



The Village of Brush Park Manor

PARK VALLEY NOTES



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

January 2015

Village Administrator

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The entire staff at Brush Park Manor wishes to thank each of you for the lovely cards and beautiful thoughts that were conveyed to each of us during the Christmas Season.

This past year has been a year of great joy of the many things that have occurred at Brush Park Manor, but a little sad for those Brush Park Manor family members who are no longer with us please remember to keep their families in your prayers.

To the Brush Park Board Members, Kappa Alpha Psi Fraternity, Inc. and Presbyterian Villages of Michigan Foundation thank you for all you do in support of the seniors at Brush Park Manor.

I will once again begin the New Year with my favorite poem not only as a reminder to those who have been with for a while but for the new residents to enjoy as well. May you be blessed with a Safe, Healthy and Happy New Year!

Look for PVM on:



Jannie Scott, Administrator



**What' Happening at
Brush Park in January 2015**

- ☞ Worship Service held every 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. Knox (Communion)
 - 2nd Sunday- Rev. Aaron
 - 3rd Sunday—Rev. Knox
 - 4th Sunday— Rev. Tyler
 - 5th Sunday- Rev. Greenfield
- ☞ FOCUS HOPE delivers every 2nd Thursday. You can sign up too.(Craft Room.)
- ☞ Podiatrist Dr. Jeffery Levitt will be at Brush Park Manor on 2/12/ 2015
His signup sheet is on the board.
- ☞ Wal-Mart Shopping January 8th, 15th, 22nd, and 29th
pick-up 9:00am
- ☞ Shelton Tappes meets every second Monday at 2 pm.
All are welcome to join!
- ☞ AARP meets every second Friday at noon
All are welcome join !

Deb's Dollar Store Plus
every 2nd Tuesday 1-3p.m. in community room
- ☞ Exterminator will be at Brush Park every 3rd Thursday,
2nd floor
- ☞ Arts & Craft every Tuesday at 2pm in the Craft Room.
- ☞ Bingo every Wednesday at 1pm-3:30 pm 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. Knox (every Wednesday at 6pm)

Maintenance and Housekeeping Staff

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!

January Birthdays



Paul McCracken 1/5

Myrtis Martin 1/10

Muriel Wilson 1/12

Nathaniel Biggs 1/14

Catherine Jackson 1/19

Joann Wiggins 1/25

Ernestine Nelson 1/28

Poems

"A New Year, A New Beginning"

The old year ends, a new begins
With pages clean and new;
And what is written on each page
will now depend on you.

You can't relive the year that's past,
Erasing every wrong;
For once a year - or day - is spent,
It is forever gone.

But don't give up in dark despair
If you have failed some test;
Seek God's forgiveness and resolve
Henceforth to do your best.

Resolve each precious day to do
Things good and kind and pure;
Though days and years may pass away,
These things shall still endure.

You know not where your path may lead
Nor what's beyond the hill;
But know that God walks at your side,
If you will do His will.

All things are possible with God,
Though days be bright or dim;
So do your best and know that you
Can leave the rest to Him.

- **Author Unknown**

Eating Healthy

This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program



Practice Mindful Eating

With the beginning of the New Year it is fun to bring new healthy habits into your lifestyle! Eating mindfully is a great way to enjoy your food while also experiencing the wonderful health benefits that it has to offer. Mindful eating can help you look and feel better, lose weight, improve your digestion, and appreciate even the smallest meal.

Here are some ways that *you* can practice mindful eating today:

1. **Eat *before* your belly grows:** You can maintain healthy blood sugar levels by eating every 3 to 4 hours.
2. **Avoid distractions:** Set aside your phone, turn off the T.V. or computer. Don't let distractions disturb *your* mealtime.
3. **Take five:** Take five breaths before you begin eating. This will help calm your mind and body.
4. **Tune into your body:** Notice how hungry you are. Are you bored, stressed out, satisfied, full, or empty?
5. **Be observant:** Observe the full spectrum of colors, aromas, tastes, textures, and temperatures of your food.
6. **Offer gratitude before your meal:** Thank whoever or whatever played a role in the creation of your meal.
7. **Go slow:** Chew slowly and savor your food.
8. **Eat with the intention of brining yourself health:** Food is medicine. Think about the nutrients and energy you are brining into your body and how it will affect your health.

Senior Advocate

CONVERSATIONS TAKE US WHERE WE NEED TO GO



Throughout our lives conversations with trusted advisors have shaped our decisions and outcomes. Over the holidays we often have more time to engage in thoughtful discussions. Beyond the scope of who is doing the daycare pickup or what recipes will be a part of the tradition. Thus, many of us may have had conversations about the challenges of our health issues, whether for ourselves or a loved one. So I decided to refer to some basic principles from my book, *Caregiver Tsunami*. They cannot magically remove all challenges; but they can help us to deal with our situation more effectively and provide comfort and advice. Hope that you find them to be helpful:

- ✚ **TAKE DECISIVE ACTION** - Don't wait until a loved one falls or is in dire straits. Act now!
- ✚ **BE VIGILANT** - Watch out for worsening conditions or a domino effect with symptoms.
- ✚ **HOLD PEOPLE ACCOUNTABLE** - Track practices and procedures of medical and other personnel.
- ✚ **MANAGE FAMILY RELATIONSHIPS** – This is no time for sibling rivalry. Work together.
- ✚ **PRACTICE STRESS MANAGEMENT** - Take care of you! Yoga and relaxation techniques can help.
- ✚ **CALL IN THE PROFESSIONALS** – PVM staff, Area Agencies on Aging, Seniors Centers and other Professionals can provide resource information to assist.

Fun Zone



Winter Word Scramble

WRITE ANSWERS HERE

- | | |
|---------------|-----|
| 1. LOCD | 1. |
| 2. ETAHER | 2. |
| 3. ATCO | 3. |
| 4. AOENSS | 4. |
| 5. WOSN | 5. |
| 6. ICCRAT | 6. |
| 7. CIE | 7. |
| 8. SARFC | 8. |
| 9. IDLAZRZB | 9. |
| 10. EZREFE | 10. |
| 11. LKNEFWSAO | 11. |
| 12. TRSFO | 12. |
| 13. KSI | 13. |
| 14. IABRETHEN | 14. |
| 15. OSDNWARBO | 15. |
| 16. FREI | 16. |
| 17. IECILC | 17. |
| 18. SGEOLV | 18. |
| 19. SNNWMAO | 19. |
| 20. SREATWE | 20. |



Fun Zone
































Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of a popular location for celebrating New Year's Eve.

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

- | | | | |
|------------|------------------|---------------|----------------|
| APPETIZERS | DECORATIONS | HATS | PARADES |
| BABIES | END OF DECEMBER | HOLIDAY | PARTY |
| BALLOONS | EVENTS | HORNS | PUNCH |
| BANNERS | FAMILY | KISS | RESOLUTIONS |
| BUFFET | FATHER TIME | MIDNIGHT | SINGING |
| CELEBRATE | FEAST | MUSIC | STREAMERS |
| CHAMPAGNE | FESTIVITIES | NEW YEARS DAY | THIRTY FIRST |
| CONFETTI | FIREWORKS | NEW YEARS EVE | TIARAS |
| DANCE | FIRST OF JANUARY | NOISEMAKERS | WINE |
| DAY ONE | FRIENDS | OCCASION | YEAR IN REVIEW |



January 2015

SUN	MON	TUE	WED	THU	FRI	SAT
				1 HAPPY NEW YEAR OFFICE CLOSED	2 PUBLIC SERVICE CREDIT UNION 12:00p.m.	3 Beauty Salon 
4 Visit your Church Pastor Knox 4:00 p.m. 	5 Enhance Fitness 11:30a.m. 	6 Arts and Crafts 	7 Enhance Fitness 11:30a.m. BINGO 1:00 p.m. 	8 WALMART 9:00 a.m. pick up  FOCUS HOPE	9 Enhance Fitness 11:30a.m.  AARP	10 Beauty Salon  KAPPA MEETING
11 Visit your Church 4:00 p.m. Rev. Aaron 	12 Enhance Fitness 11:30a.m. 	13 Arts and Crafts 	14 Enhance Fitness 11:30a.m. BINGO 1:00 p.m. 	15 WALMART 9:00 am pick up  EXTERMINATOR 2nd Floor	16 Enhance Fitness 11:30a.m. 	17 Beauty Salon 
18 Visit your Church 4:00 p.m. Pastor Knox 	19 Enhance Fitness 11:30a.m. 	20 Arts and Crafts 	21 Enhance Fitness 11:30a.m. BINGO 1:00 p.m. 	22 WALMART 9:00 am pick up 	23 Enhance Fitness 11:30a.m. 	24 Beauty Salon 
25 Visit your Church 4:00 p.m. Rev. Tyler 	26 Enhance Fitness 11:30a.m. 	27 Adult Well Being DIABETES 1:00p.m. Arts and Crafts 	28 Enhance Fitness 11:30a.m. BINGO 1:00 p.m. 	29 WALMART 9:00 am pick up 	30 Enhance Fitness 11:30a.m. 	31 Beauty Salon 



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

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan,
Brush Park Manor Paradise Valley, MI

**Brush Park Manor
Paradise Valley
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Beauty Salon
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Wednesday –Saturday

**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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**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



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

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan



Ms. Linnil Martin

The Village of Brush Park Manor Paradise Valley

Board Members:

E. Kern Tomlin, Chair
John Gardner, Vice Chair
James Bradford,
Treasurer
Elaine Hearn, Secretary
Dakima Jackson
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Ellen Childs
Gwendolyn Robertson
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Dana Armenteros
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Michael Morrison
Stacy Brackens

Scramble Solution

QUESTIONS	ANSWERS
1. LOCD	1. COLD
2. ETAHER	2. HEATER
3. ATCO	3. COAT
4. AOENSS	4. SEASON
5. WOSN	5. SNOW
6. ICCRAT	6. ARCTIC
7. CIE	7. ICE
8. SARFC	8. SCARF
9. IDLAZRZB	9. BLIZZARD
10. EZREFE	10. FREEZE
11. LKNEFWSAO	11. SNOWFLAKE
12. TRSFO	12. FROST
13. KSI	13. SKI
14. IABRETHEN	14. HIBERNATE
15. OSDNWARBO	15. SNOWBOARD
16. FREI	16. FIRE
17. IECILC	17. ICICLE
18. SGEOLV	18. GLOVES

