

# Living in Harmony

## Embrace the possibilities

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

Issue: SEPTEMBER, 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

Yusuf Hazeef

**President**

Yvonne Browder

**Vice President**

Delores Hill

**Secretary**

Douglas Bigham

**Sgt. at Arms**

#### **Entertainment Committee**

Mary Brown

Jacqueline Woodruff

#### **Greeting Committee**

Geraldine Perry

Rosette Peace

Annette Jones

#### **Floor Captains**

Frances Wimbush

Yvonne Browder

Lula Jackson

Jo Ann Boulter

#### **Booster Club**

Jacqueline Woodruff



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

### ARE YOU READY??

Did you know that September is National Preparedness Month?

If there were an emergency, would you know what to do?

According to the U.S. Centers for Disease Control, there are four steps we need to take to prepare for an emergency:

**1. Get a Kit:** In an emergency, food and water may be scarce. That's why you should store at least a 3-day supply of food and water for yourself and your family. Having a first aid kit available along with a flashlight and a battery powered radio (with extra batteries) is also important. Additional important items can be found at [www.ready.gov/basic-disaster-supplies-kit](http://www.ready.gov/basic-disaster-supplies-kit).

**2. Make a Plan:** Emergencies fall into one of two categories: those that require evacuation and those that require you to shelter in place. You should plan for both scenarios including determining what supplies you will need, where you will go, and how you will get there. For help making a plan, visit [www.ready.gov/plan-for-your-risks](http://www.ready.gov/plan-for-your-risks).

**3. Be Informed:** Learn how your local community will notify you of an emergency. Methods vary but commonly include emergency radio and TV broadcasts. To learn what methods are used in your area, contact your local public safety office.

**4. Get Involved:** Preparing for an emergency is a community-wide effort. There are many ways you can get involved

**5. including volunteering to be part of a Community Emergency Response Team, being a part of your community's planning process or donating needed emergency supplies. Additional ideas can be found at [www.ready.gov/get-involved](http://www.ready.gov/get-involved).**

Tom Wyllie



## Announcements




**Every Monday  
Movie Day  
6:00pm**

**Community Room**  
Bring your snacks



**Every 2<sup>nd</sup>. 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



## We'd "Love" to Hear from you!

*It's that time of year; no not fall but rather "Resident Satisfaction Survey" time. In September you will receive a letter announcing that the annual resident satisfaction surveys are coming.*

*Approximately a week later the actual survey, will be sent out. You will have approximately two week in which to return the survey, either in the return envelope, or in the survey box provided by your administrator. After all the surveys have been tabulated, each Village Administrator will receive the results, along with a list of comments, both good and bad.*

*These results will be shared with you and the Board of Trustees.*

*This year we have partnered with a new survey company, Holleran. They are a leader in the survey field for senior living / long term care. Holleran is helping Presbyterian Villages develop a survey that really captures what our residents think and feel about their interactions with us. Lest you think your voice doesn't matter, I can tell you personally that Presbyterian Villages of Michigan pays attention to the survey results. We do spend a great deal of time understanding what we are doing right and what needs improvement based on your answers.*

*As a result of last year's survey, every Village worked on something that was identified in that Village's survey results that needed improvement.*

*This year you can let us know how we did.*

*I look forward to hearing from you and sharing the 2013 survey results. Your opinion does matter to us. Please take the time to take this confidential and anonymous survey and let your voice be heard.*

Thank you,  
 Carrie Moon-Dupree  
 Presbyterian Villages of Michigan



### 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

10th Annual

it's a  
*wonderful* Life

2013 GALA

### Celebrate *Somewhere In Time* and Support PVM's Mission!

Do you want to positively impact the lives of PVM residents AND have a fun, memorable night? **Then join us for the 10<sup>th</sup> annual *It's A Wonderful Life* Gala on Friday, November 1<sup>st</sup> at The Henry Hotel in Dearborn!** This year's theme, *Somewhere In Time*, is a celebration of life's moments throughout the decades – where we have been and where we are going. You won't want to miss the inspirational resident stories that will be proudly displayed for our PVM family and friends to see!

**When:** Friday, November 1, 2013

5:30 p.m. Sponsor & Patron VIP Pre-Reception

6:00 p.m. General Cocktail Reception & Raffle

7:00 p.m. Dinner & Program

**Where:** The Henry Hotel, 300 Town Center Drive, Dearborn, Michigan 48126

**Cost: \$250 Individual Ticket** includes General Cocktail Reception, Dinner & Program

**\$325 Patron Ticket** includes Private VIP Pre-Reception, Prime Seating at Dinner & Program

Event proceeds will benefit the needs of more than 4,300 residents and community seniors throughout Michigan. **PVM employees can purchase tickets through payroll deduction or you can even donate PTO time.** For more information, contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org), or visit the "Events" page at [www.pvmfoundation.org](http://www.pvmfoundation.org).

Thank you for supporting the PVM mission and I hope to see you on November 1<sup>st</sup>!

Warm regards,  
Paul J. Miller, CFRE

10th Annual  
it's a  
*wonderful* Life  
2013 GALA



### *Somewhere In Time*

**Sponsorship Packages Starting at \$350**

**Patron Tickets at \$325 per person**

**Individual Tickets at \$250 per person**

For more information, contact PVM Foundation at  
248.281.2040 or visit [www.pvmfoundation.org](http://www.pvmfoundation.org)

**Friday, November 1, 2013**

The Henry Hotel, 300 Town Center Drive  
Dearborn, MI 48126

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

**6:00 p.m.** General Reception & Raffle

**7:00 p.m.** Dinner, Program & Entertainment

## *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 work  
outs. Getting down to the oldies.*

**Thursday's 5:00pm  
Community room 1<sup>st</sup>. floor**



## The Senior Advocate.

*By Lynn Alexander,  
Vice President of Public Affairs*

### Lyn Alexander -The Senior Advocate

VP OF PUBLIC AFFAIRS -AUGUST EDITION

#### DON'T BE SCAMMED

Recently I read an interesting anecdote which asked: What do you call a person with an offer you can't refuse offering amazing returns on your investment? The answer: a scam artist who belongs in jail! Don't be taken in by these unscrupulous criminals. Protect yourself! Here are some simple tips to follow. Remember:

If something seems to be too good to be true, it is!

If someone is really a prince or princess from some foreign country they do not need your help to claim their fortune.

Any legitimate person would not approach a total stranger and ask for money.

Tell telephone solicitors that you do not accept any requests over the phone.

Always check with a trusted source (relative, friend, long-time financial adviser before investing any money in anything.

Do not give in to pressure to buy. And if someone pulls that on you report them immediately.

Do not fall for the "grandparent scam" whereby someone calls telling you that your grandchild is in trouble and needs you to wire money to him or her.

Remember that for every dollar you own there are thousands of people trying to steal it.

If you think you may have already been scammed tell your family or trusted adviser

immediately. Many times folks fail to report these incidents because they are embarrassed. Anyone can be scammed. Just don't let them get away with it. The faster

It is reported the better chance there is of recovering losses.

Follow these simple tips; and you will be a smart and savvy senior. Cheat these scam artists out of the opportunity to cheat you! All the best to you and yours.

Lyn Alexander  
Presbyterian Villages of Michigan

**SERVICE COORDINATORS MESSAGE :**

Trudy Jones 313.934.4000 ext. 3

. Heat Warning!!!!

The Michigan Department of Community Health(MDCH) urges resident to protect themselves against the extreme heat forecast. This is particularly important for older adults, infants and children, people with certain medical conditions, those who work in hot environment and athletes. Any time temperatures reach the high 80s, and above, they can cause body temperature to rise. This can result in muscle cramps, dizziness, severe heat illness, and even death. During the extreme heat that we're expecting this week, it's very important to take some key steps, "said Dr. Matthew Davis, Chief Medical Executive at the MDCH. For ourselves, it's important to stay well hydrated, limit exposure to heat, and be vigilant for signs of heat-related illness. In addition, we should look out for our neighbors during these especially hot days, to see if we can help them stay safe from the heat," said Dr. Davis.

Tips to Avoid Heat Illness: \*Use air conditioning or spend time in air-conditioned locations, when possible.\*Take a cool bath, shower or swim. \* Limit time outdoors as much as possible, but take frequent breaks if you must be outside.\*Stay hydrated-drink water or nonalcoholic fluids: try to avoid fluids with caffeine, because they can dehydrate you.\*Wear loose fitting, light-colored clothes. Never leave children, the elderly, or pet unattended in a vehicle. Heat stroke is the most severe stage of heat-related illness. A heat stroke, also call sunstroke, can be deadly. Symptoms include vomiting, decreased alertness level or complete loss of consciousness, high body temperature (sometimes as high as 105 degrees) or red, hot and dry skin with a rapid, weak pulse. Call 911 for immediate medical help and try to cool the person down. If possible put them in a tub of cool water or shower them with a garden hose.

**Happy Birthday Wishes!**



*Happy Birthday to  
Mr. Yusiff Hazeef # 104  
September 7, 2013*

**Harmony Manor Board  
of Directors  
2013**

- Charles Reese**  
Board Chairperson
- Lisa Watkins**  
Board Vice Chair
- Marjorie Walker**  
Secretary
- Dr. David Robertson**  
Treasurer

**Trustees**

- Ronald Spears**
- Rev. Mary Austin**
- Dr. Arthur Caldwell**

**Had'oc**

- Ruthenia Henderson**
- Dr. Lawrence Glenn, Sr.**

# DETROIT EASTERN MARKET Tuesdays

**Welcome Back Tuesday!**

Every Tuesday through October 29

9 am - 3 pm

Shed 2  

## New Vendor: Green Toe Gardens

Come by tomorrow to meet Rich. We guarantee his company, [Green Toe Gardens](#), and their amazing varieties of locally harvested, raw, and organic honey will sweeten your day!

Green Toe Gardens is a community based apiary with hives throughout Oakland and Wayne County that manages over 100 hives.

We love the "8 Mile" honey and "Wild Detroit" varieties of honey, they're great on just about everything, but divine on freshly baked biscuits.



# DETROIT EASTERN MARKET Tuesdays

## EVENTS GALORE!!!



Continuing with the tradition of the past two years the Tuesday Market is jam packed with events. We use Shed 3 as our "classroom" for events for the young and young at heart. Come join us for the following

### FREE Activities:

- **Early Bird Yoga with Stephanie - 8 am**
  - Come stretch and welcome the morning before the market starts! Bring your own mat.
- **Kidney Foundation of MI PE-Nut - 9am-3 pm**
  - Nutrition and physical education for the younger crowd. Bring your little ones to this drop in demo for dancing, snacking, and games!
- **Sierra Club - 11 am-2 pm**
  - Join the Great Lakes Sierra Club as they distribute information about rain barrel construction. Plus enter your name to win a ready made rain barrel to help conserve water at home!
  - **Lunchtime Yoga with Joy - 12 pm**
  - Take some time in your day to breathe (then grab a snack)! Bring your own mat.
- **Zumba with Pat - 1 pm**
  - Get ready to sweat with this upbeat work out.
- **All-ability Aerobics with CoventryCares - 2 pm**
  - A great low-impact workout for sneakers of all ages.
- **MSU Extension - All Day**
  - Have questions about nutrition and veggie preservation? Need help from a master gardener? Stop by Shed 2 and chat with our friends from MSU.

## In Booster News:

### **“2 Birds, 1 Stone”**

*During this Months Council meeting, one of the agenda items to be placed before the board is to vote on the rescheduled date and time for the  
Hawaiian Luau*

*Jacqueline Woodruff  
Booster President #101*

*The booster news is designed to bring forth information that is helpful and useful to all seniors.*



**Monthly Community Meeting** are held on the last Thursday of every month at the Butzel Center on Lyndon at 6:00pm. Issues are addressed about the entire community that surrounds Harmony Village and we should all be a part of the conversation and see how we are able to help keep us safe and knowledgeable of what is taken place around us.

**I hope to see you there!!!**

## Council News

*Voting at  
Harmony  
Manor  
vote in a new  
council members  
The seats that are open are  
President  
Vice President  
Treasurer  
Sergeant At Arms*

*At the September Council meeting 9/11/13 all interested parties should bring their names to the current council and then to the residents so the official campaigning can begin.*



*Do you have information to share?*

### ***Put it in the newsletter!***

*Bring your ideas to the table or to the office and we will place them in the newsletter, please have ready for review/approval by the 15<sup>th</sup>. of the month.*





# HEALTHY AGING®

## news

### SEPTEMBER IS HEALTHY AGING® MONTH

#### 5 Tips for Celebrating *September Is Healthy Aging® Month*

#### 5 Tips for Reinventing Yourself during September Is Healthy Aging Month:

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)
3. Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
4. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.) a. Volunteer your time. b. Take a class.

It is the policy of PVM to comply with HUD/MSHDA 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!!!


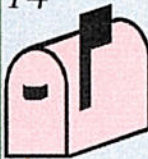



**Zeta Phi Beta Sorority, Incorporated - Upsilon Psi Zeta Chapter** propose Partnership with The Village of Harmony Manor - *Providing great opportunities for our residents and the community*

- 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**

*This is the day which the Lord*

# September 2013

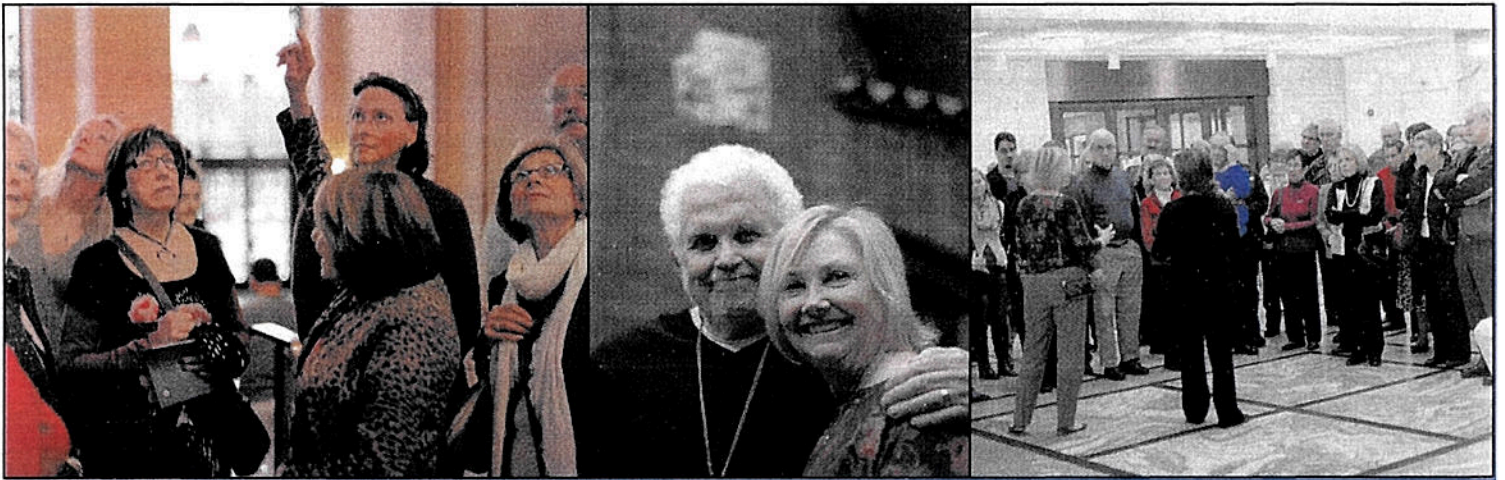
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Hope Presbyterian Church Service 11:00am	2 <b>Labor Day Office Closed</b>	3 Shopping Trip Van leaves at 10:00am	4 Free Senior Day @ The <b>Detroit Zoo</b>	5 	6 Free Meal Program 313.341.2697 call for info. Westminster Church	7 Happy B- Day Mr. Yusif # 104
8 Hope Presbyterian Church Service 11:00am	9 Fitness Center 1st. Floor opens 12:00pm	10 Booster Club Meeting 6:00pm	11 Tenant Council Meet 6:00pm ELECTIONS	12 Benny Napoleon Luncheon 12:00pm	13 Foot Doctor Sign up sheet near mail boxes	14 
15 Hope Presbyterian Church Service 11:00am	16 Fitness Center 1st. Floor opens 12:00pm	17 	18 New Meyer's Trip 8 Mile & Woodward Van leaves at 10:00am	19	20 Office Closed PVM Leadership Advance 8:00am-4:00pm	21
22 Hope Presbyterian Church Service 11:00am	23 Fitness Center 1st. Floor opens 12:00pm	24 Bethune Community Meeting 6:00pm Butzel Center on Lyndon	25	26 Office Closed PVM River town Village with WSU Meeting	27 <b>Focus Hope Delivery 12:00pm</b>	28
29 	30 Fitness Center 1st. Floor opens 12:00pm				Maintenance Emergencies after 4:30pm Please call <b>313.670.0407</b>	

Harmony Manor

*This is the day which the Lord*

*has made; let us rejoice and be glad in it.*

*has made; let us rejoice and be glad in it.*



# COME WONDER AROUND

GROUP TOURS FOR SENIORS IN WAYNE, OAKLAND AND  
MACOMB COUNTIES AT THE DETROIT INSTITUTE OF ARTS

## GROUP TOURS

Guided tours and self-guided visits can be scheduled for groups of 15 or more. Call 313-833-1292 to book your tour today!

## BENEFITS FOR SENIOR GROUPS FROM WAYNE, OAKLAND & MACOMB COUNTIES:

FREE general admission

FREE transportation\*

FREE reception - baked goods and coffee/tea\*

Dedicated group entrance

Docent-led tours of the collection

**Register for your visit today by calling 313-833-1292  
or email [grouprequest@dia.org](mailto:grouprequest@dia.org)**

*\*Free transportation and receptions are provided on a first come, first served basis.*



DETROIT  
INSTITUTE  
OF ARTS



The Village of  
Harmony  
Manor  
A SPARKLE & SHINE COMMUNITY

**Sign Up Sheet in the Office**



**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](http://www.pvm.org)

## Office Numbers

**(313) 934-4000**

### Staff at Your Service:

**Linda Wilcox**   
Administrator

**Trudy Jones**  
Service Coordinator

**Jason Riggins**  
Maintenance Tech.

**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

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### 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](http://www.pvmfoundation.org)



The Village of  
**Harmony  
Manor**

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

## Embrace the possibilities

