



The Village of Brush Park Manor

# PARK VALLEY NOTES



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

March 2015

## Village Administrator

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Mrs. Charity Jackson I cannot say how much we at Brush Park Manor appreciate all that you do in making our Black History Program a huge success every year. The storytelling, your speaker and most important the delicious dishes that are prepared by residents and enjoyed by all in attendance are scored higher each year. Thank you so much to the wonderful committee who continue to support you each year with this responsibility. All of you are truly appreciated for a job well done.

Remember that if you or your emergency contact person change their telephone number please contact the office immediately. This is **absolutely** necessary in case you need emergency personnel and we need to contact the individual you have listed as your emergency contact.

Friends and Family campaign will begin April 1 through April 30<sup>th</sup> and this year's project will be a Flat Screen TV for the card/exercise room. Envelopes will be provided for your donations to be sent to corporate where funds that you raise will be matched by Presbyterian Villages of Michigan Foundation.

Spring is just around the corner and I am looking forward to the beautiful flowers that Ms. Dorothy Bell plants so beautifully in our planters on the patios in the front of the building and the hanging baskets. If you are interested Ms. Bell is always looking for assistance. Remember Daylight Savings time begins this Sunday at 2:00 a.m. so remember to turn your clocks forward one hour before retiring for the evening.

On a more heart-rending note this has been a year not only for Brush Park Manor but our sister villages as well in the loss of so many of our residents. I will ask that you not only keep the families of our Brush Park residents in your prayers but for the families of each of our villages as well.

"Life is not measured by how many breaths we take, but by the moments that take our breath away"

Anonymous

*Jannie Scott, Administrator*

Look for PVM on:





**What' Happening at  
Brush Park in March 2015**

- ☞ Worship Service held every 1<sup>st</sup> Sunday and 5<sup>th</sup> 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)
  - 5<sup>th</sup> 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 4/ 9/ 2015  
His signup sheet is on the board.
- ☞ Wal-Mart Shopping March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26th.  
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 !
- Deb's Dollar Store Plus  
Every 2<sup>nd</sup> Tuesday 10:00 am until 12:00 p.m. in  
community room.  
3/10/2015
- ☞ Exterminator will be at Brush Park every 3rd Thursday,  
1st 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 community room.

**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!**

We would like to apologize and wish

**Ms. Sylvia Payne**  
**"Happy Belated Birthday!"**

Her birthday was on February 9<sup>th</sup>, and was missed in last month's newsletter.

*March  
Birthdays*



*Juanita Stokes 3/11*  
*Susie Norton 3/12*  
*Mildred Jackson 3/15*  
*Vanessa Ventour 3/15*  
*Dorothy Boyles 3/16*  
*Wyllene Roberts 3/19*  
*Ivera McClaster 3/20*  
*Morris Thomas 3/21*  
*Catherine Stanley 3/28*  
*Nola Walker 3/29*  
*Ursal Charleston 3/29*

## Giving Matters

### Friends & Family: Coming to Your Village in April!

The annual **Friends & Family Appeal** will be coming to your Village in the month of April! This fundraising campaign is an opportunity for PVM residents to raise funds for projects and programs to enhance and enrich their lives. The 2015 goal is to raise \$136,000 cumulatively across all participating PVM Villages.

**Help your Village reach its individual project goal and make a gift during Friends & Family (F&F) from April 1<sup>st</sup>-30<sup>th</sup>!** Every gift this year is eligible to be matched since the match will be awarded at the end of the appeal and will no longer be first-come, first-matched. The match will be based on the percentage each Village raises toward the cumulative F&F goal. So, the more funds your Village raises, the more matching dollars you'll receive! *Example:* If your Village raises 10% of the cumulative F&F amount raised, then your Village will receive 10% of the matching funds available.

To learn more about your Village's individual fundraising goal and project, attend your Village Kick-Off Party or look for flyers and posters. 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
- 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 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Best of luck to ALL the Villages for a successful Friends & Family Appeal!

Warm regards,  
Paul J. Miller, CFRE



*Your Life.* Your Legacy.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...  
and leave a legacy.**



For more information, call  
Paul Miller at the PVM Foundation  
**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)

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

*This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program.*

### The Importance of Healthy Snacking



Snacking is our “go-to” for many situations. If we’re bored, tired, hungry, or otherwise, we can be tempted to grab a bag of chips or a couple cookies and munch away. Because of the types of foods we tend to eat when we snack, snacking has been given a bad name. Believe it or not, however, snacking can actually be quite good for you. When we eat healthy foods between meals, it can help increase our energy level, fight weight gain, and boost mood.

When you find yourself hankering for a snack, try something on the healthy side. Snack foods to focus on are ones high in fiber and rich in antioxidants. Foods such as whole wheat crackers, granola bars, and cereal are great sources of fiber that are also filling. Nuts are great sources of protein and healthy fats, and can help give you energy when you start feeling tired. Fruits such as grapes, cherries, and blueberries are easy to grab when you’re on the go and offer an array of healthy nutrients.

Healthy snacks are also a great thing to share with friends. The next time you’re in the mood for a between meals snack, invite your neighbors over for some delicious, healthy foods. Not only will you enjoy the food, I’m sure you’ll enjoy the company too.

## The Senior Advocate

### **GLEN CAMPBELL A ROLE MODEL FOR US ALL**

Recently PVM co-hosted a showing of Glen Campbell's new movie, "I'll Be Me" which chronicles his challenging journey of living with Alzheimer's disease. Although his condition saddens us, the movie was uplifting in many ways since his family and colleagues provide an environment of dignity and respect for him. He has also dealt with the situation with grace, humor and an amazing spirit. Glen also received a Grammy Award recently and will help to draw attention to Alzheimer's and the need to direct resources and focus on its cure.



At the movie showing in Ann Arbor at The Michigan Theater, the Alzheimer's Association provided information as to the signs for early detection.

They are:

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

If you or someone you know experience any of these warning signs, please see a doctor. For more information call (800) 272-3900 or visit [alz.org/10signs](http://alz.org/10signs).



## A MERRY HEART IS LIKE A MEDICINE – LAUGH OUT LOUD



### ***FUNNY CHURCH BULLETIN BLOOPERS***

1. The senior choir invites any member of the congregation who enjoys sinning to join the choir.
2. The church will host an evening of fine dining, superb entertainment, and gracious hostility.
3. Weight Watchers will meet at 7 p.m. Please use large double door at the side entrance.
4. Thursday Night there will be a potluck supper: prayer and medication to follow.
5. The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday morning.
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7. The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: I upped my pledge - Up Yours.
8. This being Easter Sunday, we will ask Mrs. Jones to come forward and lay an egg on the altar.
9. When parking on the north side of the church, please remember to park on an angel.
10. For those who have children and don't know it, there is a nursery downstairs.
11. Ladies, don't forget the rummage sale. It is a great chance to get rid of those things not worth keeping around the house. Don't forget your husbands.
12. Ladies, don't forget the rummage sale. It is a great chance to get rid of those things not worth keeping around the house. Don't forget your husbands.
13. The visiting monster today is Rev. Jack Bains.
14. Visiting Missionary: Bertha Belch.....  
Announcement: "Come tonight and hear Bertha Belch all the way from Africa".
15. Remember in prayer the many who are sick of our congregation.
16. Thursday at 5:00PM there will be a meeting of the Little Mothers Club. All wishing to become little mothers, please see the minister in his study.
17. Ladies Bible Study will be held Thursday morning at 10. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.
18. Don't let worry kill you — let the church help.

**Start today ... get your laugh on at least "once" a day and have a healthy heart!**

## Fun Zone

# Happy St. Patrick's Day

	<p><b>ACROSS</b></p> <p>4 Holiday named for him              10 Irish greeting              11 Holiday month              14 White Irish clover              16 Clover with one more leaf              17 You wish for people              19 Irish accent              20 Storytellers kiss this              21 Another fairy spelling</p> <p><b>DOWN</b></p> <p>1 Find at end of rainbow              2 Little people of Ireland              3 Irish dance              5 Famous Irish song              6 Irish vegetable              7 Color of day              8 Meat of day              9 Driven out of Ireland              12 Ireland              13 St Patrick's religion              15 Smiling they steal hearts              18 Leafy vegetable</p>
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# Fun Zone

## St. Patrick's Day Word Search



C I G A M L  
 X L C K G U  
 D J O R J C  
 L L E V T K  
 F E O O E Y  
 N L P G X R

CLOVER GREEN MAGIC  
 GOLD LUCKY POT



What other words remind you of St. Patrick's Day?

## Saint Patrick's Day Scramble

Ginger McNugget mixed up his favorite words. Can you help the leprechaun unscramble the words, then put the numbered letters in order to answer the riddle?



1. \_ \_ \_ 7

2. 12 3 5 \_ \_ \_ \_

3. \_ \_ \_ \_ 13

4. 6 \_ \_ 8 2 \_

5. \_ \_ 9 \_ 4

6. 1 \_ \_ \_ \_ 11 10 \_

Where can you always find gold?

1 2 3 4 5 6 7 8 9 10 11 12 13 !



## Service Coordinator's Corner



The Luella Hannan Foundation needs your help. They would like each resident of Brush Park Manor to complete a **Service Coordinator Survey**.

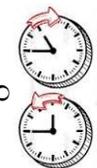
***You should receive your surveys no later than March 20, 2015.***

- ❖ We will distribute a survey to each apartment. Two surveys will be issued to your apartment only if you are a married couple.
- ❖ A box for the completed surveys will be placed in the craft room for the residents to place their surveys in.

The Deadline for you to complete and return the survey is Friday, April 3, 2015.

**Thank you,**  
Harold Massingille, Service Coordinator

# March 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1 Visit your Church 4:00 p.m. Rev. Knox 	2 Enhanced Fitness 11:30 am 	3 Arts and Crafts "Baby Blankets" Public Service Credit Union 12:00-12:45p 	4 Enhance Fitness 11:30a.m. BINGO 1:00 p.m. Beauty Salon (By appointment)	5 WALMART 9:00 a.m. pick up  Beauty Salon (By appointment)	6 Enhanced Fitness 11:30 am 	7 Beauty Salon (By appointment) 
8  DAYLIGHT SAVINGS	9 Enhanced Fitness 11:30 am PATH Program 1-3:30 pm	10 Arts and Crafts "Baby Blankets" Deb's Dollar Store PLUS 10:00a 12:00p 	11 Enhance Fitness 11:30a.m. BINGO 1:00 p.m. Beauty Salon (By appointment)	12 WALMART 9:00 a.m. pick up FOCUS HOPE  Beauty Salon (By appointment)	13 Enhanced Fitness 11:30 am 	14 Beauty Salon (By appointment) KAPPA Meeting 
15 Visit your Church 	16 Enhanced Fitness 11:30 am PATH Program 1-3:30 pm	17 St. Patrick's Day Arts and Crafts  "Baby Blankets"	18 Enhance Fitness 11:30a.m. BINGO 1:00 p.m. Beauty Salon (By appointment)	19 WALMART 9:00 a.m. pick up EXTERMINATOR 1st Floor Beauty Salon (By appointment)	20 Enhanced Fitness 11:30 am  First Day of Spring 	21 Beauty Salon (By appointment) 
22 Visit your Church 	23 Enhanced Fitness 11:30 am PATH Program 1-3:30 pm	24 Arts and Crafts  "Baby Blankets"	25 Enhance Fitness 11:30a.m. BINGO 1:00 p.m. Beauty Salon (By appointment)	26 WALMART 9:00 a.m. pick up  Baby Shower 2:00-4:00 pm	27 Enhanced Fitness 11:30 am 	28 Beauty Salon (By appointment) 
29 PALM SUNDAY Visit your Church 4:00 p.m. Rev. Greenfield	30 Enhanced Fitness 11:30 am PATH Program 1-3:30 pm	31 Arts and Crafts 				



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  
E-mail:  
[www.pvm.org](http://www.pvm.org)

Jannie Scott  
Administrator

Tanisha Reed-Hobbs  
Administrative  
Assistant

Harold Massingille  
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](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

THE FOUNDATION

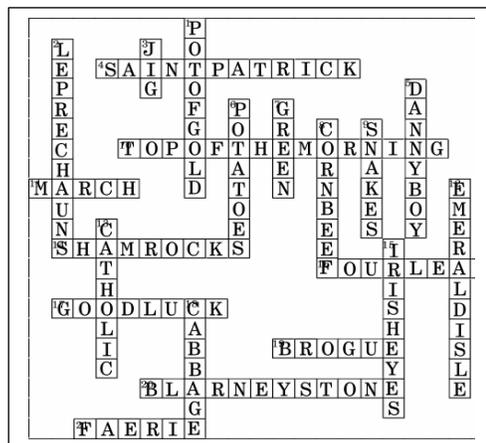
**Presbyterian Villages of Michigan Foundation** serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. 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](http://www.pvmfoundation.org)



## **New Residents**

Ms. Wyllene Roberts

### Crossword Solution



## **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

