

Living in Harmony

Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: **MAY, 2014**

Featured Articles

- Wellness..... Pg. 2
- PVM Risk Mgmt..... Pg. 3
- PVM Foundation..... Pg. 4
- Senior Advocate..... Pg. 5
- Service Coordinators..... Pg. 6
- Calendar..... Pg.7
- Resident Council... Pg.8
- Admin's Colum... Pg. 9



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

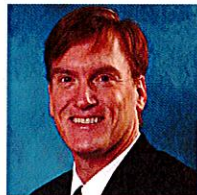
Frances Wimbush

Yvonne Browder

Lula Jackson

Look for PVM on:



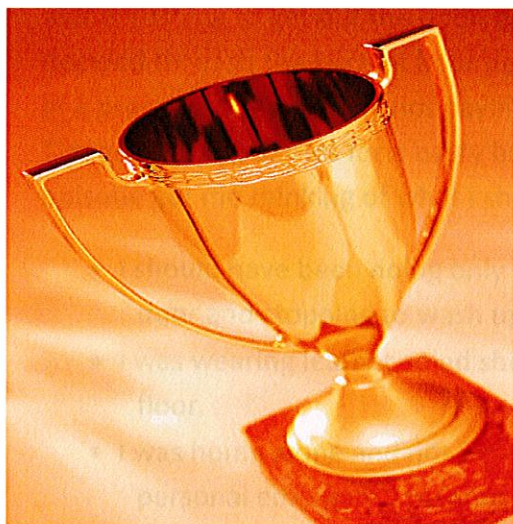


It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The 2014 Village Victory

Mark your calendars! The 2014 Village Victory Cup will soon be here. Will the Westland Stars defend their title? Will the Warriors from the Village of St. Martha's re-claim the Spirit Award? To be the best you have to beat the best and rumor has it both Villages are ready to take on all challengers. This year the Village Victory Cup has been scheduled for Friday, June 27th and will again be held at Ultimate Soccer Arenas in Pontiac. Along with the usual events:



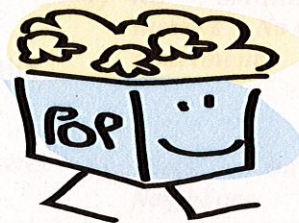
Wellness Walk, Puzzler, Bake Off, Hoop Shoot, Bean Bag Toss, Balloon Volleyball, and Expression of Wellness, we have added a paper airplane flying competition called *Top Gun*. It replaces the *Relay Walk* since in the past many villages were unable to enter this event because they couldn't find relay members for each age category. In April detailed event descriptions and registration instructions were sent to each Village. If you want to participate this year contact your Village Administrator right away. The events have entry limits and there is a registration deadline. Villages located 100 miles or more from the PVM Home Office will be able to participate in the Virtual Village Victory Cup.

Announcements



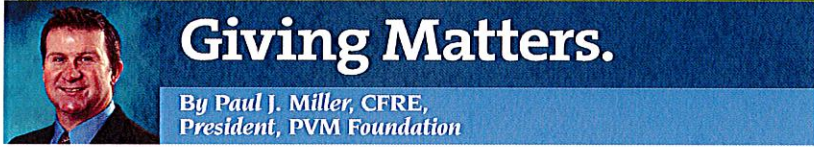
**Every Monday
Movie Day
6:00pm
Community Room**

Bring your snacks



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

**Sunday Service
3rd. & 4th. Sunday
Light of Light Service
15050 Birwood
Community Room
Detroit, MI 48238
10:00am
Dr. Rev. Caldwell
Pastor**



Column Name: Giving Matters

Headline: Grants Awarded to Villages!

Thanks to the generous support from our donors, the **PVM Foundation Grant Allocation Committee was able to award over \$62,000 in grants to the Villages in April 2014.** The following are the Villages and projects that were funded:

- The Village of Westland-New Furniture for the Cottages
- The Villa at The Village of Redford-Security Camera Upgrades
- The Village of Peace Manor-New Security Camera System
- Many PVM Housing Sites-Funding for Resident Activities


Projects like these and the many others that we fund throughout the year would not be possible without the support of our donors, so **THANK YOU** for all that you do for PVM and the Villages. If you have any questions regarding projects that we fund, please call me at 248.281.2040.

Another event that is sponsored by the PVM Foundation is the **Village Victory Cup**. I hope to see each of you there competing with your teams! I will be announcing the games again this year, so make sure to bring your earplugs if you don't like cheesy jokes!


On behalf of PVM Foundation, thank you again for all that you do to move the PVM Mission forward, and it is my pleasure to serve you as a resident.

With gratitude,
Paul J. Miller

HELPING OTHERS *helps you!*




Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

Check out your possible rate of returns by visiting
www.pvmgifts.org

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



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*

TOP ROLE MODELS FOR AGING WELL

May is Older Americans Month. This is a time to honor older Americans and take notice of the wonderful contributions they have and will continue to make for our country. In recognition of this important designation I have chosen to unveil my annual list of role models for aging well:

Mickey Rooney : For many years he entertained audiences in a delightful manner as a comedian and show business personality. Mickey passed away recently but left a legacy of taking on elder abuse and exploitation. A victim of his own family member, he spoke out and held them accountable. He then helped to launch a national campaign against elder abuse and testified before Congress.

CHER: CHER has entertained audiences for years and recently announced a new concert tour at which she will be wearing an original costume from her early days. Now I want to place a disclaimer here in that we do not all have to be able to fit into an outfit or costume from decades ago; but hats off to her!

GOLF LEGENDS: Jack Nicklaus, Arnold Palmer, and Gary Player, for their recent appearance at the Masters Tournament and for still being able to hit a golf ball better than most of America.

DOROTHY HEIGHT: A Village of Mill Creek board member, for her courage in not allowing the chronic condition of Lupus to get the best of her and for her continued work to bring attention to this issue. She also is involved with education programs for others to win the good fight.

GLORIA STEINEM: This icon of the Women's Movement also was one of the first in America to send the message to others that we should be proud of our age. At forty she announced: "This is what forty looks like!" At fifty she was feted at a "This is what 50 looks like" party at the Waldorf Astoria Hotel. Now at eighty years of age, Gloria celebrated in Botswana. Before she left on that trip she was feted at a "This is what 80 looks like" party, which was a benefit held at the Shalom Center.

We all can find our own path for aging well. It may not be a trip to Botswana or appearing in a legendary golf tournament. However, each of us has much knowledge and many talents to share with the world and can find most joy in sharing them with others. Enjoy life!

SERVICE COORDINATORS MESSAGE:**Trudy Jones 313.934.4000 ext. 3**

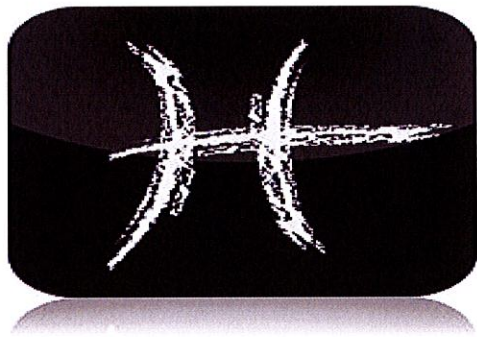
From the Desk of The Service Coordinator:

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!



Happy Birthday to you 🎵🎵🎵...



221 Mary Burt 5.2.2014
217 Willie Nelson 5.5.2014
#222 Walter Harris 5.31.2014

Harmony Manor Board of Directors 2013

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

May 2014- The Village of Harmony Manor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Shopping Trip Van leaves at 10:00am & 12:00pm	2 Happy B-Day Mary Burt #221	3 
4	5 Happy B- Day Willie Nelson # 217	6	7 Comerica Bank Senior Fraud Prevention Seminar	8 12:00pm Luncheon Dr. Salerno New foot doc.	9	10
11 Light of Light Church Service 10:00am <i>Happy Mother's Day</i>	12	13 	14 Tenant Council Meeting 6:00pm Community room	15	16 Foot Doctor on site, sign-up sheet at mail boxes	17
18 Light of Light Church Service 10:00am	19	20	21 Shopping Trip Van leaves at 10:00am	22	23 Focus Hope Delivery	24
25	26 <i>Memorial Day</i>	27	28	29	30	31 Happy B-Day Walter Harris #222



2014 Friends & Family was a huge success! Our set goal was \$1,600.00 according to our treasurer at last count we were over \$2,000.00. !!!!! WOW

Thank you to ... every resident, every friend, every family, every board member and every volunteer who participated in **our Friends & Family "Rally"** held on Saturday April 26, 2014.



Thank you to the Harmony Manor Board of Directors & Kesha Akridge PVM Director of Housing Operations

Charles Reese~Board Chair, Lisa Watkins~Vice Chair, Marjorie Walker~Secretary, Ronald Spears~Treasurer

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



Tenant Council President Robert Johnson

*Looking for residents to assist in this year's Gardening Club.
We will be planting fruit & vegetables the
Second Friday in May, this would depend on the weather.
Come down to the community room and be ready to
Plant for a great harvest this summer.*

*Thank you,
Mr. Bobby # 206
Your Council President*



Linda Wilcox Administrator 

HUD RULES/REGULATIONS



- Please be reminded to have your quest/Family and/or Doctors sign in and out on the Visitors Log. It is in the best interest of all of us that we know who is in our building.



- Shopping Trip May 2, 2014 (Friday) van leaves at 10:00am **all aboard...**
- Comerica Bank will be on site at 12:00pm in the community room to discuss a very serious topic of Elder Fraud Prevention. Please come down and learn how you can protect yourself. It's usually those who are closest to us that cause us so much pain.

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.



We thank you for your cooperation!
Harmony Manor Management

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



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

Embrace the possibilities

