



The Village of Brush Park Manor

PARK VALLEY NOTES



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

January 2018

Featured Articles

Village Administrator pg. 1

Announcements pg. 2

After Apple Picking pg. 3

It's Your Life Live it Well pg. 4

The Senior Advocate pg. 5

Birthdays pg. 6

Calendar pg. 7

Fun Zone pg. 8

Fun -Zone pg. 9

Village Administrator

HAPPY 2018 NEW YEAR BRUSH PARK FAMILY

My how time goes by so quickly when you are having fun which I think we have all had a wonderful year with the many new and longstanding activities that were enjoyed for those participating in the various affairs. Each New Year does come with some sadness as we have lost those Brush Park Manor family members so be remindful of the joy that was shared with them during their chapter at Brush Park Manor.

As you may know our calendar fills up quite fast with new educational sessions and entertaining activities so please check your monthly calendars to see what is going on at Brush Park and in the Midtown Area. Both Mr. Massingille and I often times receive tickets for certain events so take advantage when you can or we may no longer be recipients of these gifts.

We celebrate this month the birthday of Dr. Martin Luther King Jr. one of our greatest American Heroes who taught us to live the dream. We say thank you Dr. King and to all those before and after who educated and continue to validate movement without violence.

The annual celebration of Black History Month will be held on February 19th in the Brush Park Manor community room. Thank you to those who came together in planning this wonderful affair. I say thank you to the new residents who are excited about living here and are volunteering their time and talent with new and improving the old ideas. Check the first floor bulletin board in the next several weeks for details.

I personally want to say thank you for the many cards, candy, cookies, cakes and whatever your gift to the staff and I were given over the Christmas Holiday. Especially your gifts to Diego Manning which I delivered to him personally and he was quite surprised saying you found me Ms. Scott with a twinkle in his eye. Again, it does not matter how you pray or whom you pray to please keep him in your prayers. He has a while to go before returning to work and we look forward to that day. His family says thank you for your prayers and being part of his family.

Mr. Mount we appreciate all the work, your time and talent along with the extra hours you are giving in making sure Brush Park Manor remains in tip top condition. Also, Miss Hunter I appreciate you now learning about boilers, hot water heaters, helping with the rubbish and our new camera system. With this extreme weather we have had recently we shall take our hats off to these two staff members. We say Thank you

One cannot change the past, but one can ruin the present by worrying over the future.

Look for PVM on:



Announcements

BLACK HISTORY PROGRAM

Will be February 19, 2018 in the community room.



If you would like to make a donation please see Mrs. Mary Stewart.

PAINT TODAY!

In the community room
January 19th
&
January 26th 2018



If your are interested in to participating, please see Mr Massengille

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.



Frederick Anderson

Announcements

- ☞ Worship Service held every 1st & 5th Sunday at 4:00 pm and, 3rd Sunday at 2:00pm 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)
 - 3rd Sunday Rev. Kelly Jackson
 - 5th Sunday- Rev. Greenfield
- ☞ FOCUS HOPE delivers every 2nd Wednesday. You can sign up too. (Craft Room.)
- ☞ Wal-Mart Shopping
January 2nd, 9th, 16th, 23rd, and 30th
Pick-up 2:00pm.
- ☞ 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,
2nd Floor 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. Kelly Jackson at 12:00 pm Thursdays in the E. Kern Tomlin community room.



Giving Matters.

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

Older adults can THRIVE because of donors like YOU!

Going to the mall to return gifts today?...Or grocery shopping? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Michigan has moved from the **30th oldest state** in the USA to the **10th oldest**.



This is what Thriving looks like!

So what?

More older adults mean **the services YOU help provide are more important than ever.**

Through your support of PVM, you prevent loneliness and isolation by making it possible for residents to attend social events & outings. You provide essential services and enhance the lives of people all over Michigan!!!

You strengthen the economy by keeping seniors active in their communities. **You're the reason that PVM residents Michiganders can thrive as they age.**

Thank you for caring and THANK YOU FOR GIVING!!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

Announcements

The Birthday Club meets monthly in the community room.



* Birthday parties are held quarterly.



The resident association meeting will be held every 4th Thursday 4:30 pm in the community room.

Lindsay Tyler, President

A GIFT IN YOUR WILL can change the lives of seniors.

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...

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller 248.281.2045 mylegacy.pvmf.org

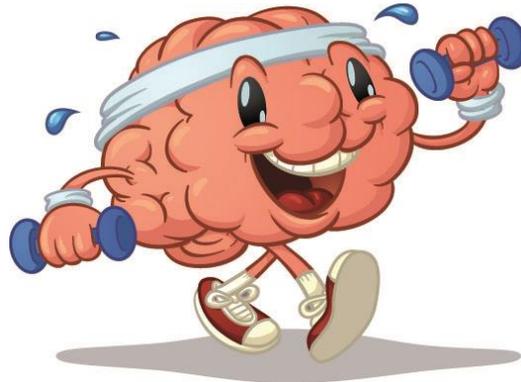
Presbyterian Villages OF MICHIGAN THE FOUNDATION



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

10 TIPS FOR IMPROVING BRAIN HEALTH



This new year why not resolve to improve the health of your brain? Below are 10 tips from the Alzheimer's Association for doing just that.

- 1) **BREAK A SWEAT.** Engage in regular exercise that elevates your heart rate and increases blood flow to your brain such as brisk walking.
- 2) **HIT THE BOOKS.** Take a class online or at a local community center. Formal education at any age helps reduce your risk of cognitive decline and dementia.
- 3) **BUTT OUT.** Quit smoking. Smoking increases your risk of cognitive decline.
- 4) **FOLLOW YOUR HEART.** Take care of your heart. Keeping your heart healthy by controlling your weight and lowering your blood pressure is also good for your brain.
- 5) **HEADS UP.** Wear a seat belt in the car, a helmet when riding a bike, and take steps to prevent falls. Brain injury increases your risk of cognitive decline and dementia.
- 6) **FUEL UP RIGHT.** Eat healthy. A diet low in fat and high in fruits and vegetables, such as the Mediterranean diet may reduce your risk of cognitive decline.
- 7) **CATCH SOME ZZZ'S.** Get a good night's sleep. Inadequate sleep can cause problems with memory and thinking.
- 8) **TAKE CARE OF YOUR MENTAL HEALTH.** Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns, all of which increase your risk of cognitive decline.
- 9) **BUDDY UP.** Pursue meaningful social activities. Staying socially engaged supports brain health.
- 10) **STUMP YOURSELF:** Challenge your mind by engaging in activities that force you to think such as learning a new language, playing a musical instrument, writing with your non-dominant hand, or playing strategy games. Challenging your mind provides short and long-term brain benefits.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

This is very clever. I would probably fall for it if not warned. Give this wide distribution. This scam is actually very clever. Just when you thought you'd heard it all. Be very careful out there! Beware of people bearing gifts.

The following is a recounting of the incident from the victim:

Wednesday a week ago, I had a phone call from someone saying that he was from some outfit called: "Express Couriers," (The name could be any courier company). He asked if I was going to be home because there was a package for me that required a signature.

The caller said that the delivery would arrive at my home in roughly an hour. Sure enough, about an hour later, a uniformed delivery man turned up with a beautiful basket of flowers and a bottle of wine. I was very surprised since there was no special occasion or holiday, and I certainly didn't expect anything like it. Intrigued, I inquired as to who the sender was.

The courier replied, "I don't know, I'm only delivering the package."

Apparently, a greeting card was being sent separately. (The card has never arrived!) There was also a consignment note with the gift.

He then went on to explain that because the gift contained alcohol, there was a \$3.50 "delivery/verification charge," providing proof that he had actually delivered the package to an adult (of legal drinking age), and not just left it on the doorstep where it could be stolen or taken by anyone, especially a minor.

This sounded logical and I offered to pay him cash. He then said that the delivery company required payment to be by credit or debit card only, so that everything is properly accounted for, and this would help in keeping a legal record of the transaction.

He added, "Couriers don't carry cash to avoid loss or likely targets for robbery."

My husband, who by this time was standing beside me, pulled out his credit card, and 'John,' the "delivery man," asked him to swipe the card on a small mobile card machine with a small screen and keypad. Frank, my husband, was asked to enter his PIN number and a receipt was printed out. He was given a copy of the transaction.

The guy said everything was in order, and wished us good day.

To our horrible surprise, between Thursday and the following Monday, \$4,000 had been charged/withdrawn from our credit/debit account at various ATM machines.

Apparently the "mobile credit card machine," which the deliveryman carried now had all the info necessary to create a "dummy" card with all our card details including the PIN number.

Upon finding out about the illegal transactions on our card, we immediately notified the bank which issued us a new card, and our credit/debit account was closed.

We also personally went to the Police, where it was confirmed that it is definitely a scam because several households had been similarly hit.

WARNING: Be wary of accepting any "surprise gift or package," which you neither expected nor personally ordered, especially if it involves any kind of payment as a condition of receiving the gift or package. Also, never accept anything if you do not personally know or there is no proper identification of who the sender is.

Above all, the only time you should give out any personal credit/debit card information is when you yourself initiated the purchase or transaction!

Announcements

The fitness group meets every Monday, Wednesday and Friday.



As long as the weather permits, they will be walking every Wednesday morning outside of the building. Feel free to join them at 10:00 a.m. in the lobby.

Please see Mrs. Lois Horne

January Birthdays



Paul McCracken 1/5

Bessie Johnson 1/8

January Anderson 1/11

Nathaniel Biggs 1/14

Catherine Jackson 1/19

Patrick Roberts 1/19

Joann Wiggins 1/25

Melvies Floyd 1/25

Carolyn Kemp 1/25

Lois Horne 1/31



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

Deb's Dollar Store Plus!

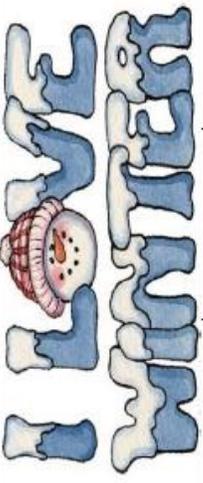
January 16, 2018

10:00 am- 12:00pm



Calendar

JANUARY

	MON	TUE	WED	THU	FRI	SAT
	1 HAPPY NEW YEAR  OFFICE CLOSED	2 WALMART 2:00 pm pick up 	3 Enhanced Fitness 11:30 am 	4 BIBLE STUDY 12:00pm 	5 Enhanced Fitness 11:30 am 	6 BEAUTY SALON 
7 Visit your Church Rev. Knox Communion 	8 Enhanced Fitness 11:30 am 	9 WALMART 2:00 pm pick up 	10 Enhanced Fitness 11:30 am  FOCUS HOPE	11 BIBLE STUDY 12:00pm 	12 Enhanced Fitness 11:30 am  AARP 12:00pm	13 BEAUTY SALON  KAPPAS
14 Visit your Church 	15 OFFICE CLOSED  Dr. Martin Luther King Day	16 WALMART 2:00 pm pick up  DEB'S DOLLAR STORE 10a-12p	17 Enhanced Fitness 11:30 am 	18 BIBLE STUDY 12:00pm  EXTERMINATOR 2nd Floor	19 Enhanced Fitness 11:30 am 	20 BEAUTY SALON 
21 Visit your Church Rev. Kelly Jackson 2:00pm 	22 Enhanced Fitness 11:30 am 	23 WALMART 2:00 pm pick up 	24 Enhanced Fitness 11:30 am 	25 BIBLE STUDY 12:00pm 	26 Enhanced Fitness 11:30 am 	27 BEAUTY SALON 
28 Visit your Church 	29 Enhanced Fitness 11:30 am 	30 WALMART 2:00 pm pick up 	31 Enhanced Fitness 11:30 am 			


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

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 313-832-1576

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Diego Manning
Harrison Mount
 313-832-9922

Ara Hunter
 Housekeeping

Willette Lamar
 Beauty Salon
 313-832-8801



Unscramble the words below:

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isone mreka _____

arypt ath _____

Tsmie Saequr _____

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Times Square

holiday

party hat

cheers

clock

noise maker

midnight

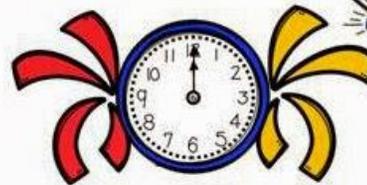
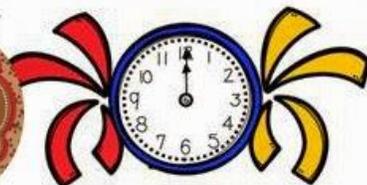
party

celebrate

New Year's Celebrations Around the World

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

TRADITIONS	CELEBRATIONS	FOOTBALL	MIDNIGHT	PARADES
BELLS	FIREWORKS	JANUARY	NOISE	SUITCASE
GRAPES	CLOCK	GOOD LUCK	COSTUME	DRAGON
HAPPINESS	NEW YEAR	PLATES	FAMILY	FRIENDS
DATE	SYMBOL	WHIPPED CREAM	BLACK EYED PEAS	RING CAKE



**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

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Harold Massingille

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Service Coordinator

Del Diego Manning

Maintenance

Harrison Mount

Maintenance

Ara Hunter

Housekeeper

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(313) 832-9922

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(313) 832-8801



The Village of Brush Park Manor Paradise Valley

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**John Gardner, Vice
Chair**
**James Bradford,
Treasurer**
**Elaine Hearn,
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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