



The Village of Brush Park Manor

PARK VALLEY NOTES



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

October 2017

Village Administrator

Featured Articles

Village Administrator pg. 1

Announcements pg. 2

Giving Matters pg. 3

It's You Life Live it Well pg. 4

The Senior Advocate pg. 5

Birthdays pg. 6

Calendar pg. 7

Recipes pg. 8

Fun-Zone pg. 9

Well October has arrived with the beautiful colors of the leaves and wonderful weather for the next several weeks. So enjoy and again I cannot stress enough about if the weather becomes damp please be careful when walking or driving. Leaves can be very dangerous when wet.

It is getting close to election time in the city of Detroit so you are going to be blitzed with candidates asking to visit and the various organizations that meet at Brush Park Manor having the candidates come in to speak with you. Remember it does not matter how often they visit us you can always hear or learn something new about the candidate. **Also, Presbyterian Villages of Michigan does not endorse any candidates.**

Please continue to keep Del-Diego Manning in your prayers for his recovery. If you have cards please bring them to the office and I will mail them each week to his home. I know he appreciates your sending prayers and well wishes his way. We have to thank Mr. Mount for a wonderful job being done during Mr. Manning's absence. Thank you to the maintenance staff Mark and Steve from Redford for their support also. Let us also continue to pray for those cities that have been devastated by hurricanes, storms, and the tragedy in Las Vegas.

For those who have not had an opportunity to visit Little Caesars Arena, it is a beautiful new venue for sports. If another chance comes along where you will be able to visit please do so I am quite sure you will enjoy this new sports ground. Several of the residents visited and they will tell you it was an experience they will always remember.

Remember to get your Flu and Pneumonia shots as it is being stressed by doctors and the health department. DMC no longer comes to Brush Park Manor providing you with these shots so either your doctor or one of the pharmacies will provide you with what you need to fight off illness.

We must say thank you to Wayne County Executive Warren Evans for his donation of tickets for the Universal Circus held at Chene Park and the wonderful health event that was presented at the Northwest Activity Center. Thank you to Commissioner Jewel Ware for Senior Appreciation Day Luncheon and providing the transportation for those who attended.

Look for more exciting events with the development of the Midtown Area where you can be a part of this great progress in the community.

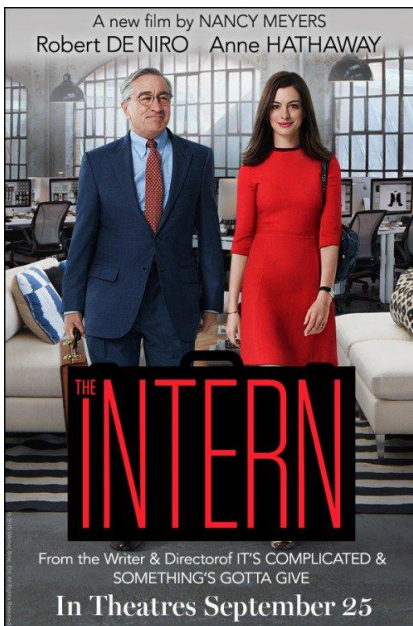
You never really leave a place you love. Part of it you take with you, leaving a part of yourself behind.

Look for PVM on:



Announcements

**Movie Day at the Park
Monday
October 9, 2017
at 1:00p
in the community room.
All residents are invited.**



A retired 70-year-old widower, Ben (played by Robert De Niro), is bored with retired life. He applies to be a senior intern at an online fashion retailer and gets the position. The founder of the company is Jules Ostin (Anne Hathaway), a tireless, driven, demanding, dynamic workaholic. Ben is made her intern, but this is a nominal role - she doesn't intend to give him work and it is just window dressing. However, Ben proves to be quite useful and, more than that, a source of support and wisdom. *Written by grantss www.imdb*

Refreshments will be served

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.



Mary Jett

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
October 3, 10, 17, 24, 31
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, 2nd 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

PVMF Gala—November 17th!

Come join the fun Friday, November 17th at
The Henry Ford Museum of American Innovation!



PVMF's 14th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, candy-flavored cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! **We hope you can join us to celebrate the sweetness of life at any age!**

The best part?! By attending this benefit for the 5000+ older adults served by PVM, you'll help make Michigan a ~~better~~ **the best** place to live at any age!

We hope to see you there!

Join the Fun! Book your Sponsorships & Tickets:

\$375 Patron Ticket* Strolling Dinner & Program, Name recognition in event program

\$250 Individual Ticket* includes Strolling Dinner & Program

(*Estimated Fair Market Value: \$125/ticket)

Learn more about how to attend at pvmf.org/Gala2017. 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.** Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!

PUT YOUR MONEY TO WORK FOR YOU!
With a Charitable Gift Annuity from PVM!

Key Features

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 MyLegacy.pvmf.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION

Announcements

The Birthday Club meets monthly in the community room.



* Birthday parties are held quarterly.



The resident association meetings are held every fourth 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.

National Check Your Meds Day

This year on **October 21st** the National Community Pharmacists Association, along with their sponsor Consumer Reports, will be rolling out a brand-new wellness holiday, **National Check Your Meds Day**. On this day consumers are encouraged to bring their medications and supplements to their local pharmacies for “brown bag” medication reviews.

This campaign comes at a perfect time for Americans. According to a survey done in April 2017 by Consumer Reports, more than half of the American adult population takes a prescription medication daily. More importantly however, those individuals who are taking prescription medications are prescribed on average not just one, but four unique medications. While many prescription medications are lifesaving, there are potential complications for taking multiple medications. These complications include upset stomachs, headaches, postural hypotension, dizziness, drowsiness, blurred vision, and confusion.

The best way to protect yourself from medication complications is to have an honest conversation with your pharmacist about what you are taking. If you want to take part in **National Check Your Meds Day**, on **October 21st** gather all of the medications and supplement bottles you take, prescription or otherwise, put them in a bag or container and head to your local pharmacy. Ask to speak with the pharmacist for a medication review and give the pharmacist your bag of medications. If you can't make it out on **October 21st** don't worry, this is a service that most major pharmacies will perform any day.

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!



Medicare Enrollment
1:00 pm- 2:00 pm
in the
Community
Room
October 10, 2017



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**

October Birthdays



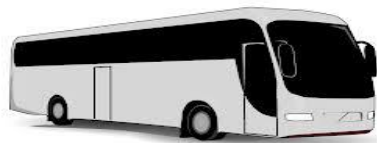
Idella Odom 10/4
Iola-Henry Darling 10/7
Elizabeth Rogers 10/10
Minnie Carr 10/10
Willetta Wright 10/11
Delores Hicks 10/13
Linnil Martin 10/14
Eula Williams 10/15
Doris Freeman 10/25
Lorene Vassar 10/27

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

WAL-MART



The Walmart bus leaves promptly at 1:00pm. If you would like to go shopping please be in the lobby every Tuesday by 12:50 pm.



Calendar

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 Visit your Church Rev. Knox Communion	2 Enhanced Fitness 11:30 am	3 WALMART 2:00 pm pick up	4 Enhanced Fitness 11:30 am	5 BIBLE STUDY 12:00pm	6 Enhanced Fitness 11:30 am	7 BEAUTY SALON
8 Visit your Church	9 Enhanced Fitness 11:30 am MOVIE DAY AT THE PARK	10 WALMART 2:00 pm pick up	11 Enhanced Fitness 11:30 am 1:00pm SHELTON TAPPES 12:00 pm FOCUS HOPE	12 BIBLE STUDY 12:00pm	13 Enhanced Fitness 11:30 am -4:45P 12:00pm	14 BEAUTY SALON KAPPAS Political Forum Residents Are Invited 1-4:00pm
15 Visit your Church Rev. Kelly Jackson 2:00 pm	16 Enhanced Fitness 11:30 am	17 WALMART 2:00 pm pick up BIBLE STUDY 12:00pm	18 Enhanced Fitness 11:30 am 1:00pm	19 	20 Enhanced Fitness 11:30 am	21 BEAUTY SALON
22 Visit your Church	23 Enhanced Fitness 11:30 am	24 WALMART 2:00 pm pick up	25 Enhanced Fitness 11:30 am 1:00pm	26 BIBLE STUDY 12:00pm Resident Association Meeting 4:30 pm	27 Enhanced Fitness 11:30 am	28 BEAUTY SALON
29 Visit your Church Rev. Greenfield	30 Enhanced Fitness 11:30 am	31 WALMART 2:00 pm pick up HAPPY HALLOWEEN				



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

A Member of Michigan State University

Brush Park Manor
Paradise Valley
2900 Brush St
Detroit, MI 48201
Phone: 313-832-9922
Fax: 313-832-8801
E-mail: www.vm.org

Jannie Scott
Administrator
Tanisha Reed-Hobbs
Administrative
Assistant

Harold Masingille
Service Coordinator
313-832-1576

Maintenance
Diego Manning
Harrison Mount
313-832-9922

Ara Hunter
Housekeeping

Willette Lamar
Beauty Salon
313-832-8801

Fun Zone



PUZZLE 47 BASEBALL TEAMS

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

ANGELS
ASTROS
ATHLETICS
BLUE JAYS
BRAVES
BREWERS
CARDINALS
CUBS
DEVIL RAYS
DIAMONDBACKS
DODGERS

GIANTS
INDIANS
MARINERS
MARLINS
METS
NATIONALS
ORIOLES
PADRES
PHILLIES
PIRATES
RANGERS

RED SOX
REDS
ROCKIES
ROYALS
TIGERS
TWINS
WHITE SOX
YANKEES

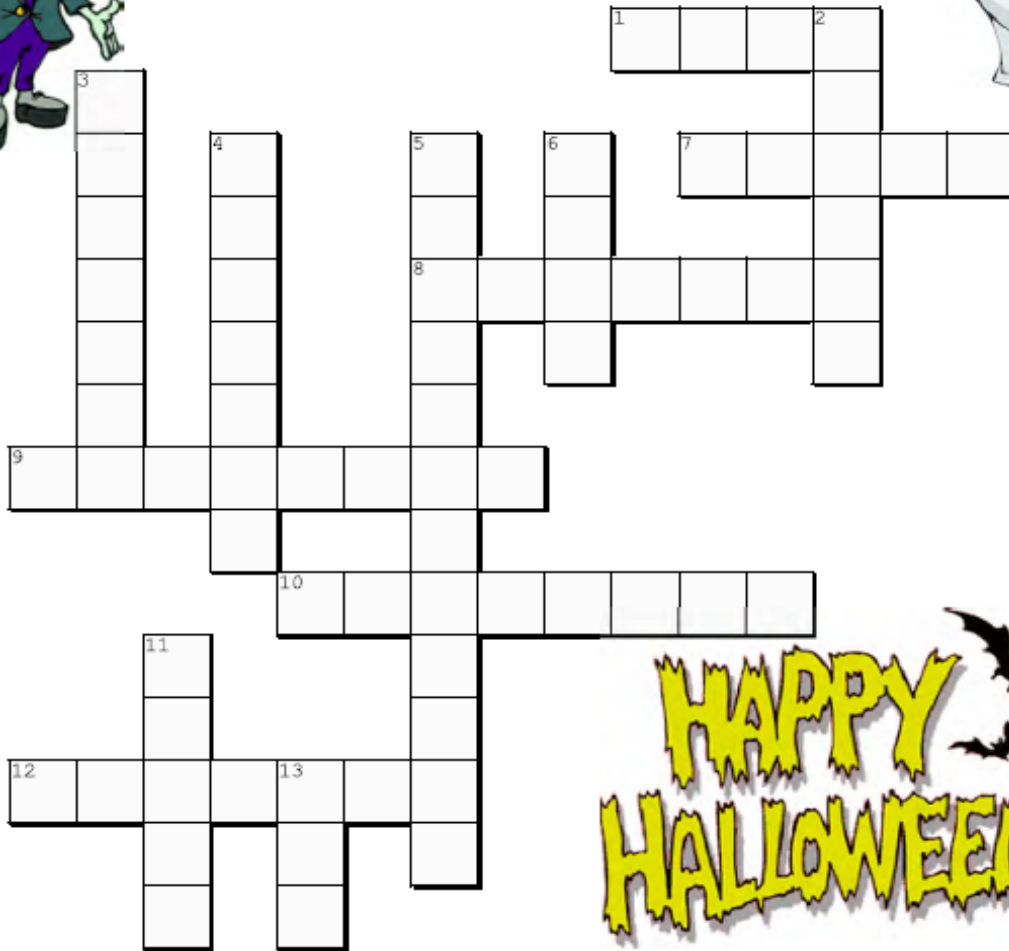




Trick or Treat!



Complete the puzzle below... IF YOU DARE!



Across

1. Night flying mammals
7. _____ or Treat!
8. Disguise
9. Human that transforms into a wolf
10. Scary creatures, or _____, Inc.
12. Halloween month

Down

2. Web creator
3. Dracula is one of these
4. A house where ghosts live is considered _____
5. Carved pumpkin
6. Placed over your face
11. Stirs potions in a cauldron
13. Ghostly Talk

**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

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



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



**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



THINK PINK

October is
Breast Cancer
Awareness Month!

SUPPORT THE FIGHT!