

Living in Harmony

Embrace the possibilities

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

Issue: JUNE, 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,

Mr. Y Hafeez - President



Emergency On-Call Number

313 607-0407

After 4:30pm

Jason Riggins

TENANT COUNCIL

Yusuf Hazeef

President

Yvonne Browder

Vice President

Delores Hill

Secretary

Douglas Bigham

Sgt. at Arms

Greeting Committee

Geraldine Perry

Rosette Peace

Annette Jones

Floor Captains

Frances Wimbush

Yvonne Browder

Lula Jackson

Jo Ann Boulter

Booster Club President

Jacqueline Woodruff

Entertainment Committee

Mary Brown

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

Let's Hear It!!!- Listening to the Classics

Listening to the Classics

The other day, while preparing for a trip to Chicago, I made a delightful discovery. Knowing that I was going to be stuck in the car for 4 hours, rather than listen to the radio, I wanted to occupy my time a little more productively. Years ago, when my kids were young, we rented an audio book for a trip to Indianapolis and despite the fact that my car's cassette player kept eating the tape, it was an experience we thoroughly enjoyed. Given today's more advanced technology,

I did a quick Google search to see what might be available from the internet and that's when I stumbled upon LibriVox.org. LibriVox has a catalogue of over 6,300 audio books all of which are in the public domain and thus copyright free. Their catalogue contains poems, short stories, dramatic readings, and classic works from Jane Austen, Robert Louis Stevenson, Langston Hughes and many other literary pioneers. And the best news of all is that they are **FREE** and can be easily downloaded to your computer, iPad, or smart phone.

I had so much fun listening to Lewis Carroll's "Alice's Adventures in Wonderland" during my trip, that now, rather than stare blankly at the TV at the end of a long day, I close my eyes and listen to classic literature. I consider it to be "nourishment" for my brain. You might want to give it a try!

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



FIRE SAFETY & YOU!!

Fire Safety

May was one of our two fire drill months for independent living. By now you should have participated in a fire drill at your Village. Why should you participate in these drills? You should participate in these drills because it just might save your life. We do drills so that in the event there is a real fire, you will know how to react. Last year, we had a fire in one of our units that completely burnt the unit down. It pays to know what to do when the alarm goes off.

During a fire drill, staff is looking for barriers to evacuating the building in a fast safe manner. Do some residents need assistance? Can all the residents hear the actual alarm ringing? Do residents know where to go when the alarm does go off? Can the building be evacuated quickly? Can we improve the time? Each time a drill is completed; staff de-briefs and looks for ways to improve.

If you cannot hear your fire alarm or do not know what to do in the event the alarm goes off, please contact your administrator. We can help. Please do your part and make yourself available to participate on the day of the drill.

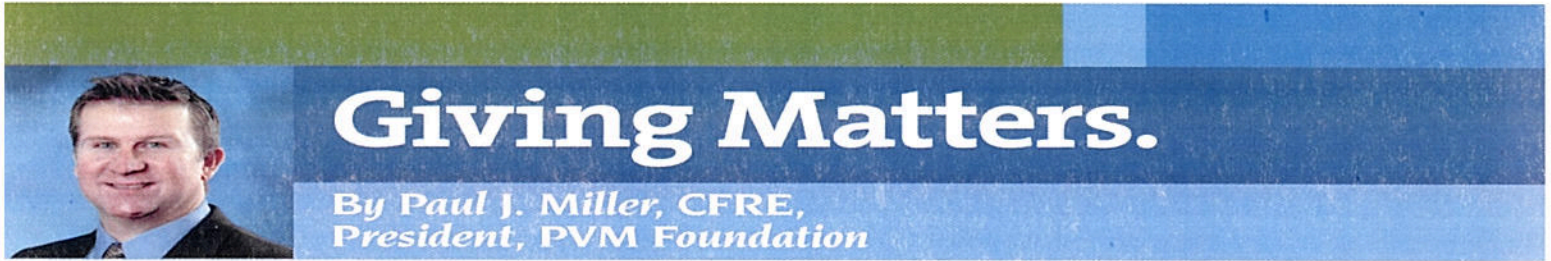
Remember, all our campuses are non-smoking. The fire last year was caused by a cigarette burning on a couch. Bar-b-que grills are not allowed on balconies or patios that are near the building. Never use an open flame, such as a candle in your apartment. Use a timer to remind you that you have placed something on the stove. All these tips, plus participating in fire drills, will go a long way to keep you and fellow residents safe.

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**



***Inspire Possibilities* Breakfast Raises Over \$117,000**

The PVM Foundation's third annual *Inspire Possibilities* fundraising breakfast event on April 26th was a success, raising over \$117,000! In its two previous years, this event has netted more than \$237,000 for many innovative, life-enhancing programs and services for Michigan seniors. Nearly 300 guests attended the complimentary, one-hour event held at the **Centerpoint Marriott** in Pontiac.

The event featured three inspirational testimonials from residents and a family member of a resident, who shared how their lives were impacted by the possibilities PVM provides:

- **Motoko Huthwaite**, a resident at The Village of Westland. For health reasons, Mrs. Huthwaite was unable to attend, so her story was shared by Ellen Byrne, executive director at The Village of Westland.
- **Reva Wujcik**, a Board Member and family member of a resident at The Village of Redford, and
- **Janet DeVold**, a resident at The Village of Oakland Woods.

We deeply appreciate and thank all the new Peterson Mission Maker members (\$1,000 or greater pledge over two or more years) for their long-term commitment to PVM seniors, as well as the donors and Table Captains who helped make the third annual *Inspire Possibilities* breakfast such a success. Thank you for making a difference in the lives of Michigan seniors!

If you are interested in learning more about this event or about becoming a Peterson Mission Maker Society member, please contact me at 248.281.2040 or pmiller@pvm.org.

Warm regards,
Paul J. Miller, CFRE



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

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



The Senior Advocate

*Recently I made a small purchase
at a deli of a grocery store.
In order to assist me the
employee had to interrupt another
large scale job she was doing.
I said to her that I was sorry she had to
interrupt her task for such a small purchase.
Without missing a beat she smiled and replied:
"You are not an interruption.
You are our customer.
We are here because of you."
This store now has a customer for
life on me thanks to her!*

*This is the core philosophy of
all that we do here at PVM; and our
Service Excellence training along
with our strategic planning
support that philosophy.
We exist to serve you and appreciate
your business. Thanks for entrusting
your quality of life with us!*

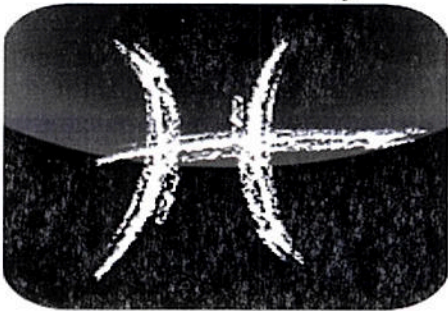
SERVICE COORDINATORS MESSAGE :

Trudy Jones 313.934.4000 ext. 3

Today there are choices to stay in your home or a community setting, but you or a family member may need assistance in doing so. The program run by Michigan Medicaid is the Mi Choice Waiver Program. It began in 1992 as the Home and Community Based Services for the Elderly and Disabled(HCBS/ED) waiver program. We now know it as the Mi Choice Waiver Program, or simply "the waiver program". Through this program, eligible adults who meet income and asset criteria can receive Medicaid-covered services like those provided by nursing homes, but can stay in their own home or another residential setting. Each participant can receive the basic services Michigan Medicaid covers, and one or more of the following services unique to the waiver are: * Homemaker services * Respite services * Adult Day care* Environmental modifications * Transportation* Medical Supplies and Equipment not covered under the Medicaid State Plan * Chore services* Personal emergency response systems * Private duty nursing * Counseling * Home delivered meals * Training in a variety of independent living skills * Personal care supervision Contact your service coordinator, Trudy Jones, to assist you with applying for the Mi Choice Waiver Program.

Happy Birthday Wishes!

Harmony Birthday's



Gwendolyn Lott #219June 1, 2013

Yvonne Browder #214June 04, 2013

Marshall Spencer #224June 09, 2013

Annette Jones # 201 June 13, 2013

June Brice # 207June 30. 2013

Harmony Manor Board of Directors 2013

**Charles Reese
Board Chairman**

**Lisa Watkins
Board Vice Chair**

**Marjorie Walker
Secretary**

**Dr. Robertson
Treasurer**

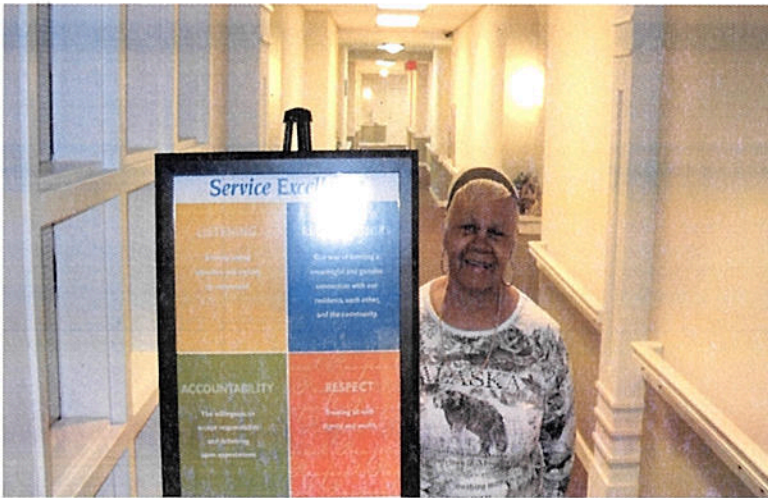
**Trustees
Ronald Spears**

Ruthenia Henderson

Dr. Lawrence Glenn, Sr.

Dr. Arthur Caldwell

RESIDENT SPOTLIGHT



Dolores Hill # 220

A true Harmony Supported...

Mrs. Hill jumped in with both feet for this years challenge she was not only our largest doner for the Friends & Family 2013 Health Bash, but she also Joined in the fitness portion for the steppers Mind, Body & Spirit challenge Mrs. Hill walked a total of 25,870 steps in a 30-day period.

Way to go!!!!

We appreciate so very much all the support Mrs. Hills offers to the village and her undying commitment to all the social activities she participates in.

Here at Harmony Manor we promote a lifestyle of wellness and staying active to the fullest extent possible within all areas of life.

Harmony Manor is committed to providing a holistic evidence based approach to wellness that includes Mind, Body & Spirit

Booster News

**Happy Father's Day
Sunday June 16, 2013**



Please join me at the next Bethune Block Club meeting held on the last Thursday of every month at the Adams Butzel Center on Lyndon.

Please note Mr. Curtis Booker Will continue the day and night street patrolling covering the areas of Fenkell, Birwood, Wymoing & Lyndon. If you are able to assist him, please see me for more information.

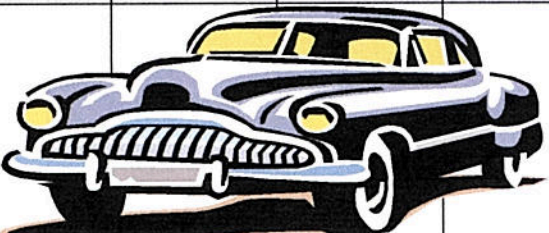








Harmony Manor residents are a part of the block a part of the community.

To be a part, you must do your part.

*Jacqueline Woodruff
Booster Club President
#101*

June

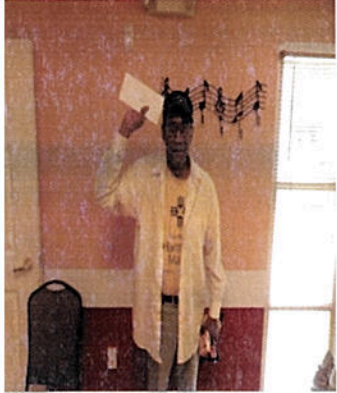
2013

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|---|---|--|
|  | | | | | | <p>① Challenge Award Winners 12:00pm <i>Happy B-Day</i> Gwen Lott #219</p> |
| <p>2 Hope Presbyterian Church Service Fellowship 10:00am Myers & Fenkell</p> | <p>③ <i>Shopping Trip Van leaves at 10:00am</i> Wellness with Peace at 12:00pm</p> | <p>4 <i>Happy B-Day</i> Yvonne Browder #214</p> | <p>5 Wellness with Peace class starts at 12:00pm</p> | <p>6 </p> | <p>7 Wellness with Peace class starts at 12:00pm <i>Foot Doc ON SITE</i></p> | <p>8 To Make your hair appointment call Ms. Jackie 313.320.0301</p> |
| <p>9 <i>Happy B-Day</i> Marshall Spencer #224</p> | <p>10 Wellness with Peace class starts at 12:00pm</p> | <p>11 PVM Southfield Meeting 12:00-5:00pm Office Closed <i>Booster Club Meeting 6:00pm</i></p> | <p>⑫ <i>Tenant Council Meeting 6:00pm</i></p> | <p>13 <i>Happy B-Day</i> Annette Jones #201</p> | <p>14 </p> | <p>15</p> |
| <p>⑩⑥ <i>Happy Father's Day!</i></p> | <p>⑪⑦  Wellness with Peace class starts at 12:00pm <i>DPS Last Day of School</i></p> | <p>18 <i>Jason/Lawanda Anniversary</i> </p> | <p>19 Wellness with Peace class starts at 12:00pm</p> | <p>⑫⑦ Detroit City Council Luncheon 12:00pm District 7</p> | <p>21 First Day of Summer PVM Village Victory Cup Pontiac, MI 9:00am</p> | <p>⑫② Wayne County SENIOR FEST 11:00am - 2:00pm Hines Park</p> |
| <p>23 Hope Presbyterian Church Service Fellowship 10:00am Myers & Fenkell</p> | <p>⑫④ <i>Office Closed this week-vacation</i> Emergencies call Jason 670.0407</p> | <p>⑫⑤ </p> | <p>⑫⑥ Wellness with Peace class starts at 12:00pm</p> | <p>⑫⑦ Bathuem Coucil Meeting 6:00pm Butzel Center on Lyndon Neighborhood Watch</p> | <p>⑫⑧ FOCUS HOPE 10:00pm LUNCHEON B.Napoleon 4-Mayor 12pm</p> | <p>29  <i>Love-Thy-Neighbor Day</i></p> |
| <p>30 <i>Happy B-Day</i> June Brice # 207</p> |  | | | | <i>Happy Father's Day!</i> | |
| | | | | | <p></p> | <p>Be Happy Be Healthy Start your own wellness challenge make a committment to a better you! mind, body & spirit...</p> |

The Village of Harmony Manor

ADMINISTRATORS COLUMN- Linda Wilcox

The Results are in... Harmony Manor Fitness at its best!



Douglas Bigam
First Prize Winner
Body Fitness Winner



Janice Bizzle
Second Place
Spirit Winner



Isaac Robinson
Third Place
Mind Winner!

Harmony has successfully completed its 2nd. Annual Fitness Challenge” Mind, Body & Spirit Challenge” The residents were challenge to complete a fitness challenge and Mr. Bigam joined 11 other resident to compete with the most steps taken over a 30 day period. Mr. Bigam won with over 56,550. steps (wow), Ms. Bizzle took on the spirit challenge and used her Harmony spirit to hand stitch a Harmony Black & Gold blanket & pillow. Mr. Robinson took on all our bakers in the mind challenge; he created a home made dish using only healthy ingredients. His broccoli bread was huge hit with the judges.



The Harmony Manor board teams up to celebrate the mind, body & spirit award ceremony. Board members present Chuck Reese-Board chair, Lisa Watkins-Vice chair, Ronald Spears-trustee. Also a special thanks to our honorary judges AKA Sorority, Zeta Phi Beta Sorority and the Kappa Aphi Psi, what a wonderful way to spend a Saturday afternoon.

2013 Friends & Family Success

May 1, 2013 - May 31, 2013 We Raised: **\$1,287.00**

FRIENDS & FAMILY

Thank you to our donors

Renee Smith
Andrew Bullock
Christine Browder
Yvonne Browder
Dolores Hill
Mary Burt
Mary Brown
Willie Nelson

Jacqueline Smith
Geraldine Perry
PVM Corporate Staff, CFO

Harmony Manor Board of Directors 100% participation
Presbyterian Villages of Michigan Foundation matching funds

Zeta Phi Beta Sorority, Inc
Upsilon Psi Chapter
Alpha Phi Alpha
Gamma Lambda Chapter
Kappa Alpha Psi Fraternity, Inc.
Detroit Chapter
Alpha Kappa Alpha Sorority, Inc.
Lambda Pi Omega

- We can't do what we do-without donors like you!

THANK YOU!

The Village of Harmony Manor
celebrated

"Older American's Month"

On May 28, 2013

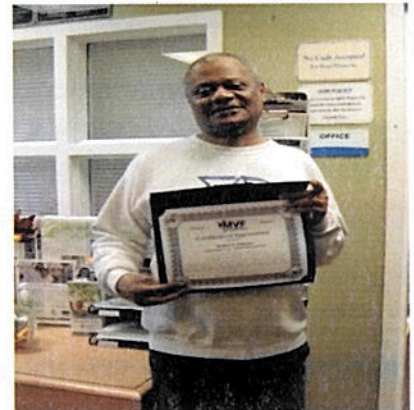
With a

"Getting to Know You"
Brunch

Met and honor our VETS, Board
members, staff and
share in
storytelling

**Thank you for all your
Years of Service!**

Mr. Robert Johnson



Robert Johnson
Resident 12/5/2005

Interested In Advertising In The Harmony Life Life?

The Village of Harmony Manor :

Banner Supermarket "AD" Coming Soon!!!



For ad placement click or call

We are located at: 15050 Birwood St. (Northwest) Detroit
Contact the Property Administrator Linda Wilcox 313.934.4000 Or
email lwilcox@pvm.org

**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
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 Managed by Presbyterian Villages of Michigan

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