



The Village of Brush Park Manor

# PARK VALLEY NOTES



2900 Brush St. • Detroit, Michigan 48201 • [www.pvm.org](http://www.pvm.org)

April 2016

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### Village Administrator

April 1<sup>st</sup> the beginning of the annual FRIENDS & FAMILY CAMPAIGN for all Presbyterian Villages of Michigan villages including your village Brush Park Manor Paradise Valley. This year you as residents suggested raising funds for a new piano and a freezer for the community room. With your support and support of your friends and family your wish will come true of having these two items in your home. The campaign ends on April 30<sup>th</sup> so let us join together to make this possible where once again we will have beautiful music in the community room. Envelopes will be provided for your donation.

As you may remember Mr. Massingille our Service Coordinator is now an employee with National Church Residence (NCR) and with this new company his responsibility is to have contact with every resident at Brush Park Manor. If you have not had contact with Mr. Massingille please contact him at (313) 832-1576 to schedule an appointment. This is NCR's company policy even if you are not in need of any of their services to let them know he has reached out to you.

I understand the quarterly birthday celebration was once again a huge success put together by the committee. Gentleman of Brush Park Manor you are wanted to join in this event it is not exclusive for women only. With Spring and Summer arriving there are many events coming up for you as residents and do hope that all of you will be able to participate.

Thank you to Mrs. Harriette Jenkins as the leader and to all of you for the beautiful baby blankets and other items that were either handmade or purchased for the annual baby shower at Brush Park Manor and to continue at Henry Ford Hospital for those beautiful babies. I know the staff and mothers truly appreciate all the hard work that you do along with many other organizations in making sure that these babies leave the hospital looking beautiful. Your many talents are treasured.

Election time is here and many of the politicians will be visiting us asking for your vote. Please listen to them carefully, ask questions and demand honest answers. You will not be bombarded as they are scheduled intermittently giving you time to read and make your decision but please remember to vote as it became a freedom to do so from our earlier generations.

For those who enjoy baseball Elaine Lewis/Vice President with the Detroit Tigers Organization donated tickets to us for April 11 and April 12 game time 1:10pm. If you are interested in attending please come to the office for tickets.

Brush Park Manor has and continues to host meetings with the various community residents, companies and leaders. I ask that you please come out and hear what and how Midtown and the surrounding community are changing. Please check the bulletin board for all listings of these events.

Look for PVM on:



## Announcements

### Do you have both Medicaid & Medicare?

You will get a letter soon asking you to join a health plan. If you do nothing you will automatically be enrolled in a Health plan.

Please join Donna Shellman from the Detroit Area Agency on Aging for an update on Medicare and MIHEALTH LINK  
**Monday April 4, 2016**  
**at 1:00 p.m.**  
 in the community room



## Laundry Room Etiquette

Please be courteous to your neighbors when utilizing the laundry facilities on the 2<sup>nd</sup> and 3<sup>rd</sup> floors. Please be attentive to your laundry to give a chance for someone else to utilize the machines.



## Announcements

☞ Worship Service held every 1<sup>st</sup> and 5<sup>th</sup> Sunday at 4:00 pm in the Community Room. This service is open to all faiths; please feel free to invite your family and friends:

☞ 1<sup>st</sup> Sunday—Rev. Knox (Communion)  
 5<sup>th</sup> Sunday- Rev. Greenfield

☞ FOCUS HOPE delivers every 2<sup>nd</sup> Thursday. You can sign up too. (Craft Room.)

☞ Wal-Mart Shopping  
**April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>**  
**Pick-up 8:30 am**

☞ Shelton Tappes meets every second Wednesday at 12:00 p.m.  
All are welcome to join!

☞ AARP meets every second Friday at 12:00 p.m.  
All are welcome to join !

☞ Exterminator at Brush Park every 3<sup>rd</sup> Thursday, 2<sup>nd</sup> floor

☞ Arts & Craft every Tuesday at 2pm in the Craft Room.

☞ Bingo every Wednesday at 1pm-3:30pm in the Craft Room.

☞ Enhance Fitness Program M-W-F 11:30 to 12:30pm in the Community Room. Please see calendar for location changes.

☞ Bible Study Rev. Knox (every Wednesday at 6pm) in the E. Kern Tomlin community room.

## Movie Day will be Monday April 18, 2016



EUGENE MCCONNELL



# Fresh Vegetable Lasagna



## Ingredients

- 4 medium zucchini, halved lengthwise and thinly sliced (about 1 1/2 lb.)
- 1 (8-oz.) package sliced fresh mushrooms
- 2 garlic cloves, minced
- Vegetable cooking spray
- 1 medium-size red bell pepper, chopped
- 1 medium-size yellow bell pepper, chopped
- 1 yellow onion, chopped
- 1/2 teaspoon salt
- 1 1/2 cups fat-free ricotta cheese
- 1 large egg
- 2 cups (8 oz.) shredded part-skim mozzarella cheese, divided
- 1/2 cup freshly grated Parmesan cheese, divided
- 5 cups Basic Marinara Sauce
- 1 (8-oz.) package no-boil lasagna noodles

## Preparation

1. Preheat oven to 450°. Bake zucchini, mushrooms, and garlic in a jelly-roll pan coated with cooking spray 12 to 14 minutes or until vegetables are crisp-tender, stirring halfway through. Repeat procedure with bell peppers and onion. Reduce oven temperature to 350°. Toss together vegetables and salt in a bowl.
2. Stir together ricotta, egg, 1 1/2 cups shredded mozzarella cheese, and 1/4 cup grated Parmesan cheese.
3. Spread 1 cup Basic Marinara Sauce in a 13- x 9-inch baking dish coated with cooking spray. Top with 3 noodles, 1 cup sauce, one-third of ricotta mixture, and one-third of vegetable mixture; repeat layers twice, beginning with 3 noodles. Top with remaining noodles and 1 cup sauce. Sprinkle with remaining 1/2 cup shredded mozzarella and 1/4 cup grated Parmesan.
4. Bake, covered, at 350° for 45 minutes. Uncover and bake 10 to 15 more minutes or until cheese is melted and golden. Let stand 10 minutes.





## Friends & Family Kicks Off April 1st!

Join us in the annual **Friends & Family** fundraising campaign! Friends & Family is an opportunity for residents to raise funds for projects that will enhance and enrich their lives. The 2016 goal is to raise \$150,000 cumulatively across all participating PVM Villages.

### Match Opportunity

**Your gift received by April 30<sup>th</sup> during Friends & Family (F&F) is eligible to be matched!** Matching funds will be awarded at the end of the campaign to every Village, based on the percentage they raised toward the total F&F amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

*Example: If your Village raises 10% of the total F&F amount raised (across all Villages), then your Village will receive 10% of the matching funds available.*

### Want to Learn More?

Attend your Village Kick-Off Party or look for flyers and posters to learn more about your Village's individual fundraising goal and project. You can also visit [pvmfoundation.org/FF2016](http://pvmfoundation.org/FF2016). Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, **every gift matters!**

### To Make a Gift

- See the front desk or your Administrator for a donation envelope and mail it to PVM Foundation, 26200 Lahser Road, Suite 300, Southfield, MI 48033.
- Go online at [pvmfoundation.org](http://pvmfoundation.org) and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040. Best of luck to ALL the Villages for a successful Friends & Family Campaign!

Warm regards,  
Paul J. Miller, CFRE

## Announcements

The Men's Club meets every 1<sup>st</sup> Monday at 5:00 p.m.



\*Please see Mr. Arthur Hill if you are interested in joining.



The resident association meetings are held every fourth Thursday at 4:30 p.m. in the E. Kern Tomlin community room.



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### April is Alcohol Awareness Month

This April during Alcohol Awareness Month, I encourage you to educate yourself and your loved ones about the dangers of drinking too much. In 2014 there were more than 9,300 drunk-driving accidents in Michigan. Of the 806 fatal car accidents that occurred in Michigan in 2014, nearly 30% involved alcohol and/or drugs. Excessive alcohol consumption also increases your risk of non-auto related injuries, violence, drowning, liver disease, and some types of cancer. If you are concerned that you or a loved one may be drinking too much, here are some strategies you can use to help you cut back or quit drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Don't drink when you are upset.
- Choose a day each week when you will not drink.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

For more information visit the National Council on Alcoholism and Drug Dependence website at [www.ncadd.org](http://www.ncadd.org) or call 1-800-622-2255.





# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## The Goal for Brush Park

2016 FRIENDS family CAMPAIGN

**Our 2016 GOAL**  
**\$1,200**

Help our Village raise funds to enhance the lives of seniors!

April 1 - 30

The Village of  
Brush Park Manor  
Paradise Valley  
A SENIOR LIVING COMMUNITY

**TO MAKE A GIFT:**  
See the front desk for a donation envelope or

**ONLINE:**  
PVMFoundation.org  
BrushPark

**MAIL:**  
PVM Foundation  
26250 Lahser Road  
Suite 300  
Southfield, MI 48033

Presbyterian Villages  
of Michigan  
An Association

### Announcements

**The Enhanced Fitness group meets every Monday, Wednesday and Friday.**



**On Wednesday mornings as long as the weather permits, the Enhanced Fitness group walks outside of the building. Feel free to join them at 10:00 a.m. in the lobby.**

**Please see Mrs. Charity Jackson**

# APRIL



Dorothy Wise 4/2  
 Joyce Alfaro 4/6  
 Elnora Gibson 4/13  
 Bessie Butler 4/15  
 Laura Cross 4/16  
 Johnnie Belcher 4/19  
 Mary Reynolds 4/29

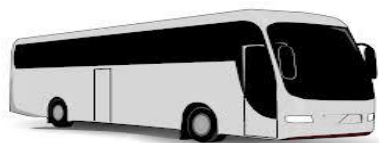
**Harold Massingille**  
*Service Coordinator*  
**313-832-1576**

The beauty salon is open Wednesday through Saturday. Please call and schedule your appointment today!

(313) 832-8804



## WAL-MART



The Walmart bus leaves promptly at 8:50 a.m. If you would like to go shopping please be in the lobby every Thursday by 8:30 am.



# Calendar

20		APRIL		16		
SUN	MON	TUE	WED	THU	FRI	SAT
3 Visit your Church 4:00 pm. Rev. Knox	4 Enhanced Fitness 11:30 am MEUCARE UPDATES 1:00p	5 Arts and Crafts	6 Enhanced Fitness 11:30 am 6:00-6:00 1:00 pm	7 WALMART 8:30am pick up	8 Enhanced Fitness 11:30 am AARP 12:00 pm	9 BEAUTY SALON KAPPA MEETING
10 Visit your Church	11 Enhanced Fitness 11:30 am	12 Arts and Crafts DEB'S DOLLAR STORE PLUS 10:00 a—12:00 p	13 Enhanced Fitness 11:30 am SHELTON TAPES 12:00 p	14 WALMART 8:30am pick up	15 Enhanced Fitness 11:30 am	16 BEAUTY SALON
17 Visit your Church	18 Enhanced Fitness 11:30 am MOVIE DAY 1:00 p.m.	19 Arts and Crafts	20 Enhanced Fitness 11:30 am 6:00-6:00 1:00 pm Bible Study 6:00p	21 WALMART 8:30am pick up EXTERMINATOR 2nd Floor	22 Enhanced Fitness 11:30 am	23 BEAUTY SALON
24 Visit your Church	25 Enhanced Fitness 11:30 am	26 Arts and Crafts	27 Enhanced Fitness 11:30 am 6:00-6:00 1:00 pm Bible Study 6:00p	28 WALMART 8:30am pick up	29 Enhanced Fitness 11:30 am	30 BEAUTY SALON



**Brush Park Manor**  
Paradise Valley  
2900 Brush St  
Detroit, MI 48201

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Fax: 313-832-8801  
E-mail: [www.pvm.org](mailto:www.pvm.org)

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Administrator

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Administrative  
Assistant

Harold Maxingville  
Service Coordinator  
313-832-1576

Maintenance  
Diego Manning  
Harrison Mount  
313-832-9922

Ars Hunter  
Housekeeping

Willette Lamar  
Beauty Salon  
313-832-5884



# Fun Zone



## APRIL FOOL'S DAY APRIL 1st

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

APRIL  
BAMBOOZLE  
BEFUDDLE  
BEMUSE  
BEWILDER  
CAPER  
DELUDE  
DUMBFFOUND  
DUPE  
FARCE

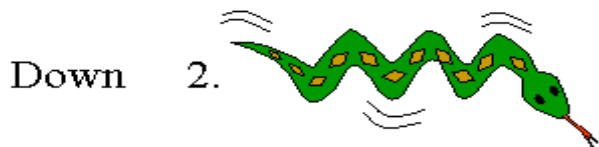
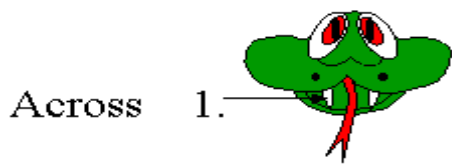
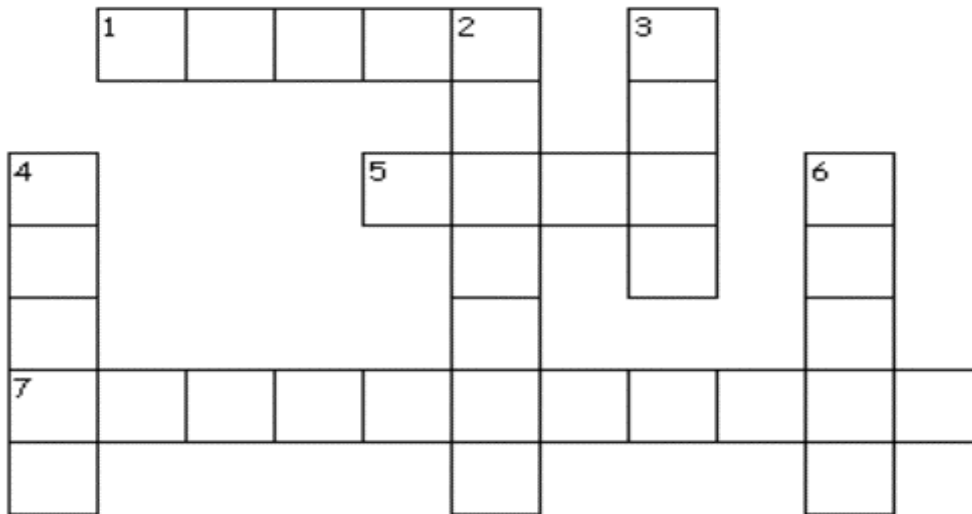
FIRST  
HOAX  
HOODWINK  
JEST  
JOKES  
LAUGHTER  
LEVITY  
MALARKEY  
MISCHIEF  
MONKEY

BUSINESS  
PRANK  
PREPOSTEROUS  
SHENANIGANS  
SILLY  
SURPRISE  
TOMFOOLERY  
TRICK  
WACKY



# Fun Zone

## Snakes Crossword



<u>Word List</u>
Cobra
fangs
mice
Rattlesnake
rocks
slither
tree

# Fun Zone

## Eat your veggies!

Unscramble each of the clue words.

Copy the letters in the numbered boxes to the boxes below with the same number.



NESBA

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9

TEBES

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12

CORLIBCO

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RELCYE

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1

RONC

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7

GENRE SEABN

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10

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2

13

MOHSURMOS

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6

5

SEVLIO

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8

SAOTOEPT

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3

SACHIPN

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11

MASY

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4

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1

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8

9

10

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13

!





**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 313-832-9922

## Village Staff

**Jannie Scott**  
*Administrator*

**Tanisha Reed-Hobbs**  
*Administrative Assistant*

**Harold Massingille**  
(313) 832-1576  
*Service Coordinator*

**Del Diego Manning**  
*Maintenance*

**Harrison Mount**  
*Maintenance*

**Ara Hunter**  
*Housekeeper*

---

**EMERGENCY NUMBER**

(313) 832-9922

**FAX**

(313) 832-8801



**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)

## The Village of Brush Park Manor Paradise Valley

### Board Members:

**E. Kern Tomlin, Chair**  
**John Gardner, Vice  
Chair**  
**James Bradford,  
Treasurer**  
**Elaine Hearn,  
Secretary**  
**Dakima Jackson**  
**Paul Johnson**  
**Donald J. McSwain**  
**Ellen Childs**  
**Gwendolyn  
Robertson**  
**Arthur Caldwell**  
**Lynda K. Jeffries**  
**Michael Morrison**  
**Stacy Brackens**