

Living in Harmony

Embrace the possibilities

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

Issue: **DECEMBER, 2013**

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Tenant Council News:

*Did you know that all our residents are members of the tenant council? Each and every resident has a voice and a vote in the operations and functions surrounding Harmony Manor. Tenant council meetings are held the **second Wednesday** of every month at **6:00pm** in the **community room**. These meetings are held to address your concerns. There are no collections of dues; therefore the treasury seat has been eliminated. Your voice matters, so let's hear it!*

Thank you,

Harmony Manor Council

Emergency On-Call Number

313 607-0407

After 4:30pm

Jason Riggins

TENANT COUNCIL

President

Robert Johnson

Vice President

Mary Burt

Secretary

Delores Hill

Sgt. at Arms

Douglas Bigham

Greeting Committee

Geraldine Perry

Rosette Peace

Annette Jones

Floor Captains

Frances Wimbush

Yvonne Browder

Lula Jackson



The Village of

Harmony Manor

A SENIOR LIVING COMMUNITY

Look for PVM on:



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

When Feeling SAD is More Than Feeling Blue

As the seasons change from fall to winter and the daylight hours shorten, it's common to feel a little blue. If, however, these feelings persist and intensify you may have Seasonal Affective Disorder (SAD). SAD is a type of depression that usually occurs between September and May.

It's characterized by constant sadness, extreme fatigue, social withdrawal, and cravings for starchy foods. While its exact cause is unknown, researchers think it is related to the decrease in sunlight that occurs during fall and winter. Low sunlight disrupts our bodies' natural rhythms, decreases our brains' serotonin levels, and interferes with melatonin production and absorption, all of which affect mood.

The first line of treatment for SAD is light therapy. It involves sitting next to a special, high intensity light for approximately 30 minutes a day. Another common treatment is dawn simulation. It involves use of a device connected to a high intensity light that gradually turns it on over 1 to 2 hours, thereby simulating sunrise. Researchers believe these therapies work because they reset our internal clocks and return our bodies to a more natural rhythm. To be effective, they need to be performed throughout the fall and winter. Otherwise symptoms will return. If these therapies don't seem to work, additional treatment with medication and counseling may be needed. If you think you have SAD, don't treat yourself. Consult your physician. He or she will be able to make a proper diagnosis and determine the most effective form of treatment for you.



Tom Wyllie

Announcements

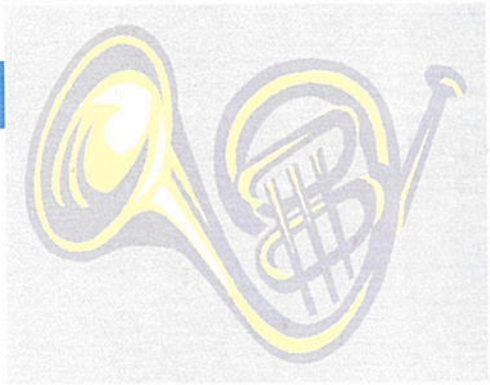
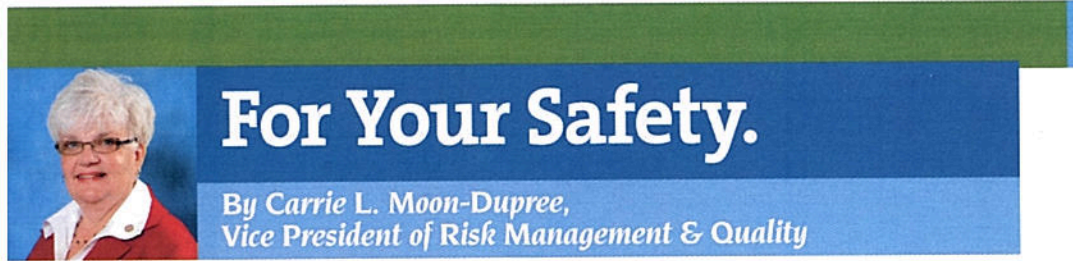


Every Monday
Movie Day
6:00pm
Community Room
Bring your snacks



Every 2nd. Wednesday
Tenant Council
Meeting @ 6:00pm
Community Room

Sunday Service
Hope Presbyterian Church
15340 Meyers
Detroit, MI 48238
Fellowship begins
@ 10:00am
Transportation Available
Please call
Stephanie 313.861.2865



Alcohol and the Holidays:

Christmas and New Year's Eve are wonderful holidays with many traditions. Some of these traditions involve the use of alcohol. In the spirit of the holidays, and safety, here are some safety tips to consider before you celebrate.

1. Never, Never drink and drive.
2. Alcohol affects seniors more quickly than younger adults. One drink can cause impairment.
3. Review your prescription and over the counter medications to see what warnings about alcohol are listed. Follow those instructions. Check with your physician if you do not see the alcohol information on the prescription.
4. Have something to eat either before or while you are imbibing alcohol.
5. If the holidays cause you to be sad , do not "self-medicate" with alcohol as a way of feeling better. Instead talk with a trusted friend, family or social worker.
6. If you are having a drink, have it around other people. Drinking alone makes it easier to drink too much.
7. Drinking can cause some health conditions to worsen. Be mindful of your health conditions when accepting a glass of cheer.
8. Drinking can cause you to become unbalanced, leading to falls.
9. Place a one drink maximum on yourself.

Less you think that I am a "party pooper", I too enjoy a glass of the bubbly at the holiday times. I just make sure that I follow all the above tips that allow me to remain safe while enjoying the holidays.

*Thank you,
Carrie Moon-Dupree*



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

Thank You and Best Wishes From Our Family to Yours

It's hard to believe another year has come and gone so quickly, and yet so much has been accomplished to help PVM residents and seniors. Through the generosity of many donors this year, over \$3.5 million has been raised to support the following initiatives:

- **Rivertown Neighborhood**, An Innovative Senior Community in Detroit that will provide Detroit seniors a full array of affordable health care, service, and housing options all on one site.
- **The Village of East Harbor Health & Wellness Center**, which will be an 8,000 square foot state-of-the-art rehabilitation and wellness center in one location.
 - **Benevolence funding** to help residents and seniors with insufficient financial resources.
- And many other life-enhancing programs and services at all the Villages, such as wellness, technology, transportation and more.

Most recently, the **10th Annual It's A Wonderful Life Gala** netted nearly **\$200,000** to benefit the greatest needs of our seniors.

This month, **our goal is to raise at least \$30,000** to support the Marie Claire Damone Fall Prevention Fund. Help us reach our goal by making a gift that will prevent falls, the leading cause of death among older adults. **Gifts are eligible to be matched \$1.00 for \$1.00!** To make a gift, please see the front desk, your Village Administrator or visit us online www.pvmfoundation.org (you must designate your gift for the Marie Claire Damone Fall Prevention Fund to be eligible for the match).

None of this could be accomplished without the help and support of every Board member, employee, volunteer and most importantly, every donor to PVM. To each of you, **thank you for making a difference** and best wishes for a blessed holiday season, from our family to yours!

The Marie Claire Damone Fall Prevention Fund



Marie Claire Damone

Your gift will prevent falls, the leading cause of death in older adults.

Your gift is eligible to be **MATCHED \$1.00 for \$1.00!***

Please support this life-saving program.




For more details, please see your Village Administrator or call the PVM Foundation office at 248.281.2040
*Match Guidelines Apply

Fitness with Peace

Fitness Classes are held

Monday, Wednesday & Friday

At 12:00pm 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 mil, we teach mid-style of exercise routine

and if you just can't work out then join us for Coffee and Conversation we enjoy having you as a resident and a member of the fitness club.

Rosetta Peace

Harmony Manor "STEPPERS" fitness Instructor



Zumba Gold is back!! *Carla Triplett will be joining our fitness team for week day workouts. Getting down to the oldies.*

Thursday's 5:00pm

Community room 1st. floor



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

Lyn Alexander -The Senior Advocate

This is the time of year we focus on giving thanks and giving to others. I am thankful for a team of colleagues who incorporate that spirit of giving into their everyday lives. From benevolence in the form of assisting PVM residents to stay in their own homes to beautification and security our PVM employees, PVM board, PVM Foundation Board, and Village Board members all represent servant leadership at its finest. Giving to food pantries, hosting neighborhood community meetings, providing mobile health services and immunization sites, donating clothing and essentials for the homeless, building houses alongside Habitat For Humanity and promoting elder abuse prevention are among the many initiatives in which we have been engaged over the past year.

And we also reached out to improve the quality of life of Michigan children. Many of our Villages have provided giving trees whereby local families are adopted for Christmas. And, in one instance, they transformed an old and rusty tricycle into a sparkling new red tricycle which will be treasured by a youngster with memories to last a lifetime.

Protecting our environment also made the list of contributions via recycling projects including medication disposal sites and community recycling events. What a joy it is to work with individuals and teams of people who think of their work as a mission instead of a job. As Albert Einstein once said: "Only a life lived for others is worthwhile."

May the joys of the season be with all of our readers over the upcoming holidays and on into the New Year.

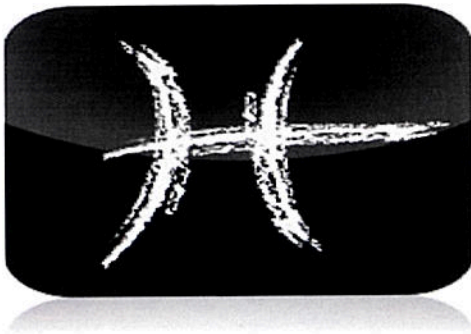
**VP OF PUBLIC AFFAIRS
Lyn Alexander
Presbyterian Villages of Michigan**

SERVICE COORDINATORS MESSAGE:

Trudy Jones 313.934.4000 ext. 3

It's time the Medicare Open Enrollment for anyone wanting to make changes with their current Medicare plan. Enrollment period is October 15, 2013 to December 7, 2013. Your Service Coordinator has schedule a presentation for November 26, 2013 @1:00 with Donna Shelton from Detroit Agency on Aging to discuss any questions you may have on changing your current Medicare plan. Open Enrollment is the time you are able to determine whether or not your Medicare plan or Part D prescription drug plan is adequate or a better plan at the same or lower premium by switching. You can change your plan during the Open Enrollment period. Although persons who are eligible for Medicare, but are currently not enrolled in Medicare Advantage or a Medicare prescription drug plan, have during the open enrollment period the opportunity to enroll in a plan. If you want to cancel your existing Medicare prescription drug of Advantage plan, you can do so during this period of time. If you miss your annual window of opportunity, you need to wait until the next open enrollment period in the following year. It can be advantageous to evaluate your Medicare options each year rather than staying in a plan with less benefits or a higher premium, compared to other Medicare choices. Also Gleaners Community food Bank would like to run a hands-on program called Cooking Matters. It is a hands-on program that focuses on shopping for, preparing and eating, food that is tasty, healthy and affordable. Service Coordinator will keep you informed on when the Gleaner program will begin.

Happy Birthday Wishes!



Happy Birthday to you 🎵🎵🎵...

- Maurice Lamar12/12/2013 #122
- Robert Johnson12/4/2013 #206

**Harmony Manor Board
of Directors
2013**

Board Chairperson
Charles Reese

Board Vice Chair
Lisa Watkins

Secretary
Marjorie Ball Walker

Treasurer
Open
Trustees

- Ronald Spears
- Rev. Mary Austin
- Dr. Arthur Caldwell
- Ruthenia Henderson
- Dr. Lawrence Glenn, Sr.

DETROIT EASTERN MARKET Tuesdays

9 am - 3 pm
Shed 3

Market Links

[Eastern Market Online](#)
[Join Our Mailing List](#)
[Detroit Community Markets](#)



Don't Forget!

Tuesday vendors accept **Bridge Cards/EBT** as well as **Double Up Food Bucks**, **WIC Project FRESH** and **Senior Market FRESH** coupons. [Click for more informati](#)



DETROIT EASTERN MARKET Tuesdays

Food Trucks and Special Guests

The culinary delights of the following fabulous good trucks!

- [The Grindhouse](#)
- [Green Zebra Truck](#)
- [The Mac Shack](#)
- [Ned's TravelBurger](#)
- [The Shimmy Shack](#)



Cool Temps gets us Started...
The First Saturday of each Month
The Harmony Manor Van sets off to the
Eastern Market
As we make a day of shopping, lunch and
friendship you must sign up in the office.

Van leaves the building at 8:30am



In Council News

*Council Meeting
Dec.11, 2013
6:00pm
Community Room*

***December 21, 2013
Saturday @ 5:00pm***
*Tenant Council will host its
Potluck*


*Holiday Dinner Party
Please bring your favorite dish
or if no dish, donations are
\$10.00 payable before the
event or at the door
After the dinner gift exchange
celebration.*

***Please come to the meeting
for all the details.***

***R. Johnson # 206
Council President***

*Bring your articles / ideas to
the leasing office before the
15th. of the month.*



Linda Wilcox Administrator 

HUD RULES/REGULATIONS



MAINTENANCE PROCEEDURES

*It is very important for everyone to remember that all work request/work orders **MUST** be placed with the Management Office First-before maintenance is allowed to complete the work. All work orders must be logged into our computer system so that there is a record and history for your unit and a account of what work maintenance is called to do for your unit.*

If you stop maintenance in the hallway, your work order will not be recorded or completed, to avoid any misunderstandings and waiting or delays you can leave a voice message with your request at 313.934.4000 and/or stop in and your work order will be logged.

*We thank you for your cooperation!
Harmony Manor Management*

It is the policy of PVM to comply with HUD regulations, Title VI of the Civil Rights Act of 1964, Title VIII and Section 3 of the Civil Rights Act of 1968 (as amended by the Community Development Act of 1974 and the Fair Housing Amendments Act of 1988), Executive Order 11063, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and any legislation protecting the individual rights of residents, applicants or staff which may subsequently be enacted. To the extent that any provision of this Policy comes to conflict with subsequently enacted legislation or HUD/MSHDA regulations, the regulations or legislation shall control.

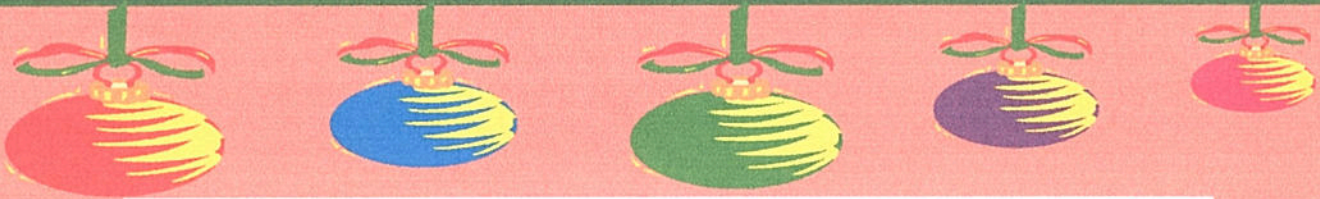


Extra, Extra Read all about it!!!

Zeta Phi Beta Sorority, Incorporated -Upsilon Psi Zeta Chapter propose Partnership with The Village of Harmony Manor - *Providing great opportunities for our residents and the community*

- *Monthly Activities*
- *Movie Night Host, Casino Night*
- *Workshops*
- *Event Planning Fellowship Breakfast*
- *Z-Hope Programs*
- *Stay tuned more exciting information will be available soon!*

**Thank you: Lisa Watkins
Harmony Village, Sr. NP Housing - Vice Chairperson**



Harmony Manor

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Fitness Class Mind,Body, Soul With Peace 12p	3 Shopping Trip Van leaves at 10:00am	4 Happy B-Day Mr. Bobby #206	5 	6 Fitness Class Mind,Body, Soul With Peace 12pm	7
8 Westminster Church Service 10:00am	9 Fitness Class Mind,Body, Soul With Peace 12pm	10	10 Tenant Council Meeting 6:00pm	12 Happy B-Day Mr. Lamar #122	13 Fitness Class Mind,Body, Soul With Peace 12pm	14 Oak Grove Church Celebration 12:00pm
15 Westminster Church Service 10:00am	16 Fitness Class Mind,Body, Soul With Peace 12pm	17 Office Closed PVM Staff Training 8:00am-4:00p	18 	19	20 Fitness Class Mind,Body, Soul With Peace 12pm	21 Resident Holiday Party 6:00pm
22 Westminster Church Service 10:00am	23 Shopping Trip van leaves at 10:00am	24 Office Closed Christmas Eve	25  CHRISTMAS DAY	26 KWANZAA Umoja 1 Unity	27 FOCUS HOPE Kujichagulia2 Determination	28 Ujima 3 Responsibility
29 Ujamaa 4 Econoimcs	30 Nia 5 Purpose	31 New Years Eve Kuumba 6 Creativity	1 January-2014 Almani 7 Faith		Maintenance Emergency Calls after 4:30pm 607-0407	
 <p><i>"For GOD is not the author of confusion, but of peace - corinthians 14:33</i></p>						

December, 2013
Happy Holiday's

**The Chancel Choir of
Hope Presbyterian Church**

Presents:



***WONDROUS NIGHT:
A CHRISTMAS CONTATA***

Sunday, December 8, 2013

11:00 A.M.

**Hope Presbyterian Church
15340 Meyers (just north of Fenkell)**

ALL ARE WELCOME!!

Word Search

Assistance

Christmas

Cook

Gifts

Knoxville

Pan American

Retirees

Stillman

Barber Scotia

Church

Education

Grants

Menaul

Pensions

School

Board

Colleges

Financial

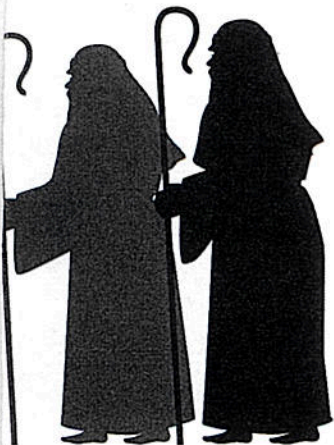
Joy

Offering

Racial Ethnic

Service

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



Presbyterian Mission Agency

PDS 12136-12-303

**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



**Presbyterian
Villages**
OF MICHIGAN

THE FOUNDATION



The Village of
**Harmony
Manor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Office Numbers

Staff at Your Service:

Linda Wilcox 
Administrator

Trudy Jones
Service Coordinator

Jason Riggins
Maintenance Tech.

(313) 934-4000

313-934-4000 ext 1

Mon- Fri. 8:00am – 4:00pm

Closed Sat. & Sunday's

313-934-4000 ext 3

Tuesday & Thursday 9:00am -5:00pm

313-670-0407 Cell#

Mon.- Friday 8:00am – 4:30pm

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

Embrace the possibilities

