

Living in Harmony

Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: FEBRUARY, 2014

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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



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

The Healing Power of Writing

Twenty years of research has revealed that writing about emotional experiences can positively impact health. Pioneered by Dr. James Pennebaker, Chair of the Psychology Department at the University of Texas at Austin, writing about past traumas can decrease anxiety, improve immune function, increase working memory, and improve sleep.

When writing, Dr. Pennebaker recommends:

Finding a place and time to write where you won't be disturbed.

Writing about something you are over-worrying about, is affecting your life in an unhealthy way, or you have been avoiding.

Writing continuously for 15-30 minutes (not worrying about spelling/grammar) for 3-4 consecutive days.

Repeating what you've written if you run out of things to write about.

Letting go and exploring your deepest emotions and thoughts.

During or shortly after you finish writing Pennebaker indicates it's common to feel sad or depressed, however, these feelings usually subside.

If you start getting extremely upset, stop writing or change topics. Also, he recommends not writing too soon after a traumatic event.

Your writings are for you only. What you do with them is your decision. Some people save and periodically revisit them, some edit and turn them into stories, while others erase, burn, shred, flush, or tear them into tiny

little pieces and cast them into the wind. Whatever you decide, the important thing is to write and be as honest with yourself as possible.

You may be pleasantly surprised at how good you feel and how your outlook on life changes after you put pen to paper.



Announcements



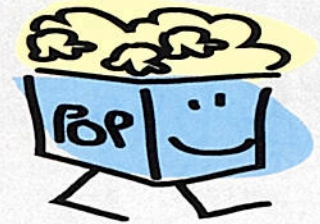
Every Monday

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

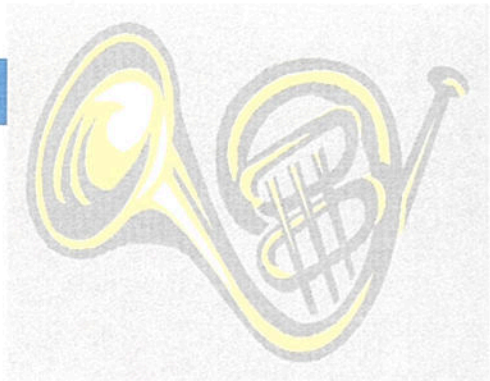
Please call

Stephanie 313.861.2865



For Your Safety.

By Carrie L. Moon-Dupree,
Vice President of Risk Management & Quality



Resident Satisfaction Survey Results

During the last quarter of 2013, over 1,394 residents and families made their voice heard by filling out the Presbyterian Villages of Michigan annual resident satisfaction survey. Many of you also left handwritten comments in the comment section. We have now received the results, along with a list of the comments. The survey is completely anonymous and we do not know who wrote what. We do know what Village and what level of care the survey and comments are from. Demographic information, such as age, gender and length of residency are also part of the data we have access to. You may be asking, now that we have the results, what are the next steps?

The first step is for PVM leadership to dig into the data and understand what this information is telling us, the good, bad and ugly. What are our residents and families saying to us? Are we meeting their expectations? If not, in what areas? How can we improve?

The next step is to report the results to residents, families, staff, board members and other interested parties. This is done both at an individual and organizational level. The results will be transparent to all.

The third step is to develop a plan to improve in areas that need improvement. Sometimes that means asking more questions to get clarification. Once the improvement plan is implemented, we can then measure how we are doing. Both the improvement plan and the results should be an ongoing conversation with our residents and families. Throughout the year you should hear how we are doing in newsletters and at resident meetings. If you don't hear, ask why!

Thank you to those who took the time to submit a survey. It is now our responsibility to take that information and use it to improve your experience with Presbyterian Villages of Michigan. We understand that this is your home and you deserve the best.



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

Friends & Family Held in April This Year!

Save the date for this year's **Friends & Family Appeal**, which will be held from **April 1st-April 30th**! Since 2002, this annual fundraising campaign has raised *over \$800,000* toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

The **\$1 for \$1 match** is back and, new this year, **any gift of \$1,000 or more (up to \$5,000) is eligible to be matched 2:1** by the PVM Foundation, meaning a gift of \$1,000 could become \$3,000!

Stay tuned for more information next month! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

DON'T BREAK THE BANK!

Secure a fixed rate annuity to generate income for life!

IMPROVE
YOUR CASH
FLOW!

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%

The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.

For more information, call Paul Miller at the PVM Foundation

248.281.2045

www.pvmfgifts.org



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!!

Trilla Triplett will be joining our fitness team

for week day work outs.

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

Prescription drug abuse is at epidemic proportions. Today, 2500 12 to 17 year olds will use prescription medication to get high for the first time. One in four high school seniors admit to abusing prescription drugs. Seventy percent say they get them from a friend or relative.

The non-medical use or abuse of prescription drugs is the fastest growing drug problem in the United States and has become a top priority for public health. Abuse of prescription drugs to get high has become increasingly prevalent among teens and young adults.

Because prescription drugs are legal, they are easily accessible, often from a home medicine cabinet. Further, some individuals who misuse prescription drugs, particularly teens, believe these substances are safer than illicit drugs because they are prescribed by a healthcare professional. Past year abuse of prescription pain killers now ranks second—only behind marijuana—as the Nation's most prevalent illegal drug problem.

The health risks associated with prescription drug abuse vary depending on the drug. For example, abuse of opioids, narcotics and pain relievers can slow or stop breathing. The abuse of depressants, including benzodiazepines and other tranquilizers, barbiturates and other sedatives, can result in seizure, respiratory depression and decreased heart rate. Stimulant abuse can lead to high body temperature, irregular heart rate, cardiovascular system failure and seizure. Inappropriate use of prescription drugs, including use without a prescription or medical supervision, or using in a manner other than exactly as prescribed, can lead to addiction in some cases and even death.

It is important, therefore, that we talk to our kids about the dangers of misusing prescription drugs and to make sure they are not easily accessible. Leaving unused prescription drugs in your medicine cabinet can be very tempting for a young person. We encourage everyone to properly dispose of unused prescriptions and not leave them where they can be used for non-medical reasons by youth or get flushed into our waterways. Holly Woodlands in Holly, MI has partnered with the Village of Holly Police Department and the Holly Area Community Coalition to collect and properly dispose of outdated and unused prescription drugs. The Holly Police Department is one of the states many community drop off sites, collecting over 300 pounds per year. Check with your local police department or pharmacy for a site near you.

Additional resources: Office of National Drug Control Policy (ONDCP) or NIDA for Teens.

SERVICE COORDINATORS MESSAGE:

Trudy Jones 313.934.4000 ext. 3

From the Desk of The Service Coordinator:

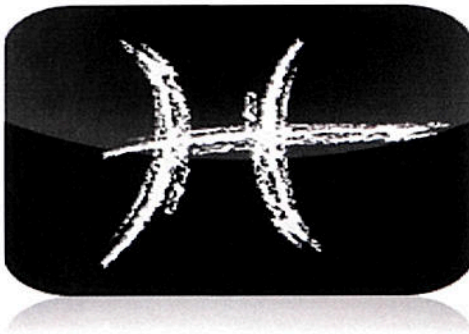
I am happy to announce a new collaborative partnership between PVM, the Hannan Foundation, and the American Heart Association (AHA). The AHA is making available to -FREE OF CHARGE-their new blood pressure education program targeted toward African Americans called Check. Change. Control. Their goal is to eliminate high blood pressure as a health disparity among African Americans. Unfortunately, high blood pressure in African Americans is the highest in the World.

Check. Change. Control is a Four month program that meets twice per month. During each meeting participants will have their blood pressure checked and logged, and will participate in a blood pressure related educational workshop on such topics as healthy eating, physical activity, stress management & more.

Your service coordinator will have a sign-up sheet in her office for all those interested in participating. Please stop by and sign up for this wonderful program.

Happy Birthday Wishes!

Harmony Manor Board of Directors 2013



Happy Birthday to you 🎵🎵🎵...

- Mrs. Perry # 203 2/6/14
- Ms. Frances # 228 2/8/14
- Ms. Clay # 205 2/20/14
- Ms. Jones # 208 2/22/14

Board Chairperson
Charles Reese

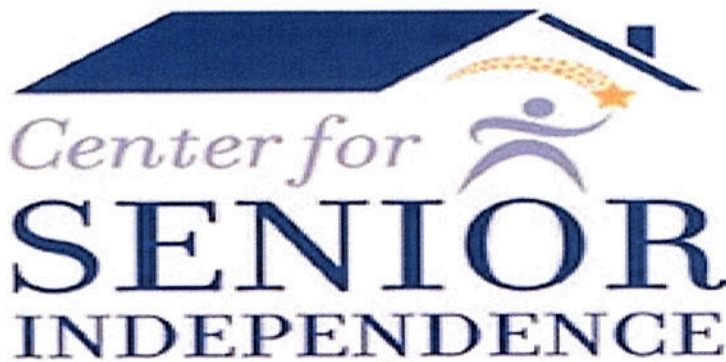
Board Vice Chair
Lisa Watkins

Secretary
Marjorie Ball Walker

Treasurer
Ronald Spears

Trustees

- Rev. Mary Austin
- Dr. Arthur Caldwell
- Ruthenia Henderson
- Dr. Lawrence Glenn, Sr.
- Michael Taylor



Services CSI provides include:

Social Services

Day Center Services & Recreational Activities
Interdisciplinary Team (IDT) Assessment and Treatment Planning
Social Work Services
Medical & Day Center Transportation
Personal Care, Meals & Home Chores

Medical Services

Primary Care Services
Registered Nurse Services
Pharmacy / Medications
Dental & Vision Services
Podiatry & Audiology Services
Medical Equipment & Supplies
Behavioral Health & Substance Abuse Services
Health Education
End-of-Life Care
Hospital Care
Laboratory Services
X-rays & Diagnostic Services
Emergency Services
End-Stage Renal Disease Service

Additional Services

Restorative Therapy Services
Prosthetics / Orthotics
Skilled Home Health Services
Nutritional Counseling
Medicare & Medicaid Covered Services
Other services determined as necessary by the IDT
On call 24-hour physician coverage, 365 days a year

Services are based on the needs of the participant, caregiver and the recommendations of the Care Team.

Private Rooms



Transitional Care Unit

AT THE VILLAGE OF REDFORD



We are passionately committed to serving seniors and their positive transformation to return home and live with full independence. The **Transitional Care Unit** staff provides rehabilitation programs that allow the patient the tools to maximize their individual potential. We take great pride in providing the necessary support and sense of community and consider each resident to be a member of our family.

Transitional Care Unit at The Village of Redford

25330 West Six Mile Road
Redford, Michigan 48240

Call: 313.541.6026

TTY: 800.649.3777

Fax: 313.531.7603

www.pvm.org



Helping you from hospital to home!

Our Team:

In addition to the professional licensed nursing staff, we also have a full range of staffing including physical therapist, speech/language pathologist, occupational therapist, restorative nurses and wound care specialist to meet all of the patient's needs.

Our Care Programs:

The programs in the **Transitional Care Unit** include an inclusive approach to minimize your stay and bring you home faster!

We treat all major diagnosis with specialized therapy programs for the following:

- Stroke
- Heart Attack
- Congestive Heart Failure
- Pneumonia
- Joint Replacement
- COPD
- Multiple Sclerosis
- Altered Mental Status

As part of **The Village of Redford's** campus, the **Transitional Care Unit** patients have full access to all of the community programs and service amenities.

- 24-hour Nursing Services
- Dietary Consultation
- Beauty/Barber Shop
- Pharmacy Services
- Activities and Events
- Dental Care
- Podiatry
- Hospice Services
- Vision Hearing Services
- Chapel Services

Call Patricia Daniels
at **313-541-6026**
for more information.



The Village of
Redford
A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

SENIOR *Citizen's Guide*

with "Boomers Resource Guide" Supplement

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


Movie Stars of the 50s and 60s

ANDREWS
BEATTY
BRANDO
BURTON
CLIFT
CONNERY
CURTIS
DAY
DEAN

DOUGLAS
DUNAWAY
FONDA
GRANT
HEPBURN
HESTON
HOLDEN
HUDSON
KELLY

LANCASTER
LEMMON
MCQUEEN
MONROE
NEWMAN
NOVAK
OTOOLE
PECK
POITIER

SINATRA
STEWART
TAYLOR
WAYNE
WOOD

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 an account of what work maintenance is called to do for you.*

If you stop maintenance in the hallway, your work order will not be recorded or completed, to avoid any misunderstandings, 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!!!



*Coming this spring "The Village Market"
Ran by the residents, for the residents
Harmony Manor partners with the Eastern Market to host
the Village's first Village Neighborhood Mini-Market.
Stay tune to see the ideas of the residents coming to life.*

Thank you: Resident Council of Harmony Manor

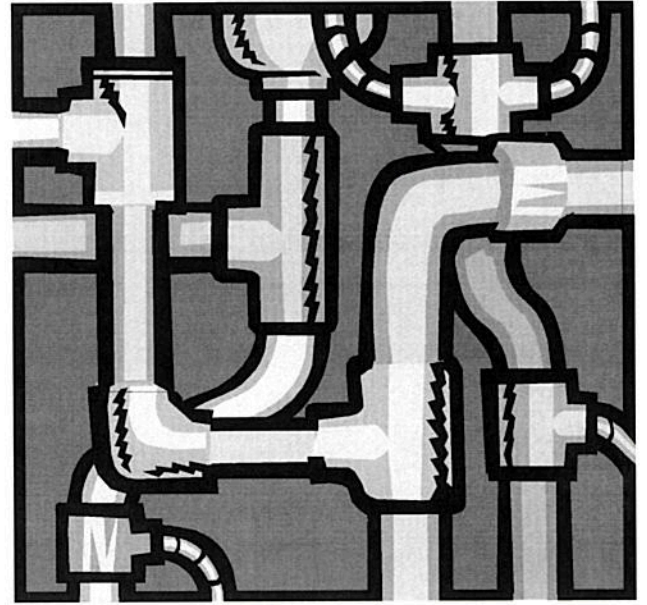


Chicken + Egg



Help this mother hen find all of her lost eggs. You must draw a line through the eggs before exiting, but don't cross over your own path.

Water Works

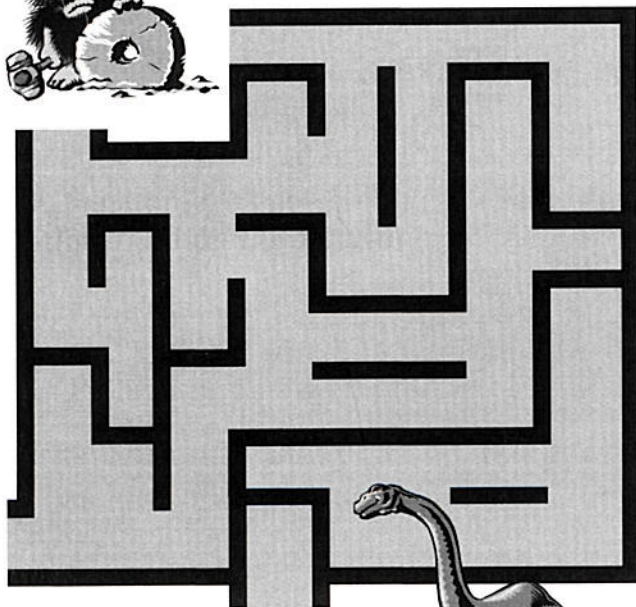


Pretend you're water and find your way through the pipes. Don't cross any black lines or you'll create a leak!

Harmony Manor Great Minds



Dino Hunt



Help Nog find his pet dinosaur.



I Sure Could Use a Drink!



This thirsty flower needs a drink! Can you find your way to it before it wilts?

**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

(313) 934-4000

313-934-4000 ext 1

Mon- Fri. 8:00am – 4:00pm

Closed Saturday & Sunday

313-934-4000 ext 3

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



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

