

# Living in Harmony

## Embrace the possibilities

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

Issue: **MAY 2016**

### Featured Articles

|                         |        |
|-------------------------|--------|
| Pictures.....           | Pg. 2  |
| Pictures.....           | Pg. 3  |
| Wellness.....           | Pg. 4  |
| Detroit Events.....     | Pg. 5  |
| Giving Matters.....     | Pg. 6  |
| Senior Advocate.....    | Pg. 7  |
| Reminders/Birthday....  | Pg. 8  |
| Service Coordinator.... | Pg. 9  |
| Calendar.....           | Pg. 10 |
| Administrator.....      | Pg. 11 |
| Staff Information.....  | Pg. 12 |
| Puzzle.....             | Pg. 13 |

Sunday, May 9, 2016



Look for PVM on:



### Harmony Manor News:

The Village of Harmony Manor Friends and Family Campaign was a success. Harmony Manor Residents, Family Members, Board Members, and Staff want to thank everyone who supported us to exceed our goal of \$1000 for resident activities. Excess funds will be used to help with future projects in the building.

*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.

## Harmony Manor residents enjoyed the Friends & Family Kick Off Party – April 7, 2016

Welcome Everyone!  
See below activities at the Kick Off Party



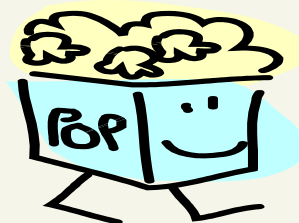
Harmony Resident singing her favorite song Summer Time...



## Announcements



**Every Saturday**  
**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**  
**@ 10:00 am**  
**Transportation Available**  
**Please call**  
**Stephanie 313.861.2865**

### Fashion Show



### Harmony Manor Guests





## Game On!

Don't look now, but June is just around the corner and you know what that means. The 11<sup>th</sup> Annual Village Victory Cup will soon be here. Scheduled for Friday, June 24<sup>th</sup> it will once again be held at Ultimate Soccer Arenas in Pontiac, just south of the Village of Oakland Woods. Word on the street is that several Villages have been practicing for quite some time now. They've been testing out their best paper airplane designs; trying out new cookie recipes; wearing down the carpet in the hallways with all the walking they've been doing; putting puzzles together faster than ever before; hitting the bull's-eye more often than not with their beanbag tossing; and doing their best Michael Jordan imitation shooting baskets. We've also heard that several Villages have their eyes set on taking home the coveted Spirit Award this year.

Will the Village of Westland successfully defend their title and capture the Victory Cup for the third time in four years? Will the Village of Our Saviour's Manor win the Spirit Award an unprecedented three years in a row? You never know. But one thing we do know is that there will be plenty of action June 24<sup>th</sup> at Ultimate Soccer Arenas. If you haven't already done so, to be part of the action contact your Administrator. The deadline for Villages to sign up is June 10<sup>th</sup>.

*For Villages located 100 miles or further from the PVM Home Office we will once again be conducting the Virtual Village Victory Cup. Contact your Administrator for details.*



## Upcoming Events in Detroit



- **Jane's Walk** - Join friends and neighbors this weekend to tell stories and share experiences about our communities. Several "Jane's Walks" are scheduled around the city, providing the opportunity to have fun and forge friendships. Explore Midtown, East English Village, Osborn, Cass Corridor, Boston-Edison, North End, and many other areas. All walks are free! Next walks: Green Acres/Sherwood Forest, Friday, May 6, 11:00 am; Midtown, Friday, May 6, 5:00 pm; East English Village, Friday, May 6, 7:00 pm
- **Greater Plymouth Service Project: Kids Against Hunger** - a grand food packaging event at the PARC in Downtown Plymouth. The goal is to package over 200,000 meals in 6 hours. May 7, 2016, 8:00 am - 3:00 pm
- **Slow Roll Detroit** - Monday evening group bike ride from various Detroit locations. Registration required. Starting at Michigan Science Center, Detroit, Monday May 9, 2016
- **Tequila Mundo** - Royal Oak Farmers Market, Saturday, May 14, 2016
- **Red Bull Hart Lines** - In 2016, the biggest names in skateboarding will return to Detroit's Hart Plaza May 14 & 15 to take on the unique two-lane course and put their skills to the test. Hart Lines airs as part of the Red Bull Signature Series, a collection of the most innovative and progressive events in action sports. Hart Plaza, May 14-15, 2016
- **"Get Your Mind Out of the Clutter"** - presented by Resonating Arts Movement, featuring three members who will each examine the various ways in which we uncover ourselves amidst the chaos of everyday life. Please join us for an entertaining evening of exploration, honesty, and humor. The Tree of Life Holistic Center, Farmington, Wednesday, May 18, 7pm-10pm
- **Canton River Day** - Saturday, May 21, 2016
- **Movement 2016** - Detroit Electronic Music Festival - Hart Plaza, May 28-30, 2016

### 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**



## Together, MAY We Make Michigan a Better Place to Age!

You, our donors, are transforming the lives of seniors by giving in all sorts of ways, and through gifts large and small. Giving is a deeply personal experience, and I'd like to let you know about a couple of ways you can support the mission of PVM, in a way that's right for you and your family.

The legacy you leave behind can change—or even save a life—and help Michigan seniors thrive for years to come! With a little planning, anyone can make a huge impact. Options exist for all personal circumstances and interests while ensuring your family's financial security. Two of the most common choices include:

- **Gifts that pay you income, like a Charitable Gift Annuity** – a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments (as high as a 9% rate of return!) for life.
- **Gifts that benefit residents beyond your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM.

With the PVM Foundation's 22<sup>nd</sup> Calvin, Sterling and Peterson Mission Maker Societies Luncheon around the corner on June 6<sup>th</sup> at the Masonic Temple, I wanted to share with you a description of our giving societies. Maybe one of these societies offers the right giving option for you!

- **Peterson Mission Makers Society:** Donors who have made a pledge commitment to PVM of \$1,000 or greater for two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given \$50,000 or more to PVM.

For more information about PVM's planned giving opportunities and giving society membership, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

We are so grateful for donors like **you** who have taken a personal interest in the future of Michigan seniors. Thank you for your support!

Warm regards,  
Paul J. Miller, CFRE

**P.S. Save the Date: The PVM Foundation's 5<sup>th</sup> Inspire Possibilities Breakfast is May 13! Learn more at [IPBreakfast2016.eventbrite.com](http://IPBreakfast2016.eventbrite.com)**

Warm regards,  
Paul J. Miller, CFRE

LEAVE A  
*Legacy*  
Ways to make  
a Planned Gift

Support PVM during your  
lifetime and beyond.

- > Make a bequest in your will
- > Start a Charitable Gift Annuity
- > Your Life Insurance Policy

CONTACT US TO LEARN MORE  
Without obligation, PVM Foundation would like  
to answer any questions you may have, call Paul Miller  
248.281.2045 [www.pvmfgifts.org](http://www.pvmfgifts.org)

Presbyterian  
Villages  
OF MICHIGAN  
THE FOUNDATION

## **Fitness with Peace**

*Fitness Classes are held  
Tuesday and Thursday*

*At 11:00am 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**



**Monday, May 30<sup>th</sup>, 2016**



## **The Senior Advocate.**

*By Lynn Alexander,  
Vice President of Public Affairs*

### **THE LATEST ON THE AGING OF AMERICA**

NEW FLASH! Our society is getting older! I call this a new flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.

The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.

About one in every seven, or 14.1% of the population, is an older American.

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

There were 67,347 persons aged 100 or more in 2013.

Older women outnumber older men at 25.1 million older women to 19.6 older men.

Older men were much more likely to be married than older women - 72% of men, 46% of women.

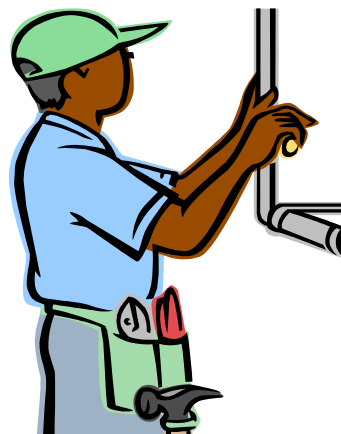
These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is:

[www.iog.wayne.edu](http://www.iog.wayne.edu). Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.



**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**

**Willie Nelson 5/5**  
**Walter Harris 5/31**



**Harmony Manor Board  
of Directors  
2016**

**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.



From the Desk of Service Coordinator:

The Village of Harmony Manor Residents please congregates in the community room on May 6<sup>th</sup>, 2016 at 11 am. A representative from the Michigan Consumer Education division is coming to Harmony Manor to do a presentation on *Phone, Mail, and e-scams*. This presentation is meant to raise awareness of the types of tricks criminals are using in order to take possession of your identity. Criminals are using all sorts of scams to get your social security number, credit card numbers, bank account information and more. All are encouraged to attend to teach you what is out there so that you are not vulnerable to these deceitful acts that are done by scammers. The Michigan Consumer Education will teach you what to do, in the event that you are a victim of a scam.

David Jones  
National Church Residences  
Service Coordinator  
Harmony Manor  
15050 Birwood St.  
Detroit, MI 48238  
313-934-4000, Ext 3  
[www.nationalchurchresidences.org](http://www.nationalchurchresidences.org)  
Monday thru Friday (10:00 am-2:00 pm)

| ~May 2016~  |  |  |   |  |   |   |
|---|--|--|---|--|---|---|
| Sun   | Mon  | Tue  | Wed   | Thu  | Fri   | Sat   |
| 1<br>   | 2<br>Daily Café<br>Monday thru Friday<br>Hosted by *Rosetta Peace<br> | 3<br>Shopping Trip Van<br>leaves @ 10am<br>*Always Sign-up in<br>Mgmt. Office<br>   | 4<br>Daily Café<br>  | 5<br>Willie Nelson<br>Happy Birthday!<br>          | 6<br>12:45pm<br>   | 7<br>Movie Night @6pm<br>Comm. Room<br>    |
| 8<br><br>HAPPY<br>Mother's<br>DAY<br> | 9<br>Daily Café<br>   | 10<br>Rachel \$ Store@<br>10am<br>  | 11<br>Daily Café<br>   | 12<br>Bingo every<br>Thursday @6pm<br>BINGO!<br>   | 13<br>12:45pm<br>  | 14<br>Movie Night @6pm<br>Comm. Room<br>   |
| 15<br>  | 16<br>Daily Café<br>  | 17<br>Shopping Trip Van<br>leaves @ 10am<br>*Always Sign-up in<br>Mgmt. Office<br> | 18<br>Daily Café<br>   | 19<br>Bingo every<br>Thursday @6pm<br>BINGO!<br>  | 20<br>12:45pm<br>   | 21<br>Movie Night @6pm<br>Comm. Room<br>  |
| 22<br>  | 23<br>Daily Café<br>  | 24<br>Daily Café<br>  | 25<br>Daily Café<br>   | 26<br>Bingo every<br>Thursday @6pm<br>BINGO!<br> | 27<br>Focus Hope<br>Delivery<br><br>12:45pm<br> | 28<br>Movie Night @6pm<br>Comm. Room<br> |
| 29<br>  | 30<br>Office Closed<br>Happy Memorial Day<br>                       | 31<br>Walter Harris<br>Happy Birthday!<br>  | *Service to others is the rent you pay for your room here on earth. "Muhammad Ali"<br><a href="http://www.brainyquote.com/quotes/quotes/m/muhammadali36676.html">http://www.brainyquote.com/quotes/quotes/m/muhammadali36676.html</a> |  |   |   |

**\*\*Thank you very much Harmony Manor Resident Volunteers for all you do!!\*\***

*Misty L. Gregory, Administrator*

**Events at Harmony Manor / possibly more to be scheduled - Stay Tuned!**

May 6th - 11am to 12pm - Kevin Butts: Michigan Consumer's Education on Phone, mail, e-scams

May 10th - 1pm to 3pm - Chiara Clayton: Concerto Healthcare - Play Bingo with Residents

May 12th - 12pm to 1pm - Irma Clark-Coleman: Community Information Q&A - Catering lunch

**\*\*EMERGENCY MAINTENANCE - Andrew Bullock #313-670-0407\*\***



## *Misty L. Gregory, Administrator's Message*

### **Fun Facts About Memorial Day**

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America. Over two dozen cities and towns claim to be the birthplace of Memorial Day. While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day.

Regardless of the exact date or location of its origins, one thing is clear – Memorial Day was borne out of the Civil War and a desire to honor our dead. It was officially proclaimed on 5 May 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11. “The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land,” he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.

The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war).

It is now observed in almost every state on the last Monday in May with Congressional passage of the National Holiday Act of 1971 (P.L. 90 - 363). This helped ensure a three day weekend for Federal holidays, though several southern states have an additional separate day for honoring the Confederate war dead: January 19th in Texas; April 26th in Alabama, Florida, Georgia, and Mississippi; May 10th in South Carolina; and June 3rd (Jefferson Davis' birthday) in Louisiana and Tennessee.

<http://www.usmemorialday.org>

**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

### Staff at Your Service:

**Misty L. Gregory**  
*Administrator*

**David 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**



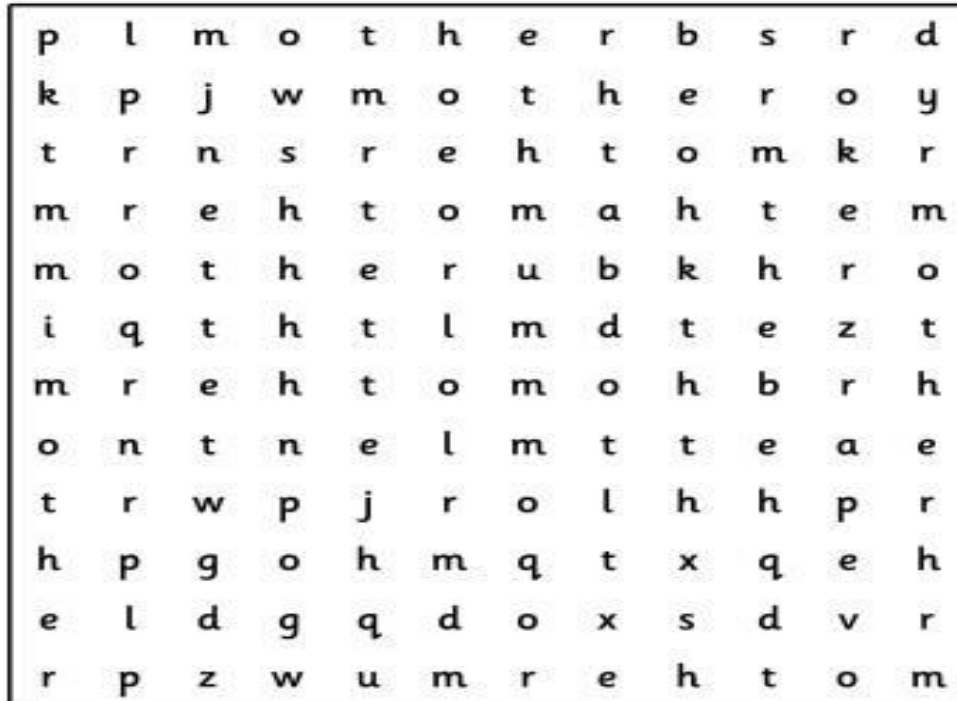
**Presbyterian Villages of Michigan Foundation** serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. 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](http://www.pvmfoundation.org)





# Mother's Day Wordsearch

How many times can you find the word Mother in the puzzle below?



Copyright © www.ActivityVillage.co.uk - Keeping Kids Busy

<http://www.activityvillage.co.uk/mothers-day-word-search-2>