

Living in Harmony

Embrace the possibilities

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

Issue: **AUGUST 2015**

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Harmony Manor News:

The Residents, Staff, Board Members and the Community want to thank the Police Cadets and Grow Detroit Youth Talent volunteer for providing various activities for the residents and helping in the front office for (6) weeks.



*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:

Care Choice & Abyssinia invites all the Residents at Harmony Manor to come and tour their facility, on Wednesday, August 19, 2015 @ 12:00. There will be free transportation & lunch provided.

Please see Christine McKinley or Trudy Jones to sign up for the tour by August 13, 2015.

Care Choice provides the following services:

- *In Home or Office Therapeutic treatment (Podiatry, Physical & Massage Therapy)
- *Diagnostics and Lab testing
- *Free Transportation
- *Adult & Senior (Care Choice Adult Day Program)

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



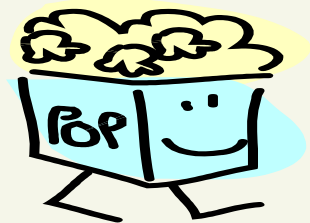
Every Saturday

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



Hail to the Victors!

On Friday, June 26th PVM residents from across southeast Michigan converged in Pontiac to participate in the 10th Annual Village Victory Cup. The competition was fierce (but friendly) and there was a lot of spirit and energy displayed throughout the day. For the second year in a row the judges selected the Monarchs from the Village of Our Saviour's Manor as the winner of the Spirit Award. And for the second time in three years, the Stars from the Village of Westland captured the Village Victory Cup. Congratulations to the Monarchs and the Stars and to everyone who participated in this year's event. It was definitely one to remember.

And while the Villages in SE Michigan were battling for the Village Victory Cup, Villages located 100 or more miles from the PVM Home office battled for the Virtual Village Victory Cup. This year a record 66 residents from 7 Villages participated in the 5th annual rendition of this event. When the final scores were tallied the Bizzy-B's from the Village of Spring Meadows II emerged victorious. The Spring Chickens from the Village of Spring Meadows I captured the Spirit Award.

Though the dust has barely settled on this year's event, it's already time to mark your calendar for next year. The date of the 2016 Village Victory Cup is Friday, June 24th. Hope to see you there!

The Monarchs!



The Stars!



The Bizzy B's!



The Spring Chickens!



Upcoming Events in the Detroit Metropolitan Area



Highlights

Woodward Dream Cruise is August 15, 2015 on Woodward Ave, just north of Detroit. World Famous Car Cruise, a million people or more will be there! www.woodwarddreamcruise.com

Upcoming Concerts – some of the big ones (dates, performers subject to change without notice). To see a lot more, click → [Large List of Concerts](#)

- **Aerosmith** – August 4, 2015 at Van Andel Arena.
- **KID ROCK with Foreigner** – August 7+8, 11+12, 14+15, 18+19, 21+22, 2015 at DTE Energy Music Theatre.
- **The Beach Boys and The Temptations** – August 9, 2015 at Freedom Hill.
- **Motley Crue** Final Tour with Alice Cooper – August 9, 2015, The Palace of Auburn Hills.
- **Chris Brown** with guests – August 16, 2015 at DTE Energy Music Theatre.
- **Huey Lewis & The News** wsg Don Felder – August 21, 2015 at Freedom Hill.
- **Kenny Chesney** with special guests – August 22, 2015 at Ford Field.
- **Earth, Wind & Fire and Chicago**– August 26, 2015 at DTE Energy Music Theatre.
- **Santana** – August 28, 2015 at DTE Energy Music Theatre.
- **One Direction** – August 29, 2015 at Ford Field.
- **Lynyrd Skynyrd** – August 29, 2015 at DTE Energy Music Theatre.

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

Save the Date: Annual PVM Foundation Gala on November 13th!



When: Friday, November 13, 2015

5:30 p.m. Sponsor & Patron VIP Pre-Reception

6:30 p.m. General Cocktail Reception & Raffle

7:30 p.m. Dinner, Program & Entertainment

Where: COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

Cost: \$250 Individual Ticket* includes General Cocktail Reception, Dinner & Program

\$375 Patron Ticket* includes Private VIP Pre-Reception, Prime Seating at Dinner & Program

(*Estimated Fair Market Value: \$125/ticket)

PVM employees can purchase tickets through payroll deduction (form is due no later than October 15). For more information, please contact us at 248-281-2040 or pvmfoundation@pvm.org, or visit the "Events" page at pvmfoundation.org.

Thank you for supporting PVM residents and I hope to see you on November 13th!

Warm regards,
Paul J. Miller, CFRE

Maybe money CAN grow on trees... \$

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM! \$

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmgifts.org

UP TO
9.0%
RETURN

Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

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 to our Veterans!



Happy Summer to all of our readers. I hope that you are having a chance to gather with family and friends whether with a family reunion or simply a trip to the zoo or local library with your grandchildren. While having fun remember to also keep safety and security in mind.

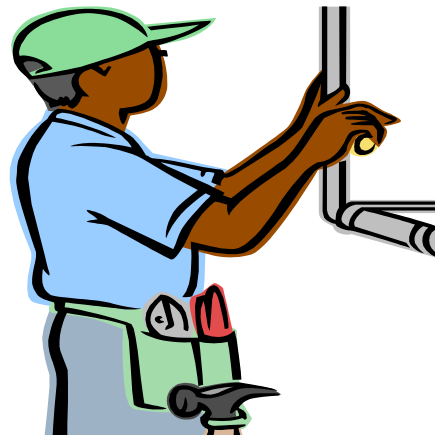
While working in the back yard keep your back door locked at all times.

It only takes a minute for thieves to Rob you of precious heirlooms, jewelry and silver. There have been many reports of these types of robberies. Do not let anyone into your home unless you have scheduled an appointment. Reputable companies do not send workers out to your home without an appointment. If you are swimming with family make sure someone has their eyes on each other at all times. Do not fall for roof and driveway repair scams. Talk with friends and family and only proceed with a written estimate. Check the company out with the Better Business Bureau or check with your local senior center.

Finally, the scam artists continue to call even during the outdoors season. I recently received a call from a company acting as if they were associated with the National Institute on Aging who had provided alert systems for them to pass on to seniors for free. The representative did not even know the number for the company saying that he was just an order taker and that this was a system worth over \$400 that I would be receiving for free along with a "discount drug card". Well these scam artists selected the wrong person. I am reporting them to the Michigan Attorney General and the National Institute on Aging. As I like to say: "If it sounds too good to be true, it is!" So avoid schemes, scams and swindles. Have a safe and enjoyable summer!

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

Harmony Manor Board
of Directors
2015

Happy Birthday Wishes

Alexander Rutledge 8/22



Board Chairperson
Rev. Dr. Arthur Caldwell

Board Vice Chair
Lisa Watkins

Secretary
Marjorie Ball Walker

Treasurer
Ronald Spears

Trustees
Michael Taylor
Charles Reese
Ruthenia Henderson
Rev. Dr. Lawrence Glenn, Sr.



Misty L. Gregory, Administrator's Message

Fun Facts About the month of August

August is the 8th month of the year and has 31 days.

Season (Northern Hemisphere): Summer

Holidays

Friendship Day

Raksha Bandhan

Women's Equality Day

National Catfish Month

Harvest Month

National Water Quality Month

Peach Month

National Immunization Awareness Month

Get Ready for Kindergarten Month

Symbols of August

- Birthstone: Agate or onyx
- Flower: Gladiolus or poppy
- Zodiac signs: Leo and Virgo

History:

In the original Roman calendar the month of August was called **Sextilis**. This was because it was the sixth month of the year. Later, after January and February were added to the calendar, it became the eighth month of the year. At the time the month had 29 days. When Julius Caesar created the Julian calendar in 45 BC, two days were added giving the month 31 days. The month was later renamed Augustus in honor of the first emperor of Rome, Caesar Augustus.

<http://www.ducksters.com/history/augustinhistory.php>

Harmony Manor is happy to share pictures of the celebration naming the Community Room after Vivian Lee Walker Glenn who served as a Board Member for Presbyterian Villages of Michigan.

Ronald Spears, Board Treasurer Welcoming Guest



Roger Myers, President and CEO of Presbyterian Villages of Michigan



Ronald Spears, Board Treasurer; Charles Reese, Board Trustee; Rev. Dr. Arthur Caldwell, Board Chair



4 Generations of Glenn's (Rev. Dr. Lawrence Glenn, son, grandson, great grandson)



Plaque on wall of Vivian Lee Walker Glenn



Longtime friend of Rev. Dr. Lawrence Glenn & Vivian Lee Walker Glenn



Official Ribbon Cutting and naming the Harmony Manor Community Room after Vivian Lee Walker Glenn



Rev. Dr. Lawrence Glenn family and friends want to thank everyone who supported this wonderful celebration in honor of Mrs. Vivian Lee Walker Glenn.



~ August 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Youth Police Cadets Volunteers 6-Weeks of Daily Activities Walking, Exercise, Games, Movies, Nail Day, Singing, Poetry, etc.			Happiness is not a matter of intensity but of balance, order, rhythm and harmony. Thomas Merton		1 Movie Night @6pm Comm. Room 
2 	3 Shopping Trip Van leaves at 10:00am 	4 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	5 Youth Police Cadets Daily Activities Schedule Walking, Exercise, Games, Movies, Poetry, etc.	6 Bingo Every Thursday @ 6pm 	7 12:45 pm 	8 Movie Night @6pm Comm. Room 
9 	10 Rachel \$ Store @ 10am 	11 Youth Police Cadets Daily Activities Schedule Walking, Exercise, Games, Movies, Hustle to Music, etc.	12 Tenant Council Meeting @6pm 	13 Bingo Every Thursday @ 6pm 	14 12:45 pm 	15 Movie Night @6pm Comm. Room 
16 	17 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	18 Youth Police Cadets Daily Activities Schedule Walking, Exercise, Games, Movies, Nail Day, etc.	19 Shopping Trip Van leaves at 10:00am 	20 Bingo Every Thursday @ 6pm 	21 12:45 pm 	22 Alexander Ruthledge 
23 	24 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	25 Youth Police Cadets Daily Activities Schedule Walking, Exercise, Games, Movies, Hustle to Music, etc.	26 Shopping Trip Van leaves at 10:00am 	27 Bingo Every Thursday @ 6pm 	28 FOCUS HOPE DELIVERY 12:45 pm 	29 Movie Night @6pm Comm. Room 
30 	31 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	Notes: Please call the office for all maintenance work orders 313.934.4000, after 4:30pm Only Emergency calls go to 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.

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



Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

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

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON