



The Village of Brush Park Manor

PARK VALLEY NOTES



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

December 2019

Village Administrator

“MERRY CHRISTMAS AND HAPPY HOLIDAYS TO EACH OF YOU”

This is an exciting time of year with so many activities for all to enjoy. Brush Park Manor is known to be a stimulating place where you as residents make so many wonderful things to happen.

Ms. Safea Pankey daughter of our former resident Ms. Mae Catherine Olford who has acquired her mother’s talents is leading the excitement by making sure the bazaar which will be held next week is a success. She along with other residents will be making this event one to remember. Please come out to see what beautiful gifts you may want to purchase for the holiday.

The Kappa’s will be hosting their annual celebration on December 19 at 6:00pm. Every resident is invited to this dinner that will include the best meal in town and a lot of fun activities. For those who are new to Brush Park there is no cost. This event is for residents only please do not invite family members or friends.

The ETA PHI BETA Sorority, Inc. Alpha Chapter will be hosting Vespers Candlelight Service on Saturday December 21 at 12:00 noon. If you are interested in attending there is a sign-up sheet on the first floor bulletin board. You must sign up in order to be a part of this service.

And last but not least Mr. Massingille will be hosting a Christmas Brunch for those who would like to attend. Please check your calendar and first floor bulletin board for all events.

Please let us not forget those who are no longer with us, the homeless, sick and shut-in, and those who are serving to protect our country.

Once again I must ask that we show respect for those who do not celebrate this holiday season as they respect you who do celebrate.

It is good to be children sometimes, and never better than at Christmas, when its mighty Founder was a child Himself.

Charles Dickens

Featured Articles

Village Administrator pg. 1

Announcements pg. 2

Giving Matters 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

Word Search pg. 9

Look for PVM on:



**Merry
Christmas**

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.



Santa's watching

Christmas time is coming,
It's time we must be good,
For Santa's watching everyday,
And we forgot we should.

Clean our room and wash the car,
Help mum with every chore,
For presents we are after,
And a good one we must score.

No time to chat, no time to play.
There's dishes to be done.
There will be time later,
For us to have some fun!



**New Residents
Joe Hill**

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
- 🔊 FOCUS HOPE delivers every 2nd Wednesday You can sign up too. (Craft Room.)
- 🔊 Shopping Trip
December 3rd, 10th, and 17th
Pick-up 11:00 am
- 🔊 Shelton Tappes meets every second Wednesday 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. Kelly Jackson (every Thursday 5 pm) in the E. Kern Tomlin community room.



\$50K Matching Gift Challenge!

Gifts through December 31st are eligible to be matched, dollar for dollar, doubling the impact of your gift!

Growing older doesn't mean life has to slow down. In fact, donors make new opportunities possible for PVM residents and community seniors every day. This holiday season, we are asking you to make a gift and brighten the life of a senior.

The funds raised will help seniors in the following ways:

- Resident **emergency needs**, known as Benevolence
- Social **activities** and field trips
- Reliable **transportation** to appointments or outings
- **Technology** upgrades (computers, phone systems, Internet, etc.)
- **Wellness** classes, like fall prevention; equipment and walking paths
- Facility **improvements** (community room, beauty shop, wellness center, etc.)

Double the impact of your gift today by seeing the front desk or your Village Administrator for a donation envelope. You can also go online at PVMFoundation.org or call us at 248-281-2040.

On behalf of PVM and all those we serve, thank you for making life even brighter for a senior this holiday season! Happy holidays!

Warm regards,
Paul I. Miller, CFRE

Gifts through Dec. 31st can be matched, dollar for dollar, doubling the impact of your gift!

Have you donated to the PVM Foundation this holiday season? Your gift will help seniors get emergency financial care, reliable transportation, wellness classes and much more!

To Make a Gift:
See the front desk or your Administrator for a donation envelope, log onto PVMFoundation.org or call the PVM Foundation at 248.281.2040.

Thank you for making life even brighter for a senior this holiday season!

\$50K Matching Gift Challenge	
Double the Impact of Your Gift	
\$50	\$100
\$100	\$200
\$250	\$500
\$500	\$1,000
\$1,000	\$2,000

Announcements

Let's Play Dominoes!



Every Monday at 1:00pm
in the Craft room.



The Resident Association Meetings are every fourth Thursday at 4:30 pm in the community room.

Lindsay Tyler,
President



When Feeling SAD is More Than Feeling Blue

As the seasons change from fall to winter and the daylight hours shorten, it's common to feel a little blue. If, however, these feelings persist and intensify you may have Seasonal Affective Disorder (SAD). SAD is a type of depression that usually occurs between September and May. It's characterized by constant sadness, extreme fatigue, social withdrawal, and cravings for starchy foods.

While its exact cause is unknown, researchers think it is related to the decrease in sunlight that occurs during fall and winter. Low sunlight disrupts our bodies' natural rhythms, decreases our brains' serotonin levels, and interferes with melatonin production and absorption, all of which affect mood.

The first line of treatment for SAD is light therapy. It involves sitting next to a special, high intensity light for approximately 30 minutes a day. Another common treatment is dawn simulation. It involves use of a device connected to a high intensity light that gradually turns it on over 1 to 2 hours, thereby simulating sunrise. Researchers believe these therapies work because they reset our internal clocks and return our bodies to a more natural rhythm.

To be effective, they need to be performed throughout the fall and winter. Otherwise symptoms will return. If these therapies don't seem to work, additional treatment with medication and counseling may be needed. If you think you have SAD, don't treat yourself. Consult your physician. He or she will be able to make a proper diagnosis and determine the most effective form of treatment for you.





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Honoring our Veterans



Finally our veterans appear to be receiving even greater recognition. I was pleased to see so many veterans ceremonies on this recent Veterans Day. As a daughter of two Navy veterans it warms my heart.

The Oakland County Veterans Affairs Department and their department of Economic Development have teamed up to launch an intensive media campaign honoring veterans and encouraging others to come to them for assistance. Although still relatively new, this campaign has already seen a dramatic upward trend in referrals. You may have noticed their billboards with veterans' photos or heard them on the radio. They have even been showcased on national news outlets.

As part of this campaign Oakland County held a heartfelt reception to launch the new photo gallery exhibit of veterans photos. It is beautifully done and worth a visit. The photos will be on display at the Oakland County Executive Office Conference Center until December 20th. Go to www.oakgov.gov for details. Most Michigan counties have referral services for veterans. You can locate them through the county offices.

I am proud to say that PVM also has a Veterans Preference Program which allows veterans to move to the top of waiting lists at select locations. Contact our home office at (248) 281-2020 if you have a friend or relative who can benefit.

Our veterans protected all of us and our country and deserve the best from us.

Announcements

The Enhanced Fitness group meets every Monday, Wednesday and



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



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



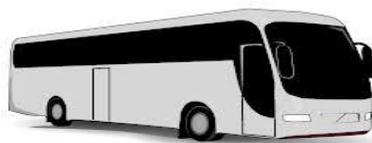
Harold Massingille
Service Coordinator
313-832-1576

The beauty salon is open Wednesday through Saturday. Please call and schedule your appointment today!

(313) 832-8804



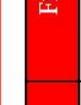
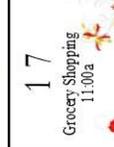
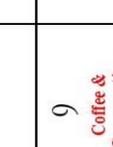
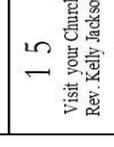
WAL-MART



The shopping bus will leave promptly at 11:00 a.m. If you would like to go shopping please sign the shopping list on the 1st floor information board.

Calendar

DECEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT	
1 Visit your Church Rev. Garner 	2 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	3 Grocery Shopping 11:00 am 	4 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	5 BIBLE STUDY 5:00pm 	6 Enhanced Fitness 11:30 am 	7 BEAUTY SALON 	
8 Visit your Church Rev. Garner 	9 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	10 Grocery Shopping 11:00 am 	11 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am FOCUS HOPE SHELTON TAPPES	12 Christmas Brunch 10:30a-12:30p BIBLE STUDY 5:00pm 	13 Enhanced Fitness 11:30 am Cross School 1:00p 	14 BEAUTY SALON 	
15 Visit your Church Rev. Kelly Jackson 	16 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	17 Grocery Shopping 11:00a Holiday Bazaar 11:00a-4:00p 	18 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	19 KAPPA RESIDENT CHRISTMAS PARTY EXT. REFINATOR 1st Floor 	20 Enhanced Fitness 11:30 am 	21 BEAUTY SALON 	
22 Visit your Church Rev. Garner 	23 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am MOVIE DAY AT THE PARK 1:00p	24 This Party Bring On Christmas 	25 Closed for the Holiday 	26 BIBLE STUDY 5:00pm 	27 Enhanced Fitness 11:30 am 	28 BEAUTY SALON 	
29 Visit your Church Rev. Garner 	30 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	31 Bring on the NEW YEAR! 					



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

Jannie Scott
Administrator

Tanisha Reed-Hobbs
Administrative
Assistant

Harold Massingille
Service Coordinator
313-832-1576

Maintenance
Nelson Scott
Harrison Mount
313-832-9922

Ava Hunter
Housekeeping

Willette Lamar
Beauty Salon
313-832-8804

Fun Zone



Christmas Words Scramble Game

leslb

sdlnac

snergtegi

lahyido

sksgocint

aydcn ncea

ttisomeel

tawerh

nreaocotids

seelv

ntaas

tsgfi

trfso

mshtiscar rete



Christmas-Printables.com

CHRISTMAS WORD SEARCH

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

- Blitzen
- Chimney
- Comet
- Cupid
- Dancer
- Dasher
- Donder
- Happy
- Christmas
- Prancer
- Reindeer
- Sleigh
- St Nicholas
- Vixen



A BETTER CHOICE FOR YOUSM



**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

Nelson Scott
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

**City of Detroit
Neighborhood Police Officers
Main: 313-596-1319
Fax: 313-596-5166**

Officer Dorsey - Cell: 313-643-0865
Officer Hardy - Cell: 313-570-4364
Officer Hawkins - Cell: 313-581-3805

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
Lynda K. Jeffries
Michael Morrison
Stacy Brackens