

The Village of Brush Park Manor

# PARK VALLEY NOTES



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

May 2017

## Village Administrator

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I am still trying to figure out if Spring has arrived with it being quite warm for several days then the cooling off where you need to start your heat again. This could possibly be why so many of us have been as we say under the weather for weeks at a time. This is why when we had those warm days you requested we turn the heat off and I stated cooler days are going to return and you will need the heat. We have a heating and cooling system that cannot be turned off and on when the weather may change on a daily basis. The heating system will be turned off at the end of May and I do hope this will be the beginning of remarkable weather. Brush Park Manor will be having a REAC inspection in several months so there will be quite a bit of work activity making sure we are up to code. Maintenance and I will be inspecting apartments and will give you prior notice before we begin the process.

Thank you to those residents who participated with the students from the Ann Arbor School District. The children asked could they return after having such a wonderful time with you. You know so many of today's young people do not have an opportunity to see their grandparents on a daily or weekly basis and this was so delightful to see the card playing, sing-a-long and the games that were played with you and the students. Again, I want to say I am so grateful to have so many of you who support the various activities at Brush Park Manor.

The Annual Pearl Reynolds Prayer Breakfast will be held May 27, 2017 and the committee hopes that you come out and enjoy this affair. Mrs. Reynolds was a longtime resident who was well known and respected in the Detroit community by many. She even traveled to Washington DC for the inauguration of our former President Barack Obama and was met for the event by Congressman John Conyers. The story was told people could not believe her age with all the walking she did during this auspicious occasion. This will be the 12<sup>th</sup> year in celebrating her passion for all to come together as one.

As you have noticed we have quite a few new residents at Brush Park Manor so please make them feel at home by making sure they are aware of the many events that are hosted at your home by either you or visitors and to become a part of these special times.

Mr. Massingille will be hosting his annual Mother's Day Brunch Friday, May 12 and he wants all the ladies at Brush Park Manor to come out and celebrate this marvelous day. I want to take this opportunity to wish each of you a very special Happy Mother's Day and please enjoy the day with your families.

Happy Mother's Day to the Ladies who take time from their busy schedules to serve on the Brush Park Manor Board.

Youth is not a time of life-it is a state of mind. Nobody grows old by merely living a number of years; people grow old only by deserting their ideals. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul.

Author Unknown

Look for PVM on:



## Announcements

### Deb's Dollar Store Plus



May 8, 2017  
1:30p-3:30P  
community room



In honor of Mother's Day, our service coordinator, Mr. Massingille will be hosting a Mother's Day Brunch for the residents of The Village of Brush Park Manor. The Mother's Day Brunch will be on May 12<sup>th</sup> 2017 from 9am until 11am in the community room.

The Pearl Reynolds 12<sup>th</sup> Annual Prayer Breakfast will be May 27, 2017 in the community room. The tickets are \$7.50. IF you are interested in attending the Prayer Breakfast, please see a member of the committee.



### Laundry Room Etiquette

Please be courteous to your neighbors when utilizing the laundry facilities on the 2<sup>nd</sup> and 3<sup>rd</sup> floors. Please be attentive to your laundry to give a chance for someone else to utilize the machines.



Annie Willis

## Announcements

☞ Worship Service held every 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Sunday at 2:00 pm 4:00 pm in the Community Room. This service is open to all faiths; please feel free to invite your family and friends:



1<sup>st</sup> Sunday—Rev. Knox  
(Communion)

3<sup>rd</sup> Sunday Rev. Jackson 2:00pm  
5<sup>th</sup> Sunday- Rev. Greenfield

Bibles Study every Thurs. at 12:00pm in the community room.

☞ FOCUS HOPE delivers every 2nd Wednesday. You can sign up too. (Community Room)

☞ Wal-Mart Shopping  
May 2, 9, 16, 23, and 30<sup>rd</sup>  
Pick-up 1:00pm.

☞ 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 3<sup>rd</sup> Thursday,

3<sup>rd</sup> 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.



## Giving Matters.

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

### AGE OUT LOUD!

#### Michigan's Everyone's aging, but who is listening?

**Be the wake-up call!** Your backing and your voice = a variety of services, safe housing for a wide range of older adults and putting veterans first.

YOU and PVM: we're up against a cultural indifference to the elderly. It sounds harsh, but it's true.

#### Think about it:

**"Over the hill." "Senior moment." "Past your prime."**

Those are pretty rough words about older adults—and we hear them, or even say them without batting an eye.

**You have the power to change that indifference and make this state a great place to live at any age.** Every time you introduce someone new to PVM, or you make a gift, you're bringing aging out of the shadows. You're making it possible for you and your peers of all income levels, backgrounds and needs to **AGE OUT LOUD**. This month is Older American's Month, so **raise your voices and spread the word.**

#### World: listen up!

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you!

Paul J. Miller, CFRE

**\*P.S. YOUR IMPACT:** *In 33 Michigan counties, there are now more older adults than school-aged children. HUGE when you consider that those older adults will stay as many kids grow up and move away.\**

*\*"The Age Wave: A Call to Action" Thomas B. Jankowski*

## Announcements

The Birthday Club meets monthly in the community room.



\* Birthday parties are held quarterly.



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

Lindsay Tyler, President  
Thomas Jackson, Treasurer.

LEAVE A *Legacy* Ways to make a Planned Gift

Support PVM during your lifetime and beyond.

- > Make a bequest in your will
- > Start a Charitable Gift Annuity
- > Your Life Insurance Policy

CONTACT US TO LEARN MORE  
Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller  
248.281.2045 [MyLegacy.pvmf.org](http://MyLegacy.pvmf.org)

Presbyterian Villages OF MICHIGAN THE FOUNDATION



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## MARK YOUR CALENDARS!

“Vee Eye See Tee Oh Are Why”\* is that your Village’s battle cry? If you’re having a challenge deciphering the battle cry, try reading it again but this time read it out loud. So, is it your Village’s battle cry? Is your Village ready for this year’s Village Victory Cup?

Scheduled for Friday, June 23<sup>rd</sup> this year’s event is being held at the Ford Community and Performing Arts Center in Dearborn. At 11:00 am sharp, PVM Villages from across Southeast Michigan will gather together at this location to compete for the coveted Village Victory Cup travelling trophy. To ensure everyone has the energy they need to compete, lunch will be served from 11:15 – 11:45 am. The games themselves will begin promptly at noon.



If you’re not familiar with the Village Victory Cup, it consists of a series of competitive events that include a puzzle building competition, a walking race, a lip sync battle, a photo contest, a beanbag toss, a timed basketball shoot and more. You earn points for your Village by simply coming to the event and cheering them on. You earn more points if you compete in the events and you earn even more points if you finish first, second, or third in an event. At the end of the day, the Village that scores the most points wins. To learn how you can join your Village’s team, contact your Administrator.

\*battle cry = Victory



# Fun for Seniors

# RECIPES



## HAMBURGER STEAK AND GRAVY

### Ingredients

- 1 pound ground sirloin
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 tablespoon canola oil, divided
- 1 1/2 cups vertically sliced onion
- 2 teaspoons all-purpose flour
- 1 cup unsalted beef stock
- 2 tablespoons thinly sliced green onion.
- Quick Chive Mashed Potatoes
- Smoky Haricots Vents and Mushrooms

### NUTRITION INFORMATION

- calories 259
- fat 14.9 g
- satfat 4.9 g
- monofat 7.2 g
- polyfat 1.4 g
- protein 23.8 g
- carbohydrate 6 g
- fiber 1 g
- cholesterol 74 mg
- iron 2.8 mg
- sodium 408 mg
- calcium 28 mg



### How to Make It

Divide beef into 4 equal portions, shaping each into a 1/2-inch-thick patty. Sprinkle patties evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper. Heat 2 teaspoons oil in a large skillet over medium-high heat; swirl to coat. Add patties; cook 3 minutes on each side or until browned; remove from pan.

Add remaining 1 teaspoon oil to pan; swirl to coat. Add vertically sliced onion; sauté 3 minutes or until lightly browned and tender. Sprinkle onion with flour; cook 30 seconds, stirring constantly. Add stock and remaining salt and pepper; bring to a boil. Return patties to pan; reduce heat to medium, partially cover, and cook 5 minutes or until gravy is slightly thickened. Sprinkle with green onions, if desired.

## Announcements



*I decided  
to take  
an  
aerobics class.  
I bent,  
twisted,  
gyrated*

*and jumped up and down  
for an hour.*

*But, by the time  
I got my leotard on,  
the class was over.*

**The fitness group  
meets every Monday,  
Wednesday and  
Friday.**



**As long as the  
weather permits, they  
will be walking every  
Wednesday morning  
outside of the  
building.  
Feel free to join them  
at  
10:00 a.m. in the  
lobby.**

**Please see Mrs.  
Charity Jackson**

# May Birthdays



**Barbara Needham 5/4**  
**Michael Carney 5/11**  
**Joyce Allen 5/12**  
**Dorothy Bell 5/15**  
**James Crook 5/15**  
**Diana Edwards 5/15**  
**Sylvia Williams 5/19**  
**Tebe Horne 5/20**  
**Joan Grady 5/22**  
**Mae Kate Jones 5/24**  
**Kathy Lane 5/29**  
**Warner McBryde 5/31**



**Harold Massingille**  
*Service Coordinator*  
**313-832-1576**

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

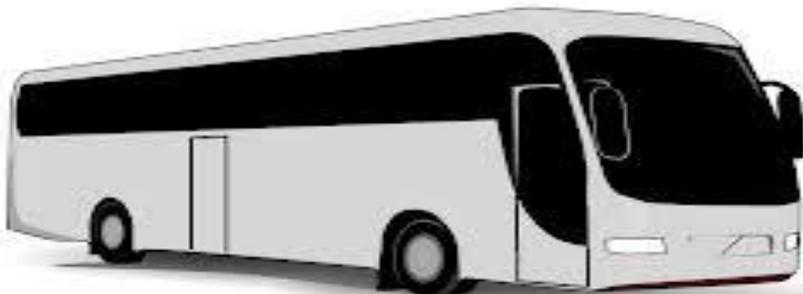
(313) 832-8804

## WALMART SHOPPING

PICK UP

EVERY TUESDAY

AT 12:50 p.m.



# Calendar

# MAY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Visit your Church 	1 Enhanced Fitness 11:30 am 	2 WALMART 1:00 pm pick up 	3 Enhanced Fitness 11:30 am 	4 BIBLE STUDY 12:00pm 	5 Enhanced Fitness 11:30 am 	6 BEAUTY SALON 
7 Visit your Church 	8 Enhanced Fitness 11:30 am DEB'S DOLLAR STORE	9 WALMART 1:00 pm pick up 	10 Enhanced Fitness 11:30 am SHELTON TAPPES 12:00 pm 	11 BIBLE STUDY 12:00pm 	12 MOTHER'S DAY BRUNCH 9am - 11am Enhanced Fitness 11:30 am <del>4:00P</del> 2:00pm	13 BEAUTY SALON KAPPAS MEETING
14 Visit your Church HAPPY MOTHER'S DAY 	15 Enhanced Fitness 11:30 am 	16 WALMART 1:00 pm pick up 	17 Enhanced Fitness 11:30 am 	18 EXTERMINATOR 3rd Floor BIBLE STUDY 	19 Enhanced Fitness 11:30 am MOVIE DAY AT THE PARK 	20 BEAUTY SALON 
21 Visit your Church Rev. Jackson 3:00 pm	22 Enhanced Fitness 11:30 am 	23 WALMART 1:00 pm pick up 	24 Enhanced Fitness 11:30 am 	25 BIBLE STUDY 12:00pm 	26 Enhanced Fitness 11:30 am 	27 Brush Park Manor Prayer Breakfast 9am-11am
28 Visit your Church 	29 MEMORIAL DAY	30 WALMART 1:00 pm pick up 	31 Enhanced Fitness 11:30 am 			



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

A SENIOR LIVING COMMUNITY

A Member of The Village of Michigan

**Brush Park Manor**  
Paradise Valley  
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Tanisha Reed-Hobbs  
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Assistant

Harold Massingille  
Service Coordinator  
313-832-1576

Maintenance  
Diego Manning  
Harrison Mount  
313-832-9922

Ara Hunter  
Housekeeping

Willette Lamar  
Beauty Salon



# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## Mother's Day

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

BREAKFAST  
FAMILY  
HEART  
MAMA  
MOMMY  
UNIQUE

CARING  
FLOWERS  
KISSES  
MAY  
MOTHER

CHILDREN  
FOREVER  
LOVE  
MOM  
SPECIAL



Get more free printable activities for kids of all ages at [www.printables4kids.com](http://www.printables4kids.com).

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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](http://www.pvm.org)

# Office Number 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](http://www.pvmfoundation.org)

## 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

# MEMORIAL DAY

## Word Scramble

REENMRMCEAB      REMEMBRANCE  
LCIV ARW            CIVIL WAR  
WLRD WASR        WORLD WARS  
SSANIPH AAENCMRI WRA      SPANISH AMERICAN WAR  
AKEONR WRA        KOREAN WAR  
DTSRE TSOMR       DESERT STORM  
MVNEIAT RAW       VIETNAM WAR  
DSISLEOR           SOLDIERS  
EDPRASA           PARADES  
VTSERNAE           VETERANS  
OHESRE            HEROES  
FSLGA                FLAGS

THANKS TO OUR MILITARY HEROES