

Living in Harmony

Embrace the possibilities

15050 Birwood • Detroit, Michigan 48238 • www.pvm.org

Issue: January 2021

Featured Articles

SC Corner	pg. 02
Monthly Calendar	pg. 04
Wellness Info.	pg. 05
Senior Advocate	pg. 06
City of Detroit	pg. 07
Maintenance Tips	pg. 09
Word Search	pg. 10
Recipes	pg. 11

The Administrator's Pen

Happy New Year!!! Harmony Manor Family and Friends,

I am excited to bring in the New Year 2021 together. I look forward to sharing lots of joyous memories with the Village. The holiday time for some people are hard and for you all to extend curtesy and kindness is more than words can explain.

We have had some nice donations from the local churches and community organizations over these last few months. I am very humble and I hope it helps our community to stay in good spirits during these times. Giving is just as fulfilling as receiving and we should be truly grateful. This holiday season was a bit challenging for us all but we made it!

I hope everyone enjoyed bringing in the New Year with pizza and beverages. Thanks to all the residents who participated while adhering to the social distancing guidelines. I would also like to announce that there were three winners of the Christmas decorating contest. Please make sure to congratulate Mr. Willie Nelson, Robert Johnson & Ms. Delores Hill. Thank you all for your participation the hallways look so beautiful.



The Village of
**Harmony
Manor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on





Coordinator's Corner

Nargis Wahid | MSW
Service Coordinator

Message from Service Coordinator:

FDA has authorized the emergency use of the COVID-19 Vaccine in individuals 16 years of age and older for the Pfizer-BioNTech COVID-19 Vaccine and 18 years of age and older for the Moderna COVID-19 Vaccine. (Source: FDA.gov & CDC.gov)

The Village of Harmony Manor has signed up with CVS pharmacy to provide the vaccines. They will come three times, starting from January 18th, to ensure that both doses of the vaccine have been given. The dates are tentative at this time, once a confirmation of the date and time is given, residents will be notified how to sign up for the vaccines and if any paper work is needed.

Why should you get vaccinated?

- Building defenses against COVID-19 in this facility and in your community is a team effort. And you are a key part of that defense.
- Getting the COVID-19 vaccine adds one more layer of protection for you, your coworkers, patients, and family. (source: CDC.gov)

Who should not get the COVID-19 Vaccine?

CDC does not recommend the COVID-19 vaccine for anyone who has previously had a severe allergic reaction to any ingredient. If you have had a severe allergic reaction to other vaccines or injectable therapies, you should ask your doctor if you should get a COVID-19 vaccine. Your doctor will help you decide if it is safe for you to get vaccinated. (Source: CDC.gov)

What CDC recommends?

CDC recommends that people with a history of severe allergic reactions not related to vaccines or injectable medications—such as allergies to food, pet, venom, environmental, or latex—**may still be vaccinated**. People with a history of allergies to oral medications or a family history of severe allergic reactions, or who might have a milder allergy to vaccines (no anaphylaxis)—**may also still get vaccinated**. (Source: CDC.gov)



The Village of Harmony Manor

A SENIOR LIVING COMMUNITY

 Managed by Presbyterian Villages of Michigan

Harmony Board of Trustees

Michael Taylor, Board Chair

Lisa Watkins, Vice Chair

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What should you mention to your vaccination provider before you get the COVID-19 Vaccine?

Tell your vaccination provider about all of your medical conditions, including if you:

- have any allergies
- have a fever
- have a bleeding disorder or are on a blood thinner
- are immunocompromised or are on a medicine that affects your immune system
- are pregnant or plan to become pregnant
- are breastfeeding
- have received another COVID-19 vaccine

What are the common side effects of the COVID-19 Vaccination?

Side effects that have been reported with the COVID-19 Vaccine include:

- Injection site reactions: pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling (hardness), and redness
- General side effects: fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever

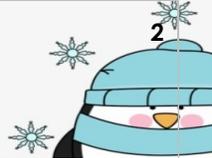
There is a remote chance that the COVID-19 Vaccine could cause a severe allergic reaction. A severe allergic reaction would usually occur within a few minutes to one hour after getting a dose of the COVID-19 Vaccine. For this reason, your vaccination provider may ask you to stay at the place where you received your vaccine for monitoring after vaccination. Signs of a severe allergic reaction can include:

- Difficulty breathing
- Swelling of your face and throat
- A fast heartbeat
- A bad rash all over your body
- Dizziness and weakness

These may not be all the possible side effects of the COVID-19 Vaccine. Serious and unexpected side effects may occur. The COVID-19 Vaccine is still being studied in clinical trials. (Source: FDA.gov & CDC.gov)

If you need more information or have any question, please do not hesitate to by the Service Coordinators office.

January 2021

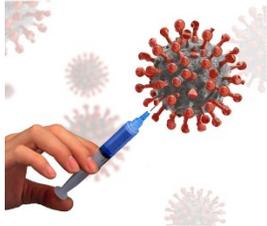
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					 1	 2
3 <i>There Can always be a new Beginning for every one of us.</i>	4 National Spaghetti Day 	5 Happy Birthday Emmarine Kidd  Dollar Store Lady 10am	6 Epiphany 	7 Orthodox Christmas	8 Happy Birthday Faheem Shakoor 	9 Let's Sing 
10 "Don't let yesterday take up too much of today."	11 Human Trafficking Awareness	12 Daily Café 	13 Daily Café 	14 GLEANERS <small>HELPING PEOPLE. REVOLUTIONIZING FOOD.</small> Bingo Night 5pm	15 National Hat Day 	16 Religious Freedom Day
17 	18 Martin Luther King Jr. Birthday <hr/> Covid-19 Vaccine Clinic (tentative)	19 National Popcorn Day 	20 Inauguration Day	21 National Hug Day! 	22 Daily Café 	23 National Pie Day 
24 International Day of Education	25 Robert Burns Night	26 National Spouses Day	27 Commemoration Victims of the Holocaust	28 Happy Birthday Thomas Griffin  Bingo	29 Focus: HOPE	30 Happy Birthday Winnie Burt 
31 Happy Birthday Dolores Hill 						



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

A Light at the End of the Tunnel?



Shortly before I wrote this article, the U.S. Food & Drug Administration (FDA) issued its first Emergency Use Authorization (EUA) for a COVID-19 vaccine manufactured by Pfizer. By the time you read it, the FDA will have most likely issued a second EUA for a vaccine manufactured by Moderna. There are also many more vaccine candidates in the pipeline.

So does this mean we are at the beginning of the end of the COVID-19 pandemic? A lot depends on our collective behavior. On a population level, for these vaccines to be effective a significant number of us will need to be vaccinated. Due to limited supply, however, not all of us will be able to be among the first to be vaccinated. As a result, the state of Michigan, through the Michigan Department of Health & Human Services (MDHHS), has prioritized who within the state will first receive access to the EUA vaccines*.

Top priority are health care personnel who work in hospitals and other settings where they are at high risk of coming into contact with patients who have COVID-19 or with potentially infectious material. Employees and residents of long-term care facilities are also among those targeted for priority access to the vaccines.

In mid-December 2020, hospitals and health systems will have started to receive direct shipments of vaccines. In addition, select pharmacies and local health departments will also have started to receive vaccine shipments. These latter shipments will be used to administer vaccines at Michigan's long-term care facilities. As more vaccine becomes available, doctors' offices, clinics and additional pharmacies are expected to receive vaccine shipments for distribution to the general public sometime in late Spring 2021. The MDHHS has set as a goal to vaccinate 70% of residents age 16 and older (5.6 million people) by the end of 2021.

PVM's long-term care communities have been in contact with their assigned pharmacy or local health department regarding administering the vaccines onsite to residents and staff and will provide them with all the information they need to receive a vaccination when it becomes available. PVM's other communities will be contacting their local health departments to determine when the vaccines might become available to their residents and staff and will inform them accordingly.

I am sure many of you are concerned about the safety and effectiveness of the vaccines. Anticipating such concerns, the MDHHS has put together an FAQ that addresses those that are most common. Go to https://www.michigan.gov/documents/coronavirus/COVID-19_Vaccine_Public_FAQ_FINAL_710077_7.pdf to see a complete list of the questions and their corresponding answers. I also highly recommend you have a conversation with your health care provider about any concerns you may have.

Please keep in mind that just because COVID-19 vaccines are now available, it does not mean we can do away with the other measures we have been using to protect each other from the coronavirus. We still need to wear a face covering over our mouth and nose, stay at least 6 feet apart from one another and practice proper hand hygiene. If we all do the right things, sooner rather than later we are sure to get control of the coronavirus and start putting an end to the pandemic.

**For a list of the state's priorities, visit: https://www.michigan.gov/documents/coronavirus/MI_COVID-19_Vaccination_Prioritization_Guidance_710349_7.pdf*



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

MICHIGAN'S SECRETARY OF STATE OFFICE MOVING MORE SERVICES ONLINE

The pandemic has highlighted the importance of making things easier for Michigan constituents. They have taken note of the important part this can play for ease and convenience during these times. It appears that the office and many other government and service organizations will be doing the same well into the future. Here are some of these services which the Michigan Secretary of State's Office has announced:

Beginning in March, driver's licenses and state ID cards can be renewed online and at self-service kiosks around the state. Drivers can also add a motorcycle endorsement to their license and request their own driving record online. The 130 kiosks in branch offices, Meijer, Kroger and other grocery stores statewide can also process an ID replacement and allow residents to add themselves to the donor registry. Other online transactions include:

Electronic lien and title information instead of paper title documents; a simplified graduated driver's license program to reduce visits to their office; mechanic testing registration (beginning March 15 for those with a Michigan driver's license or state ID.

This is good news for many who are high risk for COVID and have been unable to renew their license or ID. In addition, this shows promise for continuing into the future, especially for seniors who may have transportation issues. This good news, along with the vaccines coming to our rescue, show promise for a brighter and easier time in the New Year.

I hope that you were able to connect with family over the holidays in new and creative ways. Thank heavens for the internet! Wishing you a safe, healthy and peaceful New Year in 2021. Thank you for your readership.



City of Detroit's Message

YOU SHOULD KNOW ABOUT COVID-19

Harmony Manor will hold three clinic for vaccinations beginning as soon January 2021. The tentative scheduled times and dates are as follows:

January 18, 2021 from 11am – 5pm

February 15, 2021 from 11am – 5pm

March 15, 2021 from 11am – 5pm

What, exactly, is the coronavirus?

Coronaviruses, named for their crown like shape, are a large family of viruses that are common in many species of animals. There are types of human coronaviruses, too, including some common ones that cause cold-like symptoms.

The virus at the center of the latest outbreak is being referred to as a novel (new) coronavirus, since it is something that health officials have not seen before.

What can older adults do to reduce their risk of illness?

Older adults and people with [chronic underlying health conditions](#) are more likely than younger, healthier people to experience serious illness from COVID-19, the disease caused by the coronavirus. Severe illness means that the person with COVID-19 may require hospitalization, intensive care or help breathing to overcome the illness. There is no specific age at which risk increases. Rather, the Centers for Disease Control and Prevention (CDC) says, “risk increases steadily as you age” with the greatest risk for severe illness being among those age 85 and older. Ninety-five percent of COVID-19 deaths in the U.S. have [occurred among people who were 50 or older](#). Eight out of 10 COVID-19 deaths reported in the U.S. have been in people 65 and older, according to the latest demographic data available from the CDC.

The CDC has issued specific guidance for older adults and people at high risk for serious outcomes. Here is what the agency recommends:

Avoid close contact with others

The best way to dodge a coronavirus infection is to avoid being exposed to the virus. Older adults and people with underlying health conditions are encouraged to limit interactions with people outside their household as much as possible and to take preventive measures when interactions do take place. Keep a distance of at least 6 feet from others; wash your hands often with soap and water (or use an alcohol-based hand sanitizer if soap and water are not an option); cover your coughs and sneezes; and disinfect high-touch surfaces often.

New guidance from the CDC defines close contact as being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period. People who come into close contact with someone who has COVID-19 are advised to quarantine for two weeks, ideally. The CDC recently updated its guidance to say a 10-day quarantine is an acceptable alternative if no symptoms are noticed — so is a seven-day quarantine if the person in quarantine tests negative for the virus after seven days of staying away from others.

The CDC also recommends [wearing a cloth face covering](#) over your nose and mouth in public or when around people outside of your household to help slow the spread of the virus. Widespread use of face coverings can help to slow or stop the transmission of the virus in communities.

It is a good idea to draft a plan in case you do become sick, experts say. Identify a designated sickroom in your home that can be used to separate sick household members from healthy ones. In addition, locate aid organizations in your community that you can contact for help should you need it.

Older Americans and adults who routinely take medications should make sure they have at least a 30-day supply of prescription medicines on hand to cut down on the number of trips you need to make to the pharmacy. It is also important to have over-the-counter medications in the house to treat fever, cough and other symptoms, as well as tissues and common medical supplies.

If you need to run out for necessities, the CDC has guidance on how to do so safely. On the list:

- Wear a mask.
- Stay at least 6 feet away from others while shopping and while in line.
- Consider running your errands first thing in the morning or at the end of the day when fewer people are likely to be shopping. Some stores have special shopping hours for high-risk individuals.
- Disinfect your shopping cart or basket with disinfectant wipes.
- Use hand sanitizer right away, if you handle money, a card or a keypad.
- Wash your hands when you get home.
- When getting gasoline, use disinfectant wipes on handles and buttons before you touch them; use hand sanitizer immediately after.
- Headed to the bank? Use drive-through banking services, automated teller machines (ATMs) or mobile banking apps for routine transactions that do not require face-to-face assistance as much as possible.



Andrew's Maintenance Tips

By Andrew Bullock,
Maintenance Technician

Keep Your Home Safe from Germs

With the importance of staying healthy during this time so important, it is important to practice good cleaning habits. Cleaning and disinfecting high-touch surfaces in your home regularly is an important precaution to lower the risk of infection.

Common high-touch surfaces include: door handles, tables, chairs, handrails, kitchen and bathroom surfaces, toilets, light switches, mobile phones, computers, tablets, keyboards, and remote controls,

When cleaning and disinfecting, it is important not to wipe cleaning solutions off as soon as you have applied it to a surface. Many disinfectant products, such as wipes and sprays, need to stay wet on a surface for several minutes in order to be effective.

Always read the directions to make sure you are using the products as recommended and to avoid damaging sensitive items such as mobile phones and other electronic devices. -Consider using wipe able covers for electronics.

REMINDERS:

- PLEASE REMEMBER THAT ALL WORK ORDERS/REQUEST MUST BE MADE AT THE MANAGEMENT OFFICE. PLEASE DO NOT STOP Mr. Bullock IN THE HALLWAYS
- BE SURE TO CLEAN THE LINT TRAP IN DRYER AFTER EACH USE.
- DO NOT PUT LIQUIDS IN THE TRASH.
- PLEASE REMEMBER TO HAVE YOUR FAMILY, GUEST and MEDICAL PROFESSIONALS COMPLETE THE REQUIRED COVID-19 QUESTIONARE COMPLETELY.



Dial 1-313-670-0407 for after hour maintenance emergencies

Monthly Word Search

Martin Luther King Jr.

Find and circle all of the words related to Martin Luther King Jr. that are hidden in the grid.

The remaining letters spell a Martin Luther King Jr. quote.

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

ACTIVIST
 AFRICAN AMERICAN
 ASSASSINATED
 ATLANTA
 BALCONY
 BAPTIST
 BIRMINGHAM
 BOLD
 BRAVE
 BUS BOYCOTT
 CHALLENGE
 CHANGE
 CIVIL RIGHTS

CORETTA
 DESEGREGATION
 EQUALITY
 FATHER
 FORGIVE
 HATE
 HERO
 HISTORY
 HOLIDAY
 HOPE
 HUSBAND
 I HAVE A DREAM

INJUSTICES
 LEADER
 LOVE
 MARCHES
 MEMPHIS
 MICHAEL
 MONTGOMERY
 MOVEMENT
 NOBEL PEACE PRIZE
 NON VIOLENCE
 OPPRESSED
 ORATOR

PASTOR
 PEACEFUL
 PROGRESS
 PROTEST
 RACISM
 SELMA
 SPEAKER
 SPEECHES
 STRONG
 TRUTH
 WASHINGTON
 YOLANDA



Best Pepper Steak

YIELDS: 4 SERVINGS

PREP TIME: 0 HOURS 15 MINS

TOTAL TIME: 0 HOURS 30 MINS

INGREDIENTS:

1/4 cup low-sodium soy sauce

2 tbsp. rice wine vinegar

4 tsp. packed brown sugar

1 tbsp. cornstarch

2 tbsp. vegetable oil, divided kosher salt

Freshly ground black pepper

1 lb. flank steak, thinly sliced against the grain

1 red bell pepper, thinly sliced

1 green bell pepper, thinly sliced

3 cloves garlic, minced

1 tbsp. freshly minced ginger

Cooked white rice, for serving

DIRECTIONS

1. Make sauce: In a medium bowl, whisk the soy sauce with the vinegar, sugar, and cornstarch. Set aside.
2. In a large skillet over high heat, heat 1-tablespoon oil. Add flank steak, season with salt, and cook until cooked through and seared on all sides, about 8 minutes. Remove steak to a plate.
3. Add 1 tablespoon remaining oil and red and green bell peppers to the skillet. Cook until softened, about 4 minutes. Add the garlic and ginger and cook stirring until fragrant. Return the beef to the skillet and pour over prepared sauce. Cook, stirring, until the sauce is glossy about 2 minutes more.
4. Serve with rice.

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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**



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Embrace the possibilities