



The Village of Brush Park Manor

PARK VALLEY NOTES



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

October 2014

Village Administrator

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It is that time of year again time to receive your Flu shot. Once again Detroit Medical Center (DMC) will be offering flu shots to all those who are interested in receiving this vaccine. The Big Shot Program will be held Thursday, October 16 from 10:00 a.m.- 12:00 p.m. in the Craft Room. Thank you to DMC for always partnering with us in helping to keep the community healthy. Light refreshments will be served after you receive your shot. Again, we will need volunteers as we have in the past to help with registration. Please check the bulletin board for further information.

Mr. Massingille will be hosting a Medicare Part D information program following the Big Shot program. Medicare is a very important program that I would suggest you take advantage of seeing how it changes on a constant basis. Also, open enrollment for Medicare will be held on October 22 at our village. Mr. Massingille has a new student intern who will be with us for several months so please welcome her to our home.

Fall has officially arrived with the beautiful changing colors of the leaves. Leaves can be beautiful but also dangerous when wet where they could cause injury so please be careful.

With maintenance and I inspecting every apartment in the building last month we found the majority of issues to be minor. Maintenance will be following up to make the repairs and adjustments as needed. Contractors have been contacted for those issue that maintenance staff is unable to perform.

The no smoking policy has been in effect for the past three years and during the inspections I discovered we still have residents who continue to smoke in their apartments.

Please contact the office with all maintenance requests and remember it is our responsibility to see that your homes remain safe and that all request are important. Thank you all for your cooperation during this inspection.

Look for PVM on:



"It is easier to leave angry words unspoken than to mend the heart those hearts have broken."



**What' Happening at
Brush Park in October 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 10/9/14
His signup sheet is on the board.
- ☞ Wal-Mart 2nd, 9th, 16th, 23rd, and 30th 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, 2nd 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!

October Birthdays



Mary McClendon 10/3
Minnie Carr 10/10
Elizabeth Rogers 10/10
Delores Hicks 10/13
Eula Williams 10/15
Doris Freeman 10/25
Lorene Vassar 10/27
Marvin White 10/29

F.Y.I (For Your Information)

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

BULLYING AND RESPECT

When you think of the word 'bullying,' your mind may go back to the days on the schoolyard playground, in high school halls, or even in the professional workplace. Bullying, however, can occur at any time and any place in a person's life including our later years. Although it is a growing problem, we can take effective steps toward addressing the issue and perhaps redefine what bullying means.

Bullying can take on many forms which may include name calling, gossiping, insults, racial slurs, shunning, belittling jokes, bossy behavior, invading personal space, spreading rumors, making fun of physical or mental disabilities, making offensive gestures or facial expressions, and engaging in mental and/or physical abuse. It can lead to reduced self-esteem, feelings of rejection, fear and anxiety, depression, suicidal thoughts or actions, self-isolation, increased stress, negative changes in eating and sleeping habits, and negative effects on activities of daily living.

To bully is to essentially disrespect your peers.

There are steps YOU can take to prevent and stop disrespectful thoughts and actions.

Everyone can practice RESPECT:

- **R**ecognize others for who they are and appreciate their differences
- **E**nergize your environment; make it welcoming for others
- **S**upport and uplift the spirit of your peers
- **P**ractice empathy; put yourself in their shoes
- **E**xpand your social network, connect with your peers
- **C**ommunicate with kind words and gestures
- **T**reat others how you would want to be treated

Giving Matters

Support Future Residents *and* Generate Income for Life!

Did you know that there are other ways you can support your PVM Village besides writing a check? You can leave a legacy for future residents through a planned gift to the PVM Foundation, like a charitable gift annuity.

A charitable gift annuity is an agreement between a donor and PVM where the donor makes a gift to PVM. In exchange, the donor receives ***fixed payments for life*** with as high as a 9% rate of return, depending on the donor's age. You don't have to be very wealthy to make a charitable gift annuity. With a little planning, even people of modest means can make a big difference.

With your gift, you can help improve the lives of future residents at your Village in so many ways, such as through Benevolence to help residents in emergency financial situations or fitness programs like *A Matter of Balance* to reduce falls.

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about Charitable Gift Annuities and Calvin Society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you to all our donors who support the PVM Mission and make a lasting impact on future residents!

Warm regards,
Paul J. Miller, CFRE

Presbyterian Villages of Michigan Foundation
presents its 11th annual Gala

Get Your Motors Running!

Sponsorship Packages Available!

Patron Tickets \$375

Individual Tickets \$250

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



Friday, November 14, 2014

COBO Center, Detroit

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

RISK MANAGEMENT

Carrie L. Moon-Dupree,

Vice-President of Risk Management & Quality

2014 Resident Satisfaction Survey



Thank you to the 1,316 residents and families across Presbyterian Villages 25 Villages who took the time to respond to the 2014 Resident Satisfaction survey. Those surveys, plus your written comments, provided us with valuable information concerning what we are doing right and where improvements need to be made. Your administrator, after reviewing the results, will develop steps to improve in key areas that you have indicated are important to you. The results of the survey as well as action plans will be shared with residents, families, board members and staff. Measureable goals are set along with a touch points throughout the year to see what progress is being made.

An important aspect of feedback to residents and families is an explanation of why we can or cannot act on their concerns. For example if a resident at an affordable housing site offered the observation that their rent is too high, we can pass that information along to HUD and MSHDA, but we cannot change how rent is calculated. If however residents do not feel they have received value for their rent money, that is an area we can do something about. The first step would be to find out from the residents what would more value look like to them. In both instances, an explanation is in order.

Communication between administrators and residents is an ongoing process, not just at survey time. It is important that when the 2014 survey results are presented at your Village you attend the resident meeting to discuss the results. Perhaps your administrator needs some clarification on a particular issue or can offer a more detailed explanation as to why something is the way it is. When people work together for the common good, much can be accomplished. The one thing that comes through on both the employee and resident surveys is that we care about each other, which is a great place from which to start.

Presbyterian Villages of Michigan is committed to Service Excellence and the four pillars of: Respect, Relationship, Accountability and listening. You have spoken and we are listening. Together we can accomplish great things.

Eating Healthy



Eating healthy is easier than you might think. Add these simple healthy eating habits to your daily life over the next few weeks and you'll see just how easy it is. By making small changes like these over time, and taking them one at a time, not trying to rush into all of them at once, the changes are more likely to stick.

1. **Eat more fruits and vegetables.** Aim for 4-5 servings each of fruits and vegetables every day, if you consume a 2,000 calorie diet. Vegetable or 100% fruit juice counts toward this goal.
2. **Eat more whole-grain foods.** Like fruits and vegetables, whole-grain foods are low in saturated fat and cholesterol and rich in fiber. Whole-grain foods include whole-wheat bread, rye bread, brown rice and whole-grain cereal.
3. **Use liquid vegetable oils such as olive, canola, corn or safflower as your main kitchen fat.** Limit how much fat or oil you use in cooking, and use liquid vegetable oils in place of solid fats.
4. **Eat more chicken, fish and beans than other meats.** In general, skinless poultry, fish and vegetable protein (such as beans) are lower in saturated fat and cholesterol than other meats (beef, pork and lamb).
5. **Read food labels to help you choose healthy foods.** Food labels provide information to help you make better food choices. Learn what information to look for (for example, sodium content) and how to find it quickly and easily.

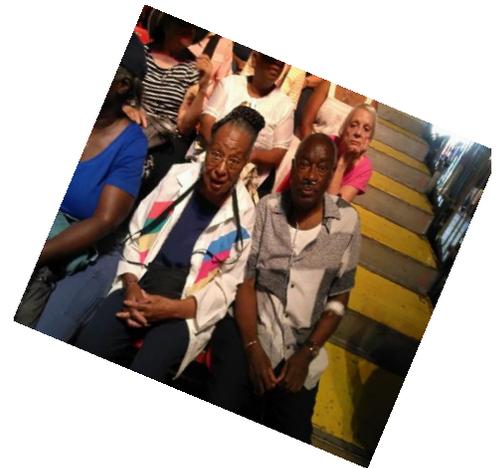
Information provided by: The American Heart Association's website

<http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/5-Goals-to-Eating-Healthy>

Universoul Circus!



On Friday September 5, a few residents of The Village of Brush Park Manor had a fantastic time at the Universoul circus at Chene Park in downtown Detroit!



Fun Zone



PUZZLE 47 BASEBALL TEAMS



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



ANGELS
 ASTROS
 ATHLETICS
 BLUE JAYS
 BRAVES
 BREWERS
 CARDINALS
 CUBS
 DEVIL RAYS
 DIAMONDBACKS
 DODGERS

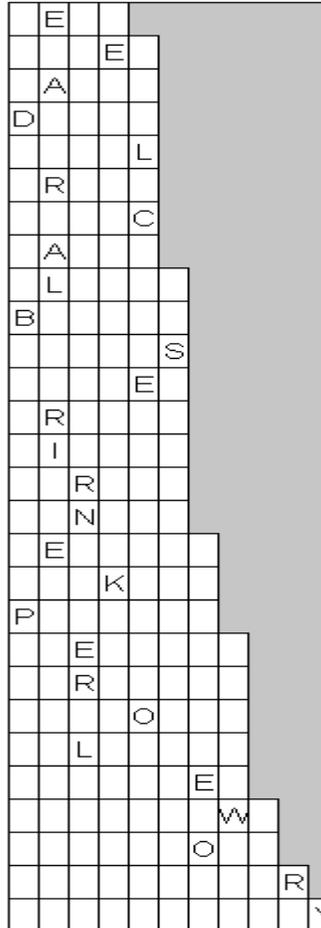
GIANTS
 INDIANS
 MARINERS
 MARLINS
 METS
 NATIONALS
 ORIOLES
 PADRES
 PHILLIES
 PIRATES
 RANGERS

RED SOX
 REDS
 ROCKIES
 ROYALS
 TIGERS
 TWINS
 WHITE SOX
 YANKEES

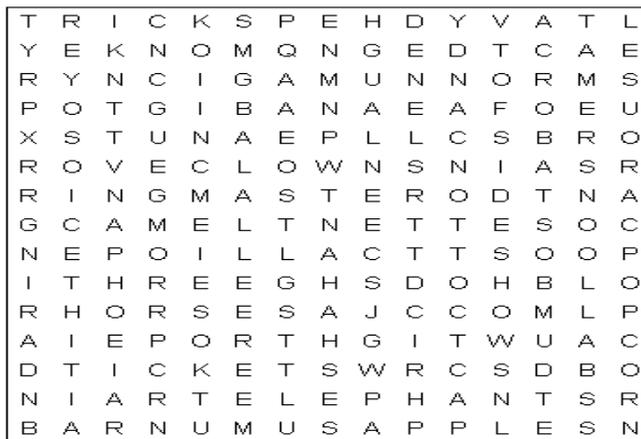


Fun Zone

- Traditionally where a circus performs
- Number of rings in a traditional circus
- Person who goes into the lions cage
- Famous cartoon elephant
- Often kids can ride one of these humped beasts
- How circuses used to travel
- Sleight of hand
- Clowns make everyone do this
- Send in the ___
- He started "The Greatest Show on Earth," PT ___
- Caramel coated ___
- These animals gallop as people perform on them
- Dogs, horses, & elephants perform amazing ___
- Nostalgic name for a circus tent
- The man on the flying trapeze shows this trait
- This animal often hangs out by a organ grinder
- Elephants love them, shell and all
- Get these before they sell out
- Not just a movie snack
- Big, peanut eating pachyderm
- These people go flying through the air
- Kids love to get these; just don't let them go
- Type of whistling pipe organ
- A fun, dizzying ride
- The secondary attractions
- You must have good balance to be a ___ walker
- The man in charge of it all
- Sticky spun sugary treat



CIRCUS FUN!



Enter unused letters from puzzle, in order:

Copy boxed letters to form your hidden message:

October 2014

SUN	MON	TUE	WED	THU	FRI	SAT
						
<p>5</p> <p>Visit your Church 4p.m. Pastor Knox</p> 	<p>6</p> <p>Enhance Fitness 11:30a.m.</p> 	<p>7</p> <p>Arts and Crafts</p> 	<p>1</p> <p>Enhance Fitness 11:30a.m.</p>  <p>BINGO 1:00p</p>	<p>2</p> <p>WALMART</p> 	<p>3</p> <p>Enhance Fitness 11:30a.m.</p> <p>PUBLIC SERVICE Credit union 11:30a.m.-12:30 p.m.</p>	<p>4</p> <p>B e a u t y S a l o n</p> 
<p>1 2</p> <p>Visit your Church 4p.m. Rev. Aaron</p> 	<p>1 3</p> <p>Enhance Fitness 11:30a.m.</p> <p>SHELTON TAPPES 2:00pm. BINGO 2p.m. 4 p.m.</p>	<p>1 4</p> <p>Arts and Crafts</p> <p>DEB'S DOLLAR STORE PLUS 1 p.m.- 3 p.m.</p>	<p>1 5</p> <p>Enhance Fitness 11:30a.m.</p>  <p>BINGO 1:00p</p>	<p>1 6</p> <p>WALMART B e a u t y S a l o n</p> <p>FLU-SHOTS EXTERMINATOR 2nd Floor</p>	<p>1 7</p> <p>Enhance Fitness 11:30a.m.</p> 	<p>1 8</p> <p>B e a u t y S a l o n</p>  <p>KAPPA MEETING</p>
<p>1 9</p> <p>Visit your Church 4p.m. Pastor Knox</p> 	<p>2 0</p> <p>Enhance Fitness 11:30a.m.</p> 	<p>2 1</p> <p>Arts and Crafts</p> 	<p>2 2</p> <p>Enhance Fitness 11:30a.m.</p>  <p>BINGO 1:00p</p>	<p>2 3</p> <p>WALMART</p> 	<p>2 4</p> <p>Enhance Fitness 11:30a.m.</p> 	<p>2 5</p> <p>B e a u t y S a l o n</p> 
<p>2 6</p> <p>Visit your Church 4p.m. Rev. Tyler</p> 	<p>2 7</p> <p>Enhance Fitness 11:30a.m.</p> 	<p>2 8</p> <p>Arts and Crafts</p> 	<p>2 9</p> <p>Enhance Fitness 11:30a.m.</p>  <p>BINGO 1:00p</p>	<p>3 0</p> <p>WALMART</p> 	<p>3 1</p> <p>Enhance Fitness 11:30a.m.</p> <p>HALLOWEEN</p> 	



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

 A Mission of Peshigo, The Village of Michigan, Brush Park Development Corporation, and

Brush Park Manor
Paradise Valley
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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

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**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



Clark Williams
Vilea Robertson

The Village of Brush Park Manor Paradise Valley

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John Gardner, Vice Chair
James Bradford,
Treasurer
Elaine Hearn, Secretary
Dakima Jackson
Paul Johnson
Donald J. McSwain
Ellen Childs
Gwendolyn Robertson
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