



The Village of Brush Park Manor

PARK VALLEY NOTES



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

June 2016

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Village Administrator

On behalf of Presbyterian Villages of Michigan Foundation (PVMF), Brush Park Board of Directors and the Brush Park Staff we sincerely thank you once again to all those who participated in helping to raise funds for the 2016 Friends and Family Campaign. Our goal was to purchase a new freezer for our community kitchen and a piano for the community room. Again, we now have the freezer and will be purchasing our piano as soon as the funds become available. Ms. Gloria Robinson/Administrator for the Villa of Redford who is an accomplished pianist will be helping with the selection of our piano. Our goal was \$1200.00 having raised \$2,153.30 which was wonderful. With the match gift from the PMVF of \$1,352.41 our total to purchase the piano with will be \$3,505.71. We had a total of thirty-five donors with an additional twelve new donors this year again thanks so much for your continued support.

ROG Mechanical has installed our new Chiller System just in time for this wonderful weather so I thank them for a job well done. Thank you to those who were asked to move your cars from your favorite parking spot in order to bring the equipment into our parking lot for installation. Please come down to the first floor lobby and take a look at our monitor as to how it was hoisted up and over the wall to be put in place.

This year's victory cup will be held June 24th and our Go-Getters are getting prepared to win as many medals as possible. Thank you to our Brush Park Manor Board Members Mr. Kern Tomlin and Mr. James Bradford for volunteering to be the team cheerleaders for this event. Make us proud team we know you can do it.

Summer will be arriving and please be careful when outside sitting in the sun. You should be applying Sun Screen before you venture out for long periods of time. Over the years it has been discovered that everyone should be using Sun Screen no matter what your ethnic group may be. Also, please remember to drink plenty of fluids not only for the season but year round as well.

The Resident Association will be meeting June 23 at 4:30 p.m. New officers will be voted on during that time. I ask that you please make every effort to come out to cast your vote for those you would want to lead your association. Presbyterian Villages of Michigan (PVM) along with the department of Housing and Urban Development (HUD) have confidence that all PVM senior housing in Southeast Michigan will be represented by resident associations.

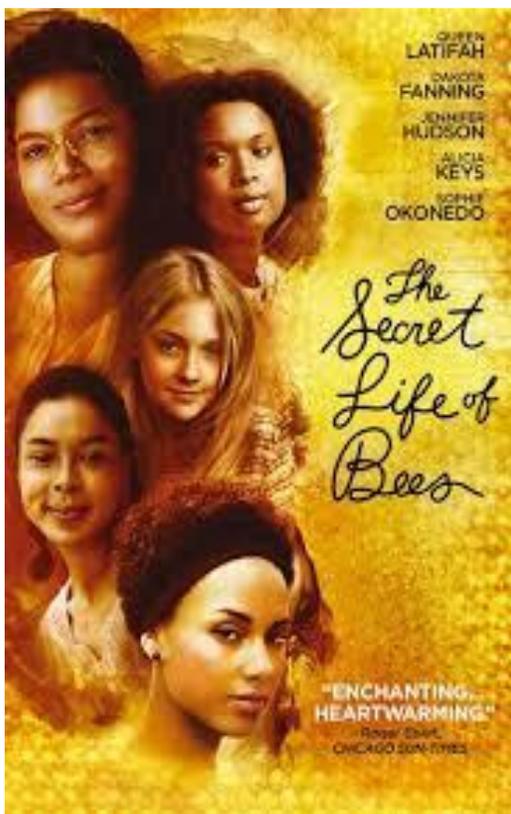
I would like to wish all of the men who work diligently to be good fathers whether they are stepfathers, biological fathers, or spiritual fathers a very Happy Father's Day

Look for PVM on:



Announcements

**Movie Day at the Park
will be Monday
June 13, 2016
at 1:00 p.m.
in the community room.
All residents are invited.**



Refreshments will be served

Laundry Room Etiquette

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



Joyce Allen

Announcements

☞ Worship Service held every 1st and 5th 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)
5th Sunday- Rev. Greenfield

☞ FOCUS HOPE delivers every 2nd Wednesday. You can sign up too. (Craft Room.)

☞ Wal-Mart Shopping
June 2nd, 8th, 16th, 23rd, and 30th
Pick-up 8:30 a.m.

☞ 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 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 E. Kern Tomlin community room.

Make Your Own Detox Drink for Daily Enjoyment & Cleansing This Summer

Whether you're just trying to steer clear of the sugary drinks, or aim to really help your body flush out any toxins lurking in your system, this refreshing blend of foods and flavors will satisfy your tastebuds needs.

Included: Watermelon/cucumber, lemon/lime, mint leaves, and water.

Why Watermelon (or cucumber): Watermelon helps the body flush out toxins because it contains the organic compound citrulline, which is an amino acid that has been shown to help the liver and kidneys filter and get rid of ammonia. Ammonia comes in external forms, but is also a by-product of the proteins our bodies are burning up constantly for energy, and it's quite damaging to our cells. Cucumber also contains citrulline, but not as much as watermelon. Watermelon may also just give the liver an overall boost.

Why water: H₂O is just plain good for us, but it's thought that it helps flush nasty toxins and waste through our system, giving organs like the liver and kidney an easier time doing their job.

Why lemon (or lime): Lemon or lime juice helps stimulate and regulate the digestive track (which is why it's so helpful with constipation, heartburn and gas), stimulates bile production, and thins out bile, which allows it to flow more freely. Bile is produced by the liver and ends up in the small intestine to break down lipids (fats) that we've consumed.

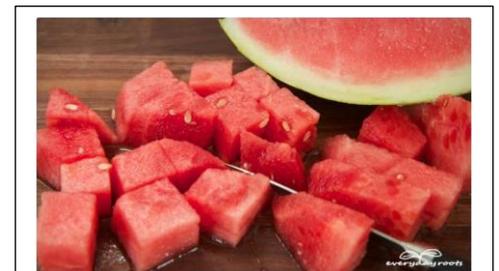
Why mint leaves: Mint leaves are a nice refreshing flavor to add to your drink. On top of that, it can help you digest more effectively, improving the flow of bile from the liver, to the gallbladder, to the small intestine, where it breaks down dietary fats. Mint also helps relax cramped up stomach muscles.

You will need...

- 1-2 liters' of water, depending on how strong you want it to taste
- Part of 1 watermelon or 1 cucumber
- 1 lemon or lime
- A handful of fresh mint leaves (approximately 10-13)
- Ice cubes

Directions

Slice up a good amount of watermelon into cubes, rind and all, and put them into a jug or pitcher. Cut 1 juicy lime into wedges and toss in with the watermelon. Add a handful of fresh, fragrant, mint leaves and pour in 2 liters of cool water, filling the jug all the way to the top. Let this sit overnight in the fridge and let all the yummy flavors steep and infuse the water. When you want to drink it, put in a generous helping of ice cubes, pour, and enjoy daily.





Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

Together, MAY We Make Michigan a Better Place to Age!

You, our donors, are transforming the lives of seniors by giving in all sorts of ways, and through gifts large and small. Giving is a deeply personal experience, and I'd like to let you know about a couple of ways you can support the mission of PVM, in a way that's right for you and your family.

The legacy you leave behind can change—or even *save* a life—and help Michigan seniors thrive for years to come! With a little planning, anyone can make a huge impact. Options exist for all personal circumstances and interests while ensuring your family's financial security. Two of the most common choices include:

- **Gifts that pay you income, like a Charitable Gift Annuity** – a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments (as high as a 9% rate of return!) for life.
- **Gifts that benefit residents beyond your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM.

With the PVM Foundation's 22nd Calvin, Sterling and Peterson Mission Maker Societies Luncheon around the corner on June 6th at the Masonic Temple, I wanted to share with you a description of our giving societies. Maybe one of these societies offers the right giving option for you!

- **Peterson Mission Makers Society:** Donors who have made a pledge commitment to PVM of \$1,000 or greater for two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given \$50,000 or more to PVM.

For more information about PVM's planned giving opportunities and giving society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Announcements

The Men's Club meets
every
1st 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

You Might Have More Power Than You Think!

If you are among the nearly 1 in 3 adults over age 65 that own a smartphone or tablet, you have more computing power available to you than the Apollo 11 astronauts had on their way to the moon! While comparing a smartphone to a \$3.5 million NASA computer is like comparing apples to oranges, the important question to ask is are you putting all that power to good use? One way to do that is to start making use of some of the senior-friendly apps now available for smartphones and tablets. As of July 2015, there were 1.6 million apps available for Android devices and 1.5 million for Apple devices. That's a lot of choices! To save you some search time, below are 3 apps we thought may interest you:

MediSafe (free) – MediSafe is a virtual pillbox that helps you remember to take your medications in the right doses at the right times. As an additional safeguard, it allows you to set up alerts that notify family and friends when you forget to take a medication.

EyeReader (\$1.99) – EyeReader turns your smartphone into a magnifying glass. After activating the app, hold your smartphone's camera lens over any hard-to-read print. It will illuminate it using your phone's LED light and magnify it up to 5 times its original size.

Wunderlist (free) – Wunderlist is a simple to-do list/task manager designed to help you get things done. A key feature is the ability to share your to-do lists with others.

You must always remember...

You are **B**raiver than you believe,
Stronger than you seem,
 and **S**marter than you think.

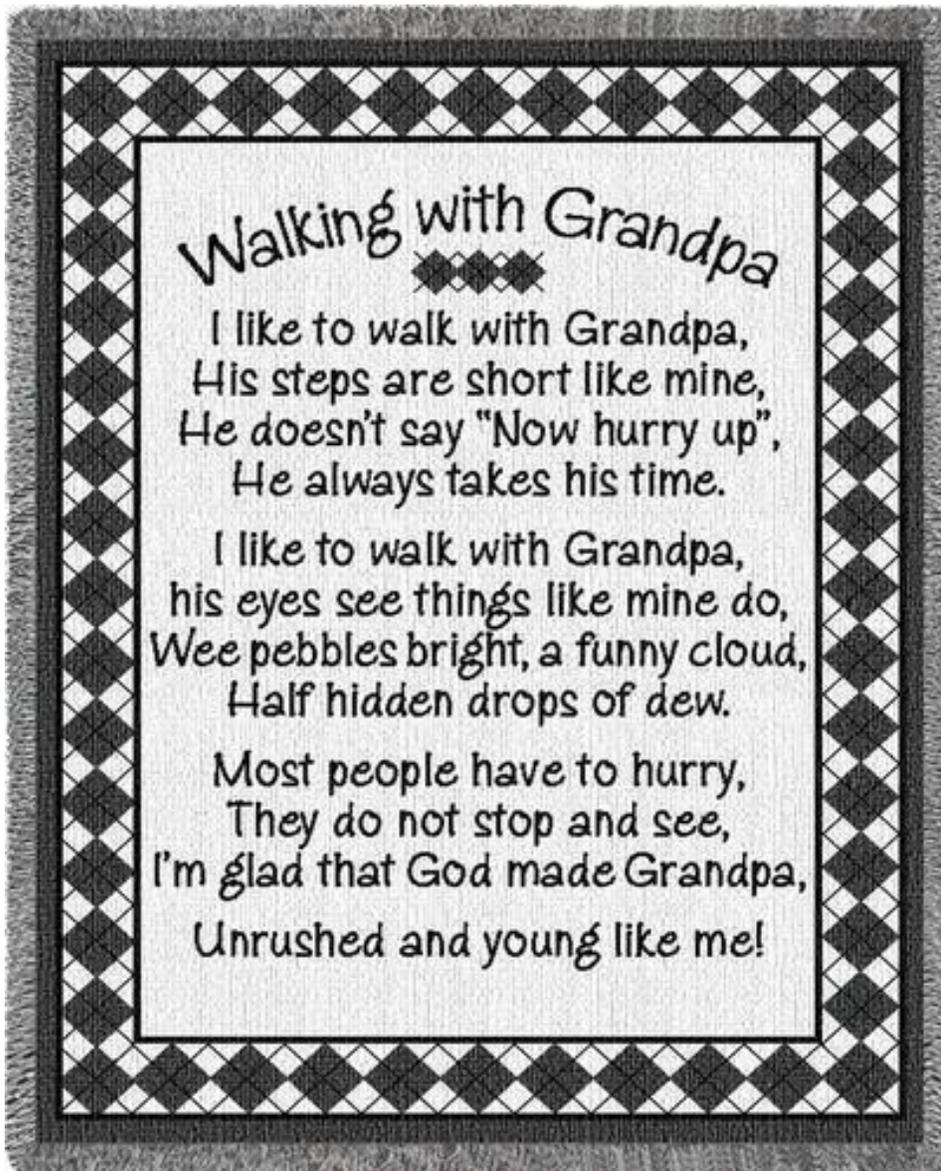




The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Father's Day Poem



Announcements

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



As of June 1st, 2016 (as long as the weather permits) the Enhanced Fitness group will be walking every Wednesday morning outside of the building. Feel free to join them at 10:00 a.m. in the lobby.

June



- Betty Roseboro 6/1
- Gladys Turner 6/6
- Edward Leonard 6/9
- Ruth Holloway 6/10
- James Hatcher 6/11
- Nona Dunnigan 6/15
- Raymond Love 6/18
- Louise Jones 6/20
- Vilea Robertson 6/20
- Juanita Craig 6/21
- Edwin Johnson 6/22
- Shirley Hayes 6/28
- Melvin Ventour 6/29



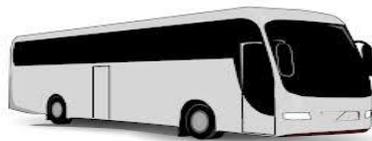
Harold Massingille
Service Coordinator
313-832-1576

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

JUNE 2016

MON	TUE	WED	THU	FRI	SAT
					
5 Visit your Church 4:00 pm. Rev. Knox 	6 Enhanced Fitness 11:30 am 	1 Enhanced Fitness 11:30 am  1:00 p.m. 	2 WALMART 8:30am pick up 	3 Enhanced Fitness 11:30 am 	4 BEAUTY SALON 
5 Visit your Church 4:00 pm. Rev. Knox 	7 Arts and Crafts 	8 Enhanced Fitness 11:30 am FOCUS HOPE SHELTON TAPPES 12:00 p BINGO 1:00 p.m.	9 WALMART 8:30am pick up 	10 Enhanced Fitness 11:30 am 	11 BEAUTY SALON 
12 Visit your Church 4:00 pm. 	14 Arts and Crafts DEB'S DOLLAR STORE PLUS 10:00 a-12:00 p 	15 Enhanced Fitness 11:30 am  1:00 p.m.	16 WALMART 8:30am pick up EXTERMINATOR 1st Floor	17 Enhanced Fitness 11:30 am 	18 BEAUTY SALON 
19 Visit your Church 4:00 pm. Happy Father's Day 	21 Arts and Crafts 	22 Enhanced Fitness 11:30 am  1:00 p.m. 	23 WALMART 8:30am pick up	24 Enhanced Fitness 11:30 am VILLAGE VICTORY CUP 9:00a.m.	25 BEAUTY SALON 
26 Visit your Church 4:00 pm. 	28 Arts and Crafts Quarterly Birthday Party 6:00 p.m. 	29 Enhanced Fitness 11:30 am 	30 WALMART 8:30am pick up 		



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 313-832-1576
 Maintenance
 Diego Manning
 Harrison Mount
 313-832-9922
 Arn Hunter
 Housekeeping
 Willette Lamar
 Beauty Salon
 313-832-8804

Fun Zone

Father's Day Word Search

Father's Day is Sunday, June 19. Can you find these words that have to do with dad?

- ATHLETIC
- BRAVE
- DAD
- DADDY
- ESPN
- FATHER
- FISHING
- FOOTBALL
- FUNNY
- GOLF
- KIND
- SPORTS
- TENNIS
- TIE
- TOOLS

MARTY WESTMAN/MCT

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

Fun Zone

Pancake Day Word Scramble

Unscramble the Pancake Day themed words and join them to the pictures on the right. We've done the first one for you!

napacke

pancake _____

nap

blow

uprys

gruas

sgeg

orulf

kilm

pilf

melon

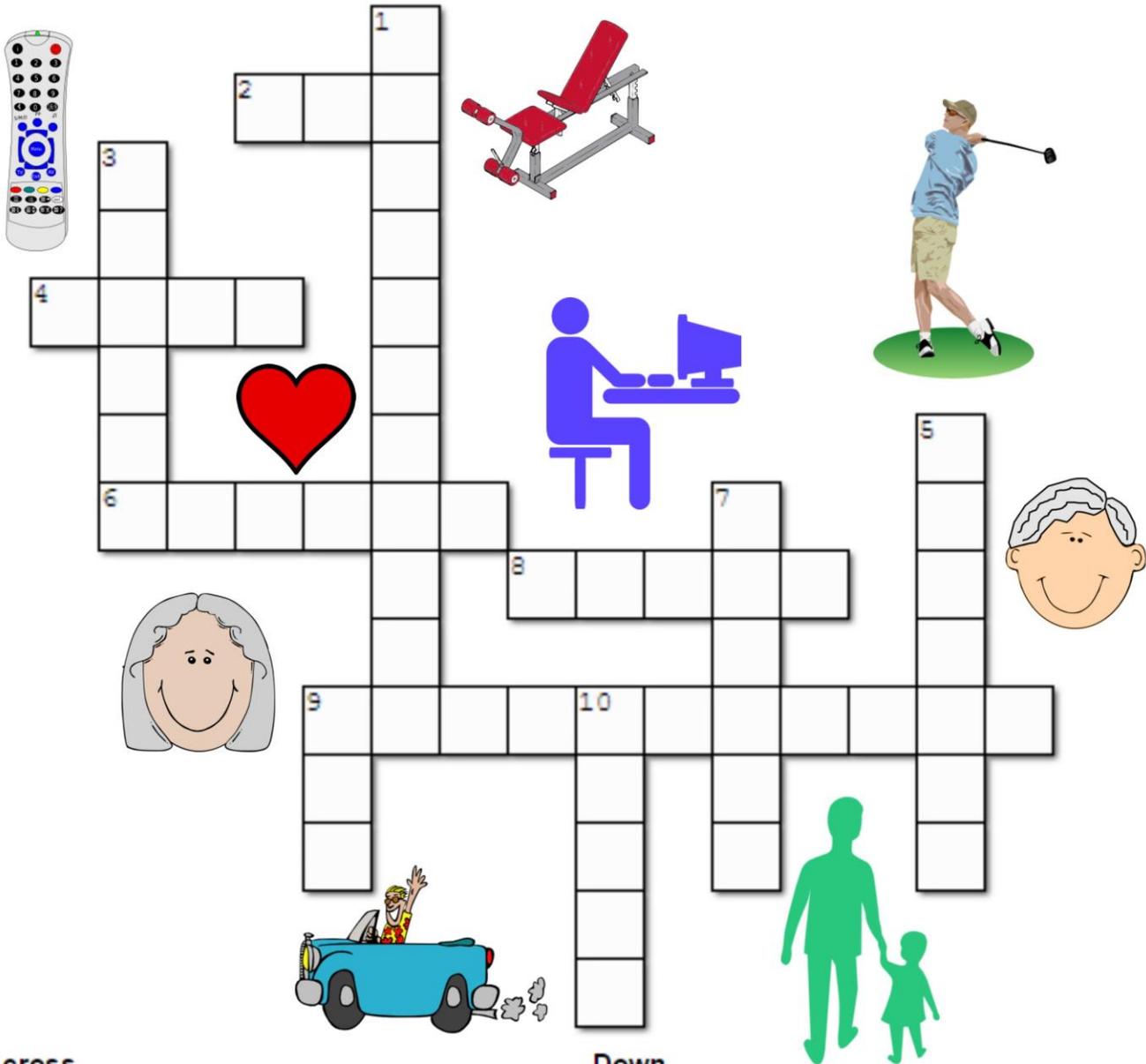
turbet

nopso



Fun Zone

Father's Day Crossword Puzzle



Across

- 2. Dad drives me to school in his ____.
- 4. My dad goes to ____ every day from 9am to 5pm.
- 6. My dad loves to watch ____ on TV.
- 8. I love my daddy and my daddy ____ me.
- 9. My dad's mom is my _____.

Down

- 1. My dad's dad is my _____.
- 3. When I misbehave my dad ____ me.
- 5. If I am in danger my father will ____ me.
- 7. When we watch TV my daddy hogs the _____.
- 9. My father likes to work out at the ____.
- 10. Another name for father.

**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

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

The Village of Brush Park Manor Paradise Valley

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**John Gardner, Vice
Chair**
**James Bradford,
Treasurer**
**Elaine Hearn,
Secretary**
Dakima Jackson
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