

The Village of Brush Park Manor



PARK VALLEY NOTES



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

October 2018

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Village Administrator

October has arrived with the beautiful colors of the leaves and wonderful weather for the next several weeks. So enjoy and again I cannot stress enough about if the weather becomes damp please be careful when walking or driving. Leaves can be very dangerous when wet so please be careful.

When shopping or visiting always go with a friend, family member or with a group. Also, with so much construction in the Brush/ John R street area again whether you are walking or driving be aware of your surroundings.

Focus Hope is delivered the second Wednesday of each month to Brush Park Manor. It is your responsibility to come downstairs and sign the paperwork in order to receive your box. Also, Mr. Massingille will no longer keep boxes of Focus Hope. They will be moved from the Community Room to the Craft Room after 2pm on distribution day. If you are not picking up your boxes that day because of an emergency, please have someone to pick it up for you. If you are no longer interested in receiving Focus Hope please let Mr. Massingille know as there are others waiting to receive their next meal.

I would also like to take this time to say thank you to Ms. Raynell Thompson, Ms. Catherine Jackson and Ms. Lonnie Pinkney residents at the Village of Brush Park Manor Paradise Valley for their patience with the work that is being done in making their apartments healthy and safe for living again. Ladies please let your families and friends know we thank them for the support they are giving you.

Remember this is FLU season so please be sure to get your flu shot we want you to stay healthy.

The air has been turned off for this year and you will have heat this week.

“The only limit to our realization of tomorrow will be our doubts of today.”

Franklin D. Roosevelt

Look for PVM on:



MOVIE DAY AT THE PARK!

1:00 pm in the community room
October 22, 2018



OCTOBER IS BREAST CANCER AWARENESS MONTH

Let your faith be bigger than your fear. 

Laundry Room Etiquette

Please be courteous to your neighbors when utilizing the laundry facilities on the 2nd and 3rd floors. Remember all washers and dryer are to be cleaned after each use.



New Residents

Announcements

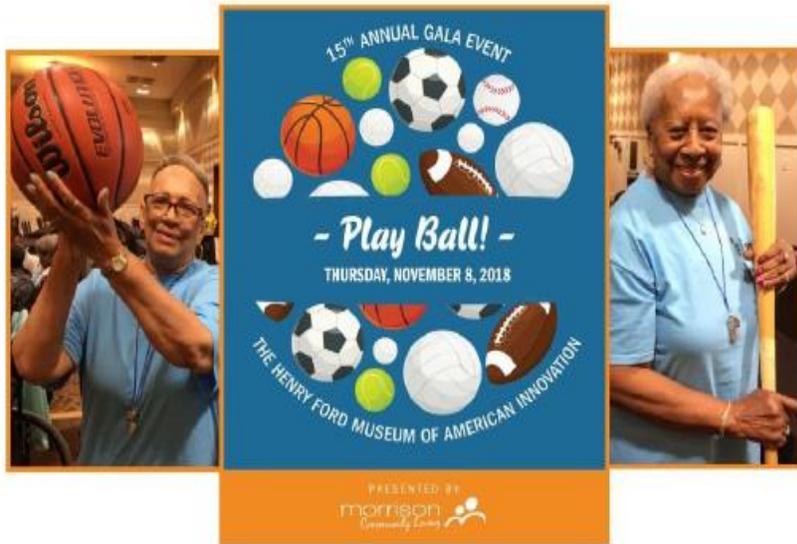
- ☞ Worship Service held every 1st Sunday and 5th at 4:00 pm in the Community Room. This service is open to all faiths; please feel free to invite your family and friends:
- ☞ 1st Sunday—Rev. Rowland Garner (Communion)
3rd Sunday- Rev. Kelly Jackson
5th Sunday- Rev. Greenfield
- ☞ FOCUS HOPE delivers every 2nd Wednesday. You can sign up too.(Craft Room.)
- ☞ Wal-Mart Shopping
October 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
- ☞ 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. Jackson (every Thursday at 12pm) in the E. Kern Tomlin community room.



Giving Matters.

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



PVMF Gala—November 8th!

Come to the best party around Thursday, November 8th at The Henry Ford Museum of American Innovation!

PVMF's 15th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! We hope you can join us for *Play Ball!*

The best part?! By attending, you become the real MVP for the 5500+ older adults served by PVM and you'll help make Michigan a better ~~a better~~ the best place to live at any age!

We hope to see you there!

Join the Fun! Book your tickets:
All Tickets \$300!

Learn more about how to attend at pvmf.org/Gala2018. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

**P.S.* Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!

Announcements

The Birthday Club meets monthly in the community room.



*Birthday parties are held quarterly.



The Resident Association meetings are held every 4th Thursday at 4:30 p.m. in the E. Kern Tomlin community room.

Lindsay Tyler, President



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

So What's All the Fuss About Gluten?



If you're like me, you may have noticed an increase in foods labelled or promoted as being gluten-free. Restaurants too are offering an increasing number of gluten-free options. So what is going on? Is it a left-wing, communist conspiracy or a right-wing, fascist plot to change the way Americans eat? Will the "food police" soon be knocking on your door to check your pantry for gluten? While to some it might seem like it, it's actually a response by the food industry to an increasing number of people diagnosed with celiac disease or who are following a gluten-free diet.

Gluten is a naturally occurring protein found in wheat, rye, and barley. Unfortunately, for an estimated 1 in 100 people consuming foods containing gluten causes their immune system to go "haywire" and attack their small intestine causing substantial damage in the process, a disorder called celiac disease. There is no cure for celiac disease and the only effective treatment is to refrain from eating foods that contain gluten. Foods that commonly contain gluten, unless specifically labelled as gluten free, include breads, pastas, pastries (and other baked goods), cereals, soups, sauces, salad dressings, beer, and malt liquor.

Even the smallest amount of gluten can harm someone with celiac disease regardless of symptoms. Some people with celiac disease have no symptoms at all while others can have severe abdominal pain, joint pain, migraines and extreme fatigue. Most have symptoms that lie somewhere in between. If left untreated, other disorders can develop including diabetes, multiple sclerosis, anemia, intestinal cancer, osteoporosis and dementia.

So if you're like me, someone who has celiac disease, it's a good thing that the food industry is making more gluten-free foods available because it provides us with a little peace of mind and allows us to enjoy eating out with a little less worry. For more information about gluten and celiac disease, visit <https://celiac.org>.

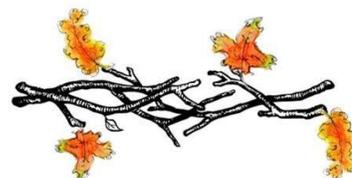
Announcements

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!



I can smell AUTUMN dancing
in the breeze.
The sweet chill of PUMPKIN
and
crisp sunburnt LEAVES.





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Be Prepared Takes on New Meaning

Over the years our Girl Scout and Boy Scout leaders as well as teachers and parents have told us to BE PREPARED. This advice takes on new meaning when we prepare others for the inevitable time when we will pass away and leave the responsibility of handling our affairs over to our loved ones. When we do not prepare we can inadvertently cause much consternation and difficulty for those left behind.

Recently this was highlighted with two celebrities who left no will behind, namely singers Prince and Aretha Franklin. Family relationships can be ruined; and heirs may spend years sorting things out legally. Here are some things to consider:

- Make sure your will is up to date and that you include new members of the family as you wish and remove deceased loved ones.
- Check all of your assets out. You may find that you are worth more than when the original will was created. And you may very likely be worth more than you realized!
- Keep all insurances and passwords handy and make sure your loved ones know how to access them.

I have heard of many bad situations which could have been averted with proper planning. In one instance a son with a brother in Australia had to deal with an emergency admission of both parents at a memory facility; and it took several days to track down the needed information. It all happened on the weekend of course so dealing with insurance companies and banks was not possible until that following Monday. In another instance the father was exceptionally well organized in almost every way. Having come from a field of finance, he had all of the financials and insurance information organized and readily available except for the fact that he had forgotten to give his family the computer password to access everything. When he passed away it took several days to get to the information. His grandson figured it out since his grandpa had taught him how to store and back up his own systems. He knew his modus operandi!

Both of these situations could have been avoided if total planning had occurred. So there is never a more important time to be prepared than planning for your family to assume control of your affairs. Plan away!

Announcements

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



**On Wednesday
mornings as long as
the weather permits,
the Enhanced
Fitness group walks
outside of the
building.
Feel free to join
them at 10:00 a.m. in
the lobby.**

**Please see
Mrs. Lois Horne**

October

Mary Jett 10/3
 Iola-Henry Darling 10/7
 Elizabeth Rogers 10/10
 Willetta Wright 10/11
 Delores Hicks 10/13
 Linnil Martin 10/14
 Eula Williams 10/15
 Doris Freeman 10/25
 Lorene Vassar 10/27



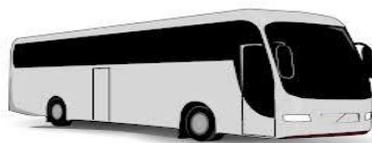
Harold Massingille
Service Coordinator
313-832-1576

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 2:00pm .If you would like to go shopping please be in the lobby every Thursday by 1:30pm.

Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Enhanced Fitness 11:30 am 	2 WALMART 2:00 pm pick up 	3 Enhanced Fitness 11:30 am  BINGO 1:00 PM	4 BIBLE STUDY 12:00pm 	5 Enhanced Fitness 11:30 am 	6 
7 Visit your Church Rev. Garner 	8 Enhanced Fitness 11:30 am  Columbus Day	9 WALMART 2:00 pm pick up Coffee Hour 10:00 am 	10 Enhanced Fitness 11:30 am FOCUS HOPE SHELTON TAPPES BINGO 1:00 PM	11 BIBLE STUDY 12:00pm BINGO  1:00 pm-3:00pm	12 Enhanced Fitness 11:30 am  AARP	13 KAPPAS 
14 Visit your Church 	15 Enhanced Fitness 11:30 am 	16 WALMART 2:00 pm pick up Cider Mill Trip 	17 Enhanced Fitness 11:30 am  BINGO 1:00 PM	18 BIBLE STUDY 12:00pm Deb's Dollar Store Plus 11:00 am 1:00 pm EXTERMINATOR 2nd floor	19 Enhanced Fitness 11:30 am 	20 
21 Visit your Church Rev. Kelly Jackson 	22 Enhanced Fitness 11:30 am Movie Day At the Park  Movie Day At the Park	23 WALMART 2:00 pm pick up 	24 Enhanced Fitness 11:30 am  BINGO 1:00 PM	25 BIBLE STUDY 12:00pm 	26 Enhanced Fitness 11:30 am 	27 Silhouette Blingo 
28 Visit your Church 	29 Enhanced Fitness 11:30 am  Movie Day At the Park	30 WALMART 2:00 pm pick up 	31 Enhanced Fitness 11:30 am  BINGO 1:00 PM HAPPY HALLOWEEN 			



Brush Park Manor
Paradise Valley
2900 Brush St
Detroit, MI 48201
Phone: 313-832-9922
Fax: 313-832-8801
E-mail: www.pvm.org

Jeanie Scott
Administrator

Tanisha Reed-Hobbs
Administrative Assistant

Harold Maslingille
Service Coordinator
313-832-1576

Maintenance
Diego Manning
Harrison Mount
313-832-9922

Ara Hunter
Housekeeping

Willette Lamar
Beauty Salon
313-832-8804

Fun Zone

Spooky Halloween Crossword Puzzle

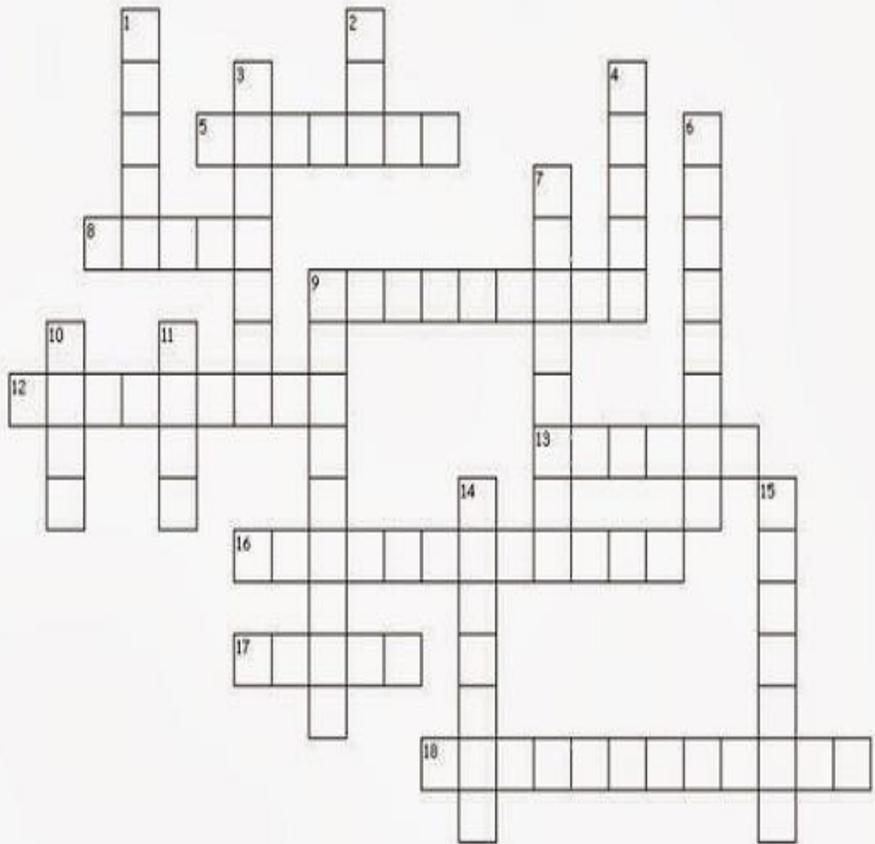


Across

- 5. Scary creature like Frankenstein
- 8. Boo! Yikes, it's an apparition!
- 9. Delicious brown candy
- 12. The holiday name
- 13. Howdy pardner, this costume might make you want to ride a horse!
- 16. Pumpkin carved
- 17. A celebration of the holiday with lots of people.
- 18. Ring the doorbell and say...

Down

- 1. Pointy hat and broom
- 2. They fly, but they are mammals
- 3. What do you wear?
- 4. Bobbing for this fruit
- 6. All our bones
- 7. Meow, don't let this animal cross your path.
- 9. No cob for this candy
- 10. Covering for your face
- 11. The round light in the sky at night
- 14. He wants to drink your blood!
- 15. A scary house filled with ghosts is said to be...



Word Search

OCTOBER IS BREAST CANCER AWARENESS MONTH

Think Pink!

October is Breast Cancer Awareness month. Breast cancer is a cause that is near and dear to many of us. Keep Calm and Think Pink as you find and circle the words in the grid below. Solutions may be forward, backward, up, down, and diagonal.



Advocate
Affected
Awareness
Believe
Brave
Breasts
Chemotherapy
Courage
Cure

Diagnosis
Education
Faith
Fight
Healthful
Hope
Love
Malignant
Mammogram

Mastectomy
Message
October
Optimistic
Peace
Pink
Positive
Power
Recovering

Research
Screening
Spirit
Strength
Survivor
Treatment
Tumor

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**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
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Treasurer
Elaine Hearn,
Secretary
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Donald J. McSwain
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McCoy Hicks Jr.



THINK PINK

October is
Breast Cancer
Awareness Month!

SUPPORT
THE
FIGHT!