

Living in Harmony

Embrace the possibilities

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

Issue: **JUNE 2015**

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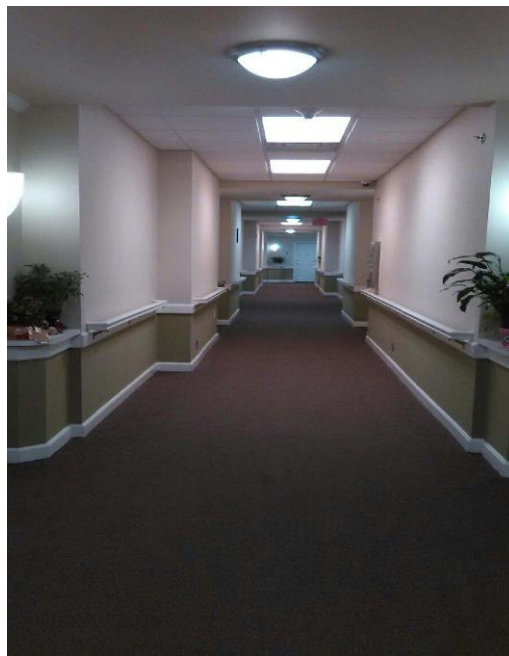
Sunday, June 21, 2015



Harmony Manor News:

As you all know summer is here and the best way to freshen up a building is to paint. Well, I'm happy to say the 2nd phase of painting the 2nd floor at the Village of Harmony Manor has begun. We will keep everyone updated of the progress.

*Misty L. Gregory,
Administrator*



- #1: It's good for you.
- #2: It saves resources.
- #3: Volunteers gain professional experience.
- #4: It brings people together.
- #5: It promotes personal growth and self-esteem.
- #6: Volunteering strengthens your community.
- #7: You learn a lot.
- #8: You get a chance to give back.
- #9: Volunteering encourages civic responsibility.
- #10: You make a difference.

Look for PVM on:





From the Desk of Service Coordinator:

Your Service Coordinator will like to remain residents you have until September 30, 2015 to apply for the Home Heating Credit. In order to apply your income can't exceed \$12,299 per year for one person. If you receive \$20 or more refund from Home Heating Credit you may be eligible to receive an increase in food assistance benefits.

Letters are being mail out to resident who currently have Medicaid & Medicare coverage to select a new Medical provider or Opt out of the program and keep the traditional Medicaid. Please see Trudy Jones, Service Coordinator for assistance or call @ 934-4000 Ext.3 for an appointment regarding Home Heating Credit and Medicaid/Medicare insurance.

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)

Announcements



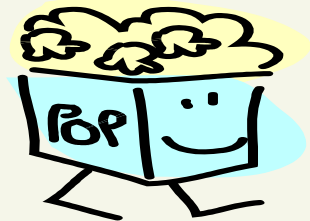
Every Saturday

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

@ 10:00 am

Transportation Available

Please call

Stephanie 313.861.2865



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness



Let the Games Begin!

Mark your calendars! It's time to lace up your tennis shoes and put on your sweat bands. The 10th Annual Village Victory Cup is nearly here! Scheduled for Friday, June 26 the event will once again take place at Ultimate Soccer Arenas in Pontiac. The Puzzler, Wellness Walk, Hoop Shoot, Beanbag Toss, Paper Airplane Distance Contest & Balloon Volleyball Tournament all return as events. The Bake Off returns as well, but with new categories: cookies, cupcakes, brownies/bars, and pies. And in recognition of PVM's 70th anniversary, the theme of this year's Expression of Wellness event is "70 and Still Making Waves".

For Villages located 100 miles or further from PVM's home office in Southfield, we will once again be hosting the Virtual Village Victory Cup. Rather than gather at a central location, participants in the Virtual Village Victory Cup compete in events held at their Village. The results are transmitted to and tallied by the PVM Wellness Department with the Village earning the most points declared the winner.

Since its inception, the Village Victory Cup has gotten more and more competitive. Last year marked the closest margin of victory ever for the winners of both the Village Victory Cup and the Virtual Village Victory Cup. In such closely contested competition, every point counts. Rather than sit this one out, help your Village earn points. Contact your Administrator and sign up to participate in this fun-filled day of camaraderie and friendly competition. Who knows? Because of your help, it just may be your Village whose name gets added to the trophy as this year's winner.

Answers to last month's crossword puzzle

Across: 2. Tennis Shoes, 6. Energy, 7. Stretch, 8. Swimming, 9. Treadmill

Down: 1. Friend, 3. Exercise, 4. Doctor, 5. Heart Disease, 10. Mood

Upcoming Events in the Detroit Metropolitan Area



- **A Tasting of Summer Wines on the Van Dusen Terrace** - June 3, 10, 17 & 24, The Community House, Birmingham
- **Redford Township Community Festival** - Bell Creek Park, June 4-7, 2015
- **WYCD Downtown Hoedown - West Riverfront Park**, June 5-6, 2015
[tickets]
- **Beat the Train** meets at Historic Fort Wayne every Saturday morning at 6am April through October! Be prepared for a 33 mile adventure through the streets of Detroit. Next ride: Saturday, June 6, 2015
- **7th Annual Lyon Township Kite Festival** - James Atchison Park, 56000 Grand River, New Hudson, June 6-7, 2015
- **Motor City Pride Weekend & Parade** - Michigan's Largest LGBTQ Pride Celebration, Hart Plaza, Detroit, Saturday, June 6 and Sunday, June 7, 2015
- **2015 Mutt March** - to benefit the Michigan Humane Society, Edsel & Eleanor Ford House, 1100 Lake Shore Road, Grosse Pointe Shores, Sunday, June 7, 2015, 8:00 a.m. - 12:00 p.m.
- **C2 Counter Culture Expo** - an action-packed, highly interactive weekend of Counter-Culture - Cobo Center, June 12-14, 2015
- **Carrousel By The River** - world-class entertainment and an array of exciting cultural experiences including food, art and dance - all against the breathtaking backdrop of the Detroit River at Festival Plaza. Windsor Riverfront, June 12-14, 2015
- **14th Annual Berkley Art Bash** - Downtown Berkley, along 12 Mile Road, from Woodward to Greenfield, 10 am - 6 pm, June 13, 2015
- **Huron Valley Arts Festival** - Dodge Park #5, Commerce, 10 am - 5 pm, Saturday, June 13, 2015

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**



\$191,000 Raised Through Friends & Family!

THANK YOU to the **707 donors** who generously contributed **nearly \$191,000** for **PVM residents** through Friends & Family, exceeding our goal of \$136,000 and making this the most successful year in the history of PVM Foundation!

The annual Friends & Family Appeal took place during the month of April and allowed all Villages to raise funds for projects and programs to enrich the lives of residents, providing them with security cameras, patio furniture, buses for reliable transportation, new computers and so much more. Congratulations and thank you to **ALL the Villages** for their hard work to make so much possible!

A special congratulations to **The Village of Our Saviour's Manor**, who had the most new donors with 30 new donors, and to **The Village of East Harbor** for most amount raised with \$70,370! For a complete listing of all Village projects, goals and amounts raised, please see your Administrator or visit our website at pvmfoundation.org.

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org. Thank you again for your support and we look forward to another successful Friends & Family next year!

Warm regards,
Paul J. Miller, CFRE

Help Michigan Seniors Thrive

TRANSFORM AGING

Help Michigan Seniors Thrive!

WATCH TO SEE
HOW YOU CAN
TRANSFORM AGING

Visit

[pvmfoundation.org/
transform](http://pvmfoundation.org/transform)

- Watch the inspirational video!
- Share the video with your contacts!
- Take advantage of matching dollars by making a donation!

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**



**Congratulations to all the Proud
parents, grandparents,
aunts, uncles, family and
friends of the 2015 Graduates!**



Along with Memorial Day vivid memories came flooding over me as I thought about my dad's burial ceremony a year ago.

He was a veteran of World War II having served on the US Nashville. It was a flagship for General MacArthur just before they were attacked by Kamikaze pilots. My dad returned home with major wounds. Shrapnel was still in his body when he passed away.

Having lived an extremely honorable life, I think his burial service at Great Lakes National Cemetery in Holly ((not far from our Village of Holly)) was a fitting tribute to all that he was as a veteran, citizen and human being.

If you or a loved one has served our country you are entitled to burial there just as you would be at Arlington National Cemetery. Great Lakes mirrors the beauty of Arlington and provides a healing experience for families. This is the best of what the Veterans Administration has to offer.

Contact your local office for information not only about burial services but also for information on many other benefits and services which may be unknown to you. The local staffs are wonderful to work with.

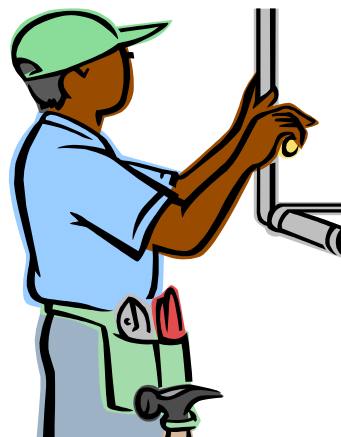
Much is owed to those who serve and protect our country.

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's

**Ruthie Mae Holmes
Verlinda Woods**

Happy Birthday Wishes

**Gwendolyn Lott 6/1
Yvonne Browder 6/4
Marshall Spencer 6/9
Annette Jones 6/13
Christine McKinley 6/20**



**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.



Misty L. Gregory, Administrator's Message

Fun Facts About Father's Day

Father's Day, celebrated in the United States on the third Sunday of June, got a jump start from the formation of Mother's Day. Credit for beginning Father's Day celebrations is given to Sonora Smart Dodd from Spokane, Washington.

At the turn of the century, Mother's Day observances were growing across the United States. The federal government had yet to recognize the holiday, but many states had adopted the third Sunday in May as a special celebration day honoring mothers. It was during a Mother's Day church service on June 20, 1909, that Sonora Smart Dodd was struck with the idea of creating a special holiday to honor fathers, too.

When Sonora was 16, her mother died while giving birth to her sixth child, the last of five sons. Back then, like today, single parenthood was no easy task. By Sonoma's account, though, Mr. Smart did a wonderful job. Because of this love and esteem, Sonoma Smart Dodd believed that her father deserved a special time of honor just like that given to mothers on Mother's Day.

In 1909, Sonoma Smart Dodd approached the Spokane YMCA and the Spokane Ministerial Alliance and suggested that her father's birthday — June 5 — become a celebration day for Father's Day. Because they wanted more time to prepare, the Ministerial Alliance chose June 19 instead.

The first Father's Day was thus observed in the State of Washington on June 19, 1910. The idea of officially celebrating fatherhood spread quickly across the United States, as more and more states adopted the holiday. In 1924, President Calvin Coolidge recognized Father's Day as the third Sunday in June of that year and encouraged states to do the same. Congress officially recognized Father's Day in 1956 with the passage of a joint resolution.

Ten years later, in 1966, President Lyndon Johnson issued a proclamation calling for the third Sunday in June to be recognized as Father's Day. In 1972, President Richard Nixon permanently established the observance of the third Sunday in June as Father's Day in the United States.

Sonora Smart Dodd lived to see her idea come to fruition. She died in 1978 at the ripe old age of 96.

<http://www./how-to/content/a-brief-history-of-fathers-day.htm>

~June 2015~

	<p>1 Happy Birthday! Gwen Lott</p> 	<p>2 Paint Work in bldg. begins 2nd floor</p> 	<p>3 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>4 Happy Birthday! Yvonne Browder</p> 	<p>5 12:45 p.m.</p> 	<p>6 Movie Night @6pm Comm. Room</p> 
<p>7</p> 	<p>8 Rachel \$ Store@ 10am</p> 	<p>9 Happy Birthday! Marshall Spencer</p> 	<p>10 Tenant Council Meeting @6pm</p> 	<p>11 Bingo Every Thursday @ 6pm</p> 	<p>12 12:45 p.m.</p> 	<p>13 Happy Birthday! Annette Jones</p> 
<p>14</p> 	<p>15 Shopping Trip Van leaves at 10:00am</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.</p> 	<p>18 Bingo Every Thursday @ 6pm</p> 	<p>19 12:45 p.m.</p> 	<p>20 Happy Birthday! Christine McKinley</p> 
<p>21</p>  <p>HAPPY FATHER'S DAY</p> 	<p>22 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</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 Bingo Every Thursday @ 6pm</p> 	<p>26 FOCUS HOPE DELIVERY 12:45 p.m.</p> 	<p>27 Movie Night @6pm Comm. Room</p> 
<p>28</p> 	<p>29 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>30 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>Notes: Please call the office for all maintenance work orders 313.934.4000, after 4:30pm Only Emergency calls go to 313.670.0407</p>			

**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



Father's Day Word Search

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

appreciate
commandments
discipline
fix
forgive
help
holiday
honor
important
instruction



learn
listen
love
obey
respect
special
thank
understanding
work

