

The Village of Brush Park Manor

PARK VALLEY NOTES



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

December 2018

Village Administrator

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Once again to you the residents' of Brush Park Manor Paradise Valley it is that time of year where many are celebrating the Christmas Holiday. **However, if you do or do not celebrate this day you are asked that respect be shown towards each and every individual within your home and in the community.** Roger Myers President/CEO of Presbyterian Villages of Michigan take great pride in that every resident who resides in our villages are treated with the upmost respect from our entire staff and among yourselves every day whether it be a day of celebration or not.

It is a busy month so please check your calendars for the various activities. Movie Day on Monday December 16 at 1:00pm, Brush Park Manor Christmas Party December 13 at 6:00p.m., Christmas Brunch Monday December 17 at 11:00 a.m., Kappa Alpha Psi resident holiday gala December 20 at 6:00p.m. The resident party is the only event where you may invite a guest. Please do not invite guests for the other celebrations.

Thank you to the staff for their skills in decorating the beautiful Christmas Trees and hanging all the decorations throughout inside and outside your home. Let them know you appreciate them for their hard work. I will have to take a walk through the building to see the beautiful decorations that adorn your doors and shelves each year, so thank you for helping to keeping the spirit of the season.

Over the years' Brush Park Manor has been very fortunate in receiving free tickets for various sporting events, plays and other fun filled activities. I am going to have to begin not excepting these wonderful gestures as it seems no one wants to take advantage of them any longer. You are one of the most fortunate senior housing to receive these gifts from the community so let us try to do better next year in showing our appreciation for what is donated to us.

Farmer's Almanac stated this is going to be a light winter for Michigan, but please remember any inch of snow or ice can be dangerous dress warm and be careful in your travels at home or away.

Look for PVM on:



"You will rise by lifting others"

Robert Green Ingersoll

MOVIE DAY AT THE PARK!

1:00 pm in the
community room
December 10th, 2018



KAPPA ALPHA PSI HOLIDAY GALA

(Residents only)

December 20, 2018
6:00 pm in the community room.



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

Bobby Jean Green

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
December 4th, 11th, 18th
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.
- ## 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. Jackson (every Thursday at 12pm) in the E. Kern Tomlin community room.



Giving Matters.

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

The holidays aren't happy for everyone.

Loneliness kills. Donors save lives.



Tim's holidays used to be filled with shopping trips, family outings and more. But time has created a void—especially around the holidays.

Each year Tim and his wife, Mary, would spend the evenings before Christmas shopping together and enjoying meals out while looking for the perfect gifts for their family. Since Mary's death four years ago, Tim spends most of his time alone. His children are grown and live miles away.

Without the help of donors, Tim would be extremely lonely.

Thankfully, he lives at a PVM Village where he can participate in holiday parties, social outings, shopping trips and more—all made possible by caring donors.

You're needed to keep older adults like Tim from extreme loneliness!

Loneliness kills. Studies suggest it's even deadlier than smoking.* Here's why:

- Around 30% increased risk of heart disease & stroke
- 64% increase in developing dementia
- 26% increased likelihood of death

*Data from IBM Institute for Business Value

You can make your gift by calling 248-281-2040 or by visiting GiveToPVMF.org today! Thank you for helping an older adult like Tim.

Happy holidays!

Paul J. Miller, CFRE

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



Life Without a Car – Part 2

In last month's column I shared that due to some minor repair work I spent a little over a week without a car, yet still had things to do and places to be. Heeding the advice of my daughter's boyfriend, I decided to look for apps I could download onto my smartphone that would help address this dilemma.

Starting with transportation, I essentially had two options: Lyft and Uber. Both connect you to people who - for a small fee - use their personal cars to take you places. Because I was a first time user, Lyft offered me \$5 off my first eleven rides so logically I chose them. I went to Apple's online App Store and within seconds had the free app downloaded on to my iPhone. After entering my contact information - and of course a valid credit card - I was all set to start using the app.

The next morning, when I was ready for work I launched the app, entered the address of where I needed to go and in less than a minute was notified that a driver was on his way to pick me up. I was provided with the driver's name and photograph, along with the make and model - and picture - of the car he was driving and its license plate number. He arrived in just under six minutes. Through the app, through use of an avatar I could actually watch his car make its way to my home.

The car was clean and in good condition and the driver was friendly. The ride to work took no longer than usual and cost a little over a \$1 per mile. When I factored in my car payment, the cost of gas and insurance, and the cost of repairs and depreciation I discovered that if I took 1 to 2 short rides per day (6 - 10 miles) the cost was only slightly more than what I pay to use my own car. It was definitely cheaper than a taxi or renting a car and it was extremely convenient. I used Lyft the rest of the week and the longest I had to wait for a ride was 9 minutes.

Next month I'll share how I was able to go grocery shopping without leaving the comfort of my couch.

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!

**The office will be closed
on Christmas Day and
will re-open on
Wednesday December
26, 2018 at 9:00am.**





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Help Us Spread the Word



Almost everyone I know has embraced social media. With the upcoming holidays it will help families stay in touch with each other even if they cannot be with each other in person. For me, nothing compares to a tea party with my granddaughter on FaceTime to tide me over until our next visit.

The same holds true with our PVM family. With so many locations we have been able to share good news, celebrations and special events with each other. One advantage of the Presbyterian Villages of Michigan Facebook page which you may not be aware of is that it allows us to get the word out to the rest of the world. Others can see how unique we are in terms of resident engagement, service excellence and vitality.

We have now surpassed the 3,000 mark for Likes on our page; and almost all of our Likes have transitioned into followers. This is triple the number we had just a few short months ago. You can help us reach even more people. And the more Likes we have the more clout we have with social media. This helps us keep our Villages strong with high occupancy. Please Like us if you have not yet done so; and ask your family and friends to join in on the fun as well. An added bonus is that you will all be in the know when it comes to PVM and also be privy to information on Wellness and other age related issues and opportunities.

Speaking of keeping in touch with family and friends, we wish our readers a joyful holiday season and all the best in the coming year!

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

DECEMBER

Eugene McConnell 12/3
 Jefferson Samuels 12/6
 Margaret Anderson 12/13
 Mary Stewart 12/14
 Eugenia Gorgon 12/14
 Relelie Rogers 12/15
 Velma Craig 12/23
 Lucile Poe 12/29



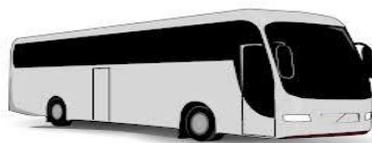
Harold Massingille
Service Coordinator
313-832-1576

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

Calendar



SUN	MON	TUE	WED	FRI	SAT
					1 BEAUTY SALON
2 Visit your Church Rev. Garner	3 Enhanced Fitness 11:30 am	4 WALMART 2:00 pm pick up	5 Enhanced Fitness 11:30 am BINGO 1:00 PM	7 Enhanced Fitness 11:30 am	8 BEAUTY SALON KAPPA MEETING
9 Visit your Church	10 Enhanced Fitness 11:30 am MOVIE DAY 1:00pm	11 WALMART 2:00 pm pick up	12 Enhanced Fitness 11:30 am BINGO 1:00 PM	14 Enhanced Fitness 11:30 am	15 BEAUTY SALON
16 Visit your Church Re. Kelly-Jackson	17 Enhanced Fitness 11:30 am Christmas Brunch 11:00 am	18 WALMART 2:00 pm pick up TURNING POINT STUDENTS 11:00 am 1:00pm	19 Enhanced Fitness 11:30 am BINGO 1:00 PM	21 Enhanced Fitness 11:30 am	22 BEAUTY SALON
23 Visit your Church	24 Enhanced Fitness 11:30 am Christmas Eve	25 MERRY CHRISTMAS	26 Enhanced Fitness 11:30 am BINGO 1:00 PM	28 Enhanced Fitness 11:30 am	29 BEAUTY SALON
30 Visit your Church Rev. Garner	31 Enhanced Fitness 11:30 am NEW YEARS EYE				

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

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Recipes

Ingredients

3 1/2 cups all-purpose flour
 1/2 teaspoon salt
 1/4 teaspoon baking powder
 1 1/2 sticks (12 tablespoons) unsalted butter, softened
 1 1/2 cups granulated sugar
 2 large eggs
 2 teaspoons vanilla extract
 Gel-paste food coloring, optional
 Royal Icing, recipe follows
 Edible decorations, such as sprinkles or candy balls, optional

Christmas Cookies



Royal Icing:

1/4 cup meringue powder
 8 cups sifted confectioner's sugar

1. In a large bowl, use a whisk to combine the flour, salt and baking powder. In the bowl of a stand mixer fitted with the paddle attachment, beat the butter and sugar together on medium speed until light and fluffy, 3 to 5 minutes. Add the eggs and vanilla extract and beat until completely combined.
2. Reduce the mixer speed to low and add the flour mixture slowly, about 1/2 cup at a time until finished, mixing until just combined. Form the dough into 2 disks and wrap in plastic. Refrigerate until slightly firm, about 1 hour, or up to overnight.
3. Preheat the oven to 350 degrees F. Line 2 baking sheets with parchment paper, or spray with cooking spray.
4. Roll the dough out onto a floured work surface and use cookie cutters to cut out shapes, then transfer to the prepared baking sheets, leaving about a 2-inch space between each cookie.
5. Chill the cut-out cookies on the baking sheets for about 15 minutes before baking for a more precise shape. Bake until just starting to become crisp and golden around the edges, about 15 minutes. Remove the cookies to a rack and let cool completely.
6. Use food coloring to tint Royal Icing into different colors. To decorate, cover the cookies with the Royal Icing, then sprinkle on decorations while the icing is still wet. Let the icing set completely.

Royal Icing:

1. Add the meringue powder to 1/2 cup water in the bowl of a stand mixer fitted with the whisk attachment and whip for about 30 seconds. Slowly add the confectioner's sugar, and continue to beat until medium peaks form. If the icing is too stiff, add water a tablespoon at a time. Keep covered until ready to use. Transfer to a squeeze bottle for easier decorating.

Word Search

Winter Compound Word Search

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

Evergreen
 Fireplace
 Fruitcake
 Gingerbread
 Nutcracker
 Overcoat

Peppermint
 Pinecone
 Snowball
 Snowman
 Wintertime

**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

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Administrator

Tanisha Reed-Hobbs
Administrative Assistant

Harold Massingille
(313) 832-1576
Service Coordinator

Harrison Mount
Maintenance

Nelson Scott
Maintenance

Ara Hunter
Housekeeper

EMERGENCY NUMBER

(313) 832-9922

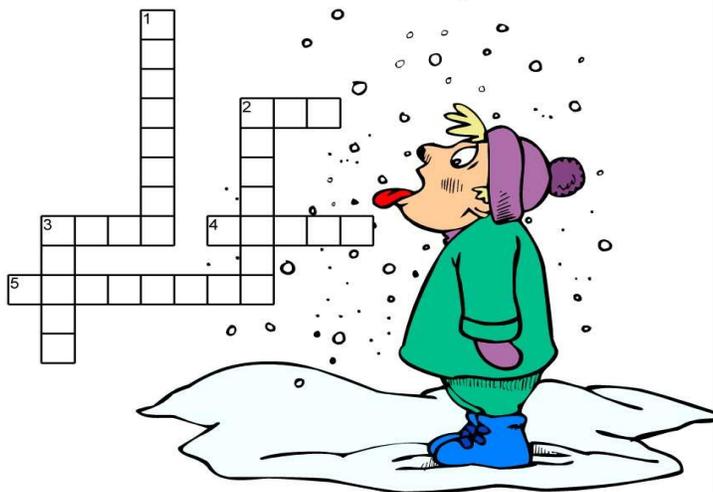
FAX

(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

Winter weather!



Across

2. ___ is very slippery and dangerous when on the sidewalk or street.
3. This fluffy white stuff falls from the sky.
4. This unpleasant stuff is a cross between snow and rain.
5. Wear these on your ears to keep them warm.

Down

1. This big vehicle clears the snow from the streets.
2. These long stems of ice can form on the edges of a roof.
3. Wrap this around your neck to feel cozy when it's cold outside.

The Village of Brush Park Manor Paradise Valley

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