

Living in Harmony

Embrace the possibilities

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

Issue: AUGUST, 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 meeting 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

Ambulation Aids

It's no secret that as we age, walking can sometimes become more difficult. This can be for a variety of reasons. Whether it is a medical condition or age, it is important for most of us to remain independent as long as possible. If after trying exercise or physical therapy and you find that you need to use an ambulation aid to stay safe, then that is the way to go. There is no shame in needing some assistance. It is certainly better than falling.

There are a number of ambulation aids that are available for your consideration. Keep in mind that these aids do not solve the underlining problem, just offer more support and mobility. A good first step is to speak with your doctor and or physical therapist to see which type of aid is the best for your needs. You should work together to select the most appropriate aid and to ensure that the device is properly fitted to you. Proper fit and assessment, along with education on how to use the device, are keys to making sure the ambulatory aid actually helps.

Some items to consider before purchasing:

- **Weight Load:** Different devices can hold different size people; be sure yours can hold your weight.
- **Design of the device:** Does it fit your lifestyle?
- **Are adjustments offered as you change over time?**
- **Are the handgrips comfortable and contoured?**
- **Is it easy to use?**

Once you have your device, work with it until you are familiar how to use it safely. Soon you will be ready to get out there and walk with a smile on your face. Happy walking and stay safe!

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

The “Non-Nutrient” Nutrient

Here’s a riddle: It can’t be digested, yet it’s an important part of a healthy diet. Here are a few hints:

- It comes in two varieties: soluble and insoluble.
- It helps prevent constipation, regulates bowel activity, and promotes digestive health.
- It helps control cholesterol and blood sugar levels and reduces the risk of heart disease, stroke, and type 2 diabetes.
- Women over age 50 need 21 grams daily; men over age 50 need 30 grams daily.
- It’s found only in plants.

If you haven’t yet guessed it, the answer is fiber.

Good sources include fruits, vegetables, whole grains, seeds, nuts, and legumes. Fortunately, you don’t have to eat them raw to get the benefit. Because how you prepare them won’t reduce their fiber content, let your imagination be your guide. Make an easy-to-swallow fruit smoothie by blending your favorite frozen fruit with some low-fat yogurt and skim milk. Make vegetables easier to chew by steaming them. You can also sauté them then puree them into a sauce that you can serve over whole wheat pasta. The possibilities are endless.

Remember, however, suddenly adding fiber to your diet can cause abdominal distress, so it’s best to add it gradually. Because fiber absorbs water, it is also important to drink up to 8 cups per day. And, because fiber can interact with certain medications, talk to your doctor before you change your diet. By taking these precautions, you will be able to safely enjoy the benefits of a diet rich in fiber.

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

Leave Your Legacy: Support the PVM Mission During Your Lifetime and Beyond

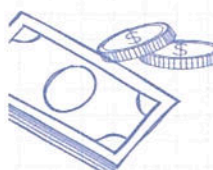
Did you know that there are other ways you can support your PVM Village besides writing a check? You have the power to leave a legacy for future residents through a planned gift to the PVM Foundation, like Andy Lonyo did. Andy, a resident at The Village of East Harbor, passed away in May and we were blessed to be the recipient of his planned gift that will support the chapel at East Harbor.

You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a big difference. There are many planned giving options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

- **Gifts that pay you income, like a Charitable Gift Annuity** – an agreement between a donor and PVM where the donor makes a gift to PVM and, in exchange, receives fixed payments for life, as high as a 9% rate of return depending on the donor's age.
- **Gifts that benefit us after your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM. Sample text: *"I give Presbyterian Villages of Michigan Foundation, (____ percent of the residue of my estate) or (the sum of \$____), to be used by Presbyterian Villages of Michigan Foundation, wherever the need is greatest."*
- **Gifts you make today, like an IRA Charitable Rollover** – under the extended IRA legislation for 2013, donors age 70½ or better are eligible to make charitable gifts of up to \$100,000 from their IRAs directly to PVM without paying income taxes on the gift.

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

We are truly grateful for donors like Andy Lonyo, whose legacy is a testament to who he was and he will continue to make a lasting impact on future residents.




Do the math!

Secure a fixed rate annuity to generate income for life!

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

IMPROVE YOUR CASH FLOW!

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



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

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.

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 -AUGUST EDITION

ATTITUDE MAKES THE DAY!

Not long ago I wrote about an excellent customer service interaction I experienced. Recently I experienced the exact opposite. This experience was so negative in such a shocking manner that I was left speechless, which is a rare occurrence for me!

On this occasion I approached a front desk of an organization. In a friendly manner I asked the person behind the desk how she was that day. She replied: "I am great. This is my favorite part of the day since I am almost ready to leave for the day." That is not the first impression that any organization should find acceptable. And it is not what any of us would like when visiting an organization.

And I'll bet the sender of this communication would not like to have this happen when she goes to the grocery store or the bank.

What she may not realize is that she is creating a negative experience for herself as much as for anyone else.

Attitude plays a very large role in our lives. If we have a great attitude we are more likely to attract positive experiences. At the very least a positive attitude will help us cope with what comes our way. This is magnified when it comes to the aging process. For some folks any little thing can bring them down and ruin their day. For others with many challenges, they seem to rise above it all and appreciate all that is good.

Another person whom I met recently is the perfect example of positive attitude. She was so ill that she could barely get out of bed and was worried about her future and quality of life. She decided she had better do something about this. So she found out about the Center for Senior Independence (CSI) at our Rivertown location in Detroit. This program helps her deal with all aspects of her health and daily living. Some months later she is still living independently in her apartment and riding the bus to the center. She is much more mobile and feeling great. When I saw her she was all decked out in her finest with jewelry and makeup adding to her glowing persona. She is even the deejay for events at CSI. Here is a woman who could have given up on life. Yet her attitude turned her life around in a very positive way. Let's all keep this lovely lady in mind when something seems challenging.

Attitude makes the day!

SERVICE COORDINATORS MESSAGE :

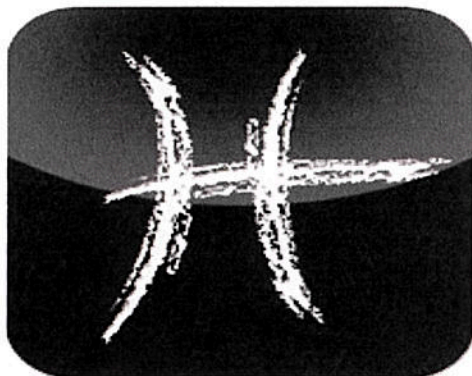
Trudy Jones 313.934.4000 ext. 3

. Heat Warning!!!!

The Michigan Department of Community Health(MDCH) urges resident to protect themselves against the extreme heat forecast. This is particularly important for older adults, infants and children, people with certain medical conditions, those who work in hot environment and athletes. Any time temperatures reach the high 80s, and above, they can cause body temperature to rise. This can result in muscle cramps, dizziness, severe heat illness, and even death. During the extreme **heat that** we're expecting this week, it's very important to take some key steps, "said Dr. Matthew Davis, Chief Medical Executive at the MDCH. For ourselves, it's important to stay well hydrated, limit exposure to heat, and be vigilant for signs of heat-related illness. In addition, we should look out for our neighbors during these especially hot days, to see if we can help them stay safe from the heat," said Dr. Davis.

Tips to Avoid Heat Illness: *Use air conditioning or spend time in air-conditioned locations, when possible.*Take a cool bath, shower or swim. * Limit time outdoors as much as possible, but take frequent breaks if you must be outside.*Stay hydrated-drink water or nonalcoholic fluids: try to avoid fluids with caffeine, because they can dehydrate you.*Wear loose fitting, light-colored clothes. Never leave children, the elderly, or pet unattended in a vehicle. Heat stroke is the most severe stage of heat-related illness. A heat stroke, also call sunstroke, can be deadly. Symptoms include vomiting, decreased alertness level or complete loss of consciousness, high body temperature (sometimes as high as 105 degrees) or red, hot and dry skin with a rapid, weak pulse. Call 911 for immediate medical help and try to cool the person down. If possible put them in a tub of cool water or shower them with a garden hose.

Happy Birthday Wishes!



Happy 8th. Birthday to The Village of Harmony Manor

*August 18, 2005 - August 18, 2013
"8"*

*Join Your Harmony Manor Board for a
Meet & Eat Birthday Bingo Bash!!
August 17, 2013
Saturday
12:00pm- 2:00pm*

Harmony Manor Board of Directors 2013

Charles Reese
Board Chairperson

Lisa Watkins
Board Vice Chair

Marjorie Walker
Secretary

Dr. David Robertson
Treasurer

Trustees

Ronald Spears
Rev. Mary Austin
Ruthenia Henderson
Dr. Lawrence Glenn, Sr.
Dr. Arthur Caldwell

DETROIT EASTERN MARKET Tuesdays

Welcome Back Tuesday!

Every Tuesday through October 29

9 am - 3 pm

Shed 2  

Eastern Market is proud to announce the launch of the third season of Detroit Eastern Market Tuesdays. The market will begin this Tuesday, July 9 running from 9am - 3pm.

The weekday market provides an additional opportunity to access fresh and healthy food in the City of Detroit. With a diverse selection of vendors the weekday market offers a great "taste" of the Saturday market experience that Detroiters have enjoyed for over 120 years in a relaxed and accessible atmosphere.

DETROIT EASTERN MARKET Tuesdays

Tuesday Only Vendors: These vendors include:

- [Beau Bien Fine Foods](#)
- [The Detroit Food Academy](#)
- [Food Field](#)
- [Green Zebra Truck](#)
- Irene's Famous Sweet Shoppe
- [JP's Salgados](#)
- [Mumby's Pie Company](#)
- [Olejnik Farms & Greenhouse](#)
- Rudich Farms
- [Treat Dreams](#)

EVENTS GALORE!!!



Continuing with the tradition of the past two years the Tuesday Market is jam packed with events. We use Shed 3 as our "classroom" for events for the young and young at heart. Come join us for the following






FREE Activities:

- **Early Bird Yoga with Stephanie - 8 am**
 - Come stretch and welcome the morning before the market starts! Bring your own mat.
- **Kidney Foundation of MI PE-Nut - 9am-3 pm**
 - Nutrition and physical education for the younger crowd. Bring your little ones to this drop in demo for dancing, snacking, and games!
- **Sierra Club - 11 am-2 pm**
 - Join the Great Lakes Sierra Club as they distribute information about rain barrel construction. Plus enter your name to win a ready made rain barrel to help conserve water at home!
 - **Lunchtime Yoga with Joy - 12 pm**
 - Take some time in your day to breathe (then grab a snack)! Bring your own mat.
- **Zumba with Pat - 1 pm**
 - Get ready to sweat with this upbeat work out.
- **All-ability Aerobics with CoventryCares - 2 pm**
 - A great low-impact workout for sneakers of all ages.
- **MSU Extension - All Day**
 - Have questions about nutrition and veggie preservation? Need help from a master gardener? Stop by Shed 2 and chat with our friends from MSU.

The Village of Harmony Manor

"No one is useless in this world, who lightens the burdens of another"

Charles Dickens

◀ July		~ August 2013 ~					September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	HAPPY BIRTHDAY	HARMONY		1 Shopping Trip Van leaves at 10:00am	2 Shopping trip Van leaves at 10:00am	3 A body in motion, tends to stay in motion Have a walk today!	
4 Hope Presbyterian Church Service/Fellowship 11:00am	5 Fitness Class 1st. Flr. 12:00pm	6 Primary Election	7 Fitness with Peace 12:00pm Wellness Center	8 New Meyer's Trip 8 & Woodward Van leaves at 10:00am	9 Foot Doctor on site ----- Entertainment Committee meeting 6:00pm	10 	
11 Little Jason's Birthday #107 10 years old	12 Fitness with Peace 12:00pm Wellness Center	13 Booster Club Meeting 6:00pm	14 Tenant Council Meeting 6:00pm	15 	16 Fitness with Peace 12:00pm Wellness Center	17 Board Sponsored Birthday Bingo Bash 12:00pm- 2:00pm	
18 Happy Birthday Harmony Manor 8 years old	19 Fitness with Peace 12:00pm Wellness Center	20 	21 Wayne County Senior & Youth Day Belle Isle Casino 10:00am- 2:00pm Picnic Lunch	22 Benny Napoleon Luncheon 12:00pm Community room	23 Focus Hope Pick-Up 12:00pm	24 Council Hawaiian Luau 3:00pm- 10:00pm	
25 Hope Presbyterian Church Service/Fellowship 11:00am	26 Annual Unit Inspections Scheduled for all Units this week 8/26/13 - 8/30/13	27 	28 Fitness with Peace 12:00pm Wellness Center	29 	30 Fitness with Peace 12:00pm Wellness Center	31 Maintenance Emergencies Only after 4:30pm call 313.670.0407	

Presbyterian Villages of Michigan:

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

Vision Statement: To be the leader in senior living and to enhance the community we serve.

Booster Club:

VOTING IN THE “D”

Did you know you can vote early before the August 6, 2013 Primary Election at Wayne County Community College

*Northwest Campus
8200 W. Outer Drive
Detroit, MI 48219
313.943.4000*

TDD: 313.943.4073

Betw.

Grand River & John C. Lodge Fwy.

I will be available to assist anyone to the poles if necessary.

In addition to the mayor on the ballot, voting for a new city clerk is also on the ballot. Running against Jennifer Wrenfry is Deanna Wilcox, the Current city clerk has not distributed any voting material as of yet.

*Jacqueline Woodruff
Booster Club President #101*

The booster club is designed to bring forth information that is helpful and useful to all seniors.



Council News

*Voting in a Harmony Manor- August is the time to vote in a new council. The seats that are open are
President
Vice President
Secretary
Treasurer
Sergeant At Arms*

At the August Council meeting 8/14/2013 all interested parties should bring their names to the current council and then to the residents so the official campaigning can begin. New positions are effective: 9/1/13



**Welcome Home
Mr. Alex Rutledge
#209**

*Respectfully Yours,
President
Mr. Hafeez # 104*

Bring your ideas to the table!



Overcoming Negativity in your Community

We've all faced negative attitudes in our day to day lives. Maybe it seems to be the standard mode for some people. Whatever the experience. I'm sure you will agree, that negative environment doesn't help anyone.

Being able to recognize a very unhappy, negative person when you see it is half the battle. Negative people saps our energy and passion and takes our focus away from what really matters the friendships, love ones and valuable time in our lives.

Don't be a carrier of negativity, being a carrier is like having a contagious virus that continues to grow and if you don't recognize the symptoms it can easily be passed on to someone else.

Are you the carrier? Carriers sympathize with the instigators of negativity they gather their audience encourage participation and look to others to feed into the gossip and bully others to agree with their discord, degrade and become aggressive in their language towards others.

Just because someone is being negative, it doesn't mean it has to impact you. You always have a choice of how the attitudes of others will impact you. You can always be a duck! We know water runs off a duck's back- even when there is water all around them. They have been equipped with the ability to feel the rain without getting wet. I deal with negative mean-spirited and hate filled people, like rain off a duck's back; I choose to be a duck.



"Life is like photography- you need the negatives to develop"

It is the policy of PVM to comply with HUD/MSHDA 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.



Interested In Advertising In The Harmony Life



Banner Supermarket "AD" Coming Soon!!!



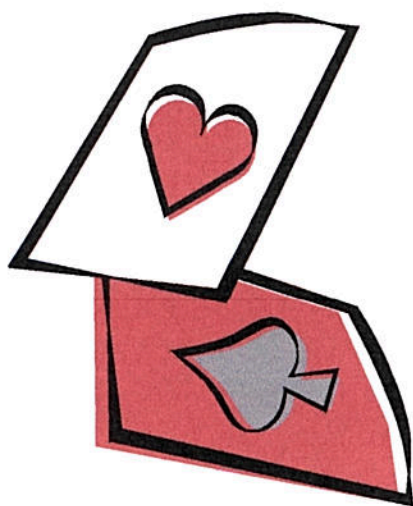
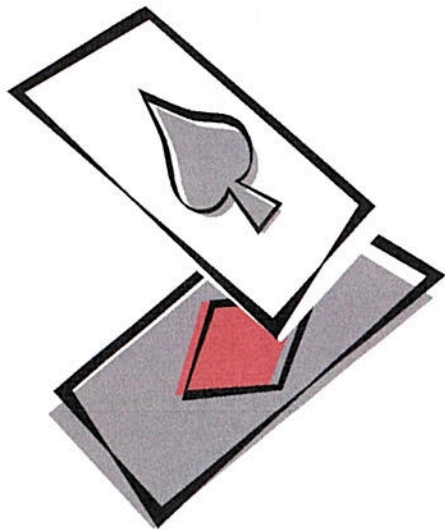
For ad placement click or call

We are located at: 15050 Birwood St. (Northwest) Detroit, MI 48238

Contact the Property Administrator Linda Wilcox 313.934.4000

Embrace the possibilities

*Join us
Harmony Manor's
Board
Presents
Bingo Birthday Bash*

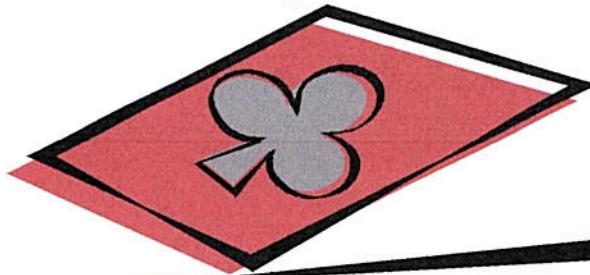


Date: *August 17, 13*
Saturday

Time: *12:00pm til*
2:00pm

Place: *1st. Floor*
Harmony Manor
Community Room

Happy Birthday
Harmony Manor "8"



1

IN THE NURSERY?

Nursery school gives prekindergarten children of at least three years of age a head start in developing their intellectual, physical, and social skills with programs that emphasize learning through play.

ACTIVITIES	FOOD	REGISTER
AGES	FRIENDS	ROOM
ARTS	GAMES	SCHEDULE
CARE	GROUP	SKILLS
CENTER	GUIDANCE	SNACK
CHILDREN	LEARN	SONGS
COMMUNITY	MEAL	STAFF
DAILY	NAP	SUPERVISION
EDUCATION	PLAY	TEACHER
ENROLL	PROGRAM	TOYS

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

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

Embrace the possibilities

