

HARTFORD HERALD

A Premier Senior Living Community

17500 Meyers Rd • Detroit, MI 48235-1404 (future address) • www.HartfordVillageHomes.com 4th Quarter

“FALL INTO CRISP COLORFUL AUTUMN!”



‘Depositors’ Save the Date!

TUESDAY OCT 21st
11:30 Details Forthcoming

ATTENTION RESIDENT

DEPOSITORS... Yes it’s time for our next exciting Hartford Village **PARTY!!** We are planning an exciting ‘Octoberfest’ Luncheon just for you! You will receive your formal invitation in the mail. We look forward to seeing you again!



VILLAGE PROGRESS

Hartford Village is over 65% reserved! Yes, there is still room, for you and your loved ones. Choose your own neighbors! The goal to break ground is late 2014. We are still planning to have the village completed by December 31, 2015.

Tell your friends and family to contact Gena Edwards at 248-281-2024 or gedwards@pvm.org to reserve their lovely new home and earn extra cash.

Hartford Village Features

The amenities at Hartford Village expand far beyond just an apartment or cottage home. We recently added more to provide even more comfort conveniences, and value!

SERVICES AND AMENITIES

- Gated with burglar alarms
- Emergency Response System
- Air Conditioning
- Bright Lights
- Large Community Room
- Intimate Private Dining Room
- Covered Outdoor Patio
- Raised Garden
- Gazebos & Barbecue areas
- Beauty & Barber Salon
- Guest Suite
- Theatre Room
- Library/Computer Room
- Fitness Room
- Physicians Exam Room
- Convenience Store
- Optional extra Storage
- Optional Housekeeping
- Optional Meal Plans
- Transportation
- Social Events & Outings
- Wellness Programs
- Cable and Wi-Fi Ready
- Beautiful walking areas

Featured Articles

Save the Date

Village Progress

Did You Know

Resources

For Your Safety

The Senior Advocate

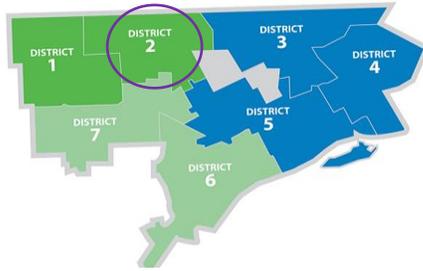
Live Well

Important Dates

Gratefulness

DID YOU KNOW?

Hartford Village will be located in District 2 in the 12th Precinct.



Besides the councilman, each district has its own district manager (DM) who has been appointed and charged by the mayor with the task of revitalizing their district. Hartford Village community wishes to continually work closely with them and support efforts to strengthen the neighborhood and create a better quality of life throughout the district. They periodically hold community meetings in which Hartford Village is present. You are welcome to contact them with your neighborhood concerns at concerns at:

District Manager: Kim Tandy 313-236-3464 / TandyK@detroitmi.gov

Assistant Manager: Sean Davis 313-236-3489 / DavisSe@detroitmi.gov

12th Precinct Neighborhood Coalition

This is a collaboration of neighborhood entities that's primary purpose to promote the general welfare of the neighborhoods; improve the environment of the neighborhoods; promote the mutual cooperation of the member organizations; and promote a working relationship with the City of Detroit and other public entities and business organizations.

They meet ever 4th Saturday at 9am at the Lighthouse (19440 Livernois). It is across the street from the New Prospect Church. There are several community organizations such as Bagley Community Council, Blackstone Park Association, etc that are part of this wonderful coalition. They have a blog that provides valuable information and events in the neighborhood. If you have access to a computer, go to <http://12thprecinctneighborhoodcoalition.blogspot.com> and save on your toolbar.

Since Hartford Village will be located in the 12th precinct, you might be interested in participating with this group. Stay up to date on the progress in your neighborhood and participate in the coalition initiatives. Request to be added to their e-mail list by contacting abiggers3@comcast.net.

There is a new energy in Detroit! Remember our collective involvement and engagement will bring our neighborhoods and city back!

RESOURCES

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-A
www.aaa1a.org

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>



For Your Safety.

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

Keeping Food Safe

One in six Americans will experience food poisoning each year according to the CDC (Center for disease Control) In its mild form food poisoning can cause stomach distress that is uncomfortable and nasty. In more serious forms it can cause hospitalization and in severe cases even death. The CDC has issued some simple guidelines to keep your food preparations safe. There are four simple steps:

- **Clean:** Wash hands and surfaces often
- **Separate:** Don't cross-contaminate
- **Cook:** Cook to the right temperature
- **Chill:** Refrigerate promptly



When washing your hands, be sure to wash with soap and running water. While you do not have to wash poultry, meat or eggs, you should wash fruits and vegetables- including the pre-cut packaged ones.

Counter tops and cutting boards should also be washed with hot water and soap to prevent bacteria from forming on them after use.

You should always keep meat, poultry, eggs and seafood separate from your other food both in your shopping basket and in your refrigerator. This will prevent bacteria from spreading between packages.

You cannot tell by looking at the food if it is cooked to the right temperature. Food is only safe if it is cooked to a high enough temperature to kill bacteria.

Different foods have different temperatures where that occurs. Use a food thermometer for the most accurate way to tell if your food is done. These can be purchase very inexpensively. Once your food is cooked, keep it hot or chill it right away.

Years ago we use to leave food out to cool, but it has been proven that while food is cooling, bacteria is growing. Perishable food should be refrigerated within two hours. When on a picnic in hot weather, that should be an hour or less.

Don't let poor food sanitation lead to illness or something more serious. A few simple steps in food preparation will keep you safe.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

“WHAT I DO MATTERS”

A recent experience reminded me of why I chose to entrust my career with Presbyterian Villages of Michigan. We are continuously engaged in an initiative titled Service Excellence which permeates our culture at PVM. The logo: “What I do matters” supports this commitment to excellence in customer service.

The four pillars of Service Excellence are:

Listening: Acutely paying attention and seeking to understand.

Relationships: Our way of forming a meaningful and genuine connection with our residents, each other and the community.

Accountability: The willingness to accept responsibility and delivering upon expectations.

Respect: Treating all with dignity and worth.

As we are often told, we never know when we may be facing a tough caregiving situation. And

such has been the case with me. Thus, I have had a chance to not only be involved with Service Excellence at a professional level, but also to experience it at a personal level as a consumer. All at once I had two parents hospitalized at once, a transfer to rehab Mom and the death of my dad. During that time, my mom had to bury her husband while transferring from independent living to a hospital setting, to rehab, and then back to independent living.

This was a very traumatic situation for my entire family. One of the few bright spots was the care and customer service given to us by the leadership and staffs of The Village of Oakland Woods and The Village of East Harbor. They were there for us minute by minute, responsive in every way, and compassionate in their interactions with us. In short, they exemplified all four pillars of Service Excellence; and I am indebted to them for life.

I am proud to say that I work for Presbyterian Villages of Michigan!

Thank you all.



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!



“GRATEFULNESS and THANKSGIVING”

What a summer! The rains hit like never before with record inches of water. Although many of you may not have experienced the devastation of flooding, many are still recovering and restore to normal. I encourage you to stay focused and count your blessings, realizing that you are healthy and not injured during the crisis. Also, realize that you are not alone. Often times during a crisis like this, people and communities come together. We meet a neighbor for the first time, or have a conversation with someone that we didn't really know. Now with a common thread we find that we have things in common.

We also learn about ourselves, that we are stronger than we thought. We learn that we are equipped to survive and move through the state of shock to a state of peace.

Just think your disaster may have been a blessing in disguise. Perhaps some of the items you lost you needed to discard a long time ago. You might get paid from your insurance company to downsize and prepare for your new home at Hartford Village! “Possessions do not bring us happiness. In fact, often times, they keep us from it”. And owning less is far more beneficial than organizing more.

So despite hassle of the floods, rejoice and be grateful for the bad things in life. For they open our eyes to the good things we weren't paying attention to before..... **Be Grateful!**

www.becomingminimalist.com/dont-just-declutter-de-own

Remember the Hartford Village Referral Program. Earn a bonus for each person that reserves a home! We accept charge cards.



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

Gena Edwards

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

IMPORTANT DATES

Oct 2, Nov 6, Dec 4; 6:30 pm – 12th Precinct Neighborhood

Meeting – First Thursday of each month. Call the precinct to confirm 313-596-1200; 1441 W. 7 Mile Rd.

Oct 5 – Women's Wellness Conference. Detroit Yacht Club. Call 313-891-8454 or 313-862-1938 for details.

Oct 10; 9-3pm – Open for Business Conference for Entrepreneurs. Go to www.NewSafeStart.org or call 888-225-0326 for more information.

Oct 12; 11-2:30pm – Eleanor's Walk for Hope. Focus Hope Campus 1400 Oakman Blvd. Call 313-494-4270 or www.focushope.edu/walk.

Oct 16; 12-5pm – Job Fair at NWAC bring you resumes and dress to impress.

Oct 20; 10-2pm – MI Senior Expo, Charles Wright Museum. More than 60 exhibitors. Hartford Village will be represented.

Oct 21 – Hartford Village Resident/Depositor Luncheon; By invitation only.

Nov 1; 8 – 4 pm – 5th Annual Arise Detroit Neighborhoods Rising Summit from. “Creating a more livable community”. WCCC 1001 W. Fort Street. Call 313-921-1955 to register. Hartford Village will be represented.

Meet Gena Edwards



Sales & Leasing Specialist

248.281.2024
gedwards@PVM.org

Hours: Tues & Thurs 10:00- 4:00
or set up an appointment
Northwest Activities Center
18100 Meyers Road

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