

# Living in Harmony

## Embrace the possibilities

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



### 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

### SOME INTERACTIVE FUN!

This month guest columnist Ashley Davis, a wellness intern from Oakland University, thought a more interactive column would be fun! Below you will find a word search containing CDC recommended vaccines for adults aged 60 years and older. The names of the vaccines will be revealed.

### CDC Recommended Vaccines



If you are interested in being a guest columnist please contact Tom Wyllie at (248) 281-2047 or [twyllie@pvm.org](mailto:twyllie@pvm.org)

## Announcements



**Every Monday  
Movie Day  
6:00pm  
Community Room  
Bring your snacks**



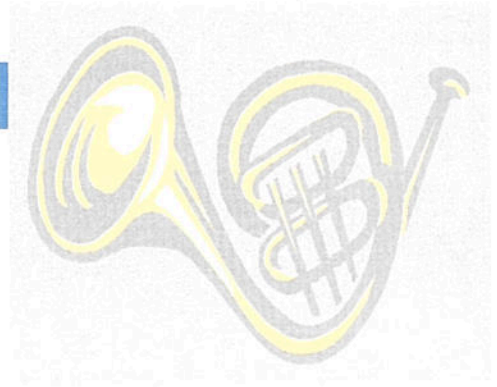
**Every 2<sup>nd</sup>. Wednesday  
Tenant Council  
Meeting @ 6:00pm  
Community Room**

**Sunday Service  
Hope Presbyterian Church  
15340 Meyers  
Detroit, MI 48238  
Fellowship begins  
@ 10:00am  
Transportation Available  
Please call  
Stephanie 313.861.2865**



## For Your Safety.

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



### MANAGING RISKS AS WE AGE.....

Life is not without risks. The very act of engaging with life means that there are risks in our world. When we were children we rarely thought about the danger, that was our parent's job. Many of us as teenagers thought that we were invincible and took more risks than was prudent. The nice thing about becoming mature is that we are usually a little more sensible about life's risks. As we age we are faced with some new risks that never occurred to us before. It will pay dividends to identify what has changed in your world and make the necessary adjustments to continue to live safely.

Has your vision or hearing changed? Typically by the time you become a senior citizen your eyesight and hearing are not as good as they once were. This means walking or driving can become more difficult. Yearly eye exams and hearing tests are important. It may be wise to give up driving when you can no longer do it safely, even though it is painful to do so. The time to have that conversation with your doctor and family is before you are in an accident.

Seniors take multiple medications that can interact and have serious side effects. These side effects can cause balance and vision problems that can result in a fall. Always tell each of your doctors what medications you are prescribed by your other doctors. Your pharmacist is also able to help by reviewing your medication list. If you use the same pharmacy, they will have all your medications to review.

If you are still cooking, do not walk away from the stove. If you must, set a timer to remember to return before the pot burns. Do not block windows and door walls with furniture and other large objects. You may need to exit the building that way in the event of a fire. Participate in your Village's fire drills. Knowing exactly what to do in a real emergency can save valuable minutes and lives. If you need assistance, your maintenance person can help. Look around your unit; are there throw rugs on the floor that you could trip over, are there extension cords? Please remove them. Make sure you have enough lighting to see where you are going without tripping.

Especially with the winter we are experiencing this year, have warm clothes and extra blankets for your use. Hats, gloves, scarves and boots with treads are a must. As a senior you feel the cold differently than when you were younger. Frostbite can sneak up very quickly.

Being at this stage of our lives can still be engaging and fulfilling, with a little bit of extra effort it also can be lived safely.

#### **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

## Next Month is Friends & Family Time!

This year's **Friends & Family Appeal** is just around the corner in April! The goal of this annual fundraising campaign is to raise funds for projects and programs that will enhance the lives of residents and seniors that Presbyterian Villages of Michigan serve. Since 2002, over \$800,000 has been raised for the benefit of seniors.

**Help us reach the goal at your Village by making a gift to the 2014 Friends & Family Appeal.** Gifts received April 1<sup>st</sup>-30<sup>th</sup> are eligible to be matched \$1.00 for \$1.00! And, new this year, **any gift of \$1,000 or more (up to \$5,000) is eligible to be matched 2:1** by the PVM Foundation, meaning a gift of \$1,000 could become \$3,000!

To make a gift, please see the front desk, your Village Administrator or go online at [www.pvmfoundation.org](http://www.pvmfoundation.org) (you must select the Village you would like your gift to benefit). Attend your Village Kick-Off Party, or look for posters and flyers, to learn more about our Village's fundraising goal and project this year. Please encourage all of your friends and family member to make a gift during the month of April to support much-needed projects...plus, you can't beat a 1:1 and 2:1 match!

Each guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2045 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Good luck to ALL the Villages for a successful fundraising campaign!

Warm regards,  
Paul J. Miller, CFRE

## 4 Benefits of a Charitable Bequest

We hope you'll consider including a gift to Presbyterian Villages of Michigan Foundation in your will or living trust. Called a charitable bequest, this type of gift offers these main benefits

- 1 **Simplicity.**
- 2 **Flexibility.**
- 3 **Versatility.**
- 4 **Tax Relief.**



For more information, call Paul Miller at the PVM Foundation  
**248.281.2045**  
[www.pvmgifts.org](http://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!!**

**Marla Triplett will be joining our fitness team for week day work outs.**

**Getting down to the oldies.**

**Thursday's 5:00pm**

**Community room 1<sup>st</sup>. floor**



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### VILLAGE LIFE ARTICLE BY LYNN ALEXANDER

Explore the possibilities at PVM! That is something we like to talk about often. And it is not just a catch phrase. Our residents, board members donors and volunteers live and breathe this philosophy on a daily basis. From a Lupus survivor who finds the strength and courage to help others with the disease to a centenarian who still plays the piano, our residents stay engaged in lives full of possibilities. And every year our Village Victory Cup grows in size and enthusiasm.

Many board members have transitioned from stellar careers to offering their services to PVM in crucial areas of finance, development, marketing and the creation of new innovations to keep PVM in the forefront of seniors living and services. Volunteers help to make our events successful by donating hundreds of hours of service and expertise. And our upcoming Friends and Family Campaign always enjoys tremendous support from everyone.

For over twenty years I have known of the outstanding reputation of PVM, first as part of a partnering organization, then as a board member, and now as a member of the staff. What a sense of community we have built over the years! PVM has something to offer for all. If you or someone you know is seeking a new way to become engaged in life, reach out to anyone who is involved with PVM. We can find a way to add richness to your life and the lives of others. Explore the possibilities!

VP OF PUBLIC AFFAIRS

Lyn Alexander

Presbyterian Villages of Michigan

**SERVICE COORDINATORS MESSAGE:**

**Trudy Jones 313.934.4000 ext. 3**

*From the Desk of The Service Coordinator:*

*I am happy to announce a new collaborative partnership between PVM, the Hannan Foundation, and the American Heart Association (AHA). The AHA is making available to -FREE OF CHARGE-their new blood pressure education program targeted toward African Americans called Check. Change. Control. Their goal is to eliminate high blood pressure as a health disparity among African Americans. Unfortunately, high blood pressure in African Americans is the highest in the World.*

*Check. Change. Control is a Four month program that meets twice per month. During each meeting participants will have their blood pressure checked and logged, and will participate in a blood pressure related educational workshop on such topics as healthy eating, physical activity, stress management & more.*

*Your service coordinator will have a sign-up sheet in her office for all those interested in participating. Please stop by and sign up for this wonderful program.*

**Happy Birthday Wishes!**

**Harmony Manor Board  
of Directors  
2013**



**Board Chairperson**  
Charles Reese

**Board Vice Chair**  
Lisa Watkins

**Secretary**  
Marjorie Ball Walker

**Treasurer**  
Ronald Spears

**Trustees**

Rev. Mary Austin  
Dr. Arthur Caldwell  
Ruthenia Henderson  
Dr. Lawrence Glenn, Sr.  
Michael Taylor

*Happy Birthday to you 🎵🎵🎵...*

William Scott.....3/29/14.....#121  
Issac Robinson.....3/30/14.....#225

**Well Wishes**

**Ms. Frances # 228 had heart bypass surgey – get well soon!!!**



THE VILLAGE OF HARMONY MANOR

~ March 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 Resident Shopping Trip Van leaves at 10:00am	4 Manager on Vacation New Orleans, LA	5 Manager's Vacation New Orleans, LA	6 Manager's Vacation New Orleans, LA	7 Manager's Vacation New Orleans, LA	8 Happy Birthday To your Administrator 
9 BIBLE STUDY Rev. Caldwell 10:00am  Day Light Saving time Spring Clocks Forward	10 	11	12 TENANT COUNCIL MEETING 6:00PM COMMUNITY ROOM  Administrator Returns back to work	13 MEDOX, Inc. Medical Equipment Seminar/ LUNCHEON 12:00pm	14 FOOT DOCTOR ON SITE Sign Up Sheet at Mail boxes	15
16 BIBLE STUDY Rev. Caldwell 10:00am 	17 St. Patrick's Day 	18 OFFICE CLOSED PVM Southfield Meeting	19	20 First Day of Spring 	21	22
23 Library open with New books 	24 Resident Shopping Trip Van leaves at 10:00am 	25	26	27	28 FOCUS HOPE Delivery 10:00am	29 Happy Birthday William Scott # 121 
30 Happy Birthday Issac Robinson # 225 	31 	<b>Notes:</b> <b>Welcome Mr. Andrew Bullock as Harmony Manor's NEW Maintenance Supervisor, Please call 313.670.0407 for any Maintenance EMERGENCY after 4:30pm. Monday – Friday 9:00am – 4:00pm please call 313.934.4000 for regular work Orders- leave a voice message on ext. 3</b>				

**TENANT COUNCIL NEWS**

*From your President Robert Johnson*


*Tenant Council Meeting Second Wednesday of every month: March 12, 2014 @ 6:00pm in the community room. Please bring forth all ideas for the upcoming Spring Season.*

*Looking for members to sit on the following committee's:*

- *The Village Market*
- *Gardening Club*
- *Party Committee*





Linda Wilcox Administrator 

**HUD RULES/REGULATIONS**



**IN MAINTENANCE NEWS**

*Please join me in welcoming **Mr. Andrew Bullock** to PVM and Harmony Manor as Maintenance Supervisor .*

*The procedures will continue everyone **MUST** place their work orders 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 an account of what work maintenance is called to do for you.*

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



*Coming this spring **"The Village Market"**  
Ran by the residents, for the residents  
Harmony Manor partners with the Detroit's Farmers  
Eastern Market to host the Village's first Village  
Neighborhood Mini-Market.  
Stay tune to see the ideas of the residents coming to life.*

*Thank you: Resident Council of Harmony Manor*

***Zeta Phi Beta Sorority, Inc.***  
Resident Breakfast  
Outreach Service & Community Involvement



Charles Reese Board Chair The Village of Harmony Manor - Speaker on Elder Abuse recognizing the signs in our elders, reaching out and looking out for all our neighbors.



**Lisa Watkins Zeta Phi Beta Sorority and Harmony's Boards Vice Chair**



Making a commitment to seniors in our community through Zeta Phi Beta Sorority and The Village of Harmony Manor & PVM.

*Making connections, keeping family right at home. Mrs. Mattie McFarlin (in pink) moved into Harmony Manor September 1, 2005 - 3 weeks after our building opened its doors, through the out reach of the Zeta Phi Beta Sorority, Inc. Ms. McFarlin meet up with her niece and shared a wonderful breakfast this morning.*



*All hands on deck Zeta Sorority member and Robert Johnson President of the Resident Council, also attending Board member Michael Taylor (not pictured) all on site to lend a helping and support for our seniors.*



**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:*

**(313) 934-4000**

**Linda Wilcox**   
*Administrator*

**313-934-4000 ext 1**

**Andrew Bullock**  
*Maintenance*

**313-670-0407**

**Trudy Jones**  
*Service Coordinator*

**313-934-4000 ext 3**

*Tuesday & Thursday 9:00am -5:00pm*



**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)



**Embrace the possibilities**

