

Living in Harmony

Embrace the possibilities

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

Issue: **March 2015**

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Harmony Manor News:

On January 28, 2015 the Village of Harmony Manor was presented a check for \$500 from the Orchestra Place Branch First Merit Bank. The money will be used to assist with upcoming projects in the building decided by the residents. Special Thanks to Lisa Watkins the Vice Board Chair at Harmony Manor for informing VHM management of this opportunity.



Every year on March 17, the Irish and the Irish-at-heart across the globe observe St. Patrick's Day. What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, special foods and a whole lot of green

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



Look for PVM on:



Harmony Manor pictures of an Event held at the Grand Opening of First Merit Bank in Midtown Detroit. Misty L. Gregory (Administrator), Arthur Caldwell (Board Chair), Lisa Watkins (Board Vice Chair)



Announcements



Coming soon

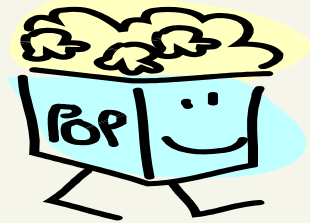
Every Monday

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

This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program



The Importance of Healthy Snacking

Snacking is our “go-to” for many situations. If we’re bored, tired, hungry, or otherwise, we can be tempted to grab a bag of chips or a couple cookies and munch away. Because of the types of foods we tend to eat when we snack, snacking has been given a bad name. Believe it or not, however, snacking can actually be quite good for you. When we eat healthy foods between meals, it can help increase our energy level, fight weight gain, and boost mood.

When you find yourself hankering for a snack, try something on the healthy side. Snack foods to focus on are ones high in fiber and rich in antioxidants. Foods such as whole wheat crackers, granola bars, and cereal are great sources of fiber that are also filling. Nuts are great sources of protein and healthy fats, and can help give you energy when you start feeling tired. Fruits such as grapes, cherries, and blueberries are easy to grab when you’re on the go and offer an array of healthy nutrients.

Healthy snacks are also a great thing to share with friends. The next time you’re in the mood for a between meals snack, invite your neighbors over for some delicious, healthy foods. Not only will you enjoy the food, I’m sure you’ll enjoy the company too.

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



Friends & Family: Coming to Your Village in April!

The annual **Friends & Family Appeal** will be coming to your Village in the month of April! This fundraising campaign is an opportunity for PVM residents to raise funds for projects and programs to enhance and enrich their lives. The 2015 goal is to raise \$136,000 cumulatively across all participating PVM Villages.

Help your Village reach its individual project goal and make a gift during Friends & Family (F&F) from April 1st-30th! Every gift this year is eligible to be matched since the match will be awarded at the end of the appeal and will no longer be first-come, first-matched. The match will be based on the percentage each Village raises toward the cumulative F&F goal. So, the more funds your Village raises, the more matching dollars you'll receive! *Example: If your Village raises 10% of the cumulative F&F amount raised, then your Village will receive 10% of the matching funds available.*

To learn more about your Village's individual fundraising goal and project, attend your Village Kick-Off Party or look for flyers and posters. Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, ***every gift matters!***

To Make a Gift:

- See the front desk or your Administrator for a donation envelope
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040 or pvmfoundation@pvm.org. Best of luck to ALL the Villages for a successful Friends & Family Appeal!

Warm regards,
Paul J. Miller, CFRE

Your Life. Your Legacy.

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...
and leave a legacy.**

 **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

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



Thank you First Merit Bank!



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

GLEN CAMPBELL A ROLE MODEL FOR US ALL

Recently PVM co-hosted a showing of Glen Campbell's new movie, "I'll Be Me" which chronicles his challenging journey of living with Alzheimer's disease. Although his condition saddens us, the movie was uplifting in many ways since his family and colleagues provide an environment of dignity and respect for him. He has also dealt with the situation with grace, humor and an amazing spirit. Glen also received a Grammy Award recently and will help to draw attention to Alzheimer's and the need to direct resources and focus on its cure.

At the movie showing in Ann Arbor at The Michigan Theater, the Alzheimer's Association provided information as to the signs for early detection. They are: 1. Memory loss that disrupts daily life. 2. Challenges in planning or solving problems. 3. Difficulty completing familiar tasks. 4. Confusion with time or place. 5. Trouble understanding visual images and spatial relationships. 6. New problems with words in speaking or writing. 7. Misplacing things and losing the ability to retrace steps. 8. Decreased or poor judgment. 9. Withdrawal from work or social activities. 10. Changes in mood and personality.

If you or someone you know experience any of these warning signs, please see a doctor. For more information call (800) 272-3900 or visit alz.org/10signs.

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



Welcome New Resident
Emmarine Kidd

Happy Birthday Wishes
William Scott 3/29
Issac Robinson 3/30



**Harmony Manor Board
of Directors
2015**

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.



From the Desk of Service Coordinator:

Service Coordinator would like to inform you that a Resident Satisfaction Survey forms will be coming soon. I'm asking all Harmony Manor Residents who utilizes the services of the Service Coordinator to complete the Survey forms. There will be a box placed in the Community Room to place your completed Survey forms. After completing the survey forms please place in the box marked Survey Box, that will be located in the Community room.. All forms will be due by 4-1-2015. Your participation would be greatly appreciated.

Trudy Jones

Luella Hannan Memorial Foundation
Service Coordinator
Harmony Manor
15050 Birwood St.
Detroit, MI 48234
313-934-4000, Ext 3
www.hannan.org
Tuesday & Thursday (9:00 am-5:00 pm)

~ March 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Light of Life Church Service 10:00 am</p> 	<p>2 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>3 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>4 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>5 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>6 Walmart Shuttle leaves at 12:45 p.m.</p> 	
<p>8 Light of Life Church Service 10:00 am</p> 	<p>9 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>10 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>11 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>12 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>13 Walmart Shuttle leaves at 12:45 p.m.</p> 	
<p>15 Light of Life Church Service 10:00 am</p> 	<p>16 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>17 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. St. Patrick's Day</p> 	<p>18 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>19 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>20 Walmart Shuttle leaves at 12:45 p.m. Spring Begins</p> 	
<p>22 Light of Life Church Service 10:00 am</p> 	<p>23 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>24 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>25 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>26 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>27 Walmart Shuttle leaves at 12:45 p.m.</p> 	
<p>29 Light of Life Church Service 10:00 am</p>  <p>Palm Sunday</p> <p>Happy Birthday! William Scott</p> 	<p>30 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p>  <p>Happy Birthday! Issac Robinson</p> 	<p>31 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>Note: Please call the office for all maintenance work orders 313.934.4000, after 4:30pm Only Emergency calls go to 313.670.0407</p>			



Misty L. Gregory, Administrator's Message

Fun Facts About St. Patrick's Day

1. WE SHOULD REALLY WEAR BLUE

Saint Patrick himself would have to deal with pinching on his feast day. His color was "Saint Patrick's blue," a light shade. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.

2. SAINT PATRICK WAS BRITISH

Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales in the late fourth century.

3. SO DO NEW YORKERS

New York City's Saint Patrick's Day Parade is one of the world's largest parades. Since 1762, 250,000 marchers have traipsed up Fifth Avenue on foot – the parade still doesn't allow floats, cars, or other modern trappings.

4. CHICAGO FEELS LUCKY, TOO

New York may have more manpower, but Chicago has a spectacle all its own. The city has been celebrating Saint Patrick by dumping green dye into the Chicago River since 1962. It takes 40 tons of dye to get the river to a suitably festive shade!

5. IT USED TO BE A DRY HOLIDAY

For most of the 20th century, Saint Patrick's Day was considered a strictly religious holiday in Ireland, which meant that the nation's pubs were closed for business on March 17. (The one exception went to beer vendors at the big national dog show, which was always held on Saint Patrick's Day.) In 1970, the day was converted to a national holiday, and the stout resumed flowing.

6. THERE'S NO CORN IN THAT BEEF

Corned beef and cabbage, a traditional Saint Patrick's Day staple, doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure meats, which were also

<http://mentalfloss.com/article/55599/15-delightful-facts-about-saint-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

Staff at Your Service:

Kesha Akridge
Director of Housing

Misty L. Gregory
Administrator

Trudy Jones
Service Coordinator

Andrew Bullock
Maintenance Tech.

PHONE: (313) 934-4000
FAX: (313) 934-4017



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>