

Living in Harmony

Embrace the possibilities

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

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Harmony Manor News:

The Village of Harmony Manor along with Bethany Manor, Oakman Manor and Thome Rivertown had a grand time at the Universal Soul Circus Thursday, September 17, 2015. There were about 43 residents all together that enjoyed the event. Residents and staff thank Deborah Beard, Carmen Thomas, and Linda Wilcox for a wonderful outing.

THANK YOU!

*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 the Service Coordinator:

Mark your calendar for October 15, 2015 to attend presentation given by Latoya Jarrett and Wayne County Health Authority. This presentation will be at 1:00 pm in the Community Room. Your service coordinator will be passing out fliers to remind you of this presentation.

Also Medicare 2015 Open Enrollment begins October 15, 2015 through December 7, 2015. This is the period to change your prescription Drug plan with Medicare Part B. An Open Enrollment event is scheduled at Harmony Manor on November 17, 2015 at 2:00pm. If you want to change your Drug plan then come to the Open Enrollment event with a list of all your prescriptions. MMAP counselors can compare plans. Check to see if you qualify for help with the cost of your prescriptions or Medicare Part B premium and explain your enrollment options. "Extra Help" is a program to help with Part D premiums, co-pay, deductibles and continued coverage in the gap. On November 17, 2015 at 2:00, MMAP counselors will be on hand to go over you current plan and compare others drug plans to determine if you are getting the best plan to help you save money.

Stop in and see service coordinator, Trudy Jones, for more information and forms to list all prescriptions.

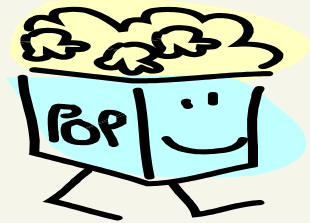
Trudy Jones

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



October is National Breast Cancer Awareness Month

Although breast cancer is the second leading cause of death among women, because of early detection and treatment an increasing number of women diagnosed with breast cancer are beating the disease. According to the American Cancer Society (ACS), when breast cancer is detected early and is in the localized stage, the 5 year relative survival rate is 100%.

To detect breast cancer early, the ACS recommends that beginning at age 40 women have both an annual clinical breast exam (CBE) performed by their health care provider and an annual mammogram for as long as they remain healthy. It is important to remember that it is health status, not age that should determine whether or not to continue with regular mammograms. As long as you remain healthy and don't have a serious, chronic health condition you should continue getting an annual mammogram. And though mammograms aren't fool proof, they are an important tool in detecting breast cancer early. To learn more about the early detection and treatment of breast cancer, visit www.cancer.org and/or www.nationalbreastcancer.org



Upcoming Events in the Detroit Metropolitan Area



Highlights

- **20th Annual Great Lakes Regional Chili Cookoff** - Kellogg Park, Downtown Plymouth, along with a car show, live bands, kids activities, food and vendor booths. All money raised from this event goes to local charities - Habitat for Humanity and Penrickton Center for Blind Children, Sunday, October 4, 2015
- **Annual PENN-Taste-Tic Downtown Plymouth Restaurant Crawl** - walk around downtown Plymouth enjoying delicious samples and treats from many of their favorite Plymouth restaurants. "Crawlers" will get a chance to vote for their favorite taste and restaurant! Tickets are pre-sale only. Tuesday, October 6, 2015
- **Zoo Boo at the Detroit Zoo** - The Detroit Zoo's annual "merry-not-scary" Zoo Boo celebration features a festively decorated trick-or-treat trail through the front of the Zoo - October 9-11, October 16-18, October 23-25, 2015
- **Youmacon 2015** - popular culture event similar to most "Comic Cons", however instead of focusing on comic books, Youmacon is a celebration of Japanese popular culture and its influence on our own culture over the past few decades. Two locations: **Cobo Center** and **The Renaissance Center**, October 29 – November 1, 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**





Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

Celebrate PVM's 70th Anniversary at the Annual Gala and Support Seniors!



You can **positively impact** the lives of PVM residents and have a fun, memorable night by joining us at the 12th annual PVM Foundation Gala on Friday, November 13th at the beautiful COBO Center in Detroit!

We will pay tribute to PVM's 70th anniversary with a special theme of "**70 & Still Making Waves.**" The night's festivities include a cocktail reception, raffle prizes, dinner, a short program and entertainment by The Royce and Jenn Band. The Master of Ceremonies is **Regina Lawson**, resident at The Thome Rivertown Senior Apartments!

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 Reception, Dinner & Program
\$375 Patron Ticket* includes Private VIP Pre-Reception, Prime Seating at Dinner & Program
 (*Estimated Fair Market Value: \$125/ticket)

Proceeds from the event will **directly benefit** the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services in technology, wellness and transportation
- And many other life-enhancing programs

For more information about the gala, call us at 248-281-2040 or visit www.pvmfoundation.org/Gala2015. Thank you for supporting PVM residents and I hope to see you on November 13th!

Warm regards,
Paul J. Miller, CFRE

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION
presents

70 & STILL MAKING WAVES *gala*

Sponsorship Packages Available!

Patron Tickets \$375

Individual Tickets \$250

For more information, contact PVM Foundation at **248.281.2040**
or visit www.PVMFoundation.org/Gala2015

5:30 p.m.
VIP Pre-Reception & Raffle Preview
(Sponsors & Patron Tickets only)

6:30 p.m.
General Reception & Raffle

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

FRIDAY, NOVEMBER 13 • COBO CENTER, DETROIT

Fitness with Peace

Fitness Classes are held

Monday, Tuesday and Thursday

At 9am to 11pm 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



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

TOTAL SOLUTIONS FOR AGING WELL

PVM is in the midst of our 70th Anniversary. We have been known as innovators since the beginning and continue to provide creative solutions for enjoying life to the fullest. If you are a PVM resident, a caregiver, or simply a senior who is wanting to remain where you are safely and securely, we have a new service to help you or a loved one. We have piloted a program at The Village of Westland for five years with high customer satisfaction and are now launching it to all of our Villages as well as entire communities throughout Michigan. The program is called CareSync Solutions and is already receiving rave reviews. It is a joint venture between PVM and Homestead Home Health Care Services, our partner in the Westland pilot.

Whether you are looking for the comprehensive medical care that will help you stay in your home, or the stress-reducing personalized assistance that will help make your life a little easier, CareSync Solutions' innovative approach combines time-tested talents and the latest technology to meet the needs of any individual, family or community. Whether it's transportation, telehealth, home repairs, or meal preparation, CareSync's experienced staff will work tirelessly to meet your needs and keep you healthy at home.

Thank you to our Veterans!

Sometimes just a little help can keep oneself on a good path of health and longevity, as well as the ability to remain independent. If you would like to know more about these services, call (248) 773-4550 or check out the website at www.caresyncsolutions.org. For PVM residents, you can also talk with your Village staff.

We wish all of our readers the chance to live life to the fullest in the setting of your choice.



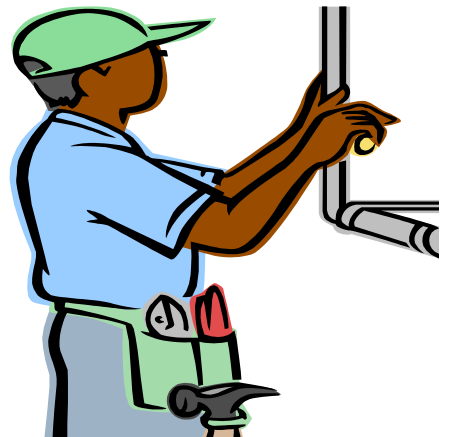
FRIENDLY REMINDERS & ANNOUNCEMENTS:

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

- Sadie Coe 10/1
- JW Hill 10/12
- Ronald Williams 10/14
- Linda Webb 10/15
- Felix Berko 10/22
- Mattie McFarlin 10/29



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 the Month of October

Below are some fun facts about October:

1. The birthstones for October are the tourmaline and the opal.
2. The zodiac signs for October are Libra (September 23 - October 22) and Scorpio (October 23 - November 21).
3. The birth flower for October is the calendula.
4. On October 1, 1896, free rural delivery of mail started in the United States.
5. On October 4, 1957, the first artificial satellite was launched by the Soviet Union.
6. On October 5, 1947, the first presidential telecast address from the White House was made by Harry S. Truman.
7. On October 7, 1816, the Washington (first double-decked steamboat) arrived at New Orleans.
8. On October 12, 1492, Christopher Columbus landed in America.
9. On October 18, 1867, The U.S. flag was formally raised over Alaska.
10. On October 22, 1836, Sam Houston was inaugurated as the first president of the Republic of Texas.
11. On October 31, 1864, Nevada became the 36th state of the United States.
12. National Cookie Month
13. National Chili Month
14. National Pizza Month
15. National Dessert Month
16. Lupus Awareness Month
17. National Seafood Month
18. November 5 - World Teacher's Day
19. Columbus Day - second Monday of October
20. October 31 - Halloween

<http://www.famousbirthdays.com/facts-about-october.html>

~ October 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Sadie Coe #203 Happy Birthday! Shopping Trip 9am 	2 12:45 pm Shopping Trip 9am 	3 Movie Night @6pm Comm. Room
4	5 'KEEP IT MOVING" with "PEACE" – Wellness Room - Mon., Wed., & Fri. 9am to 11 am 	6 'KEEP IT MOVING" with "PEACE" – Wellness Room - Mon., Wed., & Fri. 9am to 11 am 	7 Daily Cafe 	8 Bingo Every Thursday @ 6pm 	9 12:45 pm 	10 Movie Night @6pm Comm. Room
11	12 J W Hill #211 Happy Birthday!	13 Rachel's Mobile \$ Store 10am to 12pm 	14 Ronald Williams #202 Happy Birthday! Tenant Council Meeting @6pm 	15 Linda Webb #227 Happy Birthday! Bingo Every Thursday @ 6pm 	16 12:45 pm 	17 Movie Night @6pm Comm. Room
18	19 'KEEP IT MOVING" with "PEACE" – Wellness Room - Mon., Wed., & Fri. 9am to 11 am 	20 'KEEP IT MOVING" with "PEACE" – Wellness Room - Mon., Wed., & Fri. 9am to 11 am 	21 'KEEP IT MOVING" with "PEACE" – Wellness Room - Mon., Wed., & Fri. 9am to 11 am 	22 Felix Berko #226 Happy Birthday!	23 12:45 pm 	24 Movie Night @6pm Comm. Room
25	26 Daily Cafe 	27 Daily Cafe 	28 Daily Cafe 	29 Mattie McFarlin #218 Happy Birthday!	30 12:45 pm 	31 Movie Night @6pm Comm. Room

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



OCTOBER RECIPE



Best Grilled Salmon Recipe Ever!

Ingredients

- 1-3 salmon fillets, depending on size
- ¼ cup brown sugar
- 2 tbsp lemon juice
- 1 tsp black pepper
- 2 tsp salt
- ¼ cup soy sauce
- ¼ cup olive oil
- ⅛ cup water
- 2-3 cloves minced garlic

Instructions

- 1) Purchase your salmon as fresh as you can. I prefer the taste of farm-raised to wild caught because I think it tastes less fishy. But don't buy the frozen fillets if you can avoid it. Put the fish in a plastic bag with all the other ingredients and seal it with as much air pushed out as possible. Marinate for at least an hour, up to three.
- 2) When you are ready to cook, heat up your grill. Then make a little dish out of aluminum foil with sides. Slide the fish on your 'dish' and add a little of the marinade on top. Put the fish skin side down. Then push the whole dish onto the grill. Close the lid and grill for about 20 minutes. After that is done, flip the salmon over onto the grill to sear the top, then you can scrape off the skin (it should lift right off.) Grill for 1-2 minutes and then serve.

<http://www.honeybearlane.com/2013/04/the-best-grilled-salmon-recipe-ever.html>

Autumn

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.

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

ACORN	EQUINOX	NOVEMBER	SEPTEMBER
APPLE	FALL	OCTOBER	SHORTER DAYS
BIRD MIGRATION	FARMING	ORANGE LEAVES	SQUASH
BLOWING LEAVES	FEAST	PIE	SWEET POTATOES
BLUSTERY DAY	FROST	PUMPKIN	THANKSGIVING
CANNING	HALLOWEEN	RAKE	TURKEY
CHESTNUTS	HARVEST	RED LEAVES	WINDY
CHILLY	HAYSTACK	SCARECROW	YELLOW LEAVES
COLD	HICKORY NUTS	SCHOOL	
CROPS	LONGER NIGHTS	SEASON	

