



The Village of Brush Park Manor

PARK VALLEY NOTES



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

March 2016

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Village Administrator

It is so wonderful knowing spring will be here in several weeks. I look forward to seeing the beautiful flowers that are planted by our landscape company and resident Mrs. Dorothy Bell. Also, to hear the roar of the Detroit Tigers Fans including those of you who enjoy the games on behalf of the Tiger Organization who are so kind to donate tickets to Brush Park Manor each year? With this weather change there will be more construction taking place in our area so please be careful in your travels either walking or driving.

Let me say thank you to Mrs. Charity Jackson and her committee for once again delivering a beautiful setting and soul food dinner for their annual Black History program. I am always so proud of those residents who each year takes it upon themselves to bring a committee together celebrating various holidays and other events. Thank you so much for your great leadership.

It's that time again as I mentioned previously for the Friends and Family Campaign sponsored by The Presbyterian of Michigan Foundation for all villages to participate in. This is where you as residents decide what you would like to have in your home and strive to get it. You donate the funds which a certain amount will be matched by the Presbyterian Villages of Michigan Foundation to purchase what you have decided on this year. For those new residents just to give you an idea of what some of the items purchased through Friends and Family over the past years are as follows, the Nu-Steps exercise equipment, Round Tables and linen used for those special occasions, Televisions on the third floor and Craft Room, the new shirts worn by all those who are in the exercise and wellness class and many other gifts that you see or use here at Brush Park Manor through this campaign. Thank you to the Foundation for their continuing support of all residents who reside in Presbyterian Villages of Michigan housing.

For the men of Brush Park Manor please remember the Brush Park Men's Club is looking for all to come out and join in with them. They meet the first Monday of the month at 5:p.m., in the community room. They are looking for your support and excited about plans to make their club well known in the community.

Remember to turn your clocks ahead at 2:00 a.m. Sunday morning for Daylight Savings Time.

A real friend is one who helps us to think our best thoughts, do our modest deeds, and be our finest selves. Anonymous

Look for PVM on:



Announcements



*Daylight Saving
Time Begins*

March 12, 2016
(set clock back an hour)

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)
5th Sunday- Rev. Greenfield

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

☞ Wal-Mart Shopping
March 3rd, 10th, 17th, 24th, and 31st
Pick-up 8:30 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.

Happy Birthday

IT'S A BIRTHDAY PARTY

Tuesday, March 29, 2016, 6:00-9:00pm

We're Celebrating The Births of Those Born In
January, February, & March

WONT YOU COME AND JOIN US?

Fun, Food, Music AND Games!

Donation: \$10.00

Happy Birthday

Each Day comes bearing its own gifts, unite the seasons Happy Birthday



**January Anderson
Mary McKinstry**

Breakfast is Back!

Easy Egg Recipe



Base Egg Mixture (for 2 people for 4 – 5 days)

- 18 Eggs – preferably pastured, organic
- 1 cup of full fat coconut milk or 1 cup plain kefir (if you do dairy)
- Sea Salt & Black Pepper to taste

Toppings

- Shredded sweet potato
- 1/2 red bell pepper chopped
- 1/2 yellow bell pepper chopped
- 1/2 cup of broccoli florets chopped small
- 1 pastured, local farm sausage cooked, removed from casing and sprinkled throughout
- 1/2 cup of frozen kale

How To:

Preheat your oven to 350 degrees. Mix the base egg mixture in a large mixing bowl and then mix together like making scrambled eggs by whisking with a fork or whisk. In a glass pyrex baking dish, line the “toppings” up – you can grease the pan with grass-fed coconut oil, rendered bacon fat, or coconut oil or just take a chance



Spread the toppings out evenly, except for the kale, and then pour the egg base mixture on top. Make sure any toppings that are at the top are covered with the egg to avoid burning. Sprinkle the kale on top, enough to be evenly coated. Bake for 35 – 45 minutes depending on your oven and how “done” you like your eggs. Let cool, cut into pieces, and you’re ready for breakfasts on the go.





Friends & Family Kicks Off April 1st!

Join us in the annual **Friends & Family** fundraising campaign! Friends & Family is an opportunity for residents to raise funds for projects that will enhance and enrich their lives. The 2016 goal is to raise \$150,000 cumulatively across all participating PVM Villages.

Match Opportunity

Your gift received by April 30th during Friends & Family (F&F) is eligible to be matched! Matching funds will be awarded at the end of the campaign to every Village, based on the percentage they raised toward the total F&F amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Example: If your Village raises 10% of the total F&F amount raised (across all Villages), then your Village will receive 10% of the matching funds available.

Want to Learn More?

Attend your Village Kick-Off Party or look for flyers and posters to learn more about your Village's individual fundraising goal and project. You can also visit pvmfoundation.org/FF2016. Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, **every gift matters!**

To Make a Gift

- See the front desk or your Administrator for a donation envelope and mail it to PVM Foundation, 26200 Lahser Road, Suite 300, Southfield, MI 48033.
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040. Best of luck to ALL the Villages for a successful Friends & Family Campaign!

Warm regards,
Paul J. Miller, CFRE

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.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness



As we age, we often consider our daily aches and pains to be a sign that we are getting “old”. We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the “fact” that there’s nothing we can do about it.

While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies.

Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults. Additionally, because certain medications are known to interfere with your body’s ability to absorb nutrients you should also talk with your doctor about the medications you are taking.

If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it’s best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit

www.choosemyplate.gov/MyPlate.

**HAVING A HEALTHY MIND
IS JUST AS IMPORTANT
AS A HEALTHY BODY**



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

THE LATEST ON THE AGING OF AMERICA

NEW FLASH! Our society is getting older! I call this a new flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.

The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.

About one in every seven, or 14.1% of the population, is an older American.

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

There were 67,347 persons aged 100 or more in 2013.

Older women outnumber older men at 25.1 million older women to 19.6 older men.

Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is:

www.iog.wayne.edu. Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.

So to all of our readers, and especially women, please take this information to heart and take action to secure your financial future. It is the best gift you can give to yourself and loved ones.

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

MARCH



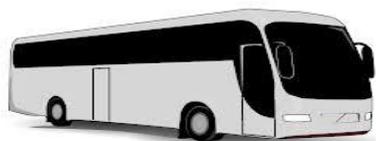
Juanita Stokes 3/11
Susie Norton 3/12
Vanessa Ventour 3/13
Dorothy Boyles 3/16
Wyllene Roberts 3/19
Lindsay Tyler 3/21
Morris Thomas 3/21
Catherine Stanley 3/28
Ursal Charleston 3/29

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

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Arts and Crafts 	2 Enhanced Fitness 11:30 am 	3 WALMART 8:30am pick up PUBLIC SERVICE CREDIT UNION	4 Enhanced Fitness 11:30 am 	5 BEAUTY SALON
6 Visit your Church 4:00 pm. Rev. Knox 	7 Enhanced Fitness 11:30 am 	8 Arts and Crafts DEB'S DOLLAR STORE PLUS 10:00a-12:00p 	9 Enhanced Fitness 11:30 am SHELTON TAPPES 12:00 p	10 WALMART 8:30am pick up FOCUS HOPE 	11 Enhanced Fitness 11:30 am -AARP	12 BEAUTY SALON KAPPAS MEETING
13 Visit your Church DAYLIGHT SAVINGS <i>Spring Ahead!!!</i> 	14 Enhanced Fitness 11:30 am 	15 Arts and Crafts 	16 Enhanced Fitness 11:30 am 	17 WALMART 8:30am pick up EXTERMINATOR 1st floor	18 Enhanced Fitness 11:30 am 	19 BEAUTY SALON
20 Visit your Church Palm Sunday First Day of Spring	21 Enhanced Fitness 11:30 am 	22 Arts and Crafts 	23 Enhanced Fitness 11:30 am 	24 WALMART 8:30am pick up BABY SHOWER	25 GOOD FRIDAY	26 BEAUTY SALON
27 Visit your Church <i>Happy Easter!</i> 	28 Enhanced Fitness 11:30 am 	29 Residents Quarterly Birthday Party 6:00 pm.	30 Enhanced Fitness 11:30 am Dr. Vaughn (Foot Doctor)	31 WALMART 8:30am pick up 		

The Village of
Brush Park Manor
Paradise Valley
 A SENIOR LIVING COMMUNITY
A Member of The Village of Paradise Valley, MI, Inc.

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 Massingille
 Service Coordinator
 313-832-1576
 Maintenance
 Diego Manning
 Harrison Mount
 313-832-9922
 Ara Hunter
 Housekeeping
 Willette Lamar
 Beauty Salon
 313-832-8804

Fun Zone



St. Patrick's Day Word Search



Search for the words hidden up, down, left and right.

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

CLOVER
IRISH
LUCK
PATRICK

FAIRY
JIG
MARCH
SEVENTEENTH

GREEN
LEPRECHAUN
MUSIC
SHAMROCK



thrifnymommastips.com



Fun Zone

Unscramble the letters using the words from the word bank below.

1. IFRST _____
2. RIKCT _____
3. LOOF _____
4. IHCDSLHI _____
5. IYSLI _____
6. GAEM _____
7. JKEO _____
8. EOPSNUSONTA _____
9. YFNUN _____
10. RAPIL _____
11. OHXA _____
12. PIRUERSS _____



joke
April
trick

fool
game
funny

first
surprise
silly

childish

hoax

spontaneous

Fun Zone

Spring Flower Word Search

Try to find all of the hidden spring flower related words in the puzzle below. Remember, words can be diagonal, vertical, horizontal, forward or backwards.

Bluebells
Buttercup
Crocus
Daffodil

Freesia
Hyacinth
Iris
Lady's Slipper

Lilac
Lily
Narcissus
Orchid

Poppy
Snowdrops
Tulips
Violets

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

**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
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- Donald J. McSwain
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