



The Village of Brush Park Manor

PARK VALLEY NOTES



2900 Brush St. • Detroit, Michigan 48201 • www.pvm.org

November 2014

Village Administrator

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To those residents who volunteered their time and talent on November 24 for the focus group, I wish to take this opportunity to thank you from Presbyterian Villages of Michigan and Brush Park Manor for your input in helping with our strategic plan for the future. I want to thank Mr. Massingille for substituting in my absence. Mrs. Bernice Jones It would not be Halloween without you from the bottom of my heart thank you so much for providing the candy each year for the witch's kettle outside the office.

I also want to thank my volunteers who helped with the Flu Shots. We had a wonderful turn out this year and DMC is to be thanked for providing us with the medication and their great staff. Blood Pressures will be taken this month once again by the Wayne State Nursing Students. A notice of time and location will be sent out prior to their arrival.

With the holidays coming up, again please be careful when you are out shopping. Always travel with family members or your neighbor. Please do not withdraw funds from ATM Machines at night along with daylight hours be very careful with withdrawals. Public Service Credit Union is here to serve you each month please take advantage of this service by withdrawing funds, buying postage stamps or getting change for laundry.

The Detroit Library Bookmobile comes to Brush Park Manor for your reading pleasure. We have lost several of our readers due to move-outs. The staff of the library has informed us that if we do not have more residents checking out books we will lose this service. Remember services that are brought to us should be used or we will lose them.

November 11 Veterans Day a continental breakfast will be served for all Veterans and residents in the community room 9:00am until 11:00am hosted by Mr. Massingille.

Remember Daylight Savings Time begins on Sunday, November 2, at 2:00a.m. Remember to turn your clocks back 1 hour.

HAPPY THANKSGIVING TO THE RESIDENTS AND BRUSH PARK MANOR BOARD MEMBERS.

A grudge is one thing that does not get better when it is nursed.

Look for PVM on:





**What' Happening at
Brush Park in November 2014**

- ☞ Worship Service held every 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:
- ☞
 - 1st Sunday—Rev. Knox (Communion)
 - 2nd Sunday- Rev. Aaron
 - 3rd Sunday—Rev. Knox
 - 4th Sunday— Rev. Tyler
 - 5th Sunday- Rev. Greenfield
- ☞ FOCUS HOPE delivers every 2nd Thursday. You can sign up too.(Craft Room.)
- ☞ Podiatrist Dr. Jeffery Levitt will be at Brush Park Manor on 12/11/ 2014
His signup sheet is on the board.
- ☞ Wal-Mart Shopping November 6th, 13th, and 20th pick-up 9:00am
- ☞ Shelton Tappes meets every second Monday at 2 pm.
All are welcome to join!
- ☞ AARP meets every second Friday at noon
All are welcome join
!
- ☞ Exterminator will be at Brush Park every 3rd Thursday,
3rd floor
- ☞ Arts & Craft every Tuesday at 2pm in the Craft Room.
- ☞ Bingo every Wednesday at 1pm-3:30 pm 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)

Maintenance and Housekeeping Staff

Please place all trash and rubbish in tightly closed bags before throwing down the trash chute. Sending open garbage down trash chute causes mice and other pest along with odors in maintenance area.

Rubbish must not be placed on floors in refuse rooms it must be thrown down the chute or if too large bring it down to the first floor refuse room.

Please help keep our laundry rooms clean by wiping off washers and dryers. Lint traps must be cleaned after each use. Other residents do not want to come in and clean behind you. If your clothes are left in the washing machines or dryers they will be disposed of within twenty-four hours.

Keep Refuse Doors Closed!

November Birthdays



Sylvia English 11/3
 Sarah Richardson 11/5
 Christine Hawkins 11/6
 Violet Pruitt 11/8
 Harriette Jenkins 11/9
 Thomas Jackson 11/9
 Florine Grice 11/13
 Kenneth Jenkins 11/18
 Nathan Anderson 11/19
 Pearl Reynolds 11/26
 Floretta Stephens 11/26
 Beverly Daniel 11/26

F.Y.I (For Your Information)

Healthy Living for Older Adults



Professionals will provide
Educational materials on:

- Fall Prevention
- Proper Body Mechanics
- Hearing Screening
- Home Safety/ Exercises
- Cholesterol/Glucose Screening
(Best results for this test are when no food is eaten)
- Blood Pressure Screening
- Leisure Resources & More

Light Refreshments & Giveaways

When:

**Tuesday, November 18, 2014
9:00 am to 12:00 pm**

Where:

**The Village of Brush Park Manor Paradise Valley
2900 Brush Street Detroit, MI 48201**

Living without Limitations

Sponsored by

DMC

**Rehabilitation Institute
of Michigan**



Giving Matters

Help PVM Residents Who Need It Most

Did you know that PVM offers financial assistance to residents who have outlived their resources, so they are always able to call PVM their home? And did you also know that PVM also supports residents in an emergency financial need? This type of support is offered through the Benevolence Fund and positively impacts *each and every PVM Village*. **You can help support residents who need it most by making a donation to PVM's Benevolence Fund today!**

The residents using Benevolence funds today did not plan to be in dire financial circumstances. Savings may have disappeared due to an unexpected healthcare expense or simply because they lived to be over 100 years old! Other residents only need temporary help, perhaps with an unexpected expense such as expensive medical equipment for a resident who is nearly blind, food for a resident who was the victim of a phone scam and countless other examples.

Your gift supporting the Benevolence Fund during November and December is eligible to be matched, \$1.00 for \$1.00! Maximize your gift today by visiting the front desk, your Village Administrator or our website, www.pvmfoundation.org (your gift must be designated for Benevolence to be eligible for the match).

And, new this year, for any Benevolence gift received by the PVM Foundation office on **Tuesday, December 2nd, or "Giving Tuesday," we will double the match, \$2 for every \$1 donated!** For more information, please contact us at 248-281-2040 or pvmfoundation@pvm.org. Thank you for supporting residents and for making a difference!

Warm regards,
Paul J. Miller, CFRE

Presbyterian Villages of Michigan Foundation
presents its 11th annual Gala

Get Your Motors Running!

Friday, November 14, 2014
COBO Center, Detroit

Sponsorship Packages Available!

Patron Tickets \$375

Individual Tickets \$250

For more information, contact PVM Foundation at **248.281.2040** or visit www.pvmfoundation.org



5:30 p.m.
VIP Pre-Reception & Raffle Preview
(Sponsors & Patron Tickets only)

6:30 p.m.
General Reception & Raffle

7:30 p.m.
Dinner, Program & Entertainment

Poems

After Apple Picking

By Robert Frost

My long two-pointed ladder's sticking through a tree
Toward heaven still,
And there's a barrel that I didn't fill
Beside it, and there may be two or three
Apples I didn't pick upon some bough.
But I am done with apple-picking now.
Essence of winter sleep is on the night,
The scent of apples; I am drowsing off.
I cannot shake the shimmer from my sight
I got from looking through a pane of glass
I skimmed this morning from the water-trough,
And held against the world of hoary grass.
It melted, and I let it fall and break.
But I was well
Upon my way to sleep before it fell,
And I could tell
What form my dreaming was about to take.
Magnified apples appear and reappear,
Stem end and blossom end,
And every fleck of russet showing clear.
My instep arch not only keeps the ache,
It keeps the pressure of a ladder-round.
And I keep hearing from the cellar-bin
That rumbling sound
Of load on load of apples coming in.
For I have had too much
Of apple-picking; I am overtired
Of the great harvest I myself desired.
There were ten thousand thousand fruit to touch,
Cherish in hand, lift down, and not let fall,
For all
That struck the earth,
No matter if not bruised, or spiked with stubble,
Went surely to the cider-apple heap
As of no worth.
One can see what will trouble
This sleep of mine, whatever sleep it is.
Were he not gone,
The woodchuck could say whether it's like his
Long sleep, as I describe its coming on,
Or just some human sleep.



Eating Healthy

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



Tips for Making a Healthy Pie for the Holidays

Delicious pies can be sneaky with their calorie, salt, fat, and sugar content; however, healthy pies can be just as delicious by applying these simple and fun tips when you bake away for the holidays!

- 1. DIY** – Make your own crust out of simple ingredients: flour, fat, salt, sugar, water.
- 2. Sub in sour cream or yogurt** – Add a dollop of reduced-fat sour cream or Greek yogurt to pie crust in place of some of the butter.
- 3. Fill with fiber** – Substitute white flour with whole-wheat flour. Whole-wheat pastry flour is good for a finer crumb.
- 4. Go nuts** – Replace some of the flour with nuts to add in protein, vitamins, and fiber. Try using almond flour or grinding your own pecans.
- 5. Sweeten smart** – Reduce sugar by using fruits that are naturally sweet on their own. For extra flavor, spice up your pie with nutmeg (pairs well with berries), cinnamon (pairs well with apple pie), or ginger (pairs well with peaches).
- 6. Spread lightly** – Melt a teaspoon of butter then dab it on the pie pan with a paper towel, or use a light mist of cooking spray.
- 7. Experiment with different flours** – Quinoa flour is a unique option; it is nutrient-rich, packed with protein, and easy to digest.
- 8. Toss in tofu**- Use tofu as a filling base that is creamy and guilt-free! Tofu can adapt to whatever it is flavored with – like adapting to the chocolate flavor in a pumpkin chocolate mousse cake.

These tips were adapted from *greatist.com*

Senior Advocate

THANKSGIVING – A TIME TO THANK OTHERS



Happy Thanksgiving

The holidays are in full swing! Alongside the Halloween costumes are displays of Thanksgiving and (YES!) Christmas and Hanukkah decorations. Thanksgiving is reportedly one of the most traveled holidays while airports and highways are clogged with people trying to return to their hometowns to reconnect with family and friends.

Let's also think about the folks who helped us get to where we are in life. Chances are there were many others in your life other than your parents who guided you along life's journey. It could be an aunt or uncle, grandparents or a neighbor or teacher who were part of your growing up years. I was reminded recently of a former neighbor, "Uncle Pat", who used to pack his five children into their blue station wagon for a trip to the local swimming pond. As an only child it was always an adventure for me to be part of the gang. And they always seemed to find room for me to join in.

Recently my mom and I went to visit friends and relatives in my hometown located about five hours from here. We had a packed schedule which included relatives and friends from my parents' genealogy society. There was little time to spare. Yet, there were two visits which meant a great deal to my mom. They were stops to visit my aunt as well as a long-time friend of my parents. Both are presently in nursing homes. One visit involved driving a great distance into the countryside of Pennsylvania and was not very desirable geographically. I reminded myself that she had been a very good aunt to me and that her son has been wonderful to my parents by making a visit to them a top priority during the last days of my father's life.

Once we were deep into the countryside I noticed what a beautiful scene lay before us. It was truly spectacular scenery. "This is a good adventure!" I said to myself. However, nothing could compare to the look of joy on my Aunt Mary's face, as well as that of my mom's friend at the other nursing home, when they enjoyed our visits. So along with enjoying touch football, games on television, favorite recipes of family and catching up with family and friends, please remember those who can't join in the festivities with a visit and celebrate the important message inherent in Thanksgiving! I wish all of our readers a wonderful holiday.

Lynn Alexander

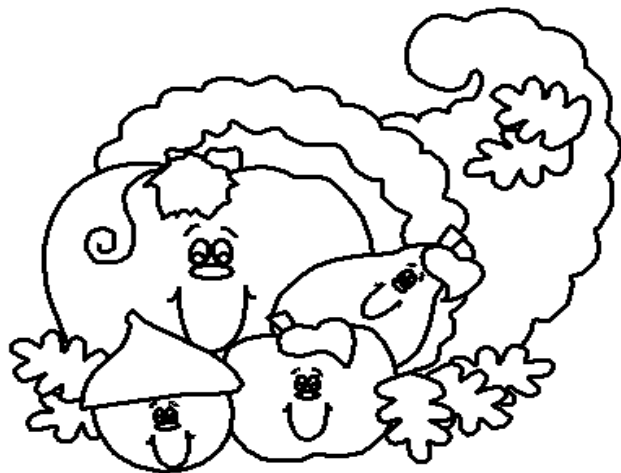
Fun Zone

Thanksgiving Word Search

R E L A T I V E S T I F S M F
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 TURKEY



Fun Zone



Thanksgiving

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SUN	MON	TUE	WED	THU	FRI	SAT
2 Pastor Knox 4 p.m.  DAYLIGHT SAVING TIME FALL BACK ONE HOUR	3 Enhance Fitness 11:30a.m. PUBLIC SERVICE CREDIT UNION 12:00 p.m.-1:00 p.m.	4 Arts and Crafts  ELECTION DAY (Make sure that you vote)	5 Enhance Fitness 11:30a.m. BINGO 1:00p 	6 WALMART 9:00 am pick up  Beauty Salon	7 Enhance Fitness 11:30a.m.  Beauty Salon	1 Beauty Salon 
9 Visit your Church 4p.m. Rev. Aaron 	10 Enhance Fitness 11:30a.m. SHELTON TAPPES 2:00pm.	11 VETERANS DAY DEB'S DOLLAR STORE PLUS 1 p.m.- 3 p.m.	12 Enhance Fitness 11:30a.m. BINGO 1:00p 	13 WALMART 9:00 am pick up FOCUS HOPE Beauty Salon	14 Enhance Fitness 11:30a.m. AARP	15 Beauty Salon  KAPPA MEETING
16 Visit your Church 4p.m. Pastor Knox 	17 Enhance Fitness 11:30a.m. 	18 Arts and Crafts 	19 Enhance Fitness 11:30a.m. BINGO 1:00p 	20 WALMART 9:00 am pick up EXTERMINATOR 3rd Floor	21 Enhance Fitness 11:30a.m.  Beauty Salon	22 Beauty Salon 
23 Visit your Church 4p.m. Rev. Tyler 	24 Enhance Fitness 11:30a.m. 	25 Arts and Crafts  WORKSHOP	26 Enhance Fitness 11:30a.m. BINGO 1:00p 	27 HAPPY THANKSGIVING 	28 Enhance Fitness 11:30a.m.  Beauty Salon	29 Beauty Salon 
30 Visit your Church 4p.m. Rev. Greenfield						



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

 A Mission of Presbyterian Villages of Michigan,
Brush Park Development Corporation, and

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

Phone: 313-832-9922
Fax: 313-832-8801
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Assistant

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Service Coordinator
313-832-1576

Maintenance
Diego Manning
Harrison Mount
313-832-9922

Ara Hunter
Housekeeping

Willette Lamar
Beauty Salon
313-832-8804

Wednesday -Saturday

**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 313-832-9922

Village Staff

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Tanisha Reed-Hobbs
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(313) 832-1576
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Del Diego Manning
Maintenance

Harrison Mount
Maintenance

Ara Hunter
Housekeeper

EMERGENCY NUMBER

(313) 832-9922

FAX

(313) 832-8801



**Presbyterian
Villages**
OF MICHIGAN

THE FOUNDATION

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



The Village of
**Brush Park Manor
Paradise Valley**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan



Toni Germaine
Henry White

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
Dana Armenteros
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Stacy Brackens

