

Living in Harmony

Embrace the possibilities

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

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Harmony Manor News:

Congratulations to Harmony Manor's Youth Volunteer Monay Gregory 10th grade Honor Roll student at UPSM High School for winning Homecoming Queen/Duchess October 24, 2015.



*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.

Look for PVM on:





From the Desk of the Service Coordinator:

Please mark your calendar for November 17, 2015 to attend the Medicare Annual Enrollment Event being Held in the Community room at 2:00 O'clock.

Medicare Annual Enrollment Period for 2015 will end December 7, 2015. This is the time to compare plans, check to see if you qualify for help with the cost of your prescriptions or Medicare part B premium.

On Tuesday November 17, 2015, at 2:00 o'clock in the Community Room an open enrollment event will be held. This would be the time for you to meet with a MMAP counselor to go over your current prescription plan and compare other options. You must meet with your service coordinator, Trudy Jones, to complete Medicare Part D Finder form by November 10th and to schedule an appointment for November 17, 2015 to meet with a MMAP counselor. In order to serve you in a timely manner, you are being asked to provide a list of all your prescription Drug exactly as it appears on your prescription bottle. The MMAP counselor will be here to assist you in comparing plans.

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)

Announcements



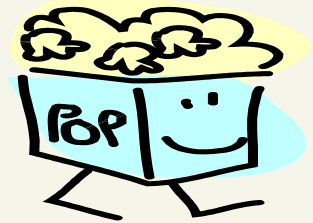
Every Saturday

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



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

How Much Do You Know About Thanksgiving?

In 1863, President Abraham Lincoln established Thanksgiving as an official national holiday. Since that time Americans across the country have gathered together with their family and friends to eat a lot of turkey, enjoy a little pie, watch a football game or two, and of course give thanks. This year, after you've loosened your belt and before you lapse into your traditional tryptophan coma, give your brain a little exercise. Take the quiz below to see just how much you know about Thanksgiving.

- What cartoon character has appeared in the annual Macy's Thanksgiving Day parade as a giant helium filled balloon more than any other character?
 - Charlie Brown
 - Snoopy
 - Lucy
- What year did the Detroit Lions first play a football game on Thanksgiving Day and who was their opponent?
 - 1927, New York Giants
 - 1957, Cleveland Browns
 - 1934, Chicago Bears
- What President issued the first official presidential turkey pardon?
 - George H.W. Bush
 - Harry S. Truman
 - Thomas Jefferson
- In what year did Congress enact legislation that moved Thanksgiving from the last Thursday in November to the fourth Thursday in November?
 - 1941
 - 1962
 - 1919
- What is the busiest day for domestic air travel in the United States?
 - The day before Thanksgiving
 - Thanksgiving Day
 - The day after Thanksgiving

Answers: 1. b, 2. c, 3. a, 4. a, 5. a



PVM Store Features Winter Goodies with Your Village Logo

By the PVM Marketing Department

As you may know, earlier this year the Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store as part of our year-long celebration of PVM's 70th Anniversary. Made possible via a grant from the PVM Foundation, the PVM store allows staff members, residents, board members, and their families the opportunity to purchase great PVM apparel and accessories complete with the village logo of their choice. Apparel options include shirts, sweatshirts, jackets, bags, hats, and all kinds of other essentials.

For the month of November, the PVM store is proud to run a special holiday promotion that will make giving the gift of PVM easy and affordable. All you have to do is visit the PVM store by typing pvmstore.org in your browser, choose the items you want to buy, and enter the coupon code "**PVMHappyHolidays10**" when checking out. If you've done it correctly, you'll receive 10% off of each item in your order.

Along with our current stock of awesome apparel, we've added all kinds of winter-themed goodies including hats, gloves, scarves, and other great items that'll make the perfect gift for the PVM employee, resident, or family member in your life.

Before you know it, the holidays will soon be upon us – so, what are you waiting for? Promote your PVM pride and spread some holiday cheer by doing this year's shopping at the PVM store.

*To visit the PVM store, type www.pvmstore.org into your web browser. Enter the coupon code **PVMHAPPYHOLIDAYS10** to receive 10% off of your order placed before December 1st. Have suggestions for items you don't see in the store?*

Email us at gdowney@pvm.org or tell your administrator.



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**



Celebrate PVM's 70th Anniversary at the Annual Gala and Support Seniors!



You can **positively impact** the lives of PVM residents and have a fun, memorable night by joining us at the 12th annual PVM Foundation Gala on Friday, November 13th at the beautiful COBO Center in Detroit!

We will pay tribute to PVM's 70th anniversary with a special theme of "**70 & Still Making Waves.**" The night's festivities include a cocktail reception, raffle prizes, dinner, a short program and entertainment by The Royce and Jenn Band. The Master of Ceremonies is **Regina Lawson**, resident at The Thome Rivertown Senior Apartments!

When: Friday, November 13, 2015

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

6:30 p.m. General Cocktail Reception & Raffle

7:30 p.m. Dinner, Program & Entertainment

Where: COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

Cost: **\$250 Individual Ticket*** includes General Reception, Dinner & Program
\$375 Patron Ticket* includes Private VIP Pre-Reception, Prime Seating at Dinner & Program
(*Estimated Fair Market Value: \$125/ticket)

Proceeds from the event will **directly benefit** the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services in technology, wellness and transportation
- And many other life-enhancing programs

For more information about the gala, call us at 248-281-2040 or visit www.pvmfoundation.org/Gala2015. Thank you for supporting PVM residents and I hope to see you on November 13th!

Warm regards,
Paul J. Miller, CFRE

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION
presents

**70 & STILL
MAKING WAVES** *gala*

Sponsorship Packages Available!

Patron Tickets \$375
Individual Tickets \$250

For more information, contact PVM Foundation at 248.281.2040
or visit www.PVMFoundation.org/Gala2015

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

6:30 p.m.
General Reception & Raffle

7:30 p.m.
Dinner, Program & Entertainment

FRIDAY, NOVEMBER 13 • COBO CENTER, DETROIT

Fitness with Peace

Fitness Classes are held

Monday, Tuesday and Thursday

At 9am to 11pm 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*

TOTAL SOLUTIONS FOR AGING WELL

PVM is in the midst of our 70th Anniversary. We have been known as innovators since the beginning and continue to provide creative solutions for enjoying life to the fullest. If you are a PVM resident, a caregiver, or simply a senior who is wanting to remain where you are safely and securely, we have a new service to help you or a loved one. We have piloted a program at The Village of Westland for five years with high customer satisfaction and are now launching it to all of our Villages as well as entire communities throughout Michigan. The program is called CareSync Solutions and is already receiving rave reviews. It is a joint venture between PVM and Homestead Home Health Care Services, our partner in the Westland pilot.

Whether you are looking for the comprehensive medical care that will help you stay in your home, or the stress-reducing personalized assistance that will help make your life a little easier, CareSync Solutions' innovative approach combines time-tested talents and the latest technology to meet the needs of any individual, family or community. Whether it's transportation, telehealth, home repairs, or meal preparation, CareSync's experienced staff will work tirelessly to meet your needs and keep you healthy at home.

Thank you to our Veterans!

Sometimes just a little help can keep oneself on a good path of health and longevity, as well as the ability to remain independent. If you would like to know more about these services, call (248) 773-4550 or check out the website at www.caresyncsolutions.org. For PVM residents, you can also talk with your Village staff.

We wish all of our readers the chance to live life to the fullest in the setting of your choice.



FRIENDLY REMINDERS & ANNOUNCEMENTS:

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

****NOTARY SERVICES** PROVIDED BY YOUR ADMINISTRATOR, MISTY L. GREGORY.



Welcome New Resident

Abdullah Muhammad

Happy Birthday Wishes

- Shirley Burton 11/4**
- Janice Bizzle 11/5**
- Renee Smith 11/7**
- Rosetta Peace 11/8**
- Gladys Richardson 11/9**
- Ruthie Holmes 11/13**
- Shirley Chisholm 11/18**



Happy Birthday!

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



Misty L. Gregory, Administrator's Message

November is the eleventh month of the year in the Gregorian Calendar and one of four Gregorian months with the length of 30 days. November retained its name (from the Latin novem meaning "nine") when January and February were added to the Roman calendar.

November is a month of spring in the Southern Hemisphere and autumn in the Northern Hemisphere. Therefore November in the Southern Hemisphere is the seasonal equivalent of May in the Northern Hemisphere and vice versa.

November Symbols

- November birth flower Flower of the month: The Chrysanthemum.
- Zodiac Signs: Scorpio/The Scorpion, Oct. 24 - Nov. 21 -Sagittarius / The Archer / Nov 22 - Dec 21.
- The name for the Moon for November is Beaver Moon, Frosty Moon.
- When is the Full Moon in November?
- November Birthstone: Topaz, Citrine or aquamarine. Meaning: Fidelity

- In the United States and Canada, November is National Beard Month or No Shave Month. Australians have a similar month were they grow a mustache instead of a full beard.
- The Erie Canal was formally opened at New York on November 4, 1825.
- Lincoln's Gettysburg address was given in November, 1863.
- Parker Brothers introduced the world to the Monopoly game on November 5, 1935.
- The US and Canada celebrate the end of WWI every year on November 11.
- The Suez Canal opened, November 17, 1869.
- United States and Panama signed the treaty that provided for the Panama Canal on November 18, 1903.
- On November 18, 1963 Bell Telephone Company introduced to the public the push button phone.
- John F. Kennedy was assassinated on November 22 1963.
- French painter Henri de Toulouse-Lautrec born on November 24, 1864.
- After discovering debris-covered stairs, British archaeologist Howard Carter and his crew entered the four-room Egyptian tomb of 18-year-old King Tutankhamen on November 26, 1922.
- Commander Richard E. Byrd and crew of three became first to fly over South Pole, November 29, 1929.
- Mark Twain, American author, was born November 30, 1835.
- British statesman Sir Winston Churchill was born November 30, 1874.

www.novemberfunfacts.org

~ November 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Daily Cafe  2nd Floor 	3 Shopping Trip 9am  2nd Floor 	4 Shirley Burton  Happy Birthday!	5 Janice Bizzle  Happy Birthday!	6 12:45 pm 	7 Renee Smith  Happy Birthday!
8 Rosetta Peace  Happy Birthday!	9 Gladys Richardson  Happy Birthday!	10 Rachel's Mobile \$ Store 10am to 12pm 	11 Tenant Council Meeting@6pm 	12 Bingo Every Thursday @ 6pm 	13 Ruthie Holmes  Happy Birthday!	14 Movie Night @6pm Comm. Room 
15 	16 Daily Cafe 	17 Daily Cafe 	18 Shirley Chisholm  Happy Birthday!	19 Bingo Every Thursday @ 6pm 	20 12:45 pm 	21 Resident's Thanksgiving Dinner in Community Room 
22 	23 Daily Cafe 	24 Daily Cafe 	25 Daily Cafe 	26 Happy Thanksgiving Office Closed!	27 Focus: HOPE Food for Seniors 12:45 pm 	28 Movie Night @6pm Comm. Room 
29 	30 Daily Cafe 	Notes: Please call the office for all maintenance work orders 313.934.4000, after 4:30pm Only Emergency calls go to 313.670.0407				



Presentation @ Harmony Manor in the Community Room
 Monday, November 9, 2015 @ 1pm

**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

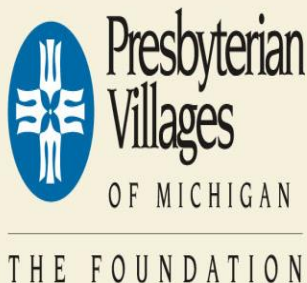


The Village of
**Harmony
Manor**

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



November Recipe



Ingredients

- 4 cups leftover mashed potatoes (or you can buy frozen steam-in-the-bag mashed potatoes and substitute those)
- 3 cups leftover stuffing
- 2 cups leftover broccoli (or frozen broccoli pieces) or green beans
- 1 cup chicken broth
- 4 cups cubed cooked turkey, chopped
- 2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted
- 1 teaspoon garlic powder
- 3/4 cup sour cream, divided
- 4 ounces cream cheese, softened
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1-1/2 cups (6 ounces) shredded cheddar cheese

Directions

- Preheat oven to 350°.
- In a large bowl, combine the stuffing with the broth. Transfer to a greased 13x9-in. baking dish.
- In the same bowl, combine the turkey, soup, garlic powder, and 1/4 cup sour cream; spoon over stuffing mixture.
- Mix the cream cheese, pepper, salt, and remaining sour cream together with the mashed potatoes and spread over turkey mixture. Sprinkle with cheese.
- Bake, uncovered, at 350° for 30-35 minutes or until heated through.

- See more at: <http://momitforward.com/day-thanksgiving-turkey-casserole#sthas>

Harmony Manor residents enjoyed the DMC Healthcare Event October 2015



Harmony Manor 2015 October Party



Keeping it moving with Fast Freddy



Harmony Residents keeping it moving with Fast Freddy 2015 October Party



Sing A Long with Fast Freddy



Harmony Manor Board Member & Staff



Thanksgiving Word Search

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

cook
corn
dinner
fall
family
feast
food
gravy
harvest

maize
pilgrims
pumpkin
relatives
settlers
squash
stuffing
thanks
turkey

