



The Village of Brush Park Manor

PARK VALLEY NOTES



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

December 2015

Village Administrator

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Well Thanksgiving has passed and now we are in the mist of celebrating another holiday. Christmas is just around the corner but I want to take a moment once again to ask that each of us be respectful of those who do not celebrate this day.

The Resident Christmas celebration will be held December 18th in both the community and craft rooms. Dinner will be provided for all residents. If you are unable to attend please call the office where a meal can be delivered to you.

The Kappa's will be hosting dinner for all Brush Park Residents December 29th, including games and gifts. This is their annual celebration and they are hoping that everyone will be able to come out and enjoy the evening with them.

Mr. Massingille is doing quite well after his surgery and says he misses all of you and looks forward to seeing you next year. We want to let him know that during his absence all programs such as the legal clinic, etc. that he scheduled went over well with great participation. We have had many wonderful speakers from various backgrounds because of him, providing you with information that all of us will need or have used the service over this past year and we just say thank you to all who have visited with us.

Thank you Mr. Massingille for the wonderful breakfast served and the recognition of our Brush Park Manor Veterans. To all of our Veterans thank you for serving and helping to keep our country safe. Mr. Arthur Hill I appreciate you always lowering our flag half-staff when requested by the government.

Thank you to Mrs. Margaret Anderson for her participation as the Brush Park Manor Ambassador for Presbyterian Villages of Michigan's annual gala. She was one of many residents' from our sister villages who participated in this role and did a magnificent job.

Please remember those family members we have lost this year keeping them and their families in your prayers. Welcome the new family members and let them know Brush Park Manor is the best place in town for senior living.

From the entire staff at Brush Park Manor Paradise Valley we want to wish you a Blessed and Safe Holiday Season.

"Blowing out another person's candle won't make yours any brighter."
Anonymous

Look for PVM on:



Merry Christmas

Santa's watching

Christmas time is coming,
It's time we must be good,
For Santa's watching everyday,
And we forgot we should.

Clean our room and wash the car,
Help mum with every chore,
For presents we are after,
And a good one we must score.

No time to chat, no time to play.
There's dishes to be done.
There will be time later,
For us to have some fun!

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

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)
 - ☞ 5th Sunday- Rev. Greenfield
- ☞ FOCUS HOPE delivers every 2nd Thursday. You can sign up too. (Craft Room.)
- ☞ Wal-Mart Shopping
December 3, 10th, 17th, 31st
Pick-up 8:45 am
- ☞ 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. Knox (every Wednesday at 6pm) in the E. Kern Tomlin community room.



\$50K Matching Gift Challenge!

*Gifts through December 31st are eligible to be matched, dollar for dollar, **doubling** the impact of your gift!*

Growing older doesn't mean life has to slow down. In fact, donors make new opportunities possible for PVM residents and community seniors every day. This holiday season, we are asking you to make a gift and brighten the life of a senior.

The funds raised will help seniors in the following ways:

- Resident **emergency needs**, known as Benevolence
- Social **activities** and field trips
- Reliable **transportation** to appointments or outings
- **Technology** upgrades (computers, phone systems, Internet, etc.)
- **Wellness** classes, like fall prevention; equipment and walking paths
- Facility **improvements** (community room, beauty shop, wellness center, etc.)

Double the impact of your gift today by seeing the front desk or your Village Administrator for a donation envelope. You can also go online at PVMFoundation.org or call us at 248-281-2040.

On behalf of PVM and all those we serve, thank you for making life even brighter for a senior this holiday season! Happy holidays!

Warm regards,
Paul J. Miller, CFRE

Gifts through Dec. 31st can be matched, dollar for dollar, doubling the impact of your gift!

Have you donated to the PVM Foundation this holiday season? Your gift will help seniors get emergency financial care, reliable transportation, wellness classes and much more!

To Make a Gift:
See the front desk or your Administrator for a donation envelope, log onto PVMFoundation.org or call the PVM Foundation at 248.281.2040.

Thank you for making life even brighter for a senior this holiday season!

\$50	➤	\$100
\$100	➤	\$200
\$250	➤	\$500
\$500	➤	\$1,000
\$1,000	➤	\$2,000

\$50K Matching Gift Challenge
Double the Impact of Your Gift

Announcements

The Men's Club
meets every
1st Monday
at
5:00 p.m.

*Please see Mr. Arthur Hill if you are interested in joining.



The resident association meetings are held every fourth Thursday at 4:30 p.m. in the E. Kern Tomlin community room.

Florine Grice, President
Thomas Jackson, Treasurer.

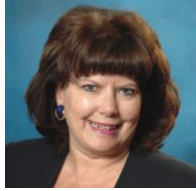


Train Your Brain to be More Positive – Take the 21 Day Challenge!

Harvard educated psychologist Shawn Achor has found that positive people lead healthier and happier lives and that in just 21 days you can train yourself to be more positive. Here's what to do:

1. **The 3 Gratitudes.** Each day write down 3 new things you are grateful for and why. Be specific. Instead of writing "I am grateful for my family", write "I am grateful for my son Bob because he calls me every Friday and makes me laugh".
2. **The Doubler.** Each day write down one meaningful moment you experienced within the past 24 hours. Record as much detail as you can. It will cause your brain to "relive" the moment thus doubling the positive experience.
3. **The Fun Fifteen.** Each day engage in 15 minutes of physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. Consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.
4. **Meditation.** Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.
5. **Conscious Acts of Kindness.** Each day send a letter/email to someone in your social circle thanking them. Be specific. For example, "I want you to know how thankful I am to have you as a friend. Whenever I feel down, you know just the right thing to say to cheer me up".





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

STAY HEALTHY BY FOLLOWING THE FOUR BASIC STEPS OF FOOD SAFETY.

With the upcoming holidays I would like to share important information from the Oakland County Health Division:

Hot foods should be kept at 140 degrees Fahrenheit or warmer. On the buffet table, keep hot foods hot with chafing dishes, slow cookers and warming trays. Cold foods should be kept at 40 degrees Fahrenheit or colder. Keep foods cold by nesting dishes in bowls of ice and replenishing ice as it melts. Otherwise, use smaller serving dishes and exchange with cold dishes of food from the refrigerator at least every two hours.

Here is a look at the Health Division's four basic steps of food safety in detail:

Clean

- Wash hands with soap and warm water for at least 20 seconds before and after handling food.
- Keep food preparation surfaces clean.
- Rinse fruits and vegetables under running water and use a brush to remove any dirt so bacteria cannot spread from the outside in.
- Avoid washing meats, poultry, or eggs.

Separate - Don't Cross Contaminate

- Secure meats, poultry or seafood in plastic bags to keep the juices contained.
- Wash all plates, utensils and cutting boards that held raw meat, poultry or seafood before reusing for perishable or cooked food.
- The juices of raw meat or poultry should never come in contact with cooked meat or other ready-to-eat foods.

Cook

- Meat, poultry, and seafood should be cooked for a long enough time at a high enough temperature to kill harmful bacteria that can cause foodborne illness.
- To check the temperature of a turkey, stick the thermometer into the inner most part of the thigh and wing and into the thickest part of the breast. Turkey's should be cooked according to package directions or at a minimum when internal temperature reaches 165 degrees Fahrenheit.
- Bring sauces, soups and gravies to a rolling boil when reheating them.

Chill

- Refrigerate foods and leftovers within two hours of serving to avoid bacterial growth. Cold foods should be stored at 40 degrees Fahrenheit or below.
- Defrost foods in the refrigerator, under cold running water, or in the microwave. Cook foods thawed under cold running water or in the microwave immediately.

Typical symptoms of foodborne illness include stomach pain, vomiting and diarrhea. Symptoms are not usually long-lasting in healthy people, but foodborne illness can be severe and even life-threatening to older adults, infants, young children, pregnant women, or people with HIV/AIDS, cancer or any condition that weakens the immune system.

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**

December



Jefferson Samuels 12/6
 Margaret Anderson 12/13
 Relelie Rogers 12/15
 Ethel Ambrose 12/18
 Ruth McNeill 12/22
 Velma Craig 12/23
 Lucile Poe 12/29

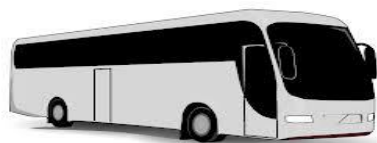


Harold Massingille
Service Coordinator
313-832-1576

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 8:50 a.m. If you would like to go shopping please be in the lobby every Thursday by 8:30 am.



Calendar

DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
6 Visit your Church 4:00 p.m. Rev. Knox	7 Enhanced Fitness 11:30 am	8 Arts and Crafts	9 Enhanced Fitness 11:30 am BINGO 1:00 p.m. SHELTON TAPES 12-2 pm	10 WALMART 9:00 a.m. pick up KAPPAS Holiday Festivity For Residents	11 Enhanced Fitness 11:30 am	12 Beauty Salon (By Appointment)
13 Visit your Church 4:00 p.m.	14 Enhanced Fitness 11:30 am	15 Arts and Crafts	16 Enhanced Fitness 11:30 am BINGO 1:00 p.m.	17 WALMART 9:00 a.m. pick up	18 Enhanced Fitness 11:30 am BRUSH PARK Christmas Party 6:00 p.m.	19 Beauty Salon (By Appointment)
20 Visit your Church 4:00 p.m.	21 Enhanced Fitness 11:30 am	22 Arts and Crafts	23 Enhanced Fitness 11:30 am BINGO 1:00 p.m.	24 WALMART 9:00 a.m. pick up	25 CHRISTMAS	26 Beauty Salon (By Appointment)
27 Visit your Church 4:00 p.m.	28 Enhanced Fitness 11:30 am	29 Arts and Crafts KAPPA Christmas Party for Residents 6:00 pm	30 Enhanced Fitness 11:30 am BINGO 1:00 p.m.	31 WALMART 9:00 a.m. pick up		



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

Brush Park Manor
Paradise Valley
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Administrator

Tsuzuba Reed-Hobbs
Administrative
Assistant

Harold Manning
Service Coordinator
313-832-1576

Maintenance
Diego Manning
Harrison Mount
313-832-9922

Ars Hunter
Housekeeping

Willette Lamar
Beauty Salon
313-832-8804

Wednesday - Saturday

Fun Zone



Christmas Words Scramble Game

leslb

sdlnac

snergtegi

lahyido

sksgocint

aydcn ncea

ttisomeel

tawerh

nreaocotids

seelv

ntaas

tsgfi

trfso

mshtiscar rete



Christmas-Printables.com

CHRISTMAS WORD SEARCH

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

- Blitzen
- Chimney
- Comet
- Cupid
- Dancer
- Dasher
- Donder
- Happy
- Christmas
- Prancer
- Reindeer
- Sleigh
- St Nicholas
- Vixen



**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

Del Diego Manning
Maintenance

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

Last Month Thanksgiving Word Scramble Solution

1. Corn
2. Pumpkin
3. Turkey
4. Mayflower
5. Wishbone
6. Cranberries
7. Pilgrims
8. Drumstick
9. Dinner
10. Yams
11. Rolls
12. November
13. Gobble
14. dessert
15. stuffing
16. Thursday
17. feast
18. gravy
19. Indians
20. bread