



The Village of Brush Park Manor

PARK VALLEY NOTES



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

June 2020

Village Administrator

Featured Articles

Village Administrator pg. 1

What's Happening

at Brush Park pg. 2

Giving Matters pg. 3

Eating Healthy pg. 4

Senior Advocate pg. 5

A Merry Heart pg. 6

Fun Zone pg. 7

Fun Zone pg. 8

FYI. pg. 9

New Residents & Board Members
pg. 10

June 20, 2020 is the first day of summer therefore; I ask that you please remember to drink plenty of fluids are necessary to keep from becoming dehydrated in the heat.

Due to COVID-19 we have lost family members here at Brush Park Manor including our beloved service coordinator, Harold Massingille whose loss is felt by many.

Mr. Massingille was known to be one of the top Service Coordinators at Presbyterian Villages of



Michigan where his knowledge and expertise was appreciated by many. Having served as our Service Coordinator for many years we will never forget the warmth that his smile brought into the office every day. May the memories of his wonderful personality and many contributions be celebrated by all that knew him. He and all of those family members of Brush Park Manor will truly be missed.

On behalf of Presbyterian Villages of Michigan, Brush Park Board of Directors and the Brush Park Staff we sincerely thank you once again for doing your part in making sure that you and your neighbors followed the state ordered "Stay Home, Stay Safe" order. These are uncertain and unpredictable times and as new information is given to me from our corporate office, I will keep you informed on any further updates.

To each of the men of Brush Park Manor I am wishing each of you a "HAPPY FATHER'S DAY".

Look for PVM on:



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, 2nd and 4th Sunday—
Rev. Rowland Garner
(Communion)
 - ☞ 3rd Sunday—
Rev. Kelly Jackson
- ☞ FOCUS HOPE delivers every 2nd Wednesday. You can sign up too. (Craft Room.)
- ☞ Grocery Shopping
March 3rd, 2020
pick up time 11:00am
- ☞ 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. Kelly Jackson (every Thursday at 5pm) in the E. Kern Tomlin community room.

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.



Betty Roseboro 6/1
Lee Tolbert 6/8
Edward Leonard 6/9
Ruth Holloway 6/10
Vilea Robertson 6/20
Louise Jones 6/20
Ernestine Scott 6/24
Juanita Hill 6/28
Melvin Ventour 6/29

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

Giving Matters

**YOU STILL HAVE TIME TO HELP YOUR VILLAGE EARN
\$1,000 !**

PRESBYTERIAN VILLAGES OF MICHIGAN



**IS EXTENDED TO JUNE 15, 2020
DONATE TO YOUR VILLAGE, HELP YOUR VILLAGE REACH ITS
GOAL AND EARN \$1,000**

Choose a way to make your gift

1. Use a PVM Foundation prepaid envelope (delivered to you last month and/or at your Village's front desk to mail your check or money order

or

2. To make an online donation, visit PVMF.org

PLEASE TAKE TIME TO MAKE YOUR GIFT.

It's Your Life.....Live it Well!

Happy Interdependence Day!

July 4, 1776. This is the date on which the Continental Congress, representing the 13 original colonies officially declared its independence from Great Britain thus giving birth to a new nation. Traditionally, we call this day "Independence Day". In the era of COVID-19, I propose we give it a new name. I suggest we instead call it "Interdependence Day".

Collectively, if we are to remain healthy and well and mitigate the spread of the coronavirus, we need to rely on each other. When in public, we need to stay at least six feet away from one other and wear proper face coverings to keep from spreading the virus to our friends, neighbors and other fellow citizens. When we have symptoms, we need to stay home and contact our healthcare provider for further instructions. And we need to frequently wash our hands with soap and water. If neither is available, hand sanitizer is the next best option.

If we all do our part, we can beat COVID-19. It is only through effective interdependence that we can truly become independent and free of this virus. So this 4th of July, consider greeting each other with "Happy Interdependence Day!" If you get a funny look in reply, after reading this column, you should be able to explain why.

Scammers Never Rest!

It seems that scammers and swindlers never sleep! They seem to be working 24/7 to steal every dollar we have ever earned. Beyond stealing someone's identity, these scoundrels get more creative all the time. They obviously have no compassion. Rather than pausing their devious actions during these turbulent times they have upped their game. Some new scams related to COVID-19 include:

- Offering face masks but never delivering
- Pretending to sell health & safety, cleaning and paper products but not delivering

Other scams have been around for some time and continue to run rampant. These include:

- Impersonating Microsoft personnel & offering to help cure viruses they have detected on your computer
- Pretending to be from your bank and needing to access your account information due to a breach
- Threatening you of action by the IRS
- False mystery shopping job offers
- Romance Scams
- Crowd Funding Scams
- Pretending to raise funds for police & fire

The best way to deal with all of these is to not take any calls from unknown sources. The official reps from all will not ever call you and ask for information. Do not order from unknown sources. Be careful of social media. Although it can be wonderful for staying connected with family and friends, it can be like opening your front door to nefarious strangers or leaving your house and car unlocked. Remember that trust may be earned. Stay safe and be a savvy consumer!

The Senior Advocate



Happy Summer to all of our readers. I hope that you are having a chance to gather with family and friends whether with a family reunion or simply a trip to the zoo or local library with your grandchildren. While having fun remember to also keep safety and security in mind.

While working in the back yard keep your back door locked at all times.

It only takes a minute for thieves to Rob you of precious heirlooms, jewelry and silver. There have been many reports of these types of robberies. Do not let anyone into your home unless you have scheduled an appointment. Reputable companies do not send workers out to your home without an appointment. If you are swimming with family make sure someone has their eyes on each other at all times. Do not fall for roof and driveway repair scams. Talk with friends and family and only proceed with a written estimate. Check the company out with the Better Business Bureau or check with your local senior center. Finally, the scam artists continue to call even during the outdoors season. I recently received a call from a company acting as if they were associated with the National Institute on Aging who had provided alert systems for them to pass on to seniors for free. The representative did not even know the number for the company saying that he was just an order taker and that this was a system worth over \$400 that I would be receiving for free along with a "discount drug card". Well these scam artists selected the wrong person. I am reporting them to the Michigan Attorney General and the National Institute on Aging. As I like to say: "If it sounds too good to be true, it is!" So avoid schemes, scams and swindles. Have a safe and enjoyable summer!.

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

NEW WEEK BLESSINGS

I PRAY YOU *Always*

Keep Hope In Your Heart.

Love

what you have.

Let go

of what's gone.

Need

what you want.

Be Grateful

for what you have.

Accept

what you receive.

Focus on

what's in front
of you.

Give

what you can.

Look forward

to what is to come.

Never Give Up..

Miracles happen everyday!

Fun Zone



PUZZLE 18 BIRDS

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

AVES
BIPEDAL
BIRDS
CORVIDS
CUCKOO
DOVES
EGGS
FEATHERS
FLAMINGO
FLOCK
FOWL

GULL
LOONS
LOVEBIRD
MIGRATE
OSTRICH
OWLS
PARAKEET
PARROTS
PELICAN
PENGUIN
PIGEON

QUAIL
SINGING
SKYING
SONGBIRD
SPECIES
TURACOS
VULTURE
WINGED



Recipes

Corkscrew Pasta Toss

SERVES 8  *½ cup per serving*

Salad

- 4 ounces dried whole-grain rotini
- $\frac{2}{3}$ cup chopped baby spinach
- $\frac{2}{3}$ medium cucumber, peeled and diced
- $\frac{1}{3}$ cup chopped broccoli florets
- $\frac{1}{3}$ medium red or orange bell pepper, chopped
- $\frac{1}{3}$ cup halved grape or cherry tomatoes
- $\frac{1}{2}$ small rib of celery, chopped

Dressing

- 2 tablespoons balsamic vinegar
- 2 tablespoons unsweetened apple juice
- 1 tablespoon chopped fresh basil
- 1 tablespoon light mayonnaise
- 1 tablespoon water
- 1 tablespoon honey
- 2 teaspoons olive oil (extra virgin preferred)
- $\frac{1}{4}$ teaspoon dried oregano, crumbled
- $\frac{1}{8}$ teaspoon salt



Prepare the pasta using the package directions, omitting the salt. Cook until just tender. Drain in a colander. Rinse with cold water and drain well.

Meanwhile, in a large bowl, stir together the remaining salad ingredients.

Stir the pasta into the salad mixture.

In a small bowl, whisk together the dressing ingredients. Pour over the salad, tossing gently to coat.

Serve immediately or cover and refrigerate until needed.

Nutrients per Serving: Calories 85, Total Fat 2.0 g, Saturated Fat 0.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 0.5 g, Monounsaturated Fat 1.0 g, Cholesterol 1 mg, Sodium 61 mg, Carbohydrates 16 g, Fiber 2 g, Sugars 5 g, Protein 3 g

Dietary Exchanges: 1 starch

FYI

WHAT IS "AN AFTER-HOURS MAINTENANCE EMERGENCY?"



An after hour's maintenance emergency is defined as:

- ELECTRICAL** Any major electrical problem or power outage
- NO POWER** No power to your stove or refrigerator
- WATER LEAKS** Any water that cannot be contained in a bucket until the next business morning **OR** any water that is causing structural damage
- SEWER** Any major sewer back-up **OR** a non-working toilet.
- NO AIR/ NO HEAT**
 - No air when the outside temperature is over 80 degrees.
 - No heat when the outside temperature is less than 50 degrees.

Please call the office at (313) 832-9922 after 5:00 pm, on weekends and holidays if your emergency meets the above criteria.

If the issue is not of an emergent nature, please call (313)832-9922 the following business day to place a work order.

**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

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

**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



**New
Residents**

The Village of Brush Park Manor Paradise Valley

Board Members:

E. Kern Tomlin, Chair
John Gardner, Vice Chair
James Bradford,
Treasurer
Elaine Hearn, Secretary
McCoy Hicks Jr.
Paul Johnson
Ellen Childs
Gwendolyn Robertson
Arthur Caldwell
Lynda K. Jeffries
Michael Morrison
Stacy Brackens
James Long
Willie Fair
Mal Chapman

