

The Village of Brush Park Manor



PARK VALLEY NOTES



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

March 2017

Village Administrator

HAPPY SPRING

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Spring will be arriving March 20th but it seems as though it has arrived a little earlier than usual this year. I do hope that we are not surprised this month with a snowstorm like so many other cities have had recently. So let us keep all families in various cities who have been hit by snow, ice, mud slides, tornadoes and other catastrophes in your prayers.

The experience with the water situation for several days in Detroit and several surrounding communities has been a learned lesson for me and I hope for you also. The residents of Flint are to be recognized and applauded as to how they have handled their dire situation with the water over the past year plus. Situations such as this could happen anywhere at any time so remember patience and support is most important during this time.

Thank you to the Kappa Fraternity for the wonderful breakfast prepared and served for all residents last month. Whenever the Kappa Fraternity host events for residents at Brush Park Manor this means all residents are invited to share in these great programs and there is no cost to you.

Thank you to Mrs. Charity Jackson and her committee for another fantastic Black History Program. It seems to get better each year with the participation of residents, families and friends. Once again your fashions were just fabulous with the many colors and styles worn by all. With Mrs. Jackson experiencing a little discomfort at this time she continues to do a wonderful job at leading enhance fitness class and participating in other events. Let her know much we appreciate her ongoing dedication.

It is that time of year again for the Friends and Family Campaign. The Foundation has stated they will not be matching your raised funds this year. So whatever monies raised makes sure it will be enough to cover the cost of what your goal may be. Again, remember this is your home and as you know I do not select what you want or need because this is something for your enjoyment while living at Brush Park Manor.

Remember Bible study has begun again with Reverend Kelly Jackson volunteering his time on Thursdays from noon to 1:00pm and the third Sunday of each month he will be having service from 2-3pm. We must thank him for volunteering his time and talent and thank you Ms. Grace Glover for bringing him to Brush Park Manor.

Please check your calendars daily for the many presentations and events happening at Brush Park Manor Paradise Valley.

Remember March 12th Daylight Savings Time Begins.

Look for PVM on:



Announcements

On Monday March 6th, a representative from Xfinity/Comcast will be at Brush Park Manor to discuss their company's cable product and services. The presentation will be held in the community room at 1:00 pm. Refreshments will be served.



ConcertoHealth & The American Heart Association's Heart Disease Awareness Seminar

ConcertoHealth will partner with the American Heart Association for an informative session on Heart Disease Awareness.

Join Us: Monday, March 13, 2017 from 1:00p.m.-2:00 p.m.

Location: The Village of Brush Park
2900 Brush St., Detroit, MI 48201

Presenters: Dawn M. Barrack-The American Heart Association, Corporate Development Director
Chiara Clayton, Community Outreach Specialist, ConcertoHealth

Refreshments will be provided.



Sponsored by ConcertoHealth Detroit Care Center located at 7430 2nd Ave Suite 210 Detroit MI 48202

Call Harold Massingille, SRC to RSVP: 1-313-832-1576

ConcertoHealth | 1-855-269-8259 option 5 | www.concertohealth.com

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, 3rd and 5th Sunday at 2:00 pm 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. Jackson 2:00pm
5th Sunday- Rev. Greenfield

Bibles Study every Thurs. at 12:00pm in the community room.

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

Wal-Mart Shopping
March 7th, 14th, 21st, and 28th
Pick-up 1:00pm.

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,

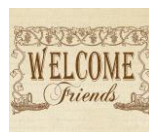
1st floor



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.



Patrick Roberts





Giving Matters.

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

Saving More Than Daylight *Your legacy can change a life.*

Each spring, we go through the cycle of losing an hour. Even if it's gained back in the fall, it's just not easy to swallow an hour lost. Time. What a concept. It's an asset, a limit—but, most of all, ***it's a gift.***

The amazing thing is, with your legacy, you have the power to use that gift. You can reach through the years and touch a loved one, a stranger in need, or an entire organization. The gift you leave behind can become a roof over a senior's head, a new piece of fitness equipment, or a life-saving service. ***Spring forward—and into action this March.*** The PVM Foundation has an all-new planned giving website to guide you. It will ask you simple questions to make time, and your gifts, work for you.

Visit mylegacy.pvmf.org for more information.

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

A GIFT IN YOUR WILL
can change the lives of seniors.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

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

248.281.2045
www.pvmgifts.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION

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 every fourth Thursday at 4:30 pm in the community room.

Lindsay Tyler, President
Thomas Jackson, Treasurer.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“S” stands for Sleep



In December, I introduced you to MESH. It's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal and is what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. According to Dr. Thomas, neglecting to do any one of these things can negatively impact our health. This month we will focus on the “S” (sleep).

According to Dr. Thomas, we shouldn't accept unrestful, unsatisfactory sleep as a natural consequence of aging, because it's not. Everyone needs sleep. Sleep is nature's way for us to recharge. While we sleep, our bodies repair the damage done to our cells during the day; our brains reset their connections that enhance memory and learning; and our immune systems release substances that fight disease and infection. Without quality sleep, our bodies won't adequately heal; our memories and thinking will suffer; and we will become much more likely to get sick.

According to the National Sleep Foundation (NSF), adults age 65 and older need between 7 to 9 hours of sleep per night. To help us get the sleep we need, the NSF recommends we do the following:

- Establish a regular bedtime and bedtime routine to signal our bodies it's time for sleep;
- Avoid caffeine and nicotine close to bedtime since they tend to promote wakefulness;
- Avoid alcohol close to bedtime because it tends to disrupt sleep during the latter part of the night;
- Limit daytime napping to 30 minutes or less to avoid disrupting our natural sleep-wake cycle;
- Do at least 10 minutes of aerobic exercise per day to promote higher quality sleep; and
- Create a cool, dark, comfortable sleeping environment free of distraction to make it easy to both fall and stay asleep.

For more tips and other information on sleep, visit www.sleepfoundation.org.

RECIPES



Lentil Vegetable Stew



Makes 6 cups, high in fiber and folate.

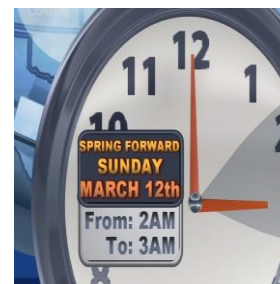
Lentils are rich in protein, fiber, and vitamins and minerals which are healthy for your cardiovascular system!

2 TBS. Olive oil $\frac{3}{4}$ cup celery diced
1 red onion diced
2 cloves of garlic, minced 4 carrots, peeled and sliced
2 cups dried green lentils
8 cups of water 2 cans of low-salt chicken broth (14 ounces each)
2 cups tomato sauce

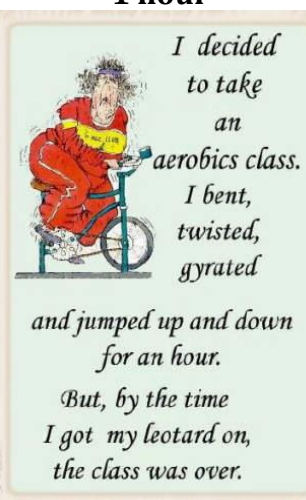
Directions: 1. Heat olive oil in large soup pot over medium high heat and sauté celery, onions, garlic, and carrots – 5 minutes stirring constantly. 2. Add lentils and water and cook over medium heat 20 minutes 3. Add broth and cook over medium heat 15 minutes 4. Add tomato sauce and cook over medium heat 10 minutes.

Announcements

Daylight Savings



MARCH 12, 2017
Set clocks forward
1 hour



**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**

March Birthdays

Harold Massingille
Service Coordinator
313-832-1576



Susie Norton 3/12
Grace Glover 3/13
Vanessa Ventour 3/13
Wyllene Roberts 3/19
Morris Thomas 3/21
Lindsay Tyler 3/31
Catherine Stanley 3/28
Ursal Charleston 3/29

The beauty salon is open Wednesday through Saturday. Please call and schedule your appointment today!

(313) 832-8804

WALMART SHOPPING

PICK UP



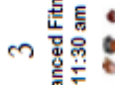

























EVERY TUESDAY

AT 12:50 p.m.



Calendar

March 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Enhanced Fitness 11:30 am  1:00pm	2 Bible Study 12:00p 	3 Enhanced Fitness 11:30 am 	4 Beauty Salon 
5 Visit your Church Rev. Knox 4:00p 	6 Enhanced Fitness 11:30 am COMCAST Presentation 1:00 PM	7 WALMART 1:00 pm pick up 	8 Enhanced Fitness 11:30 am SHELTON TAPPES 12:00 pm  1:00pm	9 Bible Study 12:00p 	10 Enhanced Fitness 11:30 am  -AARP 12:00pm	11 Beauty Salon  KAPPAS
12 Visit your Church 	13 Enhanced Fitness 11:30 am Concerto Lecture 1:00pm	14 WALMART 1:00 pm pick up 	15 Enhanced Fitness 11:30 am  1:00pm	16 Bible Study 12:00p MOVIE DAY AT THE PARK 1:30 pm	17 Enhanced Fitness 11:30 am 	18 Beauty Salon 
19 Visit your Church Rev. Jackson 2:00pm 	20 Enhanced Fitness 11:30 am 	21 WALMART 1:00 pm pick up 	22 Enhanced Fitness 11:30 am  1:00pm	23 Bible Study 12:00p 	24 Enhanced Fitness 11:30 am 	25 Beauty Salon 
26 Visit your Church 	27 Enhanced Fitness 11:30 am 	28 WALMART 1:00 pm pick up 	29 Enhanced Fitness 11:30 am  1:00pm	30 Bible Study 12:00p 	31 Enhanced Fitness 11:30 am 	



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



Brush Park Manor
Paradise Valley
2900 Brush St
Detroit, MI 48201

Phone: 313-832-9922
Fax: 313-832-8801
E-mail:
www.pvm.org

Jannie Scott
Administrator

Tanisha Reed-Hobbs
Administrative
Assistant

Harold Massingulle
Service Coordinator
313-832-1576

Maintenance
Diego Manning
Harrison Mount
313-832-9922

Ara Hunter
Housekeeping

Willette Lamar
Beauty Salon
313-832-8804



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

HERITAGE AND LEGACY

With the upcoming St. Patrick's Day holiday I have been thinking about the importance of heritage and legacy. Creating this sense of belonging in a family is one of the greatest gifts we can give to ourselves and also to our children and grandchildren. My parents were officers in their local genealogy organization for thirty years. The members called my dad "Mr. Perfect" since he had perfect audits for his entire tenure. They took great pleasure in tracing not only their own roots but also in helping many others to find theirs. The club also published several books which are utilized by libraries far and wide. Their love of genealogy rubbed off on their family and friends. We took great pride in finding that our ancestors included Daniel and Noah Webster, as well as an ancestor who lived to be 114 years of age in the 1800's! Of course, our cadre of ancestors also includes a horse thief. Every family has its issues!

Lifelong learning has long been touted as an essential part of Aging Well. And it is a very enjoyable way to spend one's time. Many Michiganders do not realize that a treasure trove of genealogy is housed right in Lansing via the Library of Michigan. Its mission is "to guarantee the people of this state and their government one perpetual institution to collect and preserve Michigan publications, conduct reference and research and support libraries statewide." If you would like to get involved in genealogy or have other research needs, check out their website at www.michigan.gov/library or call their reference desk at (517) 373-1300 from the hours of 8AM to 5PM Monday - Friday and 10AM to 4PM on Saturday. Better yet, take your children and grandchildren with you. Create a lasting legacy. Enjoy!



St. Patrick's Day Word Search Puzzle

Word List

SAINT
 PATRICK
 IRISH
 BLARNEY
 BLESSING
 EMERALD
 LEPRECHAUN
 GOLD
 GREEN
 IRELAND
 LIMERICK
 MAGIC
 PARADE
 RAINBOW
 SHAMROCK
 LUCKY
 WISH
 FAIRY
 MARCH
 PARTY
 CLOVER
 POT
 SNAKES

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

Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the words in the whole puzzle!



**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



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

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