

Living in Harmony

Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: **SEPTEMBER 2016**

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Monday, Sept. 5, 2016



Look for PVM on:



Harmony Manor News:

The Village of Harmony Manor enjoyed (6) weeks of summer with youths from the Detroit Police Cadet program and a youth from Grow Detroit Young Talent that conducted activities for the residents; computer & cell phone classes, dance lessons, game day, ice cream socials, movie day, poetry time, puzzle time, wellness walks, etc.

Thank you!

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.

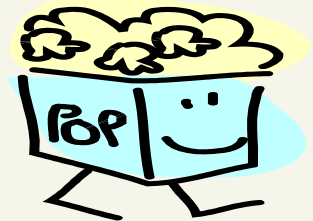
Harmony Manor youths from the summer program's enjoying game day with residents.



Announcements



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

***"Service Excellence"
'Listening, Relationships, Accountability, and Respect'
What I do Matters!***

September Recipe “Classic Baked Macaroni and Cheese”



Ingredients

2 cups milk
2 tablespoons butter
2 tablespoons all-purpose flour
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 (10-oz.) block extra sharp Cheddar cheese, shredded
1/4 teaspoon ground red pepper (optional)
1/2 (16-oz.) package elbow macaroni, cooked

Preparation

1. WHISK FLOUR INTO BUTTER

Preheat oven to 400°. Microwave milk at HIGH for 1 1/2 minutes. Melt butter in a large skillet or Dutch oven over medium-low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute.

2. WHISK IN WARM MILK

Gradually whisk in warm milk, and cook, whisking constantly, 5 minutes or until thickened.

3. WHISK IN CHEESE

Whisk in salt, black pepper, 1 cup shredded cheese, and, if desired, red pepper until smooth; stir in pasta. Spoon pasta mixture into a lightly greased 2-qt. baking dish; top with remaining cheese. Bake at 400° for 20 minutes or until golden and bubbly.

<http://www.foodnetwork.com/recipes/ree-drummond/macaroni-and-cheese-recipe.html>

Resident of the Month *"Rosetta Peace"*



Rosetta Peace was born in Ridgeway, South Carolina. She received her general education in Charlotte, North Carolina and graduated in 1953 from West Charlotte High school. Ms. Peace received an Associates of Arts degree from Wayne County Community College in 1974 in Human Services and Mental Health. She worked as a LPN in nursing at Good Samartan Hospital in Charlotte, North Carolina. Ms. Peace retired in 1995 from Michigan Health Mental Hospital located on Woodward Avenue in Detroit, Michigan as a Counselor. Ms. Peace instructed the Fitness Program at Harmony Manor from 2006 to 2010 helping residents to exercise and maintain their healthy.

Ms. Peace was a mother of (4), lost (1) daughter to the Katrina Storm in 2006 who was a retired Veteran from the U.S. Airforce. She now has (1) daughter and (2) sons. Ms. Peace had (3) brothers, she lost (2) of them. Ms. Peace enjoys relaxing, singing, listening to music, and cooking. Ms. Peace favorite foods are chicken and vegetables.

Harmony Manor is happy to have Ms. Peace she volunteers everyday in the CAFÉ to ensure residents have coffee, tea, pastries, etc. she enjoys helping everyone. Management is very appreciative of her harmounious personality and kind spirit.





During a recent visit to the Village of Sage Grove in Kalamazoo, Administrator Paula Hager took me for a stroll through their community garden to see their newly planted Living Memorial Tree. The idea for the tree sprang from a comment Paula overheard during the funeral of a resident who had recently died. Reflecting on the person who had passed, she heard someone remark, “we should plant a tree.” That simple comment put into motion what this spring and summer became a community wide effort to create an accessible space on the Sage Grove campus to honor the residents who spent the last years of their lives at the Village.



A local supplier provided the concrete for the walkway; a local contractor provided the labor to build the walkway; and a local nursery provided the tree. Others donated anonymously to the project. In the end, the Village of Sage Grove did more than just plant a tree. They mobilized the community; built a lasting memorial to past residents and created a space for current residents and others to renew themselves spiritually. When it comes to wellness, you hear a lot about body and mind but seldom hear about spirit. That’s why I decided to share the news about Sage Grove’s Living Memorial Tree with you. If you would to learn more about the project you can reach Paula at (269) 567-330 or via email at phager@pvm.org



Upcoming Events in Detroit



September 1-5, 2016 (Thur-Mon) **Michigan State Fair** at Suburban Collection Showplace in Novi, MI (northwest of Detroit). Fifth Third Bank Michigan State Fair will have a Large Midway with tons of games and rides, Livestock and agriculture areas with large indoor arena, Shriners small scale circus and circus attractions, Live entertainment and more. annual event. www.michiganstatefairllc.com [facebook](#)

September 1-5, 2016 (Thur-Mon) **Michigan Peach Festival** in Romeo, MI (north of Detroit). annual event has Parade, Peach Queen, Carnival Rides, Car Show, Bed Races, 5K Run, various sports tournaments, flea market, arts & crafts show, Las Vegas Games, Golf Classic, Baby Photo Contest, KidFest, more. michiganpeachfest.com [facebook](#)

September 2-5, 2016 (Fri-Mon) **Arts, Beats & Eats Festival** (Ford Arts, Beats & Eats) in Royal Oak, MI (just north of Detroit). "Oakland County's Favorite Summer Festival Celebrating Art, Music, Cuisine and Humanity. More than 200 performances on ten stages, a Juried Fine Arts Show, local restaurants, plus international, regional and local attractions." annual event. www.artsbeatseats.com [facebook](#)

September 2-5, 2016 (Fri-Mon) **Detroit Jazz Festival** in Detroit on the Riverfront. The World's Largest Free Jazz Festival held at Hart Plaza in Downtown Detroit. About five stages, Jazz & American crossover music. annual. www.detroitjazzfest.com [facebook](#)

September 3-5, 2016 (Sat-Mon) **Hamtramck Labor Day Festival** in Hamtramck, MI (inside Detroit). annual. Carnival, live music on three stages, beer, a half mile of food tents and features the [Polish Day Parade](#) on Labor Day. hamtownfest.com [facebook](#)

September 5, 2016 (Monday) **Labor Day**

September 9-11, 2016 (Fri-Sun) **Art & Apples Festival** in Rochester, MI (north of Detroit). "For 50 years, the festival has transformed the 30-acre Rochester Park into one of the nation's top fine art fairs with over 290 exhibiting artists from across the country." www.pccart.org/art-apples-festival

September 9-11, 2016 (Fri-Sun) **Wine and Harvest Festival** in Paw Paw, MI (southwest Michigan). annual event. Wine Tasting and Winery Tours, 4 stages of music entertainment for all musical tastes, Hole In One contest, St. Julian Parade, Arts & Crafts Show, Annual Grape Escape Classic Car, Truck & Motorcycle Show, Coca-Cola Grape Stomp, Carnival Rides, Fireworks, 5k Run/Walk, children's activities, more. www.wineandharvestfestival.com

http://madmanmike.com/michigan_events_festivals_fairs.html#

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**



Time to choose—your home, or your health?
Thanks to YOU, that's a choice seniors may not have to face.

Too many hard-working Americans are just a health crisis away from financial ruin. Many have outlived their retirement earnings—the earnings they spent years working for. Many don't have a relative nearby or a place to turn if finances fail.

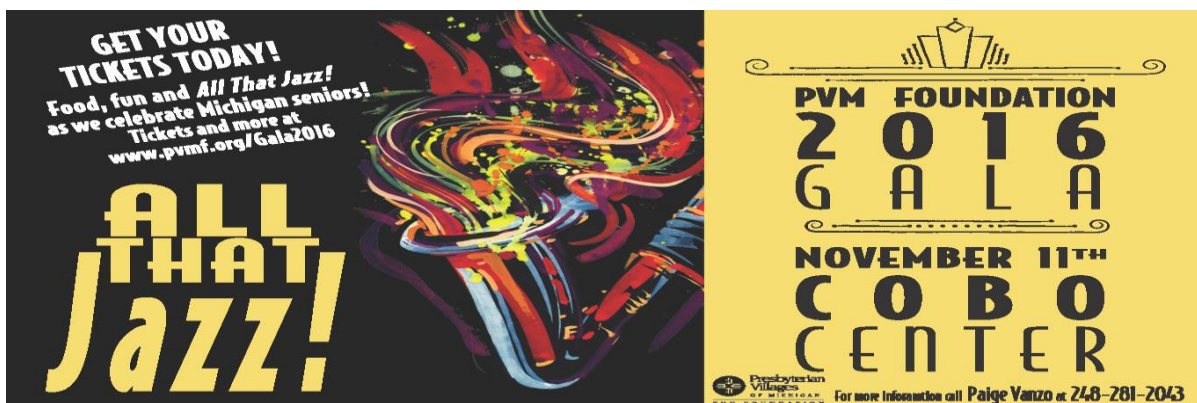
But they have hope. They have **YOU**.

Because of generous donors, the PVM Foundation can offer **Benevolence** and **Resident Assistance**.

These unwavering commitments help those who have outlived their financial resources. They ensure that residents can continue to have a home, get through an emergency, or simply afford basic medical needs—like glasses. **These programs would not be possible without the caring support of generous PVM donors.**

Learn how you can give a senior hope and security in a crisis. Visit PVMF.org or call us at 248-281-2040.

Warm regards,
 Paul J. Miller, CFRE



Fitness with Peace

*Fitness Classes are held
Tuesday and Thursday*

*At 11:00 a.m. 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**



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

IF I WERE YOU

For most of us, we have had someone say this on many occasions in our lives, most likely from a parent or grandparent. Although great advice may be delivered in this message, it is important to note that young adults often want to forge their own way and may discount such sage advice. While observing many weddings and births recently, I was reminded of that popular saying: Mothers of the Groom should show up, shut up and wear beige. I told my son when he was married that I would honor the first two recommendations but would not wear beige since it is not my color! Actually, my son and daughter-in-law are very good about accepting advice graciously. I have learned to state: Here is some unsolicited advice for you to do with as you would like. That seems to soften the message.

One troubling drama I have observed over the years often happens in families of divorce. All too often I have observed parents place their children in the middle of their family drama and ruin their child's wedding day. We all need to remember that a wedding day or the birth of a child is their day. It is not a time for us to vent or to selfishly place our needs first. And keep in mind that we raised them to be responsible adults; so we need to have faith in their abilities. If we follow this plan of action we will be much closer to our children and grandchildren. Sharing in the joy of a wedding day or joining in a tea party with our grandchildren far outweigh the need to be right. One exception to this rule is if a child is in danger in any way.

Some grandparents find themselves raising grandchildren or spending a significant amount of time in helping to raise them. There are programs to assist you. Contact your local Area Agency on Aging, listed in the white pages, for information which can help to make this a good experience for you.

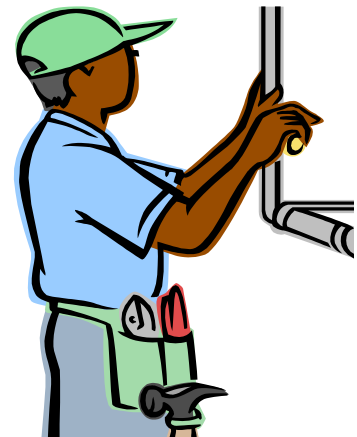
Enjoy your family!

The smallest
act of
kindness
is worth more
than the grandest
intention.

GeniusQuotes.net

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

Yusuf Hafeez 9/7
Verlinda Woods 9/10
Velma White 9/8



**Harmony Manor Board
of Directors
2016**

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From the Desk of Service Coordinator:

Medicare is a federal health insurance program for persons 65 or older, persons of any age with permanent kidney failure, and certain disabled persons.

Medicare is administered by the Centers for Medicare & Medicaid Services (CMS), a federal agency in the Department of Health and Human Services. Social Security Administration offices across the country take applications for Medicare, collect premiums, and provide general information about the program. Various commercial insurance companies are under contract with CMS to process and pay Medicare claims, and groups of doctors and other health care professionals have contracts to monitor the **quality of care delivered to Medicare beneficiaries**. CMS also forms partnerships with the thousands of providers of health care services: hospitals, nursing homes, and home health agencies; doctors; suppliers of medical equipment; clinical laboratories; and managed care plans such as health maintenance organizations (HMOs).

Medicare consists of Hospital Insurance (Part A), Medical Insurance (Part B), Medicare Advantage (Part C) (formerly known as Medicare+Choice), and Prescription Drug Insurance (Part D).

Hospital Insurance (Part A) provides institutional care, including inpatient hospital care, skilled nursing home care, post-hospital home health care, and, under certain circumstances, hospice care. Part A is financed for the most part by **Social Security payroll tax deductions** which are deposited in the Federal Hospital Insurance Trust Fund. Medicare beneficiaries also participate in the financing of Part A by paying deductibles, coinsurance and premiums.

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

VILLAGE OF HARMONY MANOR

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Shopping Trip Van leaves @ 10am *Always Sign-up in Mgmt. Office 	2 Daily Cafe 12:45 pm 	3 Movie Night @6pm Comm. Room
4 	5 Office Closed 	6 Daily Cafe 	7 Yusuf Hafeez Happy Birthday! Rachel's \$ Store 	8 Velma White Happy Birthday! 	9 Daily Cafe 12:45pm 	10 Verlinda Woods Happy Birthday!
11 	12 Daily Cafe 	13 Daily Cafe 	14 Tenant Council Meeting 6pm 	15 Daily Cafe 	16 Daily Café 12:45 pm 	17 Movie Night @6pm Comm. Room
18 	19 Daily Cafe 	20 Daily Cafe 	21 Daily Cafe 	22 Daily Cafe 	23 Focus Hope Delivery 12:45 pm 	24 Movie Night @6pm Comm. Room
25 	26 Daily Cafe 	27 Daily Cafe 	28 Daily Cafe 	29 Daily Cafe 	30 Daily Café 12:45 pm 	Notes: **EMERGENCY MAINTENANCE – Andrew Bullock #313-670-0407**

Thank you very much Harmony Manor Resident Volunteers for all you do!
Misty L. Gregory, Administrator

Residents will receive fliers for events scheduled in September (not enough room on the calendar)

Quote of the Month

Try to make at least one person happy every day. If you cannot do a kind deed, speak a kind word. If you cannot speak a kind word, think a kind thought. Count up, if you can, the treasure of happiness that you would dispense in a week, in a year, in a lifetime! Lawrence G. Lovasik

Read more at: http://www.brainyquote.com/quotes/topics/topic_happiness.html



Misty L. Gregory, Administrator's Message

Fun Facts about the month of September

The birth stone for the month is the sapphire. The sapphire represents clarity of thought, intuition, and peacefulness. In traditional medicine it is used to treat fevers and reduce inflammation. Sapphire reduces anxiety and procrastination and gives the wearer luck.

- Labor Day is the most well known holiday in September. It is observed every year on the first Monday in September.
- Native American Day is always celebrated on the 4th Friday of September.
- Grandparent's Day is observed in the United States on the first Sunday after Labor Day.
- In the northern hemisphere, the Autumn Equinox occurs and fall begins. This takes place on September 22nd or 23rd, depending on the year.
- President William McKinley was shot on September 6, 1901 while attending the Buffalo Pan-American Exposition in New York. He passed away eight days later on September 14, 1901.
- The 1st Continental Congress was called to order on September 5, 1774.
- The Continental Congress changed the name of the United Colonies to the United States on September 9, 1776.
- September 24th, 1789 - the US Supreme Court was established.
- The United States was attacked by terrorists on September 11, 2001. Almost 3,000 people in New York, Pennsylvania and Washington DC died because of the attacks that took place on that day.
- On September 5th, 1961, President John F. Kennedy signed a hijacking bill, making air piracy a crime punishable by death or imprisonment.
- Former President Richard M. Nixon was given an unconditional pardon, for his role in the infamous "Watergate" fiasco by President Gerald Ford, September 8, 1974.
- World War II began in September, 1939, when Hitler invaded Poland.
- The Great Fire of London occurred on September 2, 1666.
- On September 18, 1851 the infamous New York Times newspaper published its first edition.
- George Eastman got his patent for the roll-film camera, in September of 1888 and the Eastman-Kodak company soon was off to becoming one of America's major corporations.

<http://webclipart.about.com/od/seasonsclipart/ss/Interesting-Facts-About-September.htm>

**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

PHONE: (313) 934-4000
FAX: (313) 934-4017

Staff at Your Service:

Misty L. Gregory
Administrator

David Jones
Service Coordinator

Andrew Bullock
Maintenance Tech



The Village of
**Harmony
Manor**

A SENIOR LIVING COMMUNITY

Office Hours: 8:00 am – 4:30pm
Monday thru Friday

EMERGENCY NUMBER
(313) 670-0407



Call Jackie for Hair Appt.

(313) 320-0301



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



Comedy Movies 2

Find and circle all of the comedy movies that are hidden in the grid.
The remaining letters spell an additional comedy movie.

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

AIRPLANE
ANALYZE THIS
ANTZ
ARTHUR
BANANAS
BEST IN SHOW
BILLY MADISON
BLUES BROTHERS
BOWFINGER
BULWORTH
CADDYSHACK
DAVE

DUCK SOUP
EMMA
FARGO
GET SMART
GROUNDHOG DAY
HAPPY GILMORE
HOME ALONE
HORSE FEATHERS
ICE AGE
JUNO
KINGPIN

LIFE OF BRIAN
MASH
OFFICE SPACE
PARENTHOOD
PATCH ADAMS
POLICE ACADEMY
RAISING ARIZONA
RATATOUILLE
REAL GENIUS
ROXANNE
RUTHLESS PEOPLE

SABRINA
SPLASH
STIR CRAZY
STRIPES
THE JERK
THE PINK PANTHER
THE TRAMP
TOMMY BOY
TOOTSIE
WAYNES WORLD
WORKING GIRL