



The Village of Brush Park Manor

PARK VALLEY NOTES



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

November 2017

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Village Administrator

I would like to take this opportunity to thank all those who served in the United States Armed Services. We appreciate you protecting all citizens of the United States of America. Again, thank you and God Bless America. Mr. Massingille will be having coffee with the vets November 10, 2017 from 9:00am to 11:30 a.m.

Welcome back Mr. Manning you were missed by so many and again thank you to Mr. Mount for so graciously stepping up to provide maintenance support when needed. I have the best team in town and would not trade them for any wooden nickels.

Mrs. Bernice Jones as usual thank you for your donation of the Halloween candy which residents, families and friends enjoyed. The popcorn was a special treat this year and I hear all the big kids (Adults) got such a kick out of it. Mrs. Jones remind me to put the candy out a little earlier next year as it was mentioned the candy was a little late this year. The witches' kettle was dry until Monday and Tuesday. All in all it was a fun day making people happy.

The Thanksgiving Holiday is upon us and once again Ms. Dorothy Bell has offered to head this annual event which is dinner in our community room for all who would like to attend. If you would like to participate with bringing a dish or desserts please contact Ms. Bell as she will provide you with what donations are needed.

Thank you to Mr. Massingille for recognizing Breast Cancer awareness month with a presentation from the nursing staff of Detroit Medical Center and gifts for all in attendance. Men please look forward to his next presentation on Prostate Cancer which is so important. Date and time will be forthcoming. Board Members, PVM staff are invited also. Mr. Massingille does a wonderful mission with the many educational sessions he brings to Brush Park Manor.

With the holiday season approaching there will be various events at Brush Park Manor. Please check your calendars for all affairs. Midtown is and will be very busy which includes the Brush Park area since Little Caesars Arena (LCA) has opened along with Ford Field so please be careful when out and about. Also, this is your home and our property is not for the public to come in and make themselves comfortable in your seating area.

Remember to turn your clocks back one hour before you turn in for the evening or at 2:00 a.m. Sunday morning.

HAPPY THANKSGIVING

Look for PVM on:



Announcements



A Poem Begins

A poem begins
with a question,
a thought about
whether to write it
(or whether to not),
but while you're engaged
in debating the whether,
words, like a current,
start flowing together.

Something is working:
A simile teases
a giggle that tickles,
a rhythm that pleases.
A metaphor roars
with delight at the thought
that you've written a poem --
ready or not!

Happy Thanksgiving Everyone!

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.



Announcements

- ☞ Worship Service held every 1st 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. 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
November 7th, 14th, 21st, and 28th
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,
3rd 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 at 12:00 pm)) in the E. Kern Tomlin community room.

After Apple Picking

By Robert Frost

My long two-pointed ladder's sticking through a tree
Toward heaven still.
And there's a barrel that I didn't fill
Beside it, and there may be two or three
Apples I didn't pick upon some bough.
But I am done with apple-picking now.
Essence of winter sleep is on the night,
The scent of apples; I am drowsing off.
I cannot shake the shimmer from my sight
I got from looking through a pane of glass
I skimmed this morning from the water-trough,
And held against the world of hoary grass.
It melted, and I let it fall and break.
But I was well
Upon my way to sleep before it fell,
And I could tell
What form my dreaming was about to take.
Magnified apples appear and reappear,
Stem end and blossom end,
And every fleck of russet showing clear.
My instep arch not only keeps the ache,
It keeps the pressure of a ladder-round.
And I keep hearing from the cellar-bin
That rumbling sound
Of load on load of apples coming in.
For I have had too much
Of apple-picking; I am overtired
Of the great harvest I myself desired.
There were ten thousand thousand fruit to touch,
Cherish in hand, lift down, and not let fall,
For all
That struck the earth,
No matter if not bruised, or spiked with stubble,
Went surely to the cider-apple heap
As of no worth.
One can see what will trouble
This sleep of mine, whatever sleep it is.
Were he not gone,
The woodchuck could say whether it's like his
Long sleep, as I describe its coming on,
Or just some human sleep.



Announcements

The Birthday Club
meets monthly in the
community room.



* Birthday parties are held
quarterly.



The resident
association
meeting will be
held on
November 16th
2017 at
4:30 pm

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.

Have you laughed today?

There is something intrinsically human about laughing. Regardless of nationality, race, religion or creed, if someone in a crowd starts laughing, most of the crowd will end up laughing. It is built into us.

It is pretty straight forward to discuss how laughter brings joy and happiness to our lives, but thanks to research inspired by Norman Cousins, and his book *Anatomy of an Illness*, we now know that laughter can actually make you healthier. Laughter has been shown to reduce or prevent stress, improve immune function, reduce pain and can even improve your cholesterol! How often do you get to hear that something you already enjoy doing will make you healthier?

Unfortunately, laughter doesn't always come to us when we need it most, such as during stressful times or when we are in pain. However, you can use humor to create laughable moments in even the direst of times. The trick is to hone and master the skill of humor so that you can tap into it when you need a good laugh. Yes, humor can be taught and trained. The next time someone tells you a joke try and guess what the punch line will be. If you're watching a funny TV program try and figure out what will happen next.

Here is training exercise for you to work on. Try and guess the missing punch line of the joke using just the hint.

I never wanted to believe that my Dad was stealing from his job as a road worker. But when I got home, all the _____ were there

(Hint: What would a road worker steal from work?)

(Answer: Signs)



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

SIGNS OF SCAMS

The Office of the Michigan Attorney General has shared some signs that a call you receive is likely from someone attempting to scam you and/or steal your identity. They fall into 3 categories:

URGENT/SECRET

Pressure to act immediately.
Limited term: act now language.
Told to keep the contact a secret.
Designed to frighten you into action.

BELIEVABLE

Claims to be from government or law enforcement.

Claims to be calling to fix a problem with your account, computer, government benefits, or related to something in the news.

The contact has some of your personal information already.

MONEY/PERSONAL INFORMATION

Requires a wire transfer, prepaid credit card, or any personal information.

Remember - No need to be polite. Simply hang up the phone.
Be a smart and savvy senior!

Announcements

**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
Or
Mrs. Lois Horne**

November Birthdays



Sylvia English 11/3
Sarah Richardson 11/5
Raynell Thompson 11/7
Betty Vassel 11/7
Violet Pruitt 11/8
Betty Cannon 11/8
Thomas Jackson 11/9
Harriette Jenkins 11/9
Florine Grice 11/13
Kenneth Jenkins 11/18
Nathan Anderson 11/19
Beverly Daniel 11/27
Floretta Stephens 11/27



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

MOVIE DAY AT THE PARK!
1:00 pm in the community room
November 13th, 2017

This month's feature film




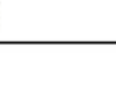


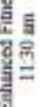


























When four lifelong friends travel to New Orleans for the annual Essence Festival, sisterhoods are rekindled, wild sides are rediscovered, and there's enough dancing, drinking, brawling, and romancing to make the Big Easy blush.



Calendar

NOVEMBER

Count Your Blessings

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Enhanced Fitness 11:30 am 	2 BIBLE STUDY 12:00pm DEB'S DOLLAR STORE 10-30am-11:30am 	3 Enhanced Fitness 11:30 am BAZAAR Community Rm. 12:00- 3:30 pm 	4 BEAUTY SALON 
5 Visit your Church Rev. Knox Companion SET CLOCKS BACK 1 Hour 	6 Enhanced Fitness 11:30 am 	7 WALMART 2:00 pm pick up 	8 Enhanced Fitness 11:30 am Shelton Tappes 12:00pm 	9 BIBLE STUDY 12:00pm 	10 Enhanced Fitness 11:30 am AARP 12:00pm 	11 BEAUTY SALON KAPPAS MEETING 
12 Visit your Church 	13 Enhanced Fitness 11:30 am 	14 WALMART 2:00 pm pick up 	15 Enhanced Fitness 11:30 am 	16 BIBLE STUDY 12:00pm RESIDENT ASSOC. MEETING 4:30 pm 	17 Enhanced Fitness 11:30 am 	18 BEAUTY SALON 
19 Visit your Church Rev. Kelly Jackson 2:00pm 	20 Enhanced Fitness 11:30 am 	21 WALMART 2:00 pm pick up 	22 Enhanced Fitness 11:30 am 	23 HAPPY THANKS GIVING 	24 OFFICE CLOSED 	25 BEAUTY SALON 
26 Visit your Church 	27 Enhanced Fitness 11:30 am 	28 WALMART 2:00 pm pick up 	29 Enhanced Fitness 11:30 am 	30 BIBLE STUDY 12:00pm 		



The Village of
Brush Park Manor
Paradise Valley

A SENIOR LIVING COMMUNITY

Unleashed Potential. Elevated Lifestyle.

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Housekeeping

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Beauty Salon
313-832-8801

Slow-Cooker Sweet Potatoes with Bacon



Ingredients

- 4 pounds slender sweet potatoes, peeled and cut into 1-inch-thick slices
- 1/2 cup frozen orange juice concentrate, thawed
- 4 tablespoons butter, melted
- 3 tablespoons light brown sugar
- 2 teaspoons salt
- 2 teaspoons chopped fresh rosemary
- 2 teaspoons cornstarch
- 1 tablespoon cold water
- 1/2 cup loosely packed fresh flat-leaf parsley leaves, finely chopped
- 1 tablespoon orange zest
- 2 garlic cloves, minced
- 3 cooked bacon slices, crumbled

Preparation

1. Place sweet potatoes in a 5- to 6-qt. slow cooker. Stir together orange juice concentrate and next 4 ingredients in a small bowl. Pour over sweet potatoes, tossing to coat.
2. Cover and cook on LOW for 5 1/2 to 6 hours or until potatoes are tender.
3. Transfer potatoes to a serving dish, using a slotted spoon. Increase slow cooker to HIGH. Whisk together cornstarch and 1 Tbsp. cold water until smooth. Whisk cornstarch mixture into cooking liquid in slow cooker. Cook, whisking constantly, 3 to 5 minutes or until sauce thickens. Spoon sauce over potatoes.
4. Stir together parsley, orange zest, and garlic. Sprinkle potatoes with parsley mixture and crumbled bacon.

MAKE AHEAD TIP

This sweet-and-salty side could not be easier to prep on Thanksgiving morning. Best part? It's made in the slow cooker, so you're saving valuable stovetop space.

Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ETRSHVA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MEVRNOEB	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ILIGPMR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
KUTEYR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
BCNERRRAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
YRAOMEFWL	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TMOLPYUH	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
AYHLIOD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
GWNMPAAAO	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
INKPMUP	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> !	

**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 Number 313-832-9922

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Harrison Mount

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Ara Hunter

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EMERGENCY NUMBER

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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
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Ellen Childs
**Gwendolyn
Robertson**
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McCoy Hicks Jr.



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