

HARTFORD HERALD

A Premier Senior Living Community

17500 Meyers Rd • Detroit, MI 48235-1404 (future address) • www.HartfordVillageHomes.com **April 2014**



“CHOOSE YOUR NEIGHBORS”

Village Progress

We are proud to tell you that several community organizations, civic representatives, judges and CEOs, have provided us with endorsements to build Hartford Village. This support is necessary in aiding the community vision.

We are happy to report that the village is over **50%** reserved! Since we only have a handful of cottages left, it is crucial that you remember tell everyone, and don't forget about the **Referral Program**.

“PICK YOUR OWN NEIGHBORS!”



Spring Cleaning

If you have not started to organize your records, it's not too late! To help you get your personal records in order we have some information to help you know get rid of what you no longer need. You should shred or even burn the information in the fireplace / grill.

To help you along in this journey, here are some guidelines that the USA government puts on their web site: **Items to Discard**

- Cancelled checks for cash and non-deductible expenses
- Expired Warranties
- Bank Statements after 1 year, unless needed to support tax filings
- Social Security statements – when you get a new one shred/burn the old one
- Tax records that are older than 7 years from the filing date
- Credit card records- until paid, unless needed to support tax filings
- Insurances – old versions after you have renewed the policy

This is not an all-inclusive list. Please check with your attorney or accountant for more information. Remember if you do not have an attorney PLAN (Presbyterian Legal Advocacy Network) can help. They can be reached at (313) 937-8291

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SAVVY SENIORS TAKE NOTE

There are several alarming trends these days we need to be alert for and protect ourselves!

The first of these occurs in our healthcare arena and in hospital settings. Lately, hospitals have been keeping patients on observation status when they arrive rather than admitting them, this has gone as long as ten days in some cases. This is reportedly a less than transparent transaction since they do not notify patients that rehabilitation services will not be covered by Medicare without an official hospital admission taking place. If you are being held in observation status, insist that you be formally admitted so that you will not be denied payment coverage if services are needed at a later date.

Several more sinister interactions going on right now are scams being operated by criminals. These have both surfaced once in a while but are in full swing right now. In the one scenario people are being called by someone claiming to be with the IRS demanding money for supposed delinquent taxes. The callers are quite intimidating and have tricked many into sending money to them. The other involves a consistent scam of calling grandparents and pretending to be their grandchild who is in trouble and needing to have them wire money to a specified location. In many instances the perpetrators even have the name of the grandchild and have been successful at stealing large sums of money. Locally there was a woman recently who lost \$10,000 in one transaction and was about to send more money when she realized that it was a scam and called the authorities.

As a reminder, do not give money to strangers who call or approach you unsolicited. Reputable groups do not ask for money in this manner. And always check with another person such as a friend, family member or senior services professional/senior center director before responding to these requests. Do not engage in conversation with them. Hang up or walk away and notify the authorities immediately. **BE SAVVY!**



DID YOU KNOW?



State of Michigan has many resources to help you with anything! Visit these sites.

AARP Michigan Home Page
www.aarp.org/mi

Advance Directive Forms for Michigan
www.med.umich.edu/1libr/aha/umadvdir.htm

Area Agency on Aging 1-B
www.aaa1b.org

Medicaid Information for Michigan
www.cms.hhs.gov/medicaid/state.asp?state=MI

Michigan Elder Prescription Insurance Coverage
www.miepic.com

Michigan Indian Elders Association
www.michiganindianelders.org

MiSeniors.net
www.miseniors.net

Region IV Area Agency on Aging
www.region-iv.org

Senior Alliance, Area Agency on Aging 1C
www.aaa1c.org
Senior Corner
www.tcnet.org/seniors

Tri-County Office on Aging
www.tcoa.org

This list is complimentary from
<http://www.savvysenior.org>

GET YOUR REQUIRED VITAMIN “D” IN THE D.....

Now that spring has finally sprung, it's time to get outdoors! It's difficult to obtain the required amount of vitamin D, living here in Michigan. Spending time outdoors will not only improve your mood, it will help your body make vitamin D. Vitamin D helps keep your bones healthy, your immune system running, and is needed for proper muscle, nerve, and cell function.

Getting enough vitamin D through food alone can be challenging because few foods are naturally rich in vitamin D. Good sources include fatty fish such as salmon, tuna, and mackerel - and everyone's favorite - cod liver oil! To help increase our intake, many processed foods have been fortified with vitamin D including milk, orange juice, and several ready-to-eat breakfast cereals.

To get vitamin D from the sun, experts recommend we spend from 5 to 30 minutes outdoors at least twice per week. Unfortunately, because it blocks the ultraviolet (UV) radiation our bodies need to make vitamin D, using a sunscreen with a sun protection factor (SPF) of 8 or greater will limit how much vitamin D our bodies make. Because UV radiation can't travel through glass, sitting inside in front of a sunny window won't help either.

Since being outdoors with little or no sunscreen can have a downside, it's a good idea to talk with your doctor about your vitamin D needs. He will help you balance your need for vitamin D with any increased risk of skin cancer that might occur, and based on your diet, discuss any need you may have to take a vitamin D supplement.

Slowing muscle loss in the elderly

Loss of muscle mass, called sarcopenia, is a well-known consequence of aging. It's the muscle equivalent of osteoporosis, or a loss of bone. The general theory of the development of sarcopenia is as follows:

- With increasing age, loss of appetite occurs.
- The decline in food intake exceeds the decline in physical activity, resulting in weight loss.
- With weight loss, muscle mass is lost.
- The loss of muscle mass leads to adverse health outcomes, like falls and reduced physical function, and a compromised immune system.
- Muscle quality and function decline as well.

Vitamin D is needed to keep blood calcium levels normal, and this is essential for the contraction of muscles. So the more vitamin D you have, the more likely you are to have strong muscles. Many epidemiological studies have shown that vitamin D insufficiency is associated with poor muscle performance. Muscle tissue has also been found to have receptors for vitamin D.



JUST KEEP ON MOVING!

Detroit Police Department is at Work

S.A.L.T. (Seniors and Lawmen Together). This is a program created to identify concerns of our senior citizens. The emphasis of SALT is to reduce crimes against seniors through cooperative efforts of its seniors and the Detroit Police Department. The Goals are to:

1. Develop and manage crime prevention projects and programs that reduce senior crime victimization
2. Increase awareness about public safety concerns through education
3. Recruit and train senior volunteers to work as law enforcement partners that provide community service
4. Develop new friendships and have fun!

Renewing a Vital Northwest Detroit

Along with our new development in this vital section of Detroit, other builders and developers have great interest too.

The Detroit Blight Authority plans to demolish at least 117 blighted buildings in the Brightmoor area. This nonprofit stated that the project is expected to cost between \$700,000 and \$900,000 to complete leaving room for new construction opportunities.

These efforts speak volume from private investors that are interested in rebuilding and converting challenged areas to impressive communities like Hartford Village.

We can anticipate more building up and investing in Detroit and taking our city back one neighborhood at a time, the Northwest corridor being one of the first!

As we move forward with the Hartford Village Pre-Lease Campaign remember that I am available to speak at any church, community group, organization or team. Feel free to provide them my information so that we can make arrangements to attend! Also, you are welcome to join me!☺ Gena Edwards

Announcements

April 2nd – 12 Precinct Neighborhood Meeting

April 18th - Good Friday

April 20th - Easter Sunday

April 23rd - Meet Your Neighbors Luncheon!!!

April 24th - Retired Organization of School Administrators and Supervisors Presentation

April 29th - Senior Day at the Zoo Exhibit Table

May 3rd – Rev Jim Holley TV33 WPHR; Watch for us at 8:00 am

May 9th – Spring Hustle Ballroom Event at Northwest Activity Center

MEET GENA



Gena Edwards

Sales & Leasing Specialist

248.281.2024

gedwards@PVM.org

Office Hours:

Northwest Activities Center

18100 Meyers Rd.

Mailing Address:

26200 Lahser, Suite 300
Southfield, MI 48033-7175

10:00-4:00 Tues. & Thurs. or
by appointment.

Hartford Village is a collaboration of two organizations, dedicated to quality living for seniors: Hartford Memorial Baptist Church and Presbyterian Village of Michigan.