

Living in Harmony

Embrace the possibilities

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

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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



Be Thankful

Be thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?

Be thankful when you don't know something
For it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations
Because they give you opportunities for improvement.

Be thankful for each new challenge
Because it will build your strength and character.

Be thankful for your mistakes
They will teach you valuable lessons.

Be thankful when you're tired and weary
Because it means you've made a difference.

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“Managing Pain”

Has the presence of persistent pain kept you from doing things you enjoy? Has it caused you difficulty sleeping? Has it caused you to withdraw from family and friends? Are you less active than you were before? If so, you're not alone. These are common occurrences among the estimated 50 million Americans who suffer from chronic pain.

Contrary to what many believe, chronic pain is not just “all in your head”. There are physical reasons for it. It is also not an inevitable part of aging. You don't have to “grin and bear it”. In fact, doing so could be harmful. Left unmanaged pain weakens the immune system, increases anxiety and depression, impairs cognition, and substantially reduces quality of life.

Though chronic pain by definition is not curable, there are many treatment options available that can help you better manage your pain and reduce the negative effects it has on your life. Along with various medications, they include relaxation techniques, pacing strategies, and regular exercise.

Because pain is a complex, subjective experience, there is no “one size fits all” solution. Your experience with pain is unique to you. According to the American Chronic Pain Association (ACPA), the most important thing you can do is to be active in your own care. Effectively managing pain requires a strong collaborative relationship between you, your doctor and the rest of your healthcare team. The more active you are, the better your long-term results will be. For tips, visit the ACPA's website at <http://theacpa.org>.

Announcements



Coming soon

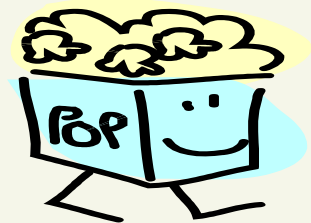
Every Monday

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

Morgan Nelson, Guest Columnist

This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Practice Mindful Eating



With the beginning of the New Year it is fun to bring new healthy habits into your lifestyle! Eating mindfully is a great way to enjoy your food while also experiencing the wonderful health benefits that it has to offer. Mindful eating can help you look and feel better, lose weight, improve your digestion, and appreciate even the smallest meal.

Here are some ways that *you* can practice mindful eating today:

1. **Eat *before* your belly growls:** You can maintain healthy blood sugar levels by eating every 3 to 4 hours.
2. **Avoid distractions:** Set aside your phone, turn off the T.V. or computer. Don't let distractions disturb *your* mealtime.
3. **Take five:** Take five breaths before you begin eating. This will help calm your mind and body.
4. **Tune into your body:** Notice how hungry you are. Are you bored, stressed out, satisfied, full, or empty?
5. **Be observant:** Observe the full spectrum of colors, aromas, tastes, textures, and temperatures of your food.
6. **Offer gratitude before your meal:** Thank whoever or whatever played a role in the creation of your meal.

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

Support Village Residents in Need

PVM Foundation Raises Most in Its History to Benefit Seniors

I am proud to share that in 2014, the PVM Foundation raised **over \$7.4 million** to benefit Michigan seniors, the most ever raised in a single year in its history!

This milestone could only be achieved through the support of many generous donors like you.

The \$7.4 million raised includes a \$5 million gift from the **Edward N. and Della L. Thome Foundation, Bank of America, N.A., Trustee** to name and complete the expansion of the Rivertown Neighborhood. The *Edward N. and Della L. Thome Rivertown Neighborhood* in Detroit is an innovative senior living community that delivers a full range of health and wellness services as well as affordable housing options for low-income seniors on one campus. The grant is the largest, single philanthropic gift received in the nearly 70-year history of PVM.

A large portion of the funds raised will also support two other major, transformative projects:

- The Health & Wellness Center at The Village of East Harbor, which will expand and combine the current rehabilitation room and wellness center into an 11,000 square foot state-of-the-art facility with the ultimate goal of reinventing healthy living.
- The Village of Hillside/Friendship Center Renewal Campaign, a project to rebuild and modernize the oldest buildings on the campus as well as to enlarge the community's senior center to serve more local seniors and keep local seniors living in the Harbor Springs area.

The remaining funds will support other, much-needed projects and programs across all the Villages including transportation, upgraded security cameras, landscaping enhancements, technology upgrades, patio furniture, fitness equipment, resident activities and more!

Thank you making 2014 a resounding success and I look forward to what 2015 will bring to the residents and seniors we serve. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org. Best wishes for a happy New Year filled with good health, peace and joy!

Make your money grow!

SUPPLEMENT OTHER RETIREMENT INCOME

...now or later!

UP TO 9% RETURN

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?

Presbyterian Villages OF MICHIGAN THE FOUNDATION

For more information, call Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org

Fitness with Peace

Fitness Classes are held

Tuesday and Thursday

At 11:00pm 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 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**



**Resident's Celebrating during the
Holiday Season**



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

GOOD NEWS FOR THE NEW YEAR

CONVERSATIONS TAKE US WHERE WE NEED TO GO

Throughout our lives conversations with trusted advisors have shaped our decisions and outcomes. Over the holidays we often have more time to engage in thoughtful discussions. Beyond the scope of who is doing the daycare pickup or what recipes will be a part of the tradition. Thus, many of us may have had conversations about the challenges of our health issues, whether for ourselves or a loved one. So I decided to refer to some basic principles from my book, Caregiver Tsunami. They cannot magically remove all challenges; but they can help us to deal with our situation more effectively and provide comfort and advice. Hope that you find them to be helpful:

TAKE DECISIVE ACTION - Don't wait until a loved one falls or is in dire straits. Act now!

BE VIGILANT - Watch out for worsening conditions or a domino effect with symptoms.

HOLD PEOPLE ACCOUNTABLE - Track practices and procedures of medical and other personnel.

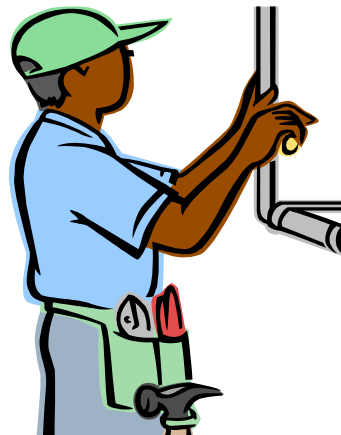
MANAGE FAMILY RELATIONSHIPS – This is no time for sibling rivalry. Work together.

PRACTICE STRESS MANAGEMENT - Take care of you! Yoga and relaxation techniques can help.

CALL IN THE PROFESSIONALS – PVM staff, Area Agencies on Aging, Seniors Centers and other Professionals can provide resource information to assist.

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

Faheem Shakoor 1/8
Winnie Burt 1/30
Dolores Hill 1/31



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



From the Desk of Service Coordinator:

It that time of the year where you can begin to apply for Home Heating Credit for the year 2014. You have until September 30, 2015 to apply. Your Service Coordinator will be glad to assist you with applying for the Home Heating Credit. If you need assistance please contact Trudy, Jones, Service Coordinator for an appointment or call @ (313) 934-4000 Ext 3 to schedule an appointment.

To apply you must have verification of last year income received and your yearly income can't exceed \$12,642 for one person. Michigan's Home Heating credit is funded by the federal Low-Income Home Energy Assistance program Grants. Even though the gas is included in your rent you may be eligible for a refund. If your refund is greater then \$20.00 you may be eligible for an increase in your Food Assistance Benefits because you applied for the Home Heating Credit.

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)

~ January 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Happy New Year! Office Closed	2 Shopping Trip Van leaves at 10:00am  	3
4 Light of Life Church Service 10:00 am 	5 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	6 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	7 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	8 Happy B-Day Faheem Shakoor 	9 	10
11 Light of Life Church Service 10:00 am 	12 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	13 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	14 Tenant Council Meeting @6pm 	15 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	16 	17
18 Light of Life Church Service 10:00 am 	19 Shopping Trip Van leaves at 10:00am 	20 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	21 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	22 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	23 	24
25 Light of Life Church Service 10:00 am 	26 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	27 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	28 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	29 Daily Morning Social in CAFÉ 9a.m. to 11:00 a.m. 	30  Happy B-Day Winnie Burt 	31 Happy B-Day Dolores Hill 

**Note: Please call the office for all maintenance work orders 313.934.4000, after 4:30pm
Only Emergency calls go to 313.670.0407**



Misty L. Gregory, Administrator's Message

Tips for Senior's Preparing their Taxes

Current research indicates that individuals are likely to make errors when preparing their tax returns. The following tax tips were developed to help you avoid some of the common errors dealing with the standard deduction for seniors, the taxable amount of Social Security benefits, and the Credit for the Elderly and Disabled. In addition, you'll find links below to helpful publications as well as information on how to obtain free tax assistance.

Standard Deduction for Seniors - If you do not itemize your deductions, you can get a *higher* standard deduction amount if you and/or your spouse are 65 years old or older. You can get an even higher standard deduction amount if either you or your spouse is blind. (See Form 1040 and Form 1040A instructions.)

Taxable Amount of Social Security Benefits -When preparing your return, be especially careful when you calculate the *taxable amount* of your Social Security. Use the Social Security benefits worksheet found in the instructions for IRS Form 1040 and Form 1040A, and then double-check it before you fill out your tax return. See Publication 915, Social Security and Equivalent Railroad Retirement Benefits.

Credit for the Elderly or Disabled - You must file using Form 1040 or Form 1040A to receive the Credit for the Elderly or Disabled. You cannot get the Credit for the Elderly or Disabled if you file using Form 1040EZ. Be sure to apply for the Credit if you qualify; please read below for details.

Who Can Take the Credit: The Credit is based on your age, filing status and income. You may be able to take the Credit if:

Age: You and/or your spouse are either 65 years or older; or under age 65 years old and are permanently and totally disabled.

AND

Filing Status: Your income on Form 1040 line 38 is less than \$17,500, \$20,000 (married filing jointly and only one spouse qualifies), \$25,000 (married filing jointly and both qualify), or \$12,500 (married filing separately and lived apart from your spouse for the entire year).

And, the non-taxable part of your Social Security or other nontaxable pensions, annuities or disability income is less than \$5,000 (single, head of household, or qualifying widow/er with dependent child); \$5,000 (married filing jointly and only one spouse qualifies); \$7,500 (married filing jointly and both qualify); or \$3,750 (married filing separately and lived apart from your spouse the entire year).

Calculating the Credit: Use Schedule R (Form 1040 or 1040A), Credit for the Elderly or Disabled, to figure the amount of the credit. See the instructions for Schedule R (Forms 1040 or 1040A) if you want the IRS to figure this credit for you.

Also see Publications 524 (Credit for the Elderly or Disabled); and 554 (Tax Guide for Seniors).

Free IRS Tax Return Preparation - IRS-sponsored volunteer tax assistance programs offer free tax help to seniors and to low-to moderate-income people who cannot prepare their own tax returns.

<http://www.irs.gov/Individuals/Seniors-&Retirees/Tips-for-Seniors-in-Preparing-their-Taxes>

**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

Happy New Year

Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

APPETIZERS	DECORATIONS	HATS	PARADES
BABIES	END OF DECEMBER	HOLIDAY	PARTY
BALLOONS	EVENTS	HORNS	PUNCH
BANNERS	FAMILY	KISS	RESOLUTIONS
BUFFET	FATHER TIME	MIDNIGHT	SINGING
CELEBRATE	FEAST	MUSIC	STREAMERS
CHAMPAGNE	FESTIVITIES	NEW YEARS DAY	THIRTY FIRST
CONFETTI	FIREWORKS	NEW YEARS EVE	TIARAS
DANCE	FIRST OF JANUARY	NOISEMAKERS	WINE
DAY ONE	FRIENDS	OCCASION	YEAR IN REVIEW

[Did you enjoy this puzzle? Visit:](#)

<http://www.puzzles.ca/wordsearch.html>

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