

Living in Harmony

Embrace the possibilities

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



Emergency On-Call Number

313 607-0407

After 4:30pm

Jason Riggins

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



Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

THE POWER OF VOLUNTEERING

With the arrival of the New Year, many of us will use it as an opportunity to make a fresh start. We'll re-examine our lives, establish new goals, and resolve to make this year the best one yet. To that end, something you may want to consider doing this year is becoming a volunteer.

While most of us volunteer without expecting to get anything in return, research has recently revealed that along with providing a societal benefit, volunteering provides direct health benefits to those who volunteer.

Compared to their non-volunteering peers, volunteers have lower rates of depression, greater functional ability, and lower mortality rates. And though it may be true that healthier individuals may be more likely to volunteer (thus accounting for these differences), the evidence suggests that volunteering itself can actually lead to improved health, both physically and mentally.

This seems to be particularly true for adults who volunteer at least 100 hours per year and are 60 years of age or older. So, the next time you're looking for a way to improve your health, consider volunteering. There are plenty of organizations in need and plenty of opportunities available.

A good place to start looking is www.VolunteerMatch.org.
Simply follow the link.

*Proverbs 11:25 "Generous persons will prosper; those who refresh others will themselves be refreshed"
(Common English Bible translation)*

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

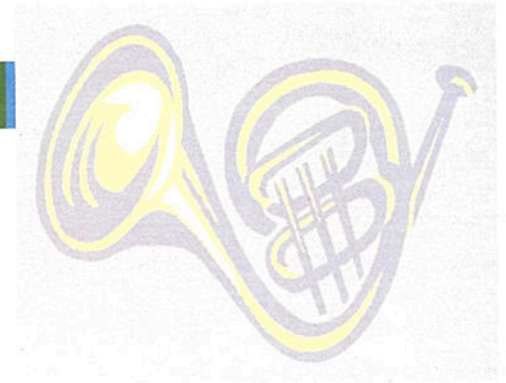
Please call

Stephanie 313.861.2865



For Your Safety.

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



Record Keeping

Many people at the New Year make resolutions to get on the path to better living, be it losing weight or giving up a bad habit. My candidate for changing a bad habit is to get your personal records in order and shred what you no longer need. To help you along in this journey, here are some guidelines that the USA government puts on their web site:

Items to Discard

- Cancelled checks for cash and non-deductible expenses
- Expired Warranties
- Bank Statements after 1 year, unless needed to support tax filings
- Social Security statements – when you get a new one shred the old one
- Tax records that are older than 7 years from the filing date
- Credit card records- until paid, unless needed to support tax filings
- Insurances – old versions after you have renewed the policy

This is not an all-inclusive list. Please check with your attorney or accountant for more information. Remember if you do not have an attorney PLAN (Presbyterian Legal Advocacy Network) can help. They can be reached at (313) 937-8291. Please shred any documents that have confidential information on them that could be used to commit fraud if found by someone else. An example of items to be shredded includes bank statements, social security information as well as health insurance information. Every Village has a shredder. If you need something shredded, please see your administrator for assistance. Just think of what you will do with all this new found space once you have tossed those electric bills from 1997.

More information can be found on the government web site www.USA.gov / Managing Household Records

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

Statewide Comprehensive Campaign Reaches \$13.6M For Michigan Seniors

Through the support of many generous donors, I am pleased to share that in 2013, the PVM Foundation exceeded PVM's strategic objective of raising 91% of the original Statewide Comprehensive Campaign goal of \$15 million, raising over **\$13.6 million** to support Michigan seniors!

Last year, PVM and the PVM Foundation Board of Directors extended and expanded the Statewide Comprehensive Campaign, with a new goal of raising \$27 million by 2017. The extended Campaign will provide continued support for the original goals of the Campaign as well as three new major transformative projects that were undertaken by PVM after the Campaign began: Rivertown Neighborhood, The Village of East Harbor Health & Wellness Center and the Northern Michigan Bridging Communities Project. I am also happy to report that in 2013, the PVM Foundation awarded over **\$1.9 million in grant funding** to support Village projects and programs including:

- New security systems
- Fall prevention program
- Upgraded technology
- Fitness equipment
- Resident activities
- And more!

None of this could be accomplished without the continued support of our donors, *so thank you for all you do to further PVM's mission!* If you have any questions or would like to share your thoughts, please contact us at 248-2040 or pvmfoundation@pvm.org. We wish you a happy new year filled with good health, peace and joy!

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.pvmgifts.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!! Carla Triplett will be joining our fitness team for week day workouts. Getting down to the oldies.

Thursday's 5:00pm

Community room 1st. floor



The Senior Advocate.

By Lyn Alexander,
Vice President of Public Affairs

Lyn Alexander -The Senior Advocate

This is the time of year we focus on giving thanks and giving to others. I am thankful for a team of colleagues who incorporate that spirit of giving into their everyday lives. From benevolence in the form of assisting PVM residents to stay in their own homes to beautification and security

our PVM employees, PVM board, PVM Foundation Board, and Village Board members all represent servant leadership at its finest. Giving to food pantries, hosting neighborhood community meetings, providing mobile health services and immunization sites, donating clothing and essentials for the homeless, building houses alongside Habitat For Humanity and promoting elder abuse prevention are among the many initiatives in which we have been engaged over the past year.

And we also reached out to improve the quality of life of Michigan children. Many of our Villages have provided giving trees whereby local families are adopted for Christmas. And, in one instance, they transformed an old and rusty tricycle into a sparkling new red tricycle which will be treasured by a youngster with memories to last a lifetime.

Protecting our environment also made the list of contributions via recycling projects including medication disposal sites and community recycling events. What a joy it is to work with individuals and teams of people who think of their work as a mission instead of a job. As Albert Einstein once said: "Only a life lived for others is worthwhile."

May the joys of the season be with all of our readers over the upcoming holidays and on into the New Year.

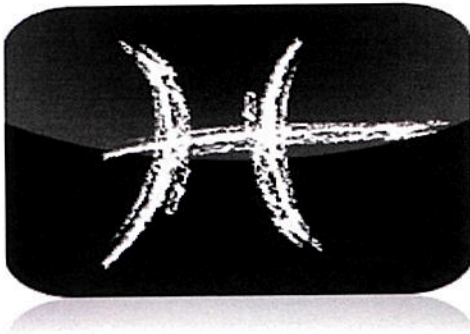
VP OF PUBLIC AFFAIRS
Lyn Alexander
Presbyterian Villages of Michigan

SERVICE COORDINATORS MESSAGE:

Trudy Jones 313.934.4000 ext. 3

It's time the Medicare Open Enrollment for anyone wanting to make changes with their current Medicare plan. Enrollment period is October 15, 2013 to December 7, 2013. Your Service Coordinator has schedule a presentation for November 26, 2013 @1:00 with Donna Shelton from Detroit Agency on Aging to discuss any questions you may have on changing your current Medicare plan. Open Enrollment is the time you are able to determine whether or not your Medicare plan or Part D prescription drug plan is adequate or a better plan at the same or lower premium by switching. You can change your plan during the Open Enrollment period. Although persons who are eligible for Medicare, but are currently not enrolled in Medicare Advantage or a Medicare prescription drug plan, have during the open enrollment period the opportunity to enroll in a plan. If you want to cancel your existing Medicare prescription drug of Advantage plan, you can do so during this period of time. If you miss your annual window of opportunity, you need to wait until the next open enrollment period in the following year. It can be advantageous to evaluate your Medicare options each year rather than staying in a plan with less benefits or a higher premium, compared to other Medicare choices. Also Gleaners Community food Bank would like to run a hands-on program called Cooking Matters. It is a hands-on program that focuses on shopping for, preparing and eating, food that is tasty, healthy and affordable. Service Coordinator will keep you informed on when the Gleaner program will begin.

Happy Birthday Wishes!



Happy Birthday to you 🎵🎵🎵...

Faheem Shakoor 1-18-2014 # 223

Dolores Hill 1-31-2014 # 222

**Harmony Manor Board
of Directors
2013**

Board Chairperson
Charles Reese

Board Vice Chair
Lisa Watkins

Secretary
Marjorie Ball Walker

Treasurer
Open
Trustees

Ronald Spears
Rev. Mary Austin
Dr. Arthur Caldwell
Ruthenia Henderson
Dr. Lawrence Glenn, Sr.



2013 was a great year for **Detroit's Eastern Market.**

Thank you for your commitment to our mission. Because of supporters like you, we were able to improve access to healthy, green, affordable, and fair food choices in Detroit and throughout Southeast Michigan.

There is still time to become a **"Friend of Eastern Market"**. For as little as \$100, you can support bringing high-quality locally grown food to the metropolitan area as well as support educational programs for young people.

By becoming a **"Friend of Eastern Market"** or giving a friend or loved one the gift of a **"Friends of Eastern Market"** annual membership, you help bring positive change to our regional food system and support creating an enhanced shopping experience at the Market and assist food incubation businesses create jobs.

Ring in the New Year with a gift of friendship. Not only will you and/or the recipient help improve food access but you will also benefit all year long with access to an exclusive *Behind the Scenes* tour of **Eastern Market** and have your choice of nutrition, cooking or gardening classes.

Every gift also helps support the fight against hunger. 10% of your gift will be donated to one of our partners - **Forgotten Harvest** or **Gleaners Community Food Bank of Southeastern Michigan.**

News You Can Use

Stop guessing about your monthly energy bill
Enroll in BudgetWise through DTE

Visit www.DTE.com



SENIOR *Citizen's Guide*

with "Boomers Resource Guide" Supplement

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

US Presidents

ADAMS

ARTHUR

BUCHANAN

BUREN

CARTER

CLEVELAND

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COOLIDGE

EISENHOWER

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FORD

GARFIELD

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HARRISON

HAYES

HOOVER

JACKSON

JEFFERSON

JOHNSON

KENNEDY

LINCOLN

MADISON

MCKINLEY

MONROE

NIXON

PIERCE

POLK

REAGAN

ROOSEVELT

TAFT

TAYLOR

TRUMAN

TYLER

WASHINGTON

WILSON

Dr. Martin Luther King Birthday Celebration: January 20, 2014



I Have a Dream Speech by Martin Luther King Jr.

Martin Luther King's Address at March on Washington August 28, 1963. Washington, D.C.

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

– Martin Luther King, I Have a Dream Quote

I Have a Dream Speech Background


Summary: "I Have a Dream" is a 17-minute public speech by Martin Luther King, Jr. delivered on August 28, 1963, in which he called for racial equality and an end to discrimination. The speech, from the steps of the Lincoln Memorial during the March on Washington for Jobs and Freedom, was a defining moment of the American Civil Rights Movement. Delivered to over 200,000 civil rights supporters, the speech was ranked the top American speech of the 20th century by a 1999 poll of scholars of public address. According to U.S. Representative John Lewis, who also spoke that day as the President of the Student Nonviolent Coordinating Committee, "Dr. King had the power, the ability, and the capacity to transform those steps on the Lincoln Memorial into a monumental area that will forever be recognized. By speaking the way he did, he educated, he inspired, he informed not just the people there, but people throughout America and unborn generations."

Speech Title and Performance: Believe it or not, the "I Have a Dream" speech was originally titled "Normalcy, Never Again." and the first drafts never included the phrase "I have a dream". He had first delivered a speech incorporating some of the same sections in Detroit in June 1963, when he marched on Woodward Avenue with Walter Reuther and the Reverend C. L. Franklin, and had rehearsed other parts.

The popular title "I have a dream," came from the speech's greatly improvised content and delivery. Near the end of the speech, famous African American gospel singer Mahalia Jackson shouted to Dr. King from the crowd, "Tell them about the dream, Martin." Dr. King stopped delivering his prepared speech and started "preaching", punctuating his points with "I have a dream."

Did you know? Stop in the computer lab and jump online to read all about this historical event!

***Robert Johnson
Tenant Council President***

Linda Wilcox Administrator 

HUD RULES/REGULATIONS



MAINTENANCE PROCEDURES

*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 a account of what work maintenance is called to do for your unit.*

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

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**

January, 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Years Day Office Closed	2 	3 Shopping Trip Van leaves at 10:00am	4 
5 Hope Presbyterian Church Service Fellowship 10:00am	6 Fitness Class with Peace 12:00pm	7 City of Detroit Council meeting w/Harmony OFFICE CLOSED	8 Happy B-Day Mr. Shakoor #223 Council Meeting 6pm	9 	10 Council Bake Sale 8:30am - 10:30am	11
12 Hope Presbyterian Church Service Fellowship 10:00am	13 Fitness Class with Peace 12:00pm	14	15 Fitness Class with Peace 12:00pm	16	17 Wellness workouts 12:00pm Mind Body Spirit	18
19 Hope Presbyterian Church Service Fellowship 10:00am	20 MLK DAY OFFICE CLOSED	21 PVM Meeting Office Closed	22 Fitness with Peace 12:00pm	23 Sign up for comuter training class starts soon! <i>Shopping 10:00</i>	24 FOCUS HOPE Delivery 12:00pm	25 Zeta Sorority Senior Breakfast 9:00am - 10:30am
26 Hope Presbyterian Church Services Fellowship 10:00am	27 Library Dedication 12:00pm	28 	29 Fitness with Peace 12:00pm	30	31 Happy B-Day Dolores Hill #220	
<i>Happy New Year!!</i>						

**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

(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

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**



The Village of
**Harmony
Manor**

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Embrace the possibilities

