

The Village of Brush Park Manor



# PARK VALLEY NOTES



2900 Brush St. • Detroit, Michigan 48201 • [www.pvm.org](http://www.pvm.org)

August 2019

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## Village Administrator

I cannot believe it is August already and I am just beginning to enjoy this beautiful weather we are having. This has been a year with an abundance of rain, some cool days and several really hot days where you could not remain outside do to the fear of hydration. Well we shall all enjoy the rest of this wonderful weather we are being blessed with at this time.

I understand that August 30, 2019 will be the final day for Walmart to provide transportation for seniors living in Detroit I have been told they no longer have a contract with the company that provided this transportation for the seniors. It is rather sad when seniors who depended on doing their weekly shopping at Walmart now may have no way to shop. For those who will be needing transportation to shop, our bus will provide transportation for you. We now have two drivers but we must respect their schedules as to what days and times they are available. I will meet with both drivers and set up weekly schedules that will be posted on the bulletin board along with a sign-up sheet. I am hoping that Walmart finds a way to continue the wonderful service for the seniors in the city of Detroit because many are not as fortunate as you are by having their own bus

Remember your picnic will be a little different this year where you will be visiting Belle Isle which is so beautiful now and have your meal on the Island. There will be two occasions that you may sign up if you are interested in attending. Jewelry Class will begin in September so please look for dates and time to sign up.

Regarding the vegetable truck's visit to Brush Park the staff at Delta Manor and I are still trying to find out when they will actually begin this service. Reverend Garner's son stated to me last week he will be bringing his Nacho Truck to Brush Park Manor as soon as the State gives him the go ahead. It should be great fun to go the truck and order instead of having him bring his equipment and food inside. They were delicious and enjoyed by all and we look forward to the food, fun and fellowship.

Please come down for the presentation on Medicare Scam Friday, August 16, 2019. This is very important and Mr. Massingille does a great job at bringing you information that protects you. Also, if you have not filled out the survey regarding our Service Coordinator please come down and do so. He does a superb job for all who live at Brush Park Manor.

**THE TRUEST END OF LIFE IS TO KNOW THAT LIFE NEVER ENDS**

Anonymous

Look for PVM on:



## Announcements

### Movie Day at The Park

August 19<sup>th</sup>, 2019



1:00pm  
in the community room.

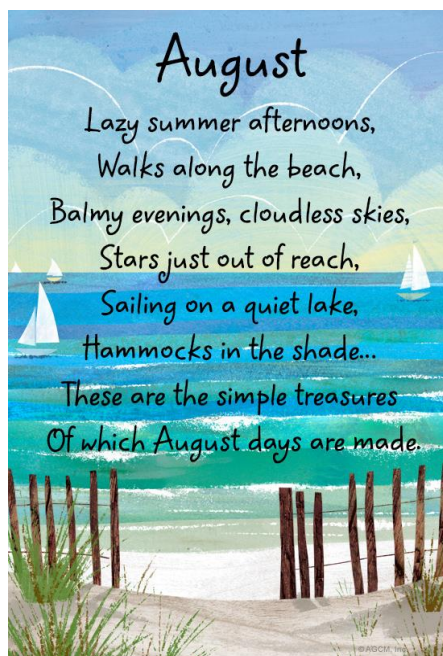
### NARCAN

Presentation  
Thursday August 15, 2019  
1:30-2:30p  
In the Community room



### Laundry Room Etiquette

Please be courteous to your neighbors when utilizing the laundry facilities on the 2<sup>nd</sup> and 3<sup>rd</sup> floors. Please be attentive to your laundry to give a chance for someone else to utilize the machines.



## Announcements

☞ Worship Service held every 1<sup>st</sup> Sunday and 5<sup>th</sup> at 4:00 pm in the Community Room. This service is open to all faiths; please feel free to invite your family and friends:

☞ 1<sup>st</sup> Sunday—Rev. Garner  
3<sup>rd</sup> Sunday- Rev. Kelly Jackson  
5<sup>th</sup> Sunday- Rev. Garner

☞ FOCUS HOPE delivers every 2nd Wednesday. You can sign up too.(Craft Room.)

☞ Wal-Mart Shopping  
Aug. 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>  
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,

### 3<sup>rd</sup> 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.

## F.Y.I (For Your Information)

**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



### The “Non-Nutrient” Nutrient

Here’s a riddle: It can’t be digested, yet it’s an important part of a healthy diet. Here are a few hints:

- It comes in two varieties: soluble and insoluble.
- It helps prevent constipation, regulates bowel activity, and promotes digestive health.
- It helps control cholesterol and blood sugar levels and reduces the risk of heart disease, stroke, and type 2 diabetes.
- Women over age 50 need 21 grams daily; men over age 50 need 30 grams daily.
- It’s found only in plants.

If you haven’t yet guessed it, the answer is fiber.

Good sources include fruits, vegetables, whole grains, seeds, nuts, and legumes. Fortunately, you don’t have to eat them raw to get the benefit. Because how you prepare them won’t reduce their fiber content, let your imagination be your guide. Make an easy-to-swallow fruit smoothie by blending your favorite frozen fruit with some low-fat yogurt and skim milk. Make vegetables easier to chew by steaming them. You can also sauté them then puree them into a sauce that you can serve over whole wheat pasta. The possibilities are endless.

Remember, however, suddenly adding fiber to your diet can cause abdominal distress, so it’s best to add it gradually. Because fiber absorbs water, it is also important to drink up to 8 cups per day. And, because fiber can interact with certain medications, talk to your doctor before you change your diet. By taking these precautions, you will be able to safely enjoy the benefits of a diet rich in fiber.

Tom Wyllie  
 Director of Wellness  
 Presbyterian Villages of Michigan

## Giving Matters



### Giving Matters.

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

Small change makes a big difference!



There is an old joke that asks, "How do you eat an elephant?" The answer: One bite at a time! (Ba dum tss.)

But seriously, when you are asked to support a cause YOU believe in, you might think, "I want to help, but I can't write a check big enough that will make a dent in the problem."

**Not true!**

**Your monthly gifts have a significant impact!**

Here is a reminder that YOU can make a difference all year long when you make a monthly gift to The PVM Foundation. For as little as \$2.50 a week, or \$10 a month, YOU can become a **Possibility Builder**. YOU will join a unique group of people whose monthly gifts support their Village or a senior in their time of need.

**Possibility Builder gifts add up!**

It's easy to give, and every contribution, however large or small, helps someone in need. Monthly giving is convenient and efficient!

Make YOUR monthly payments automatic by check, credit, or ACH payment. You can cancel your gift at any time.

For more information, please contact Debbie Smith:  
[dsmith@pvm.org](mailto:dsmith@pvm.org) or 248.281.2040

*It's Easy To Give to PVM  
Foundation!*

*Online at  
[pvmf.org/donate](http://pvmf.org/donate)*

*Email [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org)*

*Call us at 248.281.2040*

*Or drop by and say hi!*

### Announcements

## Let's Play Dominoes!



Every Monday at 1:00pm  
in the Craft room.



The Resident  
Association  
Meetings are every  
fourth Thursday at  
4:30 pm  
in the community  
room.



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Village Victory Cup 2019

### Hail to the Victors!

On Friday, June 21<sup>st</sup> twenty-two PVM senior living communities gathered at the Suburban Collection Showplace in Novi to vie for the coveted Village Victory Cup trophy. Throughout this fun-filled day of camaraderie and friendly competition, residents competed against one another in a variety of games that included the Wellness Walk, the Puzzler, the Kick-a-Roo, the Hoop Shoot, the Beanbag Toss, a Poetry Contest and of course the Balloon Volleyball tournament.



In one of the closest contests ever in the 14 year history of the event, the Village of Oakland Woods emerged victorious securing the win by a mere 6.26 points.



In addition, for the second year in a row, the Village of Oakman Manor won the Spirit Award. Full of energy and on their feet nearly the entire day, the OG's (as they like to refer to themselves), not only cheered for their own team, they cheered for their competitors too. What a great show of sportsmanship!

Also repeating as champion was the Village of Spring Meadows, claiming the Virtual Village Victory Cup trophy by a slim 14.58 points. Communities that participate in the Virtual Village Victory cup are located 100 or more miles from the PVM Home Office and play the games at their respective communities. They report their results to the PVM Wellness Department, who compiles them to determine the winner.

Collectively, between the Village Victory Cup and the Virtual Village Victory Cup, 370 residents from 28 communities supported by over 100 staff and 70 volunteers participated this year, making it the biggest combined event yet.

If you have never participated in either the Village Victory Cup or Virtual Village Victory Cup, but would like to get involved, please let your Administrator know. It's not too early to make your intentions known. Word on the street is that some teams are already practicing for 2020!



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### Announcements

## No Excuse for Elder Abuse



For some time now the State of Michigan and providers have focused on the rampant crime of elder abuse. Thus, we created a slogan which is easy to remember with a hotline to call. No Excuse For Elder Abuse can be reached at the toll free number (855) 444-3911. Presbyterian Villages of Michigan has played a role in developing protocols for reporting and prosecuting at the state level. We have also supported the publishing of materials and hosted major trainings in our area.

The Area Agency on Aging 1B, along with Neighborhood Legal Services Michigan have recently published good information on what elder abuse is and how to detect it. Chances are you may know someone who is being abused. Elder abuse is much harder to detect in many cases than child abuse since there is no school system to assist with detection. Here are some of the facts:

Elder Abuse is a crime that is committed against older adults. It is the most pervasive and underreported crime across the nation. Anyone can be abused; but vulnerable adults are most at risk. Warning signs can include social isolation, confusion, depression, dehydration, being undernourished, poor hygiene, bedsores, difficulty sleeping, not receiving appropriate health care, or changes in finances or documents. One major sign is when someone in charge of their care finds ways to prevent them from seeing others.

For adult caregivers it is important to keep a close eye on your loved one's physical condition as well as their finances. It is not good to be too trusting. In one instance an older brother had total control of his mother's finances. She owned a beautiful and valuable home and had been comfortable financially. This son had a history of being quite responsible and had an excellent career. Suddenly his life took a downward spiral – loss of job, divorce and mental health issues. By the time his siblings realized what was going on their mother's finances were in ruins; and her home was close to going into foreclosure. In many cases it is good to require two signatures for checks. Also, do not leave checkbooks and financial documents sitting around. If you are using caregivers properly vet them or use a service. Make sure you vet the service as well.

If you notice any of these signs of abuse in your friends or family members do not ignore them. You can report any suspicions anonymously. Also, if there are no issues no harm is done. Once again to report suspected abuse CALL 1 (855) 444-3911.

**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. Lois Horne**

# Fun Zone

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



## Old TV Shows

ALICE	FLYING	L.A. LAW	ODD
BEN CASEY	NUN	LASSIE	COUPLE
BEVERLY	FUGITIVE	LOVE BOAT	PEYTON
HILLBILLIES	GOMER	MAD ABOUT	PLACE
CHIPS	PYLE	YOU	RAWHIDE
CANNON	GOOD	MAUDE	RIFLEMAN
CAPTAIN	TIMES	MEDICAL	RIN TIN TIN
KANGAROO	GREEN	CENTER	SOAP
DOBIE	ACRES	MIAMI VICE	ST.
GILLIS	GREEN	MOD SQUAD	ELSEWHERE
DONNA	HORNET	MOONLIGHTING	TAXI
REED	HOWDY	MURPHY	THREE'S
DR.	DOODY	BROWN	COMPANY
KILDARE	I SPY		WALTONS
EMERGENCY	IRONSIDE		
FLIPPER	JETSONS		
	KOJAK		

## Recipes

### Fried Green Tomatoes



- **Prep time: 10 minutes**
- **Cook time: 20 minutes**

*If you can find it, use fine white cornmeal, which is the primary cornmeal used in the South. Buttermilk adds flavor and tang, but is not strictly necessary.*

#### INGREDIENTS

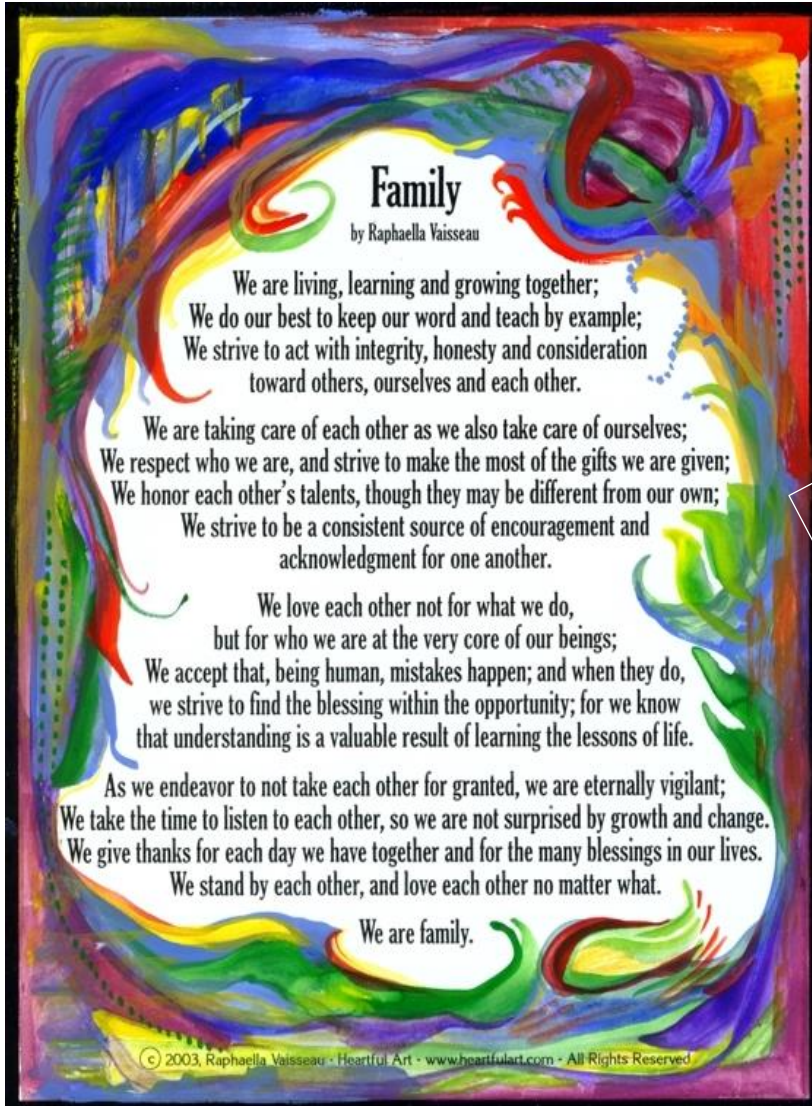
- 3 medium, firm green tomatoes
- Salt
- 1 cup all-purpose flour
- 1 Tbsp Cajun seasoning (optional)
- 1/2 cup milk or buttermilk
- 1 egg
- 1/3 cup cornmeal
- 1/2 cup fine dry bread crumbs
- 1/4 cup peanut oil or other vegetable oil



#### METHOD

1. Cut unpeeled tomatoes into 1/2 inch slices. Sprinkle slices with salt. Let tomato slices stand for 5 minutes. Meanwhile, place in separate shallow bowls: the flour and Cajun seasoning (if using), buttermilk and egg, and bread crumbs and cornmeal.
2. Heat the peanut oil in a skillet on medium heat. Beat the egg and the buttermilk together. Dip tomato slices in the flour-seasoning mix, then buttermilk-egg mixture, then the cornmeal-bread crumb mix. In the skillet, fry half of the coated tomato slices at a time, for 3-5 minutes on each side or until brown. Set the cooked tomatoes on paper towels to drain. These are fantastic with a little Tabasco sauce or remoulade.





## AUGUST BIRTHDAYS

- Barbar Carter 8/4
- Audrey Jenkins 8/4
- Carrie Turner 8/10
- Rena Farmer 8/17
- Shirley Barfiled 8/22
- Reginald Edmonds 8/23
- Leila Marshall 8/26
- Bernice Jones 8/28
- Gustava Phillips 8/28
- Thurston Redden 8/31



## Local Cab Company Numbers



**Detroit Cab 841-6000**  
**Checker Cab: 963-7000**



**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](http://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*

**Nelson Scott**  
*Maintenance*

**Harrison Mount**  
*Maintenance*

**Ara Hunter**  
*Housekeeper*

## **EMERGENCY NUMBER**

(313) 832-9922

## **FAX**

(313) 832-8801



**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](http://www.pvmfoundation.org)

**City of Detroit  
Neighborhood Police Officers  
Main: 313-596-1319  
Fax: 313-596-5166**

Officer Dorsey - Cell: 313-643-0865  
Officer Hardy - Cell: 313-570-4364  
Officer Hawkins - Cell: 313- 581-3805



**Gustava Phillips  
Reginald Reid  
Richard Gould**

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