



Living in Harmony



Embrace the possibilities

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

Issue: **JANUARY 2017**

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Monday, January 16, 2017



Harmony Manor News:

The Village of Harmony Manor congratulates the daughter of Misty L. Gregory who is a resident volunteer (Shardaya and husband Kenzie FuQuay) on their marriage December 10, 2016.

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:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“M” stands for Move

Last month I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on what it means to move.

I bet most of you have heard the phrase “use it or lose it”. It happens to be particularly true for the human body. Though our bodies are designed for movement, if we don't move them our muscles, bones, heart, lungs, and even our brains will weaken and begin to function poorly. Fortunately, the opposite is also true. If we become and remain physically active our muscles, bones, heart, lungs and brains will strengthen and begin to function better. And the good news is that we don't have train like Olympic athletes to reap the benefits.

All we need to do is get up off the couch and take a little stroll. If we did this four times a day for just 5 minutes at a time we would do ourselves a world of good. If walking isn't your thing, dance instead. Put on some music and move to the groove! The cool thing about dancing is that it can be done sitting or standing and can actually be done with or without music. And for the kind of dancing I'm talking about, there are no rules other than you need to move your entire body: arms, legs, head, and torso.

If it's been awhile since you've cut the rug (or engaged in any other type of regular physical activity), before you start inviting your neighbors over for regular dance parties it would wise to first check with your health care provider to make sure everything is o.k. Once you get the green light, whether you dance, walk, attend exercise classes, use the Village fitness center, or do some other form of physical activity the important thing to remember is to move. Choose to move! Your future-self will be glad your current-self made that choice.

Announcements



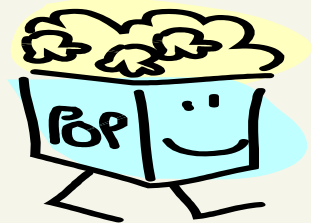
Every Saturday

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

Write Your Worries Away



Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.

www.guideposts.org

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**



Michigan, we're not getting any younger.

Going to the mall to return gifts today?...Or grocery shopping...To the office? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Over the past 17 years, Michigan has moved from the **30th oldest state** in the USA to **10th oldest**.

So what?

So, an aging population means **the services YOU help provide to seniors are more important than ever.**

Through your support of PVM, make a healthy Michigan possible.

You strengthen the economy by keeping seniors active in their communities. **You are the reason that ~~PVM residents~~ Michiganders can thrive as they age.**

Thank you for your continued dedication to Michigan's older adults!
If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

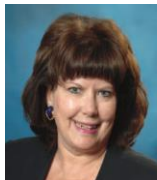
Maybe money CAN grow on trees...

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

Presbyterian Villages OF MICHIGAN THE FOUNDATION



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Fitness with Peace

*Fitness Classes are held
Tuesday and Thursday
At 11:00 am 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**



PVM RECOGNIZED AS BEST-MANAGED NONPROFIT

I am pleased to report that Crain's Detroit Business has selected PVM as The Best- Managed Nonprofit for 2016. PVM received the honor "For tackling the complexity of meshing an affordable senior community with increased access to health care and related services for seniors in the surrounding neighborhood and collaborating at high levels to do it..." The Edward N. and Della L. Thome Rivertown Neighborhood, near Detroit's east riverfront, was the driving force behind this award due to innovation and challenges which were met along the way by PVM and its partners. United Methodist Retirement Communities and Henry Ford Health System also deserve much credit for making this campus a success.

PVM, throughout its 71 year history, has been known for innovation and collaboration. All of our thirty villages represent what PVM is all about in providing service excellence and a commitment to "embracing the possibilities" that life has to offer at any age. Congratulations to all on receiving this prestigious award. We will transport this same innovative spirit into 2017 and beyond. Happy New Year to all!

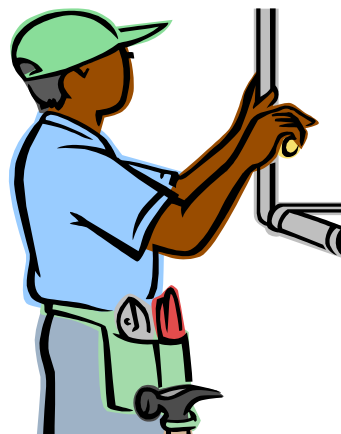
The smallest
**act of
kindness**
is worth more
than the grandest
intention.

GeniusQuotes.net



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

Happy Birthday Wishes

Emmarine Kidd 1/5
Faheem Shakoor 1/8
Winnie Burt 1/30
Dolores Hill 1/31



**Harmony Manor Board
of Directors
2017**

Board Chairperson
Lisa Watkins

Board Vice Chair
Michael Taylor

Secretary
Marjorie Ball Walker

Treasurer
Ronald Spears

Trustees
Charles Reese
Ruthenia Henderson
Rev. Dr. Lawrence Glenn, Sr.
Rev. Dr. Arthur Caldwell



From the Desk of Service Coordinator:

Current research indicates that individuals are likely to make errors when preparing their tax returns. The following tax tips were developed to help you avoid some of the common errors dealing with the standard deduction for seniors, the taxable amount of Social Security benefits, and the Credit for the Elderly and Disabled. In addition, you'll find links below to helpful publications as well as information on how to obtain free tax assistance.

Standard Deduction for Seniors - If you do not itemize your deductions, you can get a *higher* standard deduction amount if you and/or your spouse are 65 years old or older. You can get an even higher standard deduction amount if either you or your spouse is blind. (See Form 1040 and Form 1040A instructions.)

Taxable Amount of Social Security Benefits -When preparing your return, be especially careful when you calculate the *taxable amount* of your Social Security. Use the Social Security benefits worksheet found in the instructions for IRS Form 1040 and Form 1040A, and then double-check it before you fill out your tax return. See [Publication 915](#), *Social Security and Equivalent Railroad Retirement Benefits*.

Credit for the Elderly or Disabled - You must file using Form 1040 or Form 1040A to receive the Credit for the Elderly or Disabled. You cannot get the Credit for the Elderly or Disabled if you file using Form 1040EZ. Be sure to apply for the Credit if you qualify; please read below for details.

Who Can Take the Credit: The Credit is based on your age, filing status and income. You may be able to take the Credit if:

Age: You and/or your spouse are either 65 years or older; or under age 65 years old and are permanently and totally disabled.

Calculating the Credit: Use [Schedule R](#) (Form 1040 or 1040A), *Credit for the Elderly or Disabled*, to figure the amount of the credit. See the [instructions for Schedule R](#) (Forms 1040 or 1040A) if you want the IRS to figure this credit for you.

<https://www.irs.gov/individuals/seniors-retirees/tips-for-seniors-in-preparing-their-taxes>

David Jones
Service Coordinator at The Village of Harmony Manor
15050 Birwood Ave
Detroit, MI 48238
313-934-4000 #2
DaJones@nationalchurchresidences.org
www.nationalchurchresidences.org

January 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Daily Café 	3 Shopping Trip Van leaves @ 10am *Always Sign-up in Mgmt. Office 	4 Daily Café 	5 Emarrine Kidd #106 Happy Birthday! 	6 12:45pm 	7 Movie Night @6pm Comm. Room 
8  Faheem Shakoor #223 Happy Birthday!	9 Daily Café 	10 Daily Café 	11 Tenant Council Meeting 6pm 	12 6:00pm BINGO! 	13 12:45pm 	14 Movie Night @6pm Comm. Room 
15 	16 Martin Luther King Day! Happy Birthday! 	17 Daily Café 	18 Daily Café 	19 Daily Café 	20 Inauguration Day!  12:45pm 	21 Movie Night @6pm Comm. Room 
22 	23 Daily Café 	24 Daily Café 	25 Daily Café 	26 Daily Café 	27 Focus Hope  12:45pm 	28 Movie Night @6pm Comm. Room 
29 	30 Winne Burt #208 Happy Birthday!	31 Dolores Hill #220 Happy Birthday!	Important: **EMERGENCY MAINTENANCE – Andrew Bullock #313-670-0407**			

****Thank you very much Resident Volunteers for all you do!!****

Misty L. Gregory, Administrator

Flyers for events will be distributed; Café with Rosetta Peace is everyday; Walmart is every Friday @12:45pm; Bingo Night is every Thursday@6pm





Misty L. Gregory, Administrator's Message

Fun Facts about January

- Paul Revere, Revolutionary War patriot, born January 1, 1735.
- Flagmaker Betsy Ross born January 1, 1752.
- Abraham Lincoln issued the Emancipation Proclamation, January 1, 1863.
- J. Edgar Hoover, director of the FBI from 1924 to 1972, born January 1, 1895.
- Commonwealth of Australia proclaimed, January 1, 1901.
- Colonial leader Nathaniel Bacon born January 2, 1647.
- James Wolfe, conqueror of Quebec, born January 2, 1727.
- Georgia ratified the Constitution, January 2, 1788.
- Cicero, Roman statesman, born January 3, 106 B.C.
- Women's-rights leader Lucretia Mott born January 3, 1793.
- Alaska was admitted to the Union as the 49th state, January 3, 1959.
- Fairy-tale collector Jakob Grimm born January 4, 1785.
- Utah became the 45th state, January 4, 1896.
- Stephen Decatur, American naval hero, born January 5, 1779.
- Nellie Tayloe Ross became the first woman governor of a state, Wyoming, January 5, 1925.
- George Washington Carver, black American scientist, died 1943. In 1945, Congress designated January 5 as George Washington Carver Day.
- Charles Sumner, American statesman and antislavery leader, born January 6, 1811.

<http://www.entourages.com/barbs/january.htm>

**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

PHONE: (313) 934-4000
FAX: (313) 934-4017

Village Staff:

Misty L. Gregory
Administrator

David Jones
Service Coordinator

Andrew Bullock
Maintenance Tech.

Call Jackie for Hair Appt.
(313) 320-0301



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



Weather

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

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

BAROMETER	FLOOD	ICE	STORM
BLIZZARD	FLURRIES	LIGHTNING	SUNNY
CELSIUS	FOG	MIST	TEMPERATURE
CLOUDS	FORECAST	MONSOON	THERMOMETER
COLD	FREEZE	OVERCAST	THUNDER
CYCLONE	FROST	RAIN	TORNADO
DOWNPOUR	HAIL	SHOWER	TSUNAMI
DRIZZLE	HOT	SLEET	TYPHOON
DROUGHT	HUMIDITY	SNOW	VISIBILITY
FAHRENHEIT	HURRICANE	SQUALL	WINDY

<http://www.puzzles.ca/wordsearch.html>



Residents enjoying an evening with
Zeta Phi Beta Sorority Inc., Wednesday, December 7, 2016





***HAPPY NEW YEAR FROM THE
RESIDENTS, STAFF AND BOARD
MEMBERS OF THE VILLAGE OF
HARMONY MANOR!***

Thank you for your support!

Misty L. Gregory, Administrator

