

The Village of Brush Park Manor



PARK VALLEY NOTES



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

July 2018

Village Administrator

Featured Articles

Village Administrator pg. 1

Announcements pg. 2

Word Search pg. 3

Giving Matters pg. 4

It's Your Life Live it Well pg. 5

The Senior Advocate pg. 6

Birthday's pg. 7

Calendar pg. 8

4th of July Word Scramble pg. 9

Office Numbers and Board Members pg. 10

I do hope you are making use of the Shredding Containers placed in front of the library. I will be having them removed at the end of the month so please make use of them. This is a wonderful way to get rid of personal documents without anyone getting hold of your personal information.

Common area carpets are being cleaned during the week of July 9, 11 & 12th so please be careful when exiting your apartment. Please remove all door mats or rugs outside your apartment door while this process is being done.

The Kappas will be presenting a Political Action Forum Saturday, July 14 from 1:00p.m.-4:00p.m. Some of the candidates' have been at Brush Park Manor but you may get a little more insight of their plans for the state and our great city with this visit. Light refreshments will be served. Remember every vote is important and count. After the election we will all have to discuss weight loss and exercise with all the wonderful meals these candidates are serving.

Congratulations to the following winners of the Village Victory Cup which was held June 22, 2018 in Novi, MI. Please when you see them shake their hand or just say thank you for their participation in this annual event. (1) Toss of Bean Bags Bronze Medal went to Mrs. Betty Vassel, Ms. Dorothy Bell, Ms. Dorothy Johnson and Ms. Michael Carney. (2) Bronze Medal for Puzzles was won by Mrs. Velma Craig, Ms. Joyce Alfaro, Mrs. Mary Stewart, and Mrs. Lois Horne. (3) Mr. Kenneth Jenkins the Silver Medal for the Wellness Walk. Thank you to Mrs. Lois Horne for her leadership, Mrs. Charity Jackson acting as Head Coach and Mrs. Reliele Rogers as Honorary Captain. Thank you to all who participated and hopefully we will have more to join in this fun filled day next year.

Please remember with this weather being so hot and humid drink plenty of water and liquids to remain hydrated. We want you to stay healthy.

“Do not wish to be anything but what you are, and try to be that perfectly.” St. Francis De Sales

Look for PVM on:



Announcements

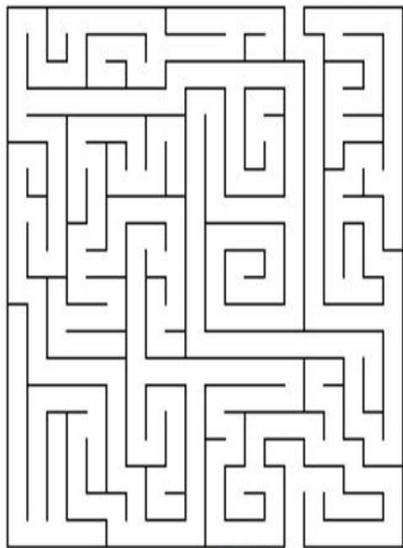
**Hoarding
Presentation
in the community
room
July 23, 2018
1:00 pm -2:00pm**

FUNZONE

4th of July Maze

Uncle Sam has bought a new hat for the parade.

Can you help him find his way through the maze to collect it?



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.



**Cynthia Price
Victor Saunders
Ernestine Nelson
Otis Byrd**

Announcements

☞ Worship Service held every 1st, 3rd, and 5th Sunday 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
July 3rd, 10th, 17th, 24th, & 31st
Pick-up 2:00 pm

☞ 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 !

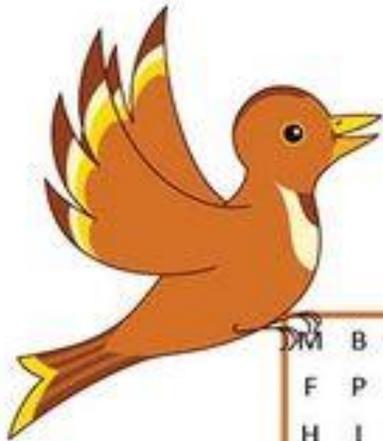
☞ Exterminator at Brush Park every 3rd Thursday, 2nd floor

☞ 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 at 12pm) in the E. Kern Tomlin community room.



Bird Word Search

DIRECTIONS: Find and circle all of the bird names. They may be horizontally, vertically, or diagonally placed.

- ALBATROSS
- BLUE JAY
- CANARY
- CARDINAL
- COCKATOO
- CRANE
- DOVE
- EAGLE
- EMU
- FALCON
- FLAMINGO
- HAWK
- HERON
- HUMMINGBIRD
- IBIS
- KIWI
- MAGPIE
- MOCKINGBIRD
- OSTRICH
- PARAKEET
- PARROT
- PARTRIDGE

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

- PELICAN
- PENGUIN
- PIGEON
- QUAIL
- RAVEN
- ROADRUNNER

- ROBIN
- SHRIKE
- STORK
- TOUCAN
- VULTURE
- WOODPECKER



Giving Matters.

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

Engage to make Michigan the best place to live—at any age!

You're a rock star!

PVM is so lucky to have you reading this right now! You're out in your community doing great things.

You're volunteering, giving, advocating and so much more!

There is a place for your kind of engagement at PVM. You're needed by your community—you're needed by older adults.

Engage in any way, at **any age!** You are key to a healthy, happy Michigan!

Here are some ideas:

- Make a gift to your local PVM Village
- Volunteer for a project or event at your Village
- Call your elected representative to tell them to keep fighting for older adults

May is "Older Adults Month" and this year's theme is "Engage at Any Age!" What are some of the ways you're currently engaged and what will you do in the future? Please contact us at 248-281-2040 or pvmfoundation@pvm.org – we want to know!

Thank you!



Announcements

The Birthday Club meets monthly in the community room.



*Birthday parties are held quarterly.



The resident association meetings are held every fourth 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

Drink Up!

As we get older, our need to stay hydrated increases. If you lead an active lifestyle, your need is even higher. And now that the weather has warmed up, if you are active outdoors your need is even higher still. So why is it important to stay hydrated? For one, water helps our brains function properly. When we are dehydrated our capacity to think is diminished. We can get confused, become dizzy, get disoriented and as a result suffer a fall that could have disastrous consequences. If we don't drink enough water our ability to eliminate waste is also impacted. Our kidneys won't function properly, which in turn can lead to a host of serious health problems.

In general, the average healthy adult needs 64 ounces of water daily (eight 8 ounce glasses), however, the amount you need may differ depending on how active you are, on whether you have a chronic health condition, and on the amount and types of medications you take. As a result, it's best to have a conversation with your health care provider about your personal hydration needs. During that conversation, if you are someone who happens to also be dealing with incontinence and you haven't mentioned it to your doctor before; it's time to do so. A common but potentially dangerous practice some of us employ to deal with incontinence is to substantially reduce our fluid intake. Your doctor should be able to provide you with some tips, advice, and a treatment plan to deal with your incontinence in a much safer and healthier way





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

STOMP OUT ELDER ABUSE!

June 15th was World Elder Abuse Awareness Day. Elder Abuse and exploitation is a rapidly growing problem in America and will continue to increase with the aging of our population. Lance Robertson of the Administration For Community Living, formerly the Administration on Aging at the federal level, released information on how to join the fight for elder justice. He stated that we need to:

BREAK DOWN ISOLATION

Elders without strong social networks are at greater risk. Stay in touch with older adults in your community. Support community efforts to fight isolation. Volunteer to deliver meals or act as a long-term care ombudsman who works to report abuse, neglect and exploitation.

LEARN TO SPOT RED FLAGS

There are a number of “red flags”: Isolation, especially by a caregiver; unpaid bills or utilities that have been turned off; unusual or quick changes in a will or other financial documents; missing medications; bruises or welts.

WHAT YOU CAN DO

Elder abuse is more difficult to recognize than child abuse since children attend school. Thus, it is important that fellow citizens observe very carefully for any of the red flags mentioned. Bank tellers, nurses and physicians, senior services providers, hair stylists and others with front line access to seniors can make a difference. Report any red flags to the proper authorities. The statewide hotline in Michigan is (855) 444-3911. Let’s look out for others who may not be able to protect themselves from harm.

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

JULY



Kevin Vassel 7/9
 Ruby Straughter 7/12
 Gloria Prophet 7/14
 Toni Germaine 7/14
 Jessie Hodges 7/17
 Charity Jackson 7/18
 Aaron Walton 7/20
 Arthur Hill 7/26
 Hettie Green 7/31



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

WAL-MART



The Walmart bus leaves promptly at 2:00pm. If you would like to go shopping please be in the lobby every Tuesday at 1:40 pm.





Calendar



HAPPY 4TH OF JULY

Are you ready for the 4th of July? Unscramble the following words that have to do with July 4th.

ERORWKSIF

PEDNINENDECE AYD

ICNCIP

YULJ

GLAF

DEERFOM

TTRIOPACI

DAPAER

**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

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

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
Donald J. McSwain
Ellen Childs
Gwendolyn Robertson
Arthur Caldwell
Lynda K. Jeffries
Michael Morrison
Stacy Brackens