



Living in Harmony



Embrace the possibilities

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

Issue: **DECEMBER 2016**

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Harmony Manor News:

The Village of Harmony Manor will have their Holiday party Tuesday, December 20, 2016 from 12pm to 2pm. We will share pictures in the January 2017 newsletter.

Thank you everyone for your support!

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:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Answers to Fact or Fiction?

Below are the answers to the true or false statements published in last month's column.

1. **FALSE.** It is NOT very difficult for older adults to learn new things. It is well established that those who regularly practice their learning skills maintain their learning efficiency over their life span.
2. **FALSE.** Clinical depression DOES NOT occur more frequently in older than younger people. There is no evidence that depression occurs more often in older adults than younger groups, and it should not be considered a normal part of aging.
3. **FALSE.** Personality DOES NOT change with age. Particular traits in youth and middle age will not only persist but may be more pronounced in later life.
4. **TRUE.** Older adults DO have more trouble sleeping than younger adults do. They often experience sleep changes such as taking longer to fall asleep, frequent awakenings, daytime napping, and lighter sleep.
5. **TRUE.** Physical strength DOES decline in old age. However, research shows that weight bearing exercise, aerobics, and weight resistance can restore muscle strength, increase stamina, stabilize balance and minimize falls.
6. **FALSE.** Older people are NOT happier if they are allowed to disengage from society. There is substantial evidence that people who remain active and engaged have higher levels of function and happiness.
7. **TRUE.** Older persons DO take longer to recover from physical and psychological stress. However, older adults who have developed active and health lifestyles may be able to resist some of the negative effects of stress or illness.
8. **TRUE.** Most older adults DO consider their health to be good or excellent. Overall, most people over the age of 65 still rate their health positively.
9. **FALSE.** Older workers CAN work as effectively as younger workers. Research has identified characteristics of low turnover, less voluntary absenteeism and fewer injuries in older workers.
10. **FALSE.** Research DOES NOT show that old age truly begins at 65. Old age is a social construct. Meanings, definitions and experiences of aging vary across cultures and throughout history.

Announcements



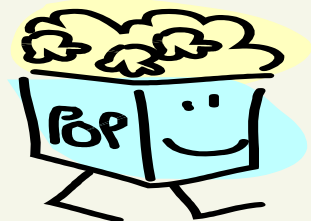
Every Saturday

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

Write Your Worries Away



Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.

www.guideposts.org

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**



Rise to the challenge.

And join me in raising \$50K for seniors!

You can help seniors get \$50K—if YOU rise to the challenge and raise \$50K by December 31st, **doubling** your impact!

Think of what \$100,000 can do for residents! With your help, you can:

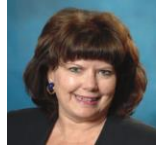
- **Transport** 1,000 residents on 4 special outings a year to local attractions like Belle Isle.
- Give 240 residents 1 year of **exercise classes** to stay fit and healthy.
- Support the **emergency needs** of over 300 residents in 1 year (up to \$300 each).
- Send over 400 residents to the **Village Victory Cup** each year for the next 5 years!

The challenge ends December 31, 2016. Please make your gift today and change the life of a senior who needs you!

Thank you for creating new possibilities for seniors and helping them thrive!

Happy holidays,

Paul J. Miller, CFRE



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Fitness with Peace

*Fitness Classes are held
Tuesday and Thursday*

*At 11:00 am 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**



BEING AFFIRMED BRINGS SUCH JOY

I think for most of us being affirmed by noted experts is a joyful experience. This just happened to me the other day upon reading the September 26, 2016 issue of Time Magazine. For years I have led the charge on the notion of embracing aging. The aging process is going to occur no matter what our response is. We can either deny it, defy it or embrace it. I have found it sad that so many folks choose to be in denial. Plastic surgeons can tell you that the quest for The Fountain of Youth is surging. Yet, aging is much like everything else in life. If we have a positive attitude we create a far better life experience for ourselves. So imagine the joy I felt upon reading the Time article which was headlined with "How and social ties affect the way you age". In it author Mandy Oaklander mirrors many of the messages my business as Your Aging Well Advisor has promoted over the years.

She reflects studies which suggest that some of the best ways to make the most of our extra years include to: Embrace technology; Have family be there for each other; Lighten up and enjoy a sense of humor; Set goals and take risks, Expect the best with a positive attitude; and my favorite, Welcome Aging.

Indeed this new longevity which many of us have been granted is providing opportunities our ancestors could only dream about. The chance to hold a great grandchild In our arms, be there for a grandchild's graduation or wedding, launch a business at middle age, travel around the world or volunteer at something we have always wanted to become involved with are just a few of the many life experiences we now hold dear.

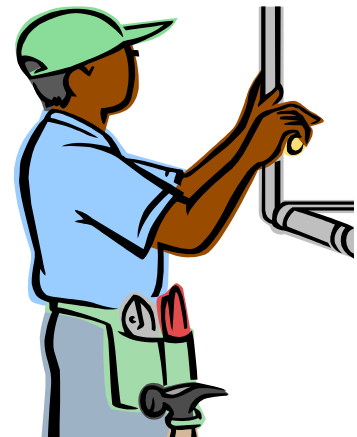
We can take a cue from the popular saying: "Do not regret growing older. It is a privilege denied to many.", by Edith Wharton. Embrace Aging and Enjoy the world!

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

Robert Johnson 12/4
Dwight Dixon 12/19



**Harmony Manor Board
of Directors
2016**

Board Chairperson
Lisa Watkins

Board Vice Chair
Michael Taylor

Secretary
Marjorie Ball Walker

Treasurer
Ronald Spears

Trustees
Charles Reese
Ruthenia Henderson
Rev. Dr. Lawrence Glenn, Sr
Rev. Dr. Arthur Caldwell



From the Desk of Service Coordinator:

Harmony residents please join us in the community room starting Thursday December 1st and welcome back to Harmony Manor, *Lunar*. Last month *Lunar* came out to introduce you to their program of their Detroit-based prepaid smart phones and they explained to you how you can save money with this service. Lunar wants to come out again starting December 1st to teach our residents how to use smart phones and tablets so that they are technologically aware. This program will run for about 6 weeks and lunch will be provided starting at noon.

David Jones

National Church Residences
Service Coordinator
Harmony Manor
15050 Birwood St.
Detroit, MI 48234
313-934-4000, Ext 2
www.hannan.org
Monday thru Friday (10:00 am-2:00 pm)

December 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
4  Robert Johnson "AKA" Bobby #206 Happy Birthday!	5 	6 	7 	8  BINGO!	9 	10 
11 	12 	13 	14 Tenant Council Meeting @6pm 	15 	16 	17 
18 	19 Burgess Dixon #226 Happy Birthday!	20 Harmony Manor Holiday Luncheon @12pm Community Room 	21 	22  BINGO!	23 	24 
25  	26 	27 	28 	29 	30 Focus Hope  	31 

Flyers for events will be distributed; Café with Rosetta Peace is everyday; Walmart is every Friday @12:45pm; Bingo Night is every Thursday @6pm; EMERGENCY MAINTENANCE- Andrew Bullock #313-670-0407
****Thank you very much Harmony Manor Resident Volunteers for all you do!!****
Misty L. Gregory, Administrator

Fun facts about December

The 12th month of the year brings us Christmas, Chanukah, and New Years Eve.

December is the last month in the Gregorian calendar. Its name is based on the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year. In the Northern Hemisphere December has the shortest daylight hours and marks the beginning of winter. December provides the longest days in Southern Hemisphere, as it is the beginning of summer. December is a month home to many religious holidays.

Below are some fun facts about December:

1. The birthstone of December is turquoise.
2. Zodiac signs for December are Sagittarius (November 22 - December 21) and Capricorn (December 22 - January 19).
3. The birth flower of December is the narcissus.
4. World's AIDS Day is celebrated on December 1st.
5. December 3 - International Day of the Disabled Person
6. Universal Human Rights Month
7. National Read a New Book Month
8. In December, Nobel Prizes are awarded.
9. On December 4, 1791, The Observer newspaper (the first Sunday newspaper) was first published in Britain.
10. Christmas Day is celebrated on December 25th.
11. On December 7, 1941, The United States Naval Base at Pearl Harbor was attacked by Japanese planes which killed more than 2,300 Americans.
12. On December 20, 1803, the Louisiana Purchase was completed.
13. Kwanzaa is celebrated on December 26 - January 1 every year.
14. National Stress Free Family Holiday Month
15. December 27th is National Chocolate Day
16. On December 29, 1862, the bowling bowl was invented.
17. Poinsettia Day is on December 12th.
18. On December 3, 1967, the first heart transplant was completed.
19. On December 17, 1903, the Wright Brothers made their first flight.
20. On December 14, 1791, the Bill of Rights was passed.

**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

Village Staff:

Misty L. Gregory
Administrator

David Jones
Service Coordinator

Andrew Bullock
Maintenance Tech.

Call Jackie for Hair Appt.
(313) 320-0301



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



Hanukkah

Find and circle all of the words that are hidden in the grid.
The remaining 42 letters spell a secret message.

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

BIMUELOS	FESTIVAL	LATKE	PSALMS
BLESSINGS	GAMES	LEVIVOT	SEVIVON
CANDLES	GELT	LIGHTS	SHAMASH
CHANUKIAH	GIFTS	MA'OZ TZUR	SONGS
CHARITY	HALLEL	MACCABEES	SUFGANIYOT
CUSTOMS	HANEROT HALALU	MATISYAHU	TALMUD
DAIRY FOODS	HEBREW	MENORAH	TORAH
DREIDEL	HOLIDAY	MIRACLE	TRADITION
EIGHT DAYS	HOLY TEMPLE	OLIVE OIL	YEARLY
FAMILY	JERUSALEM	PONTSHKES	YEHUDIT
FEAST	KISLEV	PRAYERS	