



The Village of Brush Park Manor

# PARK VALLEY NOTES



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

April 2015

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## Village Administrator

Remember the Friends & Family Campaign begins April 1-April 30 to raise funds for the Flat Screen Television to be installed in the Card/Exercise Room. All donations you and your family make will be matched by Presbyterian Villages of Michigan Foundation who have matched funds over the years for many of the possessions we have at Brush Park Manor.

Brilar Landscaping Company will be arriving at Brush Park Manor for the spring cleanup and planting. I will be having our parking lot cleaned also. Please advise your family members and visitors that we have a refuse container and an ashtray to dispose of papers and cigarette butts before entering your home. Our parking lot is not a dumping ground and should not be used as one.

Mrs. Harriett Jenkins and Mrs. Minnie Carr thank you so much for taking over the blanket project for premature babies at Henry Ford Hospital. To all of you who knitted, crochet, sewed or purchased blankets for the babies they were just absolutely beautiful. And for those who donated other items such as clothing and diapers Henry Ford Hospital Nursery will have some of the most well dressed and wrapped babies in the city. I am so happy the Board Members had an opportunity to see your display of gifts and was very proud of your works as mentioned in their meeting. I know Mrs. Emily Love who headed this project for years is smiling down and saying thank you to all who participated. I say thank you for letting Henry Ford Hospital know what talent we have at Brush Park Manor and being part of the community.

The Matter of Balance program will begin April 21 through May 14 twice a week. Mr. Massingille brings these educational sessions to Brush Park Manor for your health and safety so please take advantage of these classes.

The Quarterly Birthday party for those who celebrate January, February and March will be held on April 3 from 6-9pm. The birthday committee looks forward to seeing you there and to have a great time by all.

Well Spring is here and our Detroit Tiger's are back in town saying I have tickets for April 17 and 18 game time 1:08p.m and April 24, 7:08p.m. First come first served and the tickets are for **Residents** only.

We wish them well and look forward to them winning the World Series.

"Don't let the same dog bite you twice"

~ Chuck Berry

Look for PVM on:



*Jannie Scott, Administrator*

## What's Happening At Brush Park!

**Ms. Barbara Williams, RN from Wayne State University will be at Brush Park on April 13<sup>th</sup>, and April 27<sup>th</sup> to administer Blood pressure checks to the residents. These BP checks are absolutely free!**

**On Friday April 24<sup>th</sup>, 2015 is MOVIE DAY at the Park! We will be showing a special presentation of the movie "Think like a Man" starring Taraji P. Henson, Gabrielle Union, Michael Ealy, and Meagan Good in the community room. The movie will begin at 1:00 p.m.**

**\*Light refreshments will be served.\***

## 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. Knox  
(Communion)  
5<sup>th</sup> Sunday- Rev. Greenfield

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

☞ Podiatrist Dr. Jeffery Levitt will be at Brush Park Manor on 4/9/2015 His sign up sheet is on the board.

☞ Wal-Mart Shopping  
April 2<sup>nd</sup>,9<sup>th</sup>,16<sup>th</sup>,23<sup>rd</sup>, and 30<sup>th</sup>  
pick-up 9:00am

☞ Shelton Tappes meets every second Monday at 2 pm.  
All are welcome to join!

☞ AARP meets every second Friday at noon  
All are welcome join !

☞ Exterminator will be at Brush Park every 3<sup>rd</sup> Thursday,  
2<sup>nd</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. Knox (every Wednesday at 6pm) in the community room.

## Four Tops to sing Tigers' opening day anthem

By [Gary Graff](#), The Oakland Press

Motown's legendary Four Tops have pitched a lot of hits during their 61 years as a group.

On April 6 they'll go for a home run as they sing the National Anthem at the Detroit Tigers' home opener at Comerica Park.

It marks the first time the Tops have done the anthem for the opening day game, though the group has sung "The Star Spangled Banner" at other points of the season. The group was one of Motown's most consistent hitmakers during the 60s, recording landmark singles such as "I Can't Help Myself (Sugar Pie Honey Bunch)," "Reach Out I'll Be There," "Bernadette" and many others. After leaving Motown in 1972, the Tops had hits with ABC-Dunhill records, including "Ain't No Woman (Like the One I've Got)," "Keeper of the Castle" and "Are You Man Enough."

The group was inducted into the Rock and Roll Hall of Fame in 1990, the Vocal Group Hall of Fame in 1999 and the R&B Music Hall of Fame in 2013. It also received a star on the Hollywood Walk of Fame and a Rhythm and Blues Foundation Pioneer Award in 1997 and a Grammy Lifetime Achievement Award in 2009.



## Giving Matters.

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

### Friends & Family Kicks Off; Consider Joining a Giving Society

April 1<sup>st</sup> will see the start of the annual **Friends & Family Appeal** to raise funds for your Village project and we are thrilled to offer **a match for eligible gifts received through April 30<sup>th</sup>!** The match will be based on the percentage each Village raises toward the cumulative Friends & Family (F&F) amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Look for posters, flyers or ask your Village Administrator about your Village's fundraising goal and project this year. Please encourage your friends and family members to make a gift during the month of April and take advantage of the opportunity to make an **even bigger impact** on seniors!

You can make a gift in several ways (*match guidelines apply*):

- See the front desk or your Administrator for a donation envelope
- Go online at [pvmfoundation.org](http://pvmfoundation.org) and select the Village you want to support
- Call the PVM Foundation at 248-281-2040
- Mail your gift to: PVM Foundation,  
26200 Lahser Road, Suite 300  
Southfield, MI 48033

With the PVM Foundation's 21<sup>st</sup> Calvin, Sterling and Peterson Mission Maker Societies' Recognition Luncheon around the corner on June 8<sup>th</sup> at Comerica Park, I wanted to share with you a description of the donors who are members of these societies:

- **Peterson Mission Makers Society:** Donors who have made a multi-year pledge to PVM for \$1,000 or greater, and two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate Plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given over \$50,000 to PVM.

If you are interested in learning more about our giving societies and how you can become a member, please contact me at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE



### Announcements

The Men's Club  
meets every  
1<sup>st</sup> 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  
community room.

Florine Grice, President  
Thomas Jackson, Treasurer.



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

By Tom Wyllie,  
Director of Wellness

***This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program***

### Write Your Worries Away

Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.

## 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.

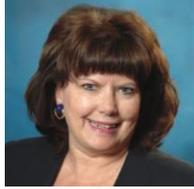
Rubbish must not be placed on floors in refuse rooms it must be thrown down the chute or if too large bring it down to the first floor refuse room.

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!**

**Deb's Dollar Store Plus will be at The Village of Brush Park every second Tuesday in the Craft room**





## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### COMING SOON – THE WHITE HOUSE CONFERENCE ON AGING

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoA) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

2015 marks the 50<sup>th</sup> anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80<sup>th</sup> anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoA as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level. Stay tuned!

### Announcements

**The Enhanced Fitness group meets every Monday, Wednesday, and Friday.**



**Please see Mrs. Charity Jackson**



### *Birthdays*

- Dorothy Wise..... 4/2
- Joyce Alfaro..... 4/6
- Mary Chapman-Lewis...4/6
- Bunion Lawson.....4/9
- Elnora Gibson.....4/13
- Bessie Butler.....4/15
- John Belcher .....4/19
- Vivian Townsend.....4/19
- Linzy Bennett.....4/21
- Hattie Payne.....4/25
- Mary Reynolds.....4/29

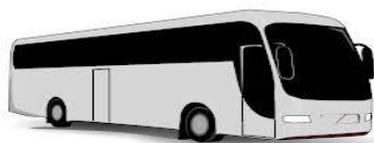


**Harold Massingille**  
**Service Coordinator**  
**313-832-1576**

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



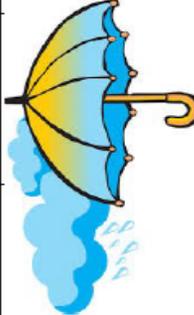
## **WAL-MART**



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

# April 2015

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Visit your Church 4:00 p.m. Rev. Knox</p> <p><b>Easter</b></p> 	 <p>Enhanced Fitness 11:30 am PATH Program 1-3:30 pm</p>	<p>Arts and Crafts</p> 	<p>Enhanced Fitness 11:30 am BINGO 1:00 p.m. Beauty Salon</p>	<p>WALMART 9:00 a.m. pick up Beauty Salon (By appointment)</p> 	<p>Enhanced Fitness 11:30 am GOOD FRIDAY OFFICE CLOSED</p>	<p>Beauty Salon (By appointment)</p> 
<p>Visit your Church</p> 	<p>Enhanced Fitness 11:30 am PATH Program 1-3:30 pm</p>	<p>Arts and Crafts</p>  <p>DEB'S DOLLAR STORE 10:00-12:00 pm</p>	<p>Enhanced Fitness 11:30 am BINGO 1:00 p.m. Beauty Salon</p>	<p>WALMART 9:00 a.m. pick up EXTERMINATOR 2nd Floor Beauty Salon (By appointment)</p> 	<p>Enhanced Fitness 11:30 am</p> 	<p>Beauty Salon (By appointment)</p> 
<p>Visit your Church</p> 	<p>Enhanced Fitness 11:30 am</p> 	<p>Arts and Crafts</p> <p>MATTER OF BALANCE 1-2:30 p.m.</p>	<p>Enhanced Fitness 11:30 am BINGO 1:00 p.m. Beauty Salon</p>	<p>WALMART 9:00 a.m. pick up MATTER OF BALANCE 1-2:30 p.m.</p>	<p>Enhanced Fitness 11:30 am</p> 	<p>Beauty Salon (By appointment)</p> 
<p>Visit your Church</p> 	<p>Enhanced Fitness 11:30 am</p> 	<p>Arts and Crafts</p> <p>MATTER OF BALANCE 1-2:30 p.m.</p>	<p>Enhanced Fitness 11:30 am BINGO 1:00 p.m. Beauty Salon (By appointment)</p>	<p>WALMART 9:00 a.m. pick up MATTER OF BALANCE 1-2:30 p.m.</p>		



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

A Member of Freshman Village of Michigan

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

Phone: 313-832-9922  
Fax: 313-832-8801  
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[www.pvm.org](http://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

Wednesday - Saturday

# Crosswords

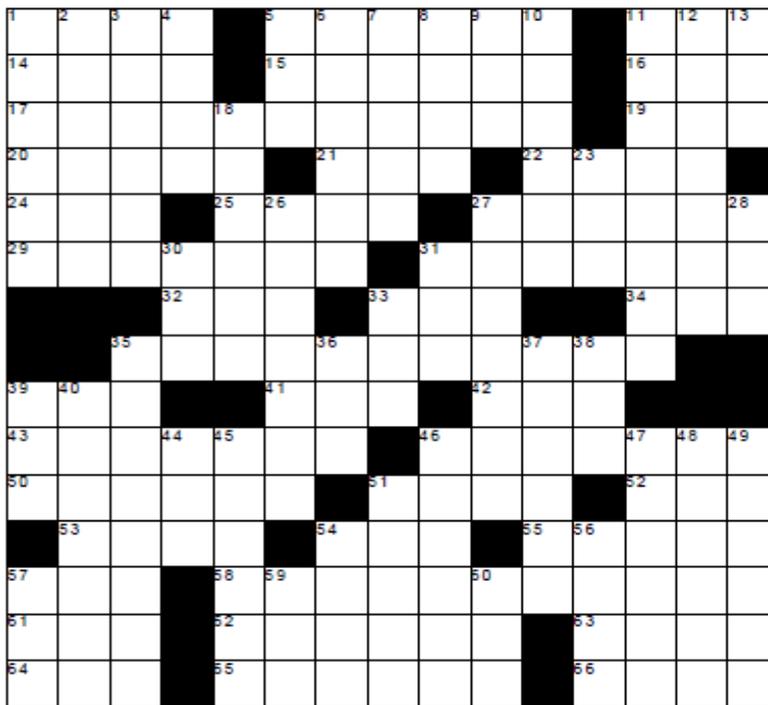


**Across**

- 1 Resourceful
- 5 Cups and plaques
- 11 Cups' contents, perhaps
- 14 Honey bunch
- 15 Edison, by birth
- 16 Came down with
- 17 Start of a query
- 19 Swan silhouette
- 20 Clinton aide Shalala
- 21 Jug handle
- 22 Send forth
- 24 "Look \_\_ ye leap"
- 25 Gold-covered
- 27 Dairy designation
- 29 Pastor's preparation
- 31 Catalog entry
- 32 Fuss
- 33 Female rabbit
- 34 Lofty lines
- 35 Middle of query
- 39 Alternative to net
- 41 Word after gift or golf
- 42 Pen filler, perhaps
- 43 Most populous state capital
- 46 Key above a keypad
- 50 Protective charm
- 51 Supplementary
- 52 Majorca Mrs.
- 53 Cut corners, perhaps
- 54 Short-notice transporter
- 55 Bunyan, for one
- 57 Sandwich order
- 58 End of query
- 61 Corrode
- 62 Lens cover
- 63 Actress Fisher
- 64 Tenth of a score
- 65 Attended
- 66 Suffix like -hood

**Down**

- 1 Withstands
- 2 In the presence of
- 3 More efficient
- 4 NFL media partner
- 5 MapQuest owner



Puzzle (c) Stanley Newman, distributed by Creators Syndicate, Inc.

Hosting & Software (c) PZZL.com

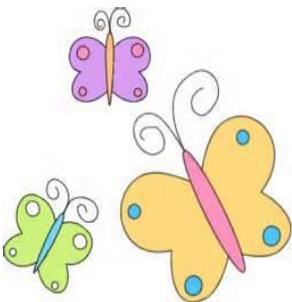
- 6 Auto, so to speak
- 7 Imply
- 8 Belly laugh
- 9 Family guy
- 10 Expresses displeasure
- 11 Dostoyevsky novel
- 12 Area of London's Olympic Park
- 13 Pitches in print
- 18 Chinatown kiosk design
- 23 Spare-key hider
- 26 Revolving, perhaps
- 27 "Arthur" Oscar winner
- 28 Years to date
- 30 Cheese partner
- 31 R&B singer Rawls
- 33 Follow tenaciously
- 35 Total
- 36 Gouda covering
- 37 Opposite of "dignify"
- 38 Detrimental
- 39 Returns pro
- 40  $V = IR$ , in physics
- 44 Bulldog booster
- 45 Peep-eye, to Popeye
- 46 Airhead
- 47 Diffuse slowly
- 48 Is rife (with)
- 49 "Little House on the Prairie" setting
- 51 Silvery fish
- 54 All paid up
- 56 Marked, as some ballots
- 57 Ventured
- 59 Brief affirmation
- 60 Brief affirmation



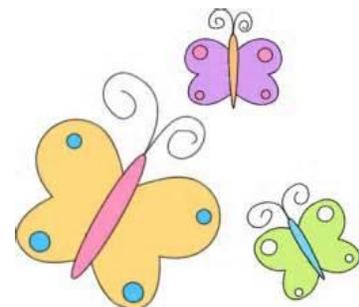
# Word Search

## Spring

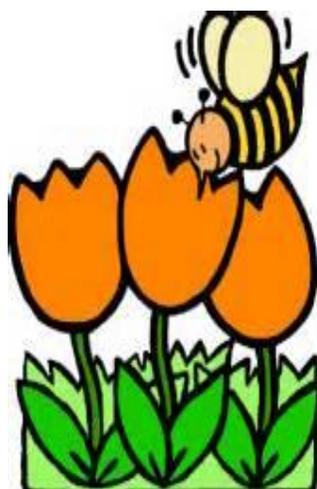
Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a message about Spring.



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



- |            |            |                 |
|------------|------------|-----------------|
| ALLERGIES  | FROGS      | RAIN            |
| APRIL      | GOLF       | RENEWAL         |
| BASEBALL   | GRASS      | ROBINS          |
| BEEES      | GREEN      | SEASON          |
| CROCUSES   | GROWTH     | SNOWMELT        |
| CYCLAMENS  | IRISES     | SOFTBALL        |
| DAFFODILS  | LILIES     | SPRING BREAK    |
| DANDELIONS | MARCH      | SPRING CLEANING |
| EASTER     | MAY        | TULIPS          |
| EQUINOX    | NEW LEAVES | WARMER          |
| FLOWERS    | PLANTING   | WET             |



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

**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*

**Del Diego Manning**  
*Maintenance*

**Harrison Mount**  
*Maintenance*

**Ara Hunter**  
*Housekeeper*

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

**2900 Brush St.  
Detroit, MI 48201**

## **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**