



The Village of Brush Park Manor

PARK VALLEY NOTES



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

March 2019

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Village Administrator

HAPPY ST PATRICK'S DAY

I think by now we have had our fair share of snow for this year and I am looking forward to the beautiful season of Spring. We shall not complain because Michigan has been fortunate in having less snow than so many other states. So keep those families that live in cities who have been severely covered with snow, ice, mud slides, and rain in your prayers. We are seeing climate changes in today's world where we may or may not have any control.

The virus and flu season is still upon us so please take precautions with your health. Wrap up when venturing outside. If you do catch a cold or a virus please stay home drink plenty of fluids and get tons of rest. Let friends and family members know there will be no visiting until your are in great health again.

The Kappa Brothers' who take time from their lives to come to Brush Park Manor and prepare breakfasts and special dinners for you hope that you will come down and enjoy them. There is no cost for these meals and they are delicious being prepared by some great cooks. The fun they have while visiting with you is what they look forward to during their visit. So again please look at your calendars daily for events at Brush Park Manor you could be missing lots of fun.

Remember the resident association is for all residents who reside at Brush Park Manor. This association is for you to meet your neighbors, plan daily and annual activities and to discuss any building issues. That is the time you let the President of the Association know about any issues who will then bring them to the attention of management for discussion. Some of the members pay dues that is their choice to pay these funds. These funds help offset the cost of their meals for events. **Management in any HUD Housing in the United States cannot have any input or control over Resident Associations.**

Thank you to those residents' on the first, second and third floor who have been put through the broken pipe water disaster for your patience. I want to thank Jarvis Restoration for coming to us so quickly in helping to alleviate this problem. C&H Fire Protection who repaired the pipe and American Carpet Care for helping to remove the water from the building. We are working to get the work completed as soon as I receive the okay from corporate and the insurance company. Again, Brush Park Residents you ae just awesome!

Challenges are what make life interesting and overcoming them is what makes life Meaningful

Joshua J. Marine

Look for PVM on:



MOVIE DAY AT THE PARK!

1:00 pm in the community room
March 18, 2019



Henry Ford Hospital



2:00 pm-3:00pm
Thursday March 28, 2019 in the
Craft room



COFFEE HOUR "TIME CHANGE"

9:00 a.m. to 11: a.m.

Monday & Wednesday

SERVING: COFFEE, TEA, HOT CHOCOLATE,
COOKIES, CAKE AND DONUTS

FREE

If you would like to donate*

feel FREE!

*e.g.: COOKIES, CAKES, DONUTS and COFFEE.

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 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
March 5th, 12th, 19th, & 26th
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.

St Patty's Day Fun!

ST. PATRICK'S DAY WORD SCRAMBLE!



HIRSI _____

MARCKHOS _____

CYKLU _____

NEELPRUHAC _____

OPT FO GLDO _____

BROWINA _____

ERENG _____

AINTS RAICPTK _____

CINPH _____

PRAAED _____

REDNOC EBEP _____

REVOCL _____

RMHAC _____

STRAUREE _____



landeelu.com

Announcements



Fall Prevention

PROGRAM

March 7, 2019 at
1:30 pm
in the community
room



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

The "Ins & Outs" of Shipt - Part 1

For the last few months, I have been writing about my experience living life without a car. As you might recall, to get groceries I used the app-based service Shipt. This month, in case you might want to try it for yourself, I am going to write in more detail about how it works.

The first thing you'll need is a smartphone or other portable smart device such as a tablet. You'll also need internet access either through Wi-Fi or a cellular data plan and you'll need to have an email address. You will also need a major U.S. credit card, debit card or reloadable gift card, which will be kept on file and used to pay for your Shipt membership, any groceries you order, any delivery fees you may encounter and any tip you might decide to give your shopper.

Lastly, once you have all the above you'll need to get the Shipt app, which is free and can be downloaded from the App Store for iOS devices (i.e., Apple products) and from the Google Play Store for Android devices. Because Shipt works on both iOS and Android platforms, it really doesn't matter what brand of device you choose to use. After downloading the app, the next step is to create an account.

Creating an account involves entering your name, cell phone number, and email address into the Shipt app; entering the address to which you want your groceries delivered; entering your credit/debit/gift card information; and selecting a membership plan, either month-to-month (currently priced at \$14 per month) or yearly (currently priced at \$99 per year). Once you've created your account and purchased a membership, you can finally begin shopping, which I will walk you through in more detail in next month's column.



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!

Let's Play Dominoes!



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



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

AGING WELL ATTITUDE

Father time plays tricks on us. We look in the mirror and ask: “Where did the time go?” Over the years as director of the Michigan Office of Services to the Aging, an author, motivational speaker and now in my role with Presbyterian Villages of Michigan, I have been a long-time proponent of having an Aging Well Attitude. Just what is an Aging Well Attitude? In my definition it is a mindset which allows us to “Embrace the Possibilities” (our PVM motto) and look upon aging in a positive way. Yes, we will have some challenges as we age. However, it can be the best of times if we look for the positives. Now folks can live to see their grandchildren graduate and marry, and even experience the joy of welcoming great grandchildren into the world. They have a chance to take up interests and even second careers which allow them to follow their dreams and passions. Over the years I have observed several key components which many experts have noted. Simply utilizing the letters in the word AGE we can zero in on them:

A IS FOR ATTITUDE – Almost everyone I know who has aged well with longevity has displayed this trait. In other words, they do not let anything get them down. They look for the joy in life and help to create it for others no matter what may be going on in their lives. I remember from my motivational speaking days when a woman said she was getting very down due to some issues. Her husband told her to deal with what was going on but to look for the “blessing in disguise” and not let the situation zap the joy from her life. She replied that it was easy for him since that was always what he projected. To that he replied: “What makes you think it is easy for me? I work at it.”

G IS FOR GENETICS – Genetics does play a role. Chronic conditions and longevity which we inherit do impact our aging process. However, experts say that it only impacts 25-30% when it comes to the aging process. And no one gets dealt four aces in the deck. We all have issues to deal with. We can offset this impact by our life choices and engage in a Wellness lifestyle. I did get one ace in the deck since I have a paternal ancestor who lived to be 114 in the 1800’s! However, I also received a few lower cards just like everyone else.

E IS FOR EMBRACING AGING & EMBRACING LIFE – Sadly many people fear aging so much that they want to deny its existence. Many commercials tout: “Don’t give in to Aging. Defy It”. And many people do not want to tell anyone their age. I was once told by a dental assistant that there are thirty or forty somethings who get insulted if they ask them their age. This is not good news for them or for our society! I saw a good slogan: “Know your age and then forget it”. Do not dwell on it. First of all, it never works to try to deny any part of ourselves. It is not good for our self-esteem. Secondly, if we are truly engaged in life via volunteerism, enjoying our families and joining in with others we will have that Aging Well Attitude which can make these some of the best years of our lives.

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**

March

VANESSA VENTURE 3/13

GRACE GLOVER 3/13

WYLLENE ROBERTS 3/19

MORRIS THOMAS 3/21

LINDSAY TYLER 3/21

CATHERINE STANLEY 3/28

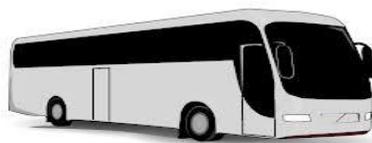


Harold Massingille
Service Coordinator
313-832-1576

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
3 Visit your Church Rev. Garner	4 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am Dommios 1:00pm	5 WALMART 2:00 pm pick up	6 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am ASH WEDNESDAY	7 BIBLE STUDY 12:00pm FALL RISK 1:30p	8 Enhanced Fitness 11:30 am	9 BEAUTY SALON KAPPAS Meeting
10 Visit your Church Rev. Garner	11 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am Dommios 1:00pm	12 WALMART 2:00 pm pick up	13 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	14 BIBLE STUDY 12:00pm	15 Enhanced Fitness 11:30 am	16 BEAUTY SALON
17 Visit your Church Rev. Kelly Jackson	18 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am Dommios 1:00pm MOVIE DAY 1:00	19 WALMART 2:00 pm pick up	20 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am SPRING BEGINS	21 BIBLE STUDY 12:00pm	22 Enhanced Fitness 11:30 am	23 BEAUTY SALON
24 Visit your Church Rev. Garner	25 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am Dommios 1:00pm	26 WALMART 2:00 pm pick up	27 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	28 BIBLE STUDY 12:00pm BABY SHOWER 2:00p-3:00p	29 Enhanced Fitness 11:30 am	30 BEAUTY SALON
31 Visit your Church Rev. Garner						



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Nelson Scott
Harrison Mount
313-832-9922

Ara Hunter
Housekeeping

Willette Lamar
Beauty Salon
313-832-8804

Recipes

Home Style Chili

Ingredients

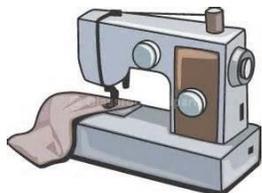
- 1 pound lean ground beef
- 1/2 cup chopped green sweet pepper (1 small)
- 1/2 cup chopped onion (1 medium)
- 4 cloves garlic, minced
- 1 15 ounce can tomato sauce
- 1 15 ounce can red kidney beans, undrained
- 1 14 1/2 ounce can diced tomatoes, undrained
- 2 - 3 teaspoons chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil, crushed
- 1/4 teaspoon ground black pepper
- Shredded cheddar cheese (optional)
- Chopped onion (optional)
- Dairy sour cream (optional)
- Crushed red pepper (optional)add ingredients to list



Directions

1. In a 3-quart saucepan cook and stir [ground beef](#), sweet pepper, 1/2 [cup](#) chopped onion, and the garlic over medium heat until [meat](#) is brown and onion is tender. Drain off fat.
2. Stir in tomato sauce, undrained beans, undrained tomatoes, chili powder, salt, basil, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. To serve, ladle chili into [bowls](#). If desired, top each serving with [cheese](#), chopped onion, and/or sour cream and pass crushed red pepper. Makes 4 main-dish servings.

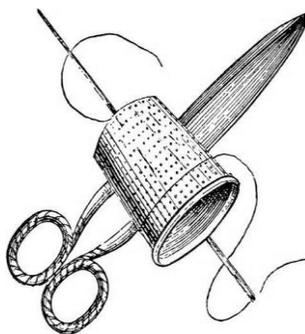
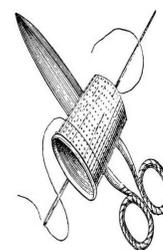
Word Search



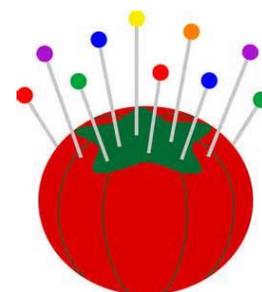
Sewing

Find and circle all of the Sewing words that are hidden in the grid.
The remaining letters spell an old saying.

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



- | | | | |
|------------|------------------|---------------|---------------|
| AWL | HEM | PINS | SPOOL |
| BOBBIN | HOOKS | QUILTING | STITCH |
| BUTTONS | LACE | RIBBON | TAILOR |
| CLOTH | MAGNIFYING GLASS | RIPS | TAPE MEASURE |
| DARNING | MENDING | ROTARY CUTTER | TEARS |
| DRESSMAKER | NEEDLES | SCISSORS | THIMBLE |
| ELASTIC | PATCH | SEAM RIPPER | THREAD |
| EMBROIDERY | PATTERN | SEAMSTRESS | TRACING PAPER |
| EYES | PENCIL | SHEARS | TRACING WHEEL |
| FABRIC | PINCUSHION | SNAPS | ZIPPER |
| GROMMETS | | | |



**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

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

**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**
Paul Johnson
Donald J. McSwain
Ellen Childs
**Gwendolyn
Robertson**
Arthur Caldwell
Lynda K. Jeffries
Michael Morrison
Stacy Brackens
McCoy Hicks Jr.