paul J. Miller, CFRE

A GIFT IN
YOUR WILL
*can change
the lives
of seniors.*

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller

248.281.2045
www.pvmgifts.org



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Fitness with Peace

*Fitness Classes are held
Tuesday and Thursday*

*At 11:00 am 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**



With the upcoming St. Patrick's Day holiday I have been thinking about the importance of heritage and legacy. Creating this sense of belonging in a family is one of the greatest gifts we can give to ourselves and also to our children and grandchildren. My parents were officers in their local genealogy organization for thirty years. The members called my dad "Mr. Perfect" since he had perfect audits for his entire tenure. They took great pleasure in tracing not only their own roots but also in helping many others to find theirs. The club also published several books which are utilized by libraries far and wide. Their love of genealogy rubbed off on their family and friends. We took great pride in finding that our ancestors included Daniel and Noah Webster, as well as an ancestor who lived to be 114 years of age in the 1800's! Of course, our cadre of ancestors also includes a horse thief. Every family has its issues!

Lifelong learning has long been touted as an essential part of Aging Well. And it is a very enjoyable way to spend one's time. Many Michigianians do not realize that a treasure trove of genealogy is housed right in Lansing via the Library of Michigan. Its mission is "to guarantee the people of this state and their government one perpetual institution to collect and preserve Michigan publications, conduct reference and research and support libraries statewide." If you would like to get involved in genealogy or have other research needs, check out their website at www.michigan.gov/library or call their reference desk at (517) 373-1300 from the hours of 8AM to 5PM Monday – Friday and 10AM to 4PM on Saturday. Better yet, take your children and grandchildren with you. Create a lasting legacy. Enjoy!

The smallest
act of
kindness
is worth more
than the grandest
intention.

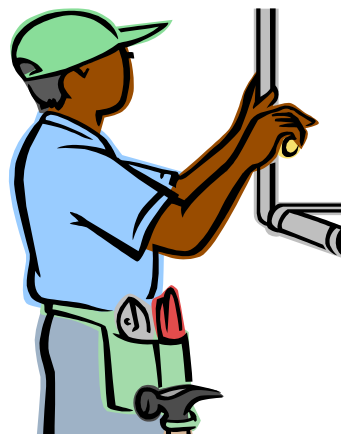
GeniusQuotes.net

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

William Scott 3/29
Issac Robinson 3/30



**Harmony Manor Board
of Directors
2017**

Board Chairperson
Lisa Watkins

Board Vice Chair
Michael Taylor

Secretary
Marjorie Ball Walker

Treasurer
Ronald Spears

Trustees
Charles Reese
Ruthenia Henderson
Rev. Dr. Lawrence Glenn, Sr.
Rev. Dr. Arthur Caldwell



From the Desk of Service Coordinator:

Harmony Manor Residents, know your rights and protections. Did you know that Medicare works hard to protect your rights? Knowing about these safeguards will go a long way to help keep you, your privacy, and your identity safe. It's National Consumer Protection Week, so this is a great time to learn about your Medicare rights.

No matter how you get your Medicare, you have rights and protections that:

- Protect you when you get health care.
- Make sure you get the health care services that the law says you can get.
- Protect you against unethical practices.
- Protect your privacy.

You can also file a complaint if you have a concern about the quality of care or other services you get from a Medicare provider. If you believe your care wasn't covered but should've been, then you can file an appeal. The Medicare Beneficiary Ombudsman can help you with your rights and protections.

Be a smart and safe health care consumer; understand your rights and protections

<https://www.irs.gov/individuals/seniors-retirees/tips-for-seniors-in-preparing-their-taxes>

David Jones
Service Coordinator at The Village of Harmony Manor
15050 Birwood Ave
Detroit, MI 48238
313-934-4000 #3
DaJones@nationalchurchresidences.org
www.nationalchurchresidences.org

March 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Daily Café 	2 Daily Café 	3 12:45 p.m. 	4 Movie Night @6pm Comm. Room
5 	6 Daily Café 	7 Daily Café 	8 Tenant Council Meeting @6pm 	9 Daily Café 	10 12:45 p.m. 	11 Movie Night @6pm Comm. Room
12 	13 Daily Café 	14 Daily Café 	15 Daily Café 	16 Daily Café 	17 12:45 p.m. St. Patrick's Day 	18 Movie Night @6pm Comm. Room
19 	20 Daily Café 	21 Daily Café 	22 Daily Café 	23 Daily Café 	24 12:45 p.m. 	25 Movie Night @6pm Comm. Room
26 	27 Daily Café 	28 Daily Café 	29 William Scott Happy Birthday! 	30 Issac Robinson Happy Birthday! 	31 12:45 p.m. 	EMERGENCY MAINTENANCE Andrew Bullock #313-670-0407**

****Thank you very much Harmony Manor Resident Volunteers for all you do!!****

Misty L. Gregory, Administrator

Quote for the month: "You can overcome whatever is going on around you if you believe in the light that lives within you." — [Justine Edward, Shine](#)

Residents wil receive a schedule of events due to they will not fit on the calendar.

Quote for the month: *Live life to the fullest, and focus on the positive* "Matt Cameron"



Misty L. Gregory, Administrator's Message



FACTS ABOUT

According to the Georgian calendar, March is the third month of the year. According to the early Roman calendar, it was the first month and was called *Martius*. The ancient Romans later made January 1 the beginning of the year, and March became the third month on the calendar. March has always had 31 days. Its name honors Mars, the Roman God of war.

The winter ends with March, and end comes Spring. Spring in the northern half of the world begins with March 19, 20, or 21. Its the day when the sun is directly over the equator. March can either fill wintry or springy, with as many blustery, windy days as there are mild, sunny days.

In the northern hemisphere, the animals end their hibernation and many plants come to life again in March. The sap flows in the trees again, and the buds begin to show up. Bears, woodchucks, and chipmunks leave their hibernating spots. People begin to start looking for the first robin, for the beginning of Spring arrival.

[St. Patrick's Day](#)

[Annie's St Patrick's Day Page](#)

- In Maryland, March 25 is set apart for a celebration of the arrival of the first [Maryland](#) colonists in 1634.
- The Jewish festival of [Purim](#) usually occurs in March. It is held on the day corresponding to the 14th day of Adar on the Hebrew calendar.

<http://www.history.com/topics/st-patricks-day>

**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

Village Staff:

Misty L. Gregory
Administrator

David Jones
Service Coordinator

Andrew Bullock
Maintenance Tech.

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



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



Weather

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an additional weather word.

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

BAROMETER	FLOOD	ICE	STORM
BLIZZARD	FLURRIES	LIGHTNING	SUNNY
CELSIUS	FOG	MIST	TEMPERATURE
CLOUDS	FORECAST	MONSOON	THERMOMETER
COLD	FREEZE	OVERCAST	THUNDER
CYCLONE	FROST	RAIN	TORNADO
DOWNPOUR	HAIL	SHOWER	TSUNAMI
DRIZZLE	HOT	SLEET	TYPHOON
DROUGHT	HUMIDITY	SNOW	VISIBILITY
FAHRENHEIT	HURRICANE	SQUALL	WINDY

<http://www.puzzles.ca/wordsearch.html>



**“Harmony Manor Residents”
Meeting with Detroit Police Department 2nd Precinct new officers
Police Officers are sharing why they decided to become an officer.**





“Harmony Manor Anna Jones turned 97 years old February 22nd”



