



The Village of Brush Park Manor

# PARK VALLEY NOTES



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

November 2014

## Village Administrator

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To those residents who volunteered their time and talent on November 24 for the focus group, I wish to take this opportunity to thank you from Presbyterian Villages of Michigan and Brush Park Manor for your input in helping with our strategic plan for the future. I want to thank Mr. Massingille for substituting in my absence. Mrs. Bernice Jones It would not be Halloween without you from the bottom of my heart thank you so much for providing the candy each year for the witch's kettle outside the office.

I also want to thank my volunteers who helped with the Flu Shots. We had a wonderful turn out this year and DMC is to be thanked for providing us with the medication and their great staff. Blood Pressures will be taken this month once again by the Wayne State Nursing Students. A notice of time and location will be sent out prior to their arrival.

With the holidays coming up, again please be careful when you are out shopping. Always travel with family members or your neighbor. Please do not withdraw funds from ATM Machines at night along with daylight hours be very careful with withdrawals. Public Service Credit Union is here to serve you each month please take advantage of this service by withdrawing funds, buying postage stamps or getting change for laundry.

The Detroit Library Bookmobile comes to Brush Park Manor for your reading pleasure. We have lost several of our readers due to move-outs. The staff of the library has informed us that if we do not have more residents checking out books we will lose this service. Remember services that are brought to us should be used or we will lose them.

November 11 Veterans Day a continental breakfast will be served for all Veterans and residents in the community room 9:00am until 11:00am hosted by Mr. Massingille.

Remember Daylight Savings Time begins on Sunday, November 2, at 2:00a.m. Remember to turn your clocks back 1 hour.

HAPPY THANKSGIVING TO THE RESIDENTS AND BRUSH PARK MANOR BOARD MEMBERS.

A grudge is one thing that does not get better when it is nursed.

Look for PVM on:





**What' Happening at  
Brush Park in November 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 12/11/ 2014  
His signup sheet is on the board.
- ☞ Wal-Mart Shopping November 6<sup>th</sup>, 13<sup>th</sup>, and 20<sup>th</sup> 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,  
3rd 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!**

## November Birthdays



Sylvia English 11/3  
 Sarah Richardson 11/5  
 Christine Hawkins 11/6  
 Violet Pruitt 11/8  
 Harriette Jenkins 11/9  
 Thomas Jackson 11/9  
 Florine Grice 11/13  
 Kenneth Jenkins 11/18  
 Nathan Anderson 11/19  
 Pearl Reynolds 11/26  
 Floretta Stephens 11/26  
 Beverly Daniel 11/26

## F.Y.I (For Your Information)

# Healthy Living for Older Adults



*Professionals will provide*  
Educational materials on:

- Fall Prevention
- Proper Body Mechanics
- Hearing Screening
- Home Safety/ Exercises
- Cholesterol/Glucose Screening  
*(Best results for this test are when no food is eaten)*
- Blood Pressure Screening
- Leisure Resources & More

**Light Refreshments & Giveaways**

**When:**

Tuesday, November 18, 2014  
9:00 am to 12:00 pm

**Where:**

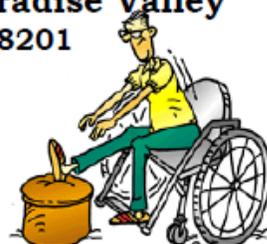
The Village of Brush Park Manor Paradise Valley  
2900 Brush Street Detroit, MI 48201

*Living without Limitations*

Sponsored by

**DMC**

Rehabilitation Institute  
of Michigan



## Giving Matters

### Help PVM Residents Who Need It Most

Did you know that PVM offers financial assistance to residents who have outlived their resources, so they are always able to call PVM their home? And did you also know that PVM also supports residents in an emergency financial need? This type of support is offered through the Benevolence Fund and positively impacts *each and every PVM Village*. **You can help support residents who need it most by making a donation to PVM's Benevolence Fund today!**

The residents using Benevolence funds today did not plan to be in dire financial circumstances. Savings may have disappeared due to an unexpected healthcare expense or simply because they lived to be over 100 years old! Other residents only need temporary help, perhaps with an unexpected expense such as expensive medical equipment for a resident who is nearly blind, food for a resident who was the victim of a phone scam and countless other examples.

Your gift supporting the Benevolence Fund during November and December is eligible to be matched, \$1.00 for \$1.00! Maximize your gift today by visiting the front desk, your Village Administrator or our website, [www.pvmfoundation.org](http://www.pvmfoundation.org) (your gift must be designated for Benevolence to be eligible for the match).

And, new this year, for any Benevolence gift received by the PVM Foundation office on **Tuesday, December 2<sup>nd</sup>, or "Giving Tuesday," we will double the match, \$2 for every \$1 donated!** For more information, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org). Thank you for supporting residents and for making a difference!

Warm regards,  
Paul J. Miller, CFRE

**Presbyterian Villages of Michigan Foundation**  
presents its 11th annual Gala

*Get Your Motors Running!*

*Friday, November 14, 2014*  
COBO Center, Detroit

*Sponsorship Packages Available!*

**Patron Tickets \$375**

**Individual Tickets \$250**

For more information, contact PVM Foundation at **248.281.2040** or visit [www.pvmfoundation.org](http://www.pvmfoundation.org)



**5:30 p.m.**  
VIP Pre-Reception & Raffle Preview  
(Sponsors & Patron Tickets only)

**6:30 p.m.**  
General Reception & Raffle

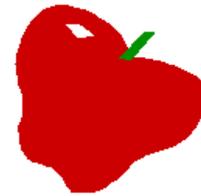
**7:30 p.m.**  
Dinner, Program & Entertainment

## Poems

### After Apple Picking

*By Robert Frost*

My long two-pointed ladder's sticking through a tree  
 Toward heaven still.  
 And there's a barrel that I didn't fill  
 Beside it, and there may be two or three  
 Apples I didn't pick upon some bough.  
 But I am done with apple-picking now.  
 Essence of winter sleep is on the night,  
 The scent of apples; I am drowsing off.  
 I cannot shake the shimmer from my sight  
 I got from looking through a pane of glass  
 I skimmed this morning from the water-trough,  
 And held against the world of hoary grass.  
 It melted, and I let it fall and break.  
 But I was well  
 Upon my way to sleep before it fell,  
 And I could tell  
 What form my dreaming was about to take.  
 Magnified apples appear and reappear,  
 Stem end and blossom end,  
 And every fleck of russet showing clear.  
 My instep arch not only keeps the ache,  
 It keeps the pressure of a ladder-round.  
 And I keep hearing from the cellar-bin  
 That rumbling sound  
 Of load on load of apples coming in.  
 For I have had too much  
 Of apple-picking; I am overtired  
 Of the great harvest I myself desired.  
 There were ten thousand thousand fruit to touch,  
 Cherish in hand, lift down, and not let fall,  
 For all  
 That struck the earth,  
 No matter if not bruised, or spiked with stubble,  
 Went surely to the cider-apple heap  
 As of no worth.  
 One can see what will trouble  
 This sleep of mine, whatever sleep it is.  
 Were he not gone,  
 The woodchuck could say whether it's like his  
 Long sleep, as I describe its coming on,  
 Or just some human sleep.



## Eating Healthy

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



### Tips for Making a Healthy Pie for the Holidays

Delicious pies can be sneaky with their calorie, salt, fat, and sugar content; however, healthy pies can be just as delicious by applying these simple and fun tips when you bake away for the holidays!

- 1. DIY** – Make your own crust out of simple ingredients: flour, fat, salt, sugar, water.
- 2. Sub in sour cream or yogurt** – Add a dollop of reduced-fat sour cream or Greek yogurt to pie crust in place of some of the butter.
- 3. Fill with fiber** – Substitute white flour with whole-wheat flour. Whole-wheat pastry flour is good for a finer crumb.
- 4. Go nuts** – Replace some of the flour with nuts to add in protein, vitamins, and fiber. Try using almond flour or grinding your own pecans.
- 5. Sweeten smart** – Reduce sugar by using fruits that are naturally sweet on their own. For extra flavor, spice up your pie with nutmeg (pairs well with berries), cinnamon (pairs well with apple pie), or ginger (pairs well with peaches).
- 6. Spread lightly** – Melt a teaspoon of butter then dab it on the pie pan with a paper towel, or use a light mist of cooking spray.
- 7. Experiment with different flours** – Quinoa flour is a unique option; it is nutrient-rich, packed with protein, and easy to digest.
- 8. Toss in tofu**- Use tofu as a filling base that is creamy and guilt-free! Tofu can adapt to whatever it is flavored with – like adapting to the chocolate flavor in a pumpkin chocolate mousse cake.

These tips were adapted from *greatist.com*

## Senior Advocate

### THANKSGIVING – A TIME TO THANK OTHERS



*Happy Thanksgiving*

The holidays are in full swing! Alongside the Halloween costumes are displays of Thanksgiving and (YES!) Christmas and Hanukkah decorations. Thanksgiving is reportedly one of the most traveled holidays while airports and highways are clogged with people trying to return to their hometowns to reconnect with family and friends.

Let's also think about the folks who helped us get to where we are in life. Chances are there were many others in your life other than your parents who guided you along life's journey. It could be an aunt or uncle, grandparents or a neighbor or teacher who were part of your growing up years. I was reminded recently of a former neighbor, "Uncle Pat", who used to pack his five children into their blue station wagon for a trip to the local swimming pond. As an only child it was always an adventure for me to be part of the gang. And they always seemed to find room for me to join in.

Recently my mom and I went to visit friends and relatives in my hometown located about five hours from here. We had a packed schedule which included relatives and friends from my parents' genealogy society. There was little time to spare. Yet, there were two visits which meant a great deal to my mom. They were stops to visit my aunt as well as a long-time friend of my parents. Both are presently in nursing homes. One visit involved driving a great distance into the countryside of Pennsylvania and was not very desirable geographically. I reminded myself that she had been a very good aunt to me and that her son has been wonderful to my parents by making a visit to them a top priority during the last days of my father's life.

Once we were deep into the countryside I noticed what a beautiful scene lay before us. It was truly spectacular scenery. "This is a good adventure!" I said to myself. However, nothing could compare to the look of joy on my Aunt Mary's face, as well as that of my mom's friend at the other nursing home, when they enjoyed our visits. So along with enjoying touch football, games on television, favorite recipes of family and catching up with family and friends, please remember those who can't join in the festivities with a visit and celebrate the important message inherent in Thanksgiving! I wish all of our readers a wonderful holiday.

Lynn Alexander

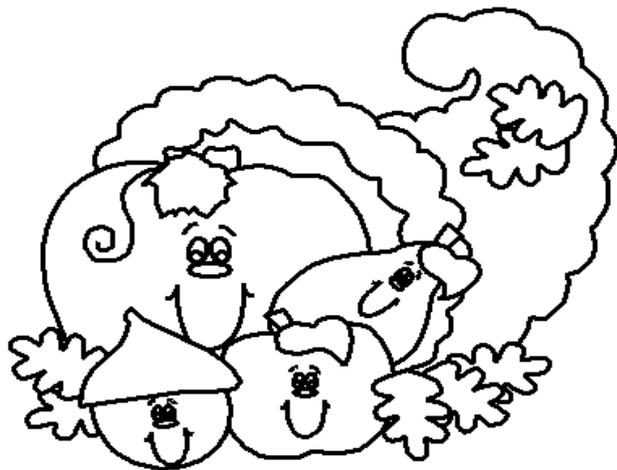
## Fun Zone

# Thanksgiving Word Search

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

COOK  
 CORN  
 DINNER  
 FALL  
 FAMILY  
 FEAST  
 FOOD  
 GRAVY  
 HARVEST

MAIZE  
 PILGRIMS  
 PUMPKIN  
 RELATIVES  
 SETTLERS  
 SQUASH  
 STUFFING  
 THANKS  
 TURKEY





# 20



# 14

SUN	MON	TUE	WED	THU	FRI	SAT
<p>2 Pastor Knox 4 p.m. </p> <p><b>DAYLIGHT SAVING TIME</b> <b>FALL BACK ONE HOUR</b></p>	<p>3 Enhance Fitness 11:30a.m. <b>PUBLIC SERVICE CREDIT UNION</b> 12:00 p.m.-1:00 p.m.</p>	<p>4 <b>Arts and Crafts</b>  <b>ELECTION DAY</b> (Make sure that you vote)</p>	<p>5 Enhance Fitness 11:30a.m. <b>BINGO</b> 1:00p </p>	<p>6 <b>WALMART</b> 9:00 am pick up  Beauty Salon</p>	<p>7 Enhance Fitness 11:30a.m.  Beauty Salon</p>	<p>1 Beauty Salon </p>
<p>9 Visit your Church 4p.m. Rev. Aaron </p>	<p>10 Enhance Fitness 11:30a.m. <b>SHELTON TAPPES</b> 2:00pm.</p>	<p>11 <b>VETERANS DAY</b> <b>DEB'S DOLLAR STORE PLUS</b> 1 p.m.- 3 p.m.</p>	<p>12 Enhance Fitness 11:30a.m. <b>BINGO</b> 1:00p </p>	<p>13 <b>WALMART</b> 9:00 am pick up <b>FOCUS HOPE</b> Beauty Salon</p>	<p>14 Enhance Fitness 11:30a.m. <b>AARP</b></p>	<p>15 Beauty Salon  <b>KAPPA MEETING</b></p>
<p>16 Visit your Church 4p.m. Pastor Knox </p>	<p>17 Enhance Fitness 11:30a.m. </p>	<p>18 <b>Arts and Crafts</b> </p>	<p>19 Enhance Fitness 11:30a.m. <b>BINGO</b> 1:00p </p>	<p>20 <b>WALMART</b> 9:00 am pick up <b>EXTERMINATOR</b> 3rd Floor</p>	<p>21 Enhance Fitness 11:30a.m.  Beauty Salon</p>	<p>22 Beauty Salon </p>
<p>23 Visit your Church 4p.m. Rev. Tyler </p>	<p>24 Enhance Fitness 11:30a.m. </p>	<p>25 <b>Arts and Crafts</b>  <b>WORKSHOP</b></p>	<p>26 Enhance Fitness 11:30a.m. <b>BINGO</b> 1:00p </p>	<p>27 <b>HAPPY THANKSGIVING</b> </p>	<p>28 Enhance Fitness 11:30a.m.  Beauty Salon</p>	<p>29 Beauty Salon </p>
<p>30 Visit your Church 4p.m. Rev. Greenfield</p>						



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)



The Village of  
**Brush Park Manor  
Paradise Valley**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan



Toni Germaine  
Henry White

### 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  
Dana Armenteros  
Lynda K. Jeffries  
Michael Morrison  
Stacy Brackens

