

Living in Harmony

Embrace the possibilities

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

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Harmony Manor News:

On January 28, 2015 the Village of Harmony Manor was presented a check for \$500 from the Orchestra Place Branch First Merit Bank. The money will be used to assist with upcoming projects in the building decided by the residents. Special Thanks to Lisa Watkins the Vice Board Chair at Harmony Manor for informing VHM management of this opportunity.



February is Black History Month

In 1986, President Ronald Reagan proclaimed that, "the foremost purpose of Black History Month is to make all Americans aware of this struggle for freedom and equal opportunity" and designated it a time "to celebrate the many achievements of African Americans in every field from science and the arts to politics and religion."

During the 2008 campaign, presidential candidate Barack Obama often said, to great cheers, "There is not a black America and a white America, a Latino America, an Asian America. There is a United States of America."

<http://www.alicebtoklas.org/2011/02/black-history-month/>



Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“Managing Pain”

Has the presence of persistent pain kept you from doing things you enjoy? Has it caused you difficulty sleeping? Has it caused you to withdraw from family and friends? Are you less active than you were before? If so, you're not alone. These are common occurrences among the estimated 50 million Americans who suffer from chronic pain.

Contrary to what many believe, chronic pain is not just “all in your head”. There are physical reasons for it. It is also not an inevitable part of aging. You don't have to “grin and bear it”. In fact, doing so could be harmful. Left unmanaged pain weakens the immune system, increases anxiety and depression, impairs cognition, and substantially reduces quality of life.

Though chronic pain by definition is not curable, there are many treatment options available that can help you better manage your pain and reduce the negative effects it has on your life. Along with various medications, they include relaxation techniques, pacing strategies, and regular exercise.

Because pain is a complex, subjective experience, there is no “one size fits all” solution. Your experience with pain is unique to you. According to the American Chronic Pain Association (ACPA), the most important thing you can do is to be active in your own care. Effectively managing pain requires a strong collaborative relationship between you, your doctor and the rest of your healthcare team. The more active you are, the better your long-term results will be. For tips, visit the ACPA's website at <http://theacpa.org>.

Announcements



Coming soon

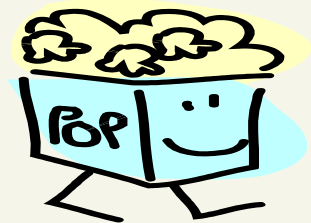
Every Monday

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

Morgan Nelson, Guest Columnist

This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program



Be Happy & Well In Your Relationships Through Constructive Communication

February is a month in which we really focus on building and enhancing the relationships with our loved ones. Through constructive communication we can respect the well-being of the people we hold dear as well as our own. Here are some communication techniques that you can practice with your loved ones to help build and maintain positive, harmonious, and rewarding relationships:

1. **Think positive** – Keep a positive mindset and attitude. Always look for a solution to barriers in communication.
2. **Center yourself** – Take a deep breath. Think about what you truly want to say before you say it.
3. **Specify** – Be specific about what you would like your loved one to do, or what you'd like to see your loved one do more of. Thank them for it and appreciate it in advance!
4. **Share your feelings** – Describe your feelings to your loved one in a calm, genuine, and non-accusatory manner.
5. **Be understanding** – Try to understand your loved one's perspective; put yourself in their shoes to help build empathy.
6. **Accept responsibility** – Take part in sharing a problem or challenge with your loved one. This sharing in a problem will show that you are interested in solving the problem *together*.
7. **Offer to help** – Ask your loved one: "How can I help *you*?" Act on the offer!

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




Save the Date! Friends & Family, April 2015

Save the date for the annual **Friends & Family Appeal**, being held **April 1st-April 30th**! Since 2002, this annual fundraising campaign has raised over \$950,000 toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

More information will be shared next month about how you can support your Village, so stay tuned! 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




Do the math!

Secure a fixed rate annuity to generate income for life!

- 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.

IMPROVE YOUR CASH FLOW!

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

For more information, call Paul Miller at the PVM Foundation **248.281.2045**
www.pvmgifts.org

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

Fitness with Peace

Fitness Classes are held

Tuesday and Thursday

At 11:00pm 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 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**



Thank you First Merit Bank!



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

PVM CELEBRATES 70th ANNIVERSARY THROUGHOUT 2015

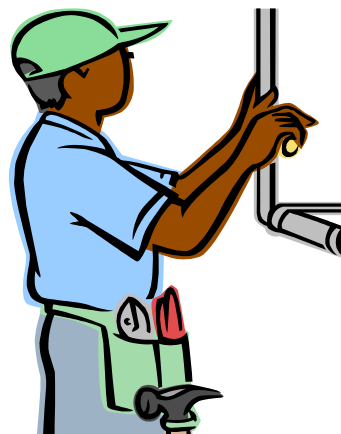
I am pleased to announce that PVM will be celebrating our 70th Anniversary in 2015. Throughout the coming year we will be hosting events at all of our Villages culminating with our annual PVM Gala in November. We will highlight the rich tapestry of shared history with Michigan since we are Michigan founded and Michigan based. During the past 70 years PVM has become one of the state's premiere senior living and services organizations known for its Service Excellence, innovation, diversity and leadership. It has also created a positive and significant economic impact on the communities which it serves.

As a resident at one of our PVM Villages you may be most aware of our Village Victory Cup and our Wellness programs. However, we are expanding and growing every day with the addition of home services, community outreach, advocacy and other innovative programs. We hope that you will join in the celebration by participating in our upcoming events and even volunteering to help if that is something that you enjoy. Events will be posted on the PVM website at www.pvm.org and on our Facebook page at Presbyterian Villages of Michigan. Your friends and family can join in the fun for many of the events. Ask them to check out these sites with you and keep updated on the latest 70th Anniversary news.

Along with announcing our anniversary, we at PVM want to thank you for placing your trust in us. We look forward to enjoying many more years of embracing the possibilities!

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

Sue (Frances) Wimbush 2/8
Anna Jones 2/22
Ola Clay 2/20



**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
Rev. Mary Austin
Charles Reese
Ruthenia Henderson
Dr. Lawrence Glenn, Sr.



From the Desk of Service Coordinator:

It's that time of the year where you can begin to apply for Home Heating Credit for the year 2014. You have until September 30, 2015 to apply. Your Service Coordinator will be glad to assist you with applying for the Home Heating Credit. If you need assistance please contact Trudy, Jones, Service Coordinator for an appointment or call @ (313) 934-4000 Ext 3 to schedule an appointment.

To apply you must have verification of last year income received and your yearly income can't exceed \$12,642 for one person. Michigan's Home Heating credit is funded by the federal Low-Income Home Energy Assistance program Grants. Even though the gas is included in your rent you may be eligible for a refund. If your refund is greater than \$20.00 you may be eligible for an increase in your Food Assistance Benefits because you applied for the Home Heating Credit.

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)



Misty L. Gregory, Administrator's Message

Interesting Facts.....



February 1 - The 13th Amendment to the U.S. Constitution, which abolished slavery, was adopted by the 38th Congress. Ratification was completed December 6, 1865. Also in 1870, Jonathan Jasper Wright was elected to the South Carolina Supreme Court.

February 2 - Today in 1914, artist William Ellsworth is born in Washington, North Carolina. Educated at Syracuse University, he was a student of Florida artist Augusta Savage. His works were exhibited at Atlanta University, the Whitney Museum, the Two Centuries of Black American Art exhibit, Fisk University, Hampton University, the North Carolina Museum of Art and private collectors.

February 3 - Six time All-Star Bill White was named president of National League IN 1989. Former Saint Louis Cardinals first baseman Bill White is named president of the National League. He is the first African American to head a major sports league. On February 3, 1903; Jack Johnson became the first Negro Heavyweight Champion, The Negro Baseball League founded in 1920.

February 4 - Today in 1986, a stamp of Sojourner Truth is issued by the U.S. Postal Service.

February 5 - Henry "Home Run King" Aaron, baseball superstar was born in 1934.

February 6 - On this day in 1867, The Peabody Fund for Black education in the South established.

February 7 - Negro History week originated by Carter G. Woodson is observed for the first time in 1926.

February 8 - Figure skater Debi Thomas became the first African American to win the Women's Singles of the U.S. National Figure Skating Championship competition, was a pre-med student at Stanford University in 1986.

February 9 - In 1979, Baseball Hall of Fame announced that Leroy "Satchel" Paige would be inducted.

. <http://www.floridablackhistory.com/facts.cfm>

~ February 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Light of Life Church Service 10:00 am</p> 	<p>2 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p>  <p>National Groundhog Day</p> 	<p>3 Shopping Trip Van leaves at 10:00am</p> 	<p>4 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>5 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>6 Walmart Shuttle leaves at 12:45 p.m.</p> 	
<p>8 Happy Birthday! Frances Wimbush</p>  <p>Light of Life Church Service 10:00 am</p> 	<p>9 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p>  <p>& Rachel's Mobile \$1 Store 10 am to 12 pm</p> 	<p>10 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>11 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p>  <p>& Tenant Council Meeting @ 6pm - Community Room</p> 	<p>12 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>13 Walmart Shuttle leaves at 12:45 p.m.</p> 	<p>14 VALENTINE'S DAY</p>  <p>BECAUSE LOVE ISN'T QUITE COMPLICATED ENOUGH AS IT IS.</p>
<p>15 Light of Life Church Service 10:00 am</p> 	<p>16 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p>  <p>& President's Day</p> 	<p>17 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>18 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>19 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>20 Happy Birthday! Ola Clay</p>  <p>Walmart Shuttle leaves at 12:45 p.m.</p> 	
<p>22 Happy Birthday! Anna Jones</p>  <p>Light of Life Church Service 10:00 am</p> 	<p>23 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>24 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>25 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>26 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m.</p> 	<p>27 Walmart Shuttle leaves at 12:45 p.m.</p> 	
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Note: 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

Weather

Find and circle all of the Weather words that are hidden in the grid.
The words may be hidden in any direction.

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

BLIZZARD	HAIL	SNOW
CLOUDS	HOT	STORM
COLD	ICE	SUNNY
DRIZZLE	LIGHTNING	THUNDER
FOG	RAIN	TORNADO
FREEZE	SLEET	WINDY
FROST		