

The Village of Brush Park Manor

PARK VALLEY NOTES



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

September 2017

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Village Administrator

Thank you to Ms. Eula Williams you reached your goal in helping to offset the cost for the Princess Cruise which I understand everyone enjoyed. Well this is our first year our annual picnic had been rained out but those who participated certainly loved the indoor activities, food and fellowship. To the committee who works so hard for this event each year you are certainly appreciated. With the end of summer nearing and the fall season coming upon us, we will begin having the various community groups meeting at Brush Park Manor. As being a part of the community we certainly welcome them into our home and thank them for their support. If you have events that you are planning please contact the office immediately the community room books up pretty quick.

Mr. Massingille along with the Brush Park Staff say thank you so much for your support of those residents living in Texas who are suffering from the effects of Hurricane Harvey. All funds (\$800.00) will be donated to the Red Cross whom I know will be thankful for your contribution. I have to say upon my opening up Brush Park Manor in 2001 I have always had the support of many residents when called upon for those in need. **Please it does not matter to whom or how you pray the people from Texas, Florida, Louisiana, and other countries or states are in need of Hope.** Again, I extend a thank you for a job well done.

I understand the Paint Today Class went well and I look forward to seeing the wonderful exhibits displayed at a future event. Check your calendars for the many activities that take place at Brush Park Manor. Remember your Resident Association Meeting will be held on September 28 at 4:00pm. Mr. Tyler the President hopes to see all of you there to participate. Also, the bus in the parking lot is there for your transportation if you would like to shop elsewhere other than Walmart. Contact the office so we will have an available driver for your outing.

Happiness is inward and not outward, and so it does not depend on what we have, but on what we are.

Henry van Dyke

Look for PVM on:



MOVIE DAY AT THE PARK!

1:00 pm in the
community room
September 11, 2017

This month's feature film



A reboot of the 1979 movie that was directed by Martin Brest and featured George Burns, Art Carney, and Lee Strasberg. Three seniors, who are living social security check to check and even reduced to eating dog food at times, decide they have had enough. So, they plan to rob a bank...problem is, they don't even know how to handle a gun! A social commentary on growing old in America and what we are sometimes driven to, due to circumstances.
Written by William Adkins ~imdb

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.



New Residents

Rena Farmer

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. Knox (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
September 5th, 12th, 18th, 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.



Giving Matters.

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

Goodbye Summer; Hello Fall! *Seeds sewn years before are bearing fruit.*



Almost nothing is more satisfying than seeing hard work and preparation pay off. This time of year in Michigan, we get to see (and enjoy) the hard work and prep of farmers—*it's cider mill season!*

The harvest season has long been celebrated. It's when the planting, the tending, the chasing off of deer ☺... become so very worth it.

The season is also a great metaphor for a planned gift, **such as a gift in your will.** Just like a farmer, you can choose the seed you sew and know that it will grow into beautiful fruit.

By doing the hard work now—speaking to your loved ones about your wishes, drawing up the papers, thinking about what comes next after your death—**you can create a bountiful harvest** which will survive long into the next “season.”

Learn how you can leave a gift in your will and start planning at MyLegacy.pvmf.org. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!
Paul J. Miller, CFRE

***P.S. Want to volunteer with the PVM Foundation? Call us at 248-281-2043!**

Announcements

The Birthday Club meets monthly in the community room.



* Birthday parties are held quarterly.



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

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

Fall is in the Air

As the weather starts to change we are reminded that fall is in the air. To some, fall reminds us of crisp cool air, warm delicious drinks and the color change. To others the word fall might mean something entirely different. According to the National Council on Aging (NCOA), every 11 seconds an older adult is seen in an emergency department for a fall-related injury. As we begin to age a fear of falling can become a part of our everyday lives, dictating the things we do and places we go. Luckily there are easy ways to manage your risk for falling!

The NCOA has six tips to help reduce your risk for falling:

- Find a good balance and exercise program
- Ask your health care provider for an assessment of your risk of falling
- Regularly review your medications with your doctor or pharmacist to make sure the side effects aren't increasing your risk of falling
- Get your vision and hearing checked annually and update your eye glasses
- Keep your home safe by removing tripping hazards, increasing lighting and installing grab bars in key areas
- Enlist the support of your family members and PVM staff in taking simple steps to stay safe

By implementing some or all of these tips you can help reduce your risk of falling. Instead of worrying about **A** fall, you can instead enjoy **THE** fall!

More information on how to reduce your risk of falling is available on the NCOA website: <https://www.ncoa.org/healthy-aging/falls-prevention/>

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.

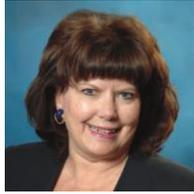
Please help keep our laundry rooms clean by wiping off washers and dryers. Lint traps must be cleaned after each use. Other residents do not want to come in and clean behind you. If your clothes are left in the washing machines or dryers they will be disposed of within twenty-four hours.

Keep Refuse Doors Closed!

**Deb's Dollar Store
Plus will be at The
Village of Brush
Park on**

September 6, 2017





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Aging Well Is In!

How exciting it is to report that a major magazine is echoing my message of many years. The term anti-aging is out, and the notion of aging well is in! Allure Magazine has announced in its latest issue that they are making a resolution to stop using the term anti-aging. They state, "changing the way we think about aging starts with changing the way we talk about aging."

I have said that embracing aging is the way to go. Denying anything about ourselves is a futile task. Ponce de Leon never found that Fountain of Youth, and never will we.

Of course we want to be our best, but obsessing over age robs us of the joy in life. And as they say, it beats the alternative! Now is the time to enjoy every moment and rejoice in our longevity as well as second chances, creating a legacy and appreciating all that has been given to us. Enjoy life!

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. Charity Jackson

September

- Mervin Wolff 9/7
- Mary Rudolph 9/7
- George Stanley 9/9
- Delores Jordan 9/11
- Vernell Rivers 9/14
- Mary McKinstry 9/19
- Dwidell Love 9/21
- Dorothy Johnson 9/28
- Barbara Young 9/28



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

September 2017

SUN	MON	TUE	WED	THU	FRI	SAT
10 Visit your Church Rev. Knox Communion	11 Enhanced Fitness 11:30 am MOVIE DAY AT THE PARK	12 WALMART 2:00 pm pick up	13 Enhanced Fitness 11:30 am 60/60 1:00 pm SHELTON TAPES 12:00 pm FOCUS HOPE	14 BIBLE STUDY 12:00pm	15 Enhanced Fitness 11:30 am Medicare Update 1:00 pm - 2:00 pm	16 BEAUTY SALON
3 Visit your Church Rev. Knox Communion	4 Enhanced Fitness 11:30 am	5 WALMART 2:00 pm pick up	6 Enhanced Fitness 11:30 am DEB'S DOLLAR STORE 10:00 a - 12:00p 60/60 1:00 pm	7 BIBLE STUDY 12:00pm	8 Enhanced Fitness 11:30 am AARP 12:00 pm Health Fair	9 BEAUTY SALON KAPPAS
17 Visit your Church Rev. Kelly Jackson	18 Enhanced Fitness 11:30 am	19 WALMART 2:00 pm pick up	20 Enhanced Fitness 11:30 am 60/60 1:00pm	21 BIBLE STUDY 12:00pm	22 Enhanced Fitness 11:30 am	23 BEAUTY SALON
24 Visit your Church	25 Enhanced Fitness 11:30 am	26 WALMART 2:00 pm pick up	27 Enhanced Fitness 11:30 am 60/60 1:00 pm	28 BIBLE STUDY 12:00pm Resident Association Meeting 4:30pm	29 Enhanced Fitness 11:30 am	30 BEAUTY SALON



The Village of
Brush Park Manor
Paradise Valley
A SENIOR LIVING COMMUNITY

A Member of Paradise Valley of Michigan

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Recipes

Recipes are from American Heart and Stroke Association

“Favorite Family Recipes” pg. 72

Herbed Veggie Skillet

SERVES 4  ½ cup per serving

- 2 teaspoons canola or corn oil
- 8 ounces zucchini, sliced
- ¼ cup sliced onion
- ¼ cup diced green bell pepper
- ¾ cup frozen whole-kernel corn
- ⅓ cup diced tomato
- 2 tablespoons water (plus more if needed)
- ⅓ teaspoon dried basil, crumbled
- ⅓ teaspoon dried marjoram, crumbled
- ⅓ teaspoon (scant) dried oregano, crumbled
- ⅓ teaspoon salt
- Pepper to taste



In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the zucchini, onion, and bell pepper for 3 minutes, or until the onion is soft, stirring frequently.

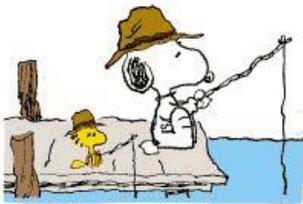
Stir in the corn, tomato, water, basil, marjoram, and oregano. Cook, covered, for 5 minutes, or until the zucchini is tender, adding more water if necessary. Sprinkle with the salt and pepper.

Nutrients per Serving: Calories 68, Total Fat 3.0 g, Saturated Fat 0.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.0 g, Monounsaturated Fat 1.5 g, Cholesterol 0 mg, Sodium 80 mg, Carbohydrates 11 g, Fiber 2 g, Sugars 3 g, Protein 2 g

Dietary Exchanges: ½ starch, ½ fat

Word Search

LET'S GO FISHING



FANCAST
 FIN FISH
 FISHERY
 FLOATING
 FLOSS
 FLYTIE
 FORAGE
 GEAR
 GILL
 GRUB
 HABITAT

HYDROLOGY
 ICTHYOLOGY
 JERK BAIT
 KAYAK
 KEEPER
 LARVA
 LAYDOWN
 LUNKER
 MARKER BUOY
 MINNOW
 NEST

OXBOW
 PATTERN
 POCKET
 SANCTUARY
 SEINE
 SHOAL
 SONAR
 SPAWNING
 WORMING

**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

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Harrison Mount
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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

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