

# Living in Harmony

## Embrace the possibilities

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



### TENANT COUNCIL

**President**

**Robert Johnson**

**Vice President**

**Mary Burt**

**Secretary**

**Delores Hill**

**Sgt. at Arms**

**Douglas Bigham**

### Greeting Committee

*Geraldine Perry*

*Rosette Peace*

*Annette Jones*

### Floor Captains

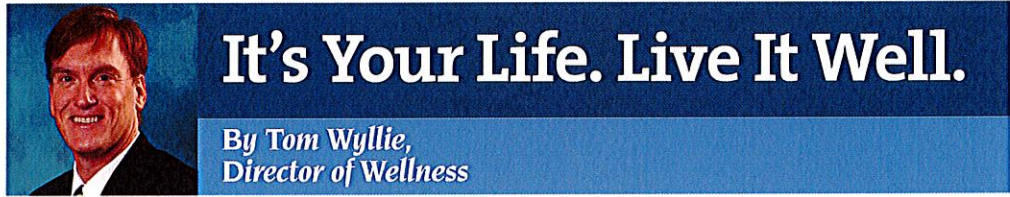
*Frances Wimbush*

*Yvonne Browder*

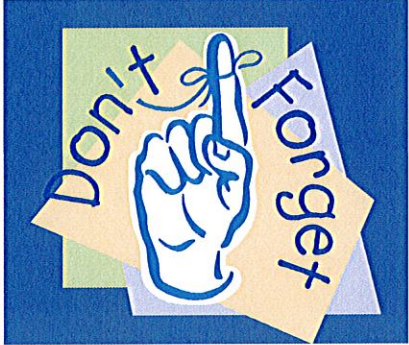
*Lula Jackson*

Look for PVM on:



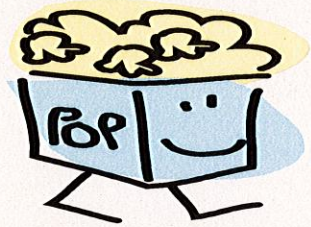


**Announcements**



If you like doing word searches, check out <http://onlinewordsearch.org>. When you go to the site you will immediately be greeted with a word search. When you find a word put your mouse cursor on the first letter, hold down the left mouse button and drag the cursor over the word. If it's a word from the list, it will end up being highlighted in gray and crossed off the list. There are several categories to choose from for hours of fun and mental stimulation!

**Every Monday  
Movie Day  
6:00pm  
Community Room  
Bring your snacks**



**Every 2nd. Wednesday  
Tenant Council  
Meeting @ 6:00pm  
Community Room**

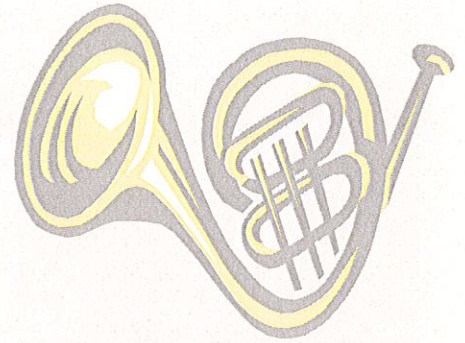
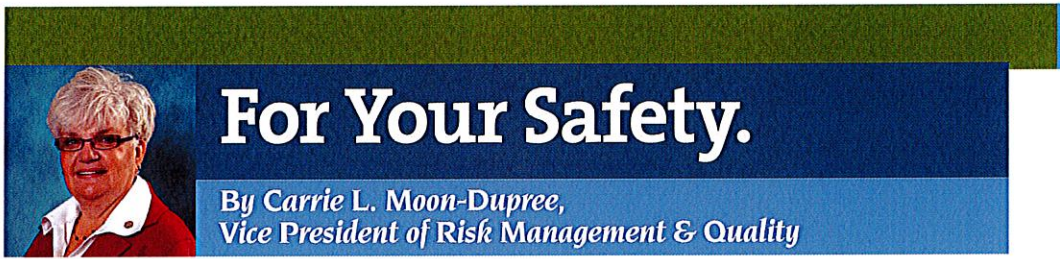
**Sunday Service  
Hope Presbyterian Church  
15340 Meyers  
Detroit, MI 48238  
Fellowship begins  
@ 10:00am  
Transportation Available  
Please call  
Stephanie 313.861.2865**

**CDC RECOMMENDED VACCINES**

Answers

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

- |            |              |         |
|------------|--------------|---------|
| Diphtheria | Pertussis    | Tetanus |
| Hepatitis  | Pneumococcal |         |
| Influenza  | Shingles     |         |



## Independent Living, What happens in a medical emergency?

Presbyterian Villages' Independent living apartments provide seniors with a maintenance free retirement lifestyle. We offer service amenities at our independent Villages. Each Village offers a different menu of services. What is true across our independent villages is that we do not provide medical services. Apartment living does not provide the oversight that assisted or skilled nursing offers. That is why it is important you and your family understand what happens if a medical emergency should occur.

When you, or someone else, dial 911, local emergency personal will respond. During non-business hours EMS, Police and Fire dept. personnel can enter the building by using the keys left for them in the locked box outside the building. The quickest response comes from dialing 911. Each resident in independent living is also offered an emergency response button at no cost to them. This is an additional way to summon emergency help when you are not within reach a phone. However, you must wear your response button in order for it to be most effective. If your response button is on your dresser and you fall in the bathroom, it won't be of much use.

Our Staff at our independent living Villages are not trained in CPR or other medical procedures. This means they will not be rendering medical care. If they are aware of the emergency and are in the building, they will help facilitate the EMS personnel to get into the building and to you as quickly as possible. They will notify your emergency contact person, if you so request. If they are not in the building they may not know about your situation at all.

Now might be a good time to review your advance directive and place it in an accessible place for the EMS personnel to find. Only medical personnel can interpret your wishes as outlined in your advance directive. If you do not have one and wish assistance with this task, please contact your Village Service coordinator or social worker.

We certainly hope that you never have a medical emergency, but if you do local emergency personnel will respond quickly, with the proper equipment and the necessary knowledge. It is nice to know that we live in communities where local emergency response service is top rate and available.

### ***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

### Friends & Family Kicks Off; Consider Joining a PVMF Giving Society

The annual **Friends & Family Appeal** kicked off on April 1<sup>st</sup> and we are thrilled to offer a **\$1.00 for \$1.00 match for eligible gifts received through April 30<sup>th</sup> and a \$2.00 for \$1.00 match for eligible gifts over \$1,000 (up to \$5,000)**! Look for posters, flyers or ask your Village Administrator about your Village's fundraising Goal and project for this year. Please encourage all of your friends and family members to make a gift during the month of April and take advantage of the opportunity to double or triple their impact!

There are several ways to make a gift (*match guidelines apply*):

- See the front desk or your Village Administrator
- Online at [www.pvmfoundation.org](http://www.pvmfoundation.org) (you must select the Village you would like your gift to benefit)
  - Call the PVM Foundation at 248.281.2040
  - Mail your gift to: PVM Foundation  
26200 Lahser Road, Suite 300  
Southfield, MI 48033

With our Calvin, Sterling and Mission Maker Societies' Recognition Luncheon coming-up on June 9<sup>th</sup> at the Edsel & Eleanor Ford House, I thought I would give you a description of the types of donors that are members of these societies:

- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a
  - Will/Estate Plan, including PVM as an insurance policy beneficiary, or a Charitable Gift Annuity, to name a few.
- **Mission Makers Society:** Make a multi-year pledge to PVM for \$1,000 or more and for
  - two or more years.
- **Sterling Society:** Donors that have cumulatively given over \$50,000 to PVM.

Please give me a call at 248.281.2040 or email at [pmiller@pvm.org](mailto:pmiller@pvm.org) if you are interested in learning more about these Giving Societies and how you can become a member.

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!!**

**Arla Triplett will be joining our fitness team  
for week day work outs.**

**Getting down to the oldies.**

**Thursday's 5:00pm  
Community room 1<sup>st</sup>. floor**



## **The Senior Advocate.**

*By Lynn Alexander,  
Vice President of Public Affairs*

### **SAVVY SENIORS TAKE NOTE**

There are several alarming trends these days we need to be alert for and protect ourselves!

The first of these occurs in our healthcare arena and in hospital settings. Lately hospitals have been keeping patients on observation status when they arrive rather than admitting them, which has gone as long as ten days in some cases. This is reportedly a less than transparent transaction since they do not notify patients that rehabilitation services will not be covered by Medicare without an official hospital admission taking place. If you are being held in observation status, insist that you be formally admitted so that you will not be denied payment coverage if services are needed at a later date.

Several more sinister interactions going on right now are scams being operated by criminals. These have both surfaced once in a while but are in full swing right now. In the one scenario people are being called by someone claiming to be with the IRS demanding money for supposed delinquent taxes. The callers are quite intimidating and have tricked many into sending money to them. The other involves a consistent scam of calling grandparents and pretending to be their grandchild who is in trouble and needing to have them wire money to a specified location. In many instances the perpetrators even have the name of the grandchild and have been successful at stealing large sums of money. Locally there was a woman recently who lost \$10,000 one transaction and was about to send more money when she realized that it was a scam and called the authorities.

As a reminder, do not give money to strangers who call or approach you unsolicited. Reputable groups do not ask for money in this manner. And always check with another person such as a friend, family member or senior services professional/senior center director before responding to these requests. Do not engage in conversation with them. Hang up or walk away and notify the authorities immediately. **BE SAVVY!**

**VP OF PUBLIC AFFAIRS**  
**Lyn Alexander**  
**Presbyterian Villages of Michigan**

**SERVICE COORDINATORS MESSAGE:**

**Trudy Jones 313.934.4000 ext. 3**

*From the Desk of The Service Coordinator:*

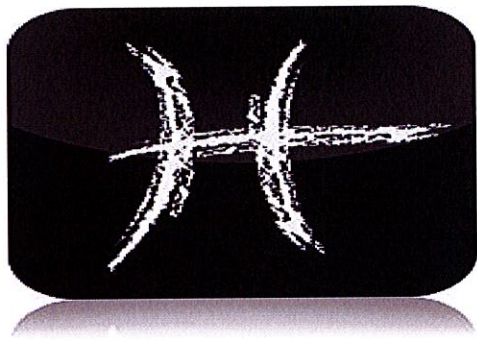
*I am happy to announce a new collaborative partnership between PVM, the Hannan Foundation, and the American Heart Association (AHA). The AHA is making available to -FREE OF CHARGE-their new blood pressure education program targeted toward African Americans called Check. Change. Control. Their goal is to eliminate high blood pressure as a health disparity among African Americans. Unfortunately, high blood pressure in African Americans is the highest in the World.*

*Check. Change. Control is a Four month program that meets twice per month. During each meeting participants will have their blood pressure checked and logged, and will participate in a blood pressure related educational workshop on such topics as healthy eating, physical activity, stress management & more.*

*Your service coordinator will have a sign-up sheet in her office for all those interested in participating. Please stop by and sign up for this wonderful program.*

**Happy Birthday Wishes!**

**Harmony Manor Board  
of Directors  
2013**



*Happy Birthday to you 🎵🎵🎵...*

- # 101 Mary Brown 4/20/14
- # 119 Christine Browder 4/17/14
- # 120 Drucilla Fladger 4/1/14
- # 124 Elrece Smith 4/23/14
- #127 Mandy Treasvant 4/21/14

**Board Chairperson**  
**Charles Reese**

**Board Vice Chair**  
**Lisa Watkins**

**Secretary**  
**Marjorie Ball Walker**

**Treasurer**  
**Ronald Spears**

**Trustees**

**Rev. Mary Austin**  
**Dr. Arthur Caldwell**  
**Ruthenia Henderson**  
**Dr. Lawrence Glenn, Sr.**  
**Michael Taylor**

***Get Well Wishes....***  
***France Wimbush # 128***  
***Christine Browder # 119***  
***William Hudson# 102***  
***COME HOME SOON!!!!***

# ANNUAL FRIENDS & FAMILY APPEAL APRIL 1-30, 2014



Your gift will be **MATCHED** \$1.00 for \$1.00!

Donate **\$1,000 or more** and your gift will be **matched 2:1**;  
your gift of \$1,000 will become **\$3,000!**

Help **The Village of Harmony Manor** raise funds for **fitness equipment** to keep residents active and healthy.

**Harmony Manor's 2014 Friends & Family Goal: \$1,600**


Your gift **today** will change the lives of Harmony Manor seniors **for years to come!**

## TO MAKE A GIFT

- ◆ See the **front desk** for a giving envelope
  - ◆ **Online at:** [www.pvmfoundation.org](http://www.pvmfoundation.org)
  - ◆ **Mail to:** PVM Foundation
  - ◆ **Call:** 248.281.2040
- 26200 Lahser Road, Suite 300  
Southfield, MI 48033



## Match Guidelines

- ✧ Gifts must be **received between April 1-30, 2014 by the PVM Foundation office** (gifts post-marked by April 30 are eligible).
  - ✧ Gifts must be **designated for a Village Friends & Family project** to be eligible.
  - ✧ Only **Individual Gifts** are match-eligible (excludes corporations, foundations, etc.).
  - ✧ Gifts will be matched **up to \$5,000 per individual donor**.
  - ✧ Match is on a **first-come, first-matched** basis until matching funds are exhausted.
  - ✧ Planned Gifts (e.g., Bequest, Charitable Gift Annuity) and Pledges are not match-eligible.
  - ✧ **NEW!** Payments on pledges are eligible to be matched; however, the payment amount will not be included toward the Total Amount Raised by the Village.
  - ✧ **NEW!** For gifts of \$1,000 or more, the PVM Foundation will **double the match 2:1!**
- 



Linda Wilcox Administrator 

**HUD RULES/REGULATIONS**



### IN MAINTENANCE NEWS

*Please join me in welcoming **Mr. Andrew Bullock** to PVM and Harmony Manor as Maintenance Supervisor .*

*The procedures will continue everyone **MUST** place their work orders with the Management Office First-before maintenance is allowed to complete the work.*

*All work orders must be logged into our computer system so that there is a record and history for your unit and an account of what work maintenance is called to do for you.*

*If you stop maintenance in the hallway, your work order will not be recorded or completed, to avoid any misunderstandings, waiting or delays you can leave a voice message with your request at 313.934.4000 and/or stop in and your work order will be logged.*

*We thank you for your cooperation!  
Harmony Manor Management*

It is the policy of PVM to comply with HUD 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.



## Extra, Extra Read all about it!!!



*Coming this soon **"The Village Market"**  
Ran by the residents, for the residents  
Harmony Manor partners with the Detroit's Farmers  
Eastern Market to host the Village's first Village  
Neighborhood Mini-Market.  
Stay tune to see the ideas of the residents coming to life.*

*Thank you: Resident Council of Harmony Manor*

**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](http://www.pvm.org)

**Office Numbers**  
*Staff at Your Service:*

**(313) 934-4000**

**Linda Wilcox**   
*Administrator*

**313-934-4000** ext **1**

**Andrew Bullock**  
*Maintenance*

**313-670-0407**

**Trudy Jones**  
*Service Coordinator*

**313-934-4000** ext **3**

*Tuesday & Thursday 9:00am -5:00pm*



**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](http://www.pvmfoundation.org)



**Embrace the possibilities**

