



The Village of Brush Park Manor

PARK VALLEY NOTES



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

December 2016

Village Administrator

HAPPY NEW YEAR

HAPPY BIRTHDAY DR. MARTIN LUTHER KING

Well the New Year has begun and we are looking forward to new and exciting things this year at Brush Park Manor. I do hope that for those who celebrate the holidays they were most enjoyable. But for all living at Brush Park Manor I do wish you health and happiness this year.

The year has begun with Mr. Massingille's six week cooking class brought to you by Michigan State each Monday from 1pm-3pm. This six week class helps you in the purchase of nourishing foods and how to prepare meals for you to continue living a healthy life style. Everyone is welcome immediately following the enhanced fitness class.

Thank you to those residents who came out to support the students from U of D Dental School. Again, they are our future dental hygienists who may one day further their careers by becoming dentists. They thank you for allowing them to come and present and to learn about today's mature seniors

The Annual Black History Program is held in February of each year and this year will even be more exciting I understand. For those who will be participating or want to participate please see Mrs. Charity Jackson. Mrs. Jackson has been chairing this program for many years and has done a wonderful job with the support of others. She asks that you come out and be a part of this marvelous event.

If you have a movie that you think would be enjoyed by those who come out for movie day please bring it to the office. Refreshments are provided.

We have been pretty fortunate thus far regarding the winter season having not as much snow and ice, but I ask that you please be careful walking or driving because we do not know where Black Ice may be. But the season is taking its toll on many with the flu and colds, so wrap warm when going out and please wash your hands often.

My day begins and ends with Gratitude and Joy.

Louise Hay

Jannie Scott

Administrator of Brush Park Manor

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Look for PVM on:



Announcements

"A New Year, A New Beginning"

The old year ends, a new
begins
With pages clean and new;
And what is written on each
page
will now depend on you.

You can't relive the year that's
past,
Erasing every wrong;
For once a year - or day - is
spent,
It is forever gone.

But don't give up in dark
despair
If you have failed some test;
Seek God's forgiveness and
resolve
Henceforth to do your best.

Resolve each precious day to
do
Things good and kind and
pure;
Though days and years may
pass away,
These things shall still endure.

You know not where your path
may lead
Nor what's beyond the hill;
But know that God walks at
your side,
If you will do His will.

All things are possible with
God,
Though days be bright or dim;
So do your best and know that
you
Can leave the rest to Him.

- Author Unknown

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 Wednesday. You can sign
up too. (Craft Room.)

☞ Wal-Mart Shopping
January 3rd, 10th, 17th, 24th, & 31st
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,
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. Knox (every
Wednesday at 6pm) in the E.
Kern Tomlin community room.



Giving Matters.

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

Michigan, we're not getting any younger.

Going to the mall to return gifts today?...Or grocery shopping...To the office? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Over the past 17 years, Michigan has moved from the **30th oldest state** in the USA to **10th oldest**.

So what?

So, an aging population means **the services YOU help provide to seniors are more important than ever.**

Through your support of PVM, make a healthy Michigan possible.

You strengthen the economy by keeping seniors active in their communities. **You are the reason that PVM residents Michiganders can thrive as they age.**

Thank you for your continued dedication to Michigan's older adults!

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

Warm regards,
Paul J. Miller, CFRE

Maybe money CAN grow on trees... \$

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM! \$

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

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

UPTO 9.0% RETURN

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

“M” stands for Move

Last month I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on what it means to move.

I bet most of you have heard the phrase “use it or lose it”. It happens to be particularly true for the human body. Though our bodies are designed for movement, if we don't move them our muscles, bones, heart, lungs, and even our brains will weaken and begin to function poorly. Fortunately, the opposite is also true. If we become and remain physically active our muscles, bones, heart, lungs and brains will strengthen and begin to function better. And the good news is that we don't have train like Olympic athletes to reap the benefits.

All we need to do is get up off the couch and take a little stroll. If we did this four times a day for just 5 minutes at a time we would do ourselves a world of good. If walking isn't your thing, dance instead. Put on some music and move to the groove! The cool thing about dancing is that it can be done sitting or standing and can actually be done with or without music. And for the kind of dancing I'm talking about, there are no rules other than you need to move your entire body: arms, legs, head, and torso.

If it's been awhile since you've cut the rug (or engaged in any other type of regular physical activity), before you start inviting your neighbors over for regular dance parties it would wise to first check with your health care provider to make sure everything is o.k. Once you get the green light, whether you dance, walk, attend exercise classes, use the Village fitness center, or do some other form of physical activity the important thing to remember is to move. Choose to move! Your future-self will be glad your current-self made that choice.

AN OLD RECIPE FOR A HAPPY NEW YEAR

Take twelve fine full grown months. See that these are thoroughly free from all old memories of bitterness, rankor, hate, and jealousy.

Cleanse them completely from every clinging spite.

Pick off all specks of pettiness and littleness.

In short, see that those months are free from all the past.

Have them as fresh and clean as when they first came from the great storehouse.

Cut these months into thirty or thirty one equal parts. This batch will keep for just one year. Do not attempt to make up the whole batch at one time. So many persons spoil the entire lot in this way. But prepare one day at a time as follows:

Into each day put twelve parts of faith, eleven of patience, ten of courage, nine of work. Some people omit this ingredient and so spoil the flavor of the rest.

Eight of hope, seven of fidelity, six of liberality, five of kindness, four of rest. Leaving this out is like leaving the oil out of salad. Don't do it.

Three of prayer, two of meditation, and one of a well selected resolution.

If you have no conscientious scruples, put in about a teaspoon full of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cup of good humor.

Pour into the whole-love, and mix with vim.

Cook thoroughly in a fervent heat.

Garnish with a few smiles and a sprig of joy.

Then serve with quietness, cheerfulness, and a happy year is certain.

Love - Emily Love

Announcements



*I decided
to take
an
aerobics class.
I bent,
twisted,
gyrated*

*and jumped up and down
for an hour.*

*But, by the time
I got my leotard on,
the class was over.*

**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**

January Birthdays



Paul McCracken 1/5
Bessie Johnson 1/8
January Anderson 1/11
Nathaniel Biggs 1/14
Catherine Jackson 1/19
Melvies Floyd 1/25
Carolyn Kemp 1/25
Joann Wiggins 1/25
Lois Horne 1/31



Harold Massingille
Service Coordinator
313-832-1576

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

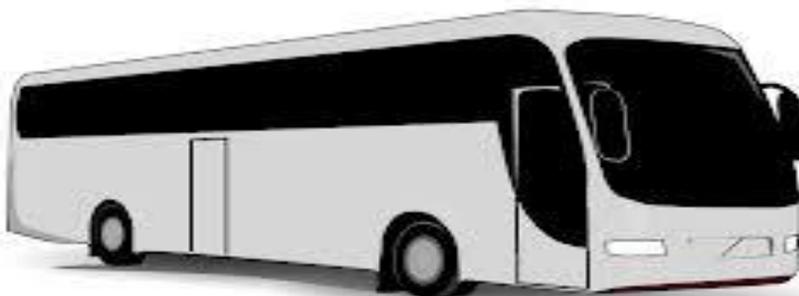
(313) 832-8804

WALMART SHOPPING

PICK UP

EVERY TUESDAY

AT 12:50 p.m.



Calendar



January 2017



SUN	MON	TUE	WED	THU	FRI	SAT
1 HAPPY NEW YEAR !! Visit your Church 4:00 pm. Rev. Knox	2 OFFICE CLOSED	3 WALMART 1:00 pm pick up Brush Park Residents Birthday Party 8:00pm	4 Enhanced Fitness 11:30 am 	5 	6 Enhanced Fitness 11:30 am 	7 BEAUTY SALON
8 Visit your Church 	9 Enhanced Fitness 11:30 am Michigan State Cooking Class 1:00-3:00 pm	10 WALMART 1:00 pm pick up 	11 Enhanced Fitness 11:30 am FOCUS HOPE SHELTON TAPPES 12:00 pm	12 MOVIE AT THE PARK 1:00 pm 	13 Enhanced Fitness 11:30 am 	14 BEAUTY SALON KAPPA MEETING
15 Visit your Church 	16 Enhanced Fitness 11:30 am Michigan State Cooking Class 1:00-3:00 pm	17 WALMART 1:00 pm pick up 	18 Enhanced Fitness 11:30 am 	19 EXTERMINATOR 2nd Floor 	20 Enhanced Fitness 11:30 am 	21 BEAUTY SALON
22 Visit your Church 	23 Enhanced Fitness 11:30 am Michigan State Cooking Class 1:00-3:00 pm	24 WALMART 1:00 pm pick up 	25 Enhanced Fitness 11:30 am 	26 	27 Enhanced Fitness 11:30 am 	28 BEAUTY SALON
29 Visit your Church 4:00 pm. Rev. Greenfield 	30 Enhanced Fitness 11:30 am Michigan State Cooking Class 1:00-3:00 pm	31 WALMART 1:00 pm pick up 				



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

A Member of The Village of Paradise Valley of Michigan

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The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

PVM RECOGNIZED AS BEST-MANAGED NONPROFIT!

CRAIN'S **DETROIT BUSINESS**

I am pleased to report that Crain's Detroit Business has selected PVM as The Best- Managed Nonprofit for 2016. PVM received the honor "For tackling the complexity of meshing an affordable senior community with increased access to health care and related services for seniors in the surrounding neighborhood and collaborating at high levels to do it..." The Edward N. and Della L. Thome Rivertown Neighborhood, near Detroit's east riverfront, was the driving force behind this award due to innovation and challenges which were met along the way by PVM and its partners. United Methodist Retirement Communities and Henry Ford Health System also deserve much credit for making this campus a success.

PVM, throughout its 71 year history, has been known for innovation and collaboration. All of our thirty villages represent what PVM is all about in providing service excellence and a commitment to "embracing the possibilities" that life has to offer at any age. Congratulations to all on receiving this prestigious award. We will transport this same innovative spirit into 2017 and beyond.

Happy New Year to all!

New Year's Trivia

Decode the messages for the answers.

CODE

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

The New Year's Eve song
"Auld Lang Syne" originated
from what country?

19 3 15 20 12 1 14 4

Why do the Chinese celebrate the
New Year with firecrackers?

20 15 23 1 18 4

15 6 6 5 22 9 12

19 16 9 18 9 20 19

To ring in the New Year in Spain,
it is traditional to do what on each
chime of the clock?

5 1 20 1

7 18 1 16 5

In the United States, where do they
lower a huge crystal ball on
New Year's Eve?

20 9 13 5 19

19 17 21 1 18 5

**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

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The Village of Brush Park Manor Paradise Valley

Board Members:

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**John Gardner, Vice
Chair**
**James Bradford,
Treasurer**
**Elaine Hearn,
Secretary**
Dakima Jackson
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Robertson**
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Michael Morrison
Stacy Brackens



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

LAST MONTH'S SCRAMBLED PRESENTS ANSWERS

1. Dollhouse
2. Train
3. Bicycle
4. Slinky
5. Telephone
6. Wagon

Scrambled Letters: HOTRILSNPHO

Answer: North Polish