

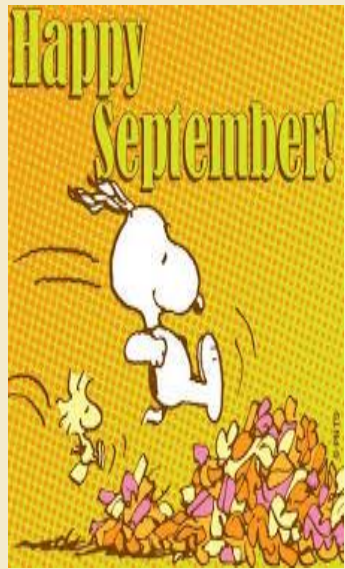
Living in Harmony

Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: **SEPTEMBER 2015**

Featured Articles

- Living in Harmony.....Pg. 1
- Service Coordinator..... Pg. 2
- Live It Well Column.....Pg. 3
- Detroit Events..... Pg. 4
- Giving Matters..... Pg. 5
- Senior Advocate..... Pg. 6
- Reminders/Welcome/
- Birthday..... Pg. 7
- Administrator..... Pg. 8
- Recipe.....Pg. 9
- Calendar.....Pg. 10
- Staff Information..... Pg. 11
- Puzzle.....Pg. 12



Harmony Manor News:

Residents at the Village of Harmony Manor enjoyed (6) weeks of computer and cell phone classes this summer, thanks to the City of Detroit Police Cadets and Greater Detroit Youth Talent student. It's always good to see talented youth!!!!!!!



*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:

September 30, 2015 is the last day you can apply for the Home Heating Credit Claim for the year 2014. Some Harmony residents may qualify for the Home Heating Credit claim. Qualification for the Home Heating Credit is based on your income. If your yearly income is below \$12,842 or monthly income is below \$1,070.00. You are eligible to apply for the Home Heating Credit Claim for 2014. See your Service Coordinator to assist you in completing the Home Heating Credit Claim for. Please bring proof of your yearly income for 2014.

Mark your calendar for October 27, 2015 to attend a Healthy Living for Older Adults Fair, here at Harmony Manor. Appointments for screening will be from 11:00 to 3:00pm with Anita Rodgers. Poster and fliers will be posted and passed out upon receipt for this event. Thanking you in advance for your participation in the Healthy Living for Older Adults Fair.

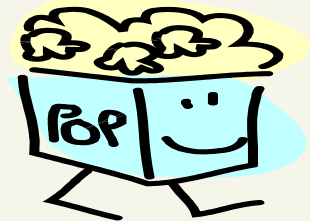
Trudy Jones

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



September is National Healthy Aging Month. In the word search below there are 20 things you can do to stay healthy as you age. See if you can find all 20!

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

- | | | | |
|---------------------|-------------------------|---------------|-----------------|
| Annual Vaccinations | Home Safety Check | Pray | Strength Train |
| Dental Checkups | Learn Something New | Read | Stretch |
| Eat Healthy | Maintain Healthy Weight | Sleep Well | Vision Checkups |
| Exercise | Meditate | Socialize | Visit Friends |
| Hearing Checkups | Physician Checkups | Stay Hydrated | Volunteer |

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](#)

Van Halen with Kenny Wayne Shepherd – September 4, 2015 at DTE Energy Music Theatre.

• **Lil' Kim, Jadakiss**, and more – September 4, 2015 at Chene Park.

• **Jackson Browne** – September 6, 2015 at Meadow Brook Music Festival.

• **AC/DC** – September 8, 2015 at Ford Field.

• **Janet Jackson** – September 11, 2015 at Van Andel Arena.

• **J. Geils Band** – September 11, 2015 at DTE Energy Music Theatre.

• **Zac Brown Band** – September 12, 2015 at Comerica Park.

• **Stone Temple Pilots** – September 16, 2015 at The Fillmore Detroit.

• **Jason Aldean** – September 18, 2015 at DTE Energy Music Theatre.

• **REO Speedwagon and Night Ranger** – September 20, 2015 at Freedom Hill.

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!



How Would You Like to Receive Income and Support Future PVM Residents, Too?

If you'd like to support PVM's mission and receive steady payments during your retirement years, a **charitable gift annuity (CGA)** may be right for you.

Through a simple agreement, you agree to make a donation of cash, stocks or other assets to PVM Foundation. In return, you receive a **fixed income payment** for the rest of your lifetime with a rate of return as high as 9%, depending on your age.

Other benefits of a CGA include:

- Your initial gift is partially income tax–deductible.
- Your CGA payments are partially income tax–free throughout your estimated life expectancy.
- Your payments are not affected by ups and downs in the economy.
- The CGA can be for one or two people, so your spouse or another loved one can also receive payments for life.


Donors who make a planned gift to PVM, like a CGA, are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about CGAs and Calvin Society membership, please contact us at 248-281-2040 or visit PVMgifts.org.

You don't have to be very wealthy to make a charitable gift annuity. With a little planning, even people of modest means can make a big impact. Thank you to all our donors who support the PVM mission and make a lasting impact on future residents!

Warm regards,
Paul J. Miller, CFRE

PUT YOUR MONEY TO WORK FOR YOU!


With a Charitable Gift Annuity from PVM!



Key Features

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%



Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
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 to our Veterans!




The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs



"Knowledge is power", especially when it comes to aging well and living well. So I am pleased to report that, as an outcome of Governor Snyder's Special Message on Aging, the State of Michigan has just launched a new website: "Living Well & Aging Well". The goal is to easily connect residents with local aging programs and services as well as with aging services organizations and communities. The website can be viewed at www.michigan.gov/aging. PVM will link to this site and use this opportunity to enhance our message.

To view our website go to www.pvm.org. You can also "Like" us on Facebook at Presbyterian Villages of Michigan. Help us spread the word about all the great things we are doing.



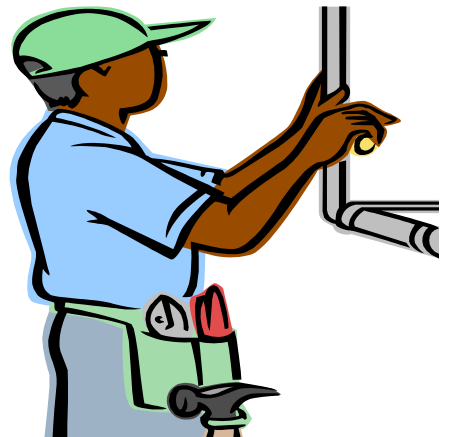
FRIENDLY REMINDERS & ANNOUNCEMENTS:

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

****NOTARY SERVICES** PROVIDED BY YOUR ADMINISTRATOR, MISTY L. GREGORY.



Happy Birthday Wishes

Yusuf Hafeez 9/7
Velma White 9/8
Verlinda Woods 9/10



Happy Birthday!

**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
Charles Reese
Ruthenia Henderson
Rev. Dr. Lawrence Glenn, Sr.



Misty L. Gregory, Administrator's Message

Fun Facts About Labor Day

For a lot of people, Labor Day means two things: a day off and the end of summer. But why is it called **Labor Day**? Labor Day is a day set aside to pay tribute to working men and women. It has been celebrated as a national holiday in the United States and Canada since 1894.

Labor unions themselves celebrated the first labor days in the United States, although there's some speculation as to exactly who came up with the idea. Most historians credit Peter McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, with the original idea of a day for workers to show their solidarity. Others credit Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J.

The first Labor Day parade occurred Sept. 5, 1882, in New York City. The workers' unions chose the first Monday in September because it was halfway between Independence Day and Thanksgiving. The idea spread across the country, and some states designated Labor Day as a holiday before the federal holiday was created.

President Grover Cleveland signed a law designating the first Monday in September as Labor Day nationwide. This is interesting because Cleveland was not a labor union supporter. In fact, he was trying to repair some political damage that he suffered earlier that year when he sent federal troops to put down a strike by the American Railway Union at the Pullman Co. in Chicago, IL. That action resulted in the deaths of 34 workers.

In European countries, China and other parts of the world, **May Day**, the first day in May, is a holiday to celebrate workers and labor unions. Before it became an international workers holiday, May Day was a celebration of spring and the promise of summer.

Membership in labor unions in the United States reached an all-time high in the 1950s when about 40 percent of the work force belonged to unions. Today, union membership is about 14 percent of the working population. Labor Day now carries less significance as a celebration of working people and more as the end of summer. Schools, government offices and businesses are closed on Labor Day so people can get in one last trip to the beach or have one last cookout before the weather starts to turn colder.

<http://people.howstuffworks.com/culture-traditions/holidays-other/question459.htm>

September Recipe

Macaroni and Chicken Casserole



Ingredients

- 1 1/4 cups uncooked elbow macaroni
- 2 tablespoons butter
- 1/4 cup finely chopped onion
- 4 ounces mushrooms, sliced
- 2 tablespoons chopped green bell pepper (about half of a small bell pepper)
- 2 tablespoons chopped pimiento-stuffed olives
- 4 ounces (1 cup) shredded sharp Cheddar cheese
- 1 cup sour cream
- 1 teaspoon seasoned salt
- 1 teaspoon pepper
- 1 1/2 cups diced cooked chicken
- 1/4 cup milk
- 1/2 cup soft bread crumbs, tossed with 1 tablespoon of melted butter - for topping chicken casserole
- **Preparation**
- Heat the oven to 350° F (180° C/Gas 4) . Butter a 1 1/2-quart baking dish.
- Cook the macaroni in boiling salted water following package directions; drain and then place in a large bowl.
- In a large skillet or saute pan, melt butter over medium low heat. Add chopped onion, mushrooms, and chopped green bell pepper. Cook, stirring frequently, for 3 to 4 minutes, or until onion is softened and mushrooms are browned.











Add the sauteed skillet mixture to the macaroni with chopped olives, shredded cheese, sour cream, salt and pepper, chicken, and milk.

Transfer chicken and macaroni mixture to the prepared baking dish.

Sprinkle buttered bread crumbs over the top of macaroni and chicken casserole.

Bake for 25 to 35 minutes, or until casserole is bubbly and the bread crumb topping is lightly browned.

~ September 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Shopping Trip Van leaves at 10:00am 	2 Daily Morning Social in CAFÉ 9am to 11 am 	3 Shopping Trip Van leaves at 10:00am 	4 12:45 pm 	5 Movie Night @6pm Comm. Room 
6 	7 Yusuf Hafeez  Happy Birthday! Happy Labor Day!  Office Closed!	8 Velma White  Happy Birthday!	9 Tenant Council Meeting @6pm 	10 Verlinda Woods  Happy Birthday! 	11 12:45 pm 	12 Movie Night @6pm Comm. Room 
13 	14 Daily Morning Social in CAFÉ 9am to 11 am 	15 Daily Morning Social in CAFÉ 9am to 11 am 	16 Daily Morning Social in CAFÉ 9am to 11 am 	17 Shopping Trip Van leaves at 10:00am 	18 12:45 pm 	19 Movie Night @6pm Comm. Room 
20 	21 Daily Morning Social in CAFÉ 9am to 11 am 	22 Daily Morning Social in CAFÉ 9am to 11 am 	23 Daily Morning Social in CAFÉ 9am to 11 am 	24 Bingo Every Thursday @ 6pm 	25  Celebrating Diversity Since 1988 Food for Seniors 12:45 pm 	26 Movie Night @6pm Comm. Room 
27 	28 Daily Morning Social in CAFÉ 9am to 11 am 	29 Daily Morning Social in CAFÉ 9am to 11 am 	30 Daily Morning Social in CAFÉ 9am to 11 am 	Notes: Please call the office for all maintenance work orders 313.934.4000, after 4:30pm Only Emergency calls go to 313.670.0407 **Rachel's Dollar Store 9/10/15 @ 10am to 12 pm 		

**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



LABOR DAY

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

AMUSEMENT	AUTOMOBILES	BARBECUE	BASKETS
BLUECOLLAR	CABINS	CANOE	COOKOUTS
DISPLAYS	EMPLOYER	FESTIVALS	FISHING
FUN	GRILLS	HIKING	HOURLY
ICECREAM	INDUSTRY	MANHOUR	MONDAY
NOISE	PICNIC	PLAY	POOLS
PRODUCTION	RAFTING	RELATIVES	RODS
SODA	SPEECHES	STREAMS	SWIMMING
TENTING	TOIL	TRIP	VACATION
WAGES	WATER	WEEKEND	WORKER

*Happy Labor
Day!!*

