



The Village of Brush Park Manor

# PARK VALLEY NOTES



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

October 2019

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### Village Administrator

Well I understand there has been a great turnout for movie day. We have to thank our Board Member for his donation of the hot dogs and buns along with the candy treats that will be coming your way for the next movie. Thank you to Ara Hunter our housekeeper for her selection and donation of the movies everyone seems to enjoy.

Brush Park Manor is fortunate to have a bus for shopping or various fun activities, so I encourage you to make use of this transportation where so many senior housings are not as lucky as you. The residents at Delta Manor thank you for sharing your bus and are excited each week waiting for the driver to pick them up. Great things happen to those who share with others that are not so fortunate. In saying that I ask that you continue to please keep those residents whose senior housing burned in Detroit several weeks ago where they lost everything in your prayers.

Mr. Massingille thank you so much for working with the Detroit Pistons Organization in getting tickets for those who love the game of basketball we appreciate their generosity. Again, you as residents of Brush Park Manor are so fortunate to be living where so much excitement takes place and you have a choice as to where and what is your preference. For the new residents when you hear our announcement for tickets that includes all who are interested.

Diversity and Inclusion has playing in our country recently and Presbyterian Villages of Michigan (PVM) has asked that we as employees acknowledge and celebrate this day. I will be hosting a day of conversation on October 21, 2019 beginning at 11:30am in the community room. I will be serving a light lunch and do hope all will join in to discuss this important topic. The entire staff will be included in this discussion. Diversity is very important and must play a major role in today's world. I am excited and look forward to your attendance.

Look for PVM on:



**“When I look at you through my eyes, I know you are different. When I see through my heart, I know we are the same!”**

**-Doe Zantamata**

## MOVIE DAY AT THE PARK!

1:00 pm in the  
community room  
October 31, 2019



## Medicare Part D

1:00 pm  
in the community room.

October 17, 2019



## 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.



## New Residents

Juanita Hill

## 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. Rowland Garner (Communion)
  - ☞ 3<sup>rd</sup> Sunday- Rev. Kelly Jackson
  - ☞ 5<sup>th</sup> Sunday- Rev. Rowland Garner
- ☞ FOCUS HOPE delivers every 2<sup>nd</sup> Wednesday. You can sign up too. (Craft Room.)
- ☞ Shelton Tappes meets every second Wednesday at 12:00 p.m.  
**All are welcome to join!**
- ☞ Exterminator at Brush Park every 3<sup>rd</sup> Thursday,  
**3<sup>rd</sup> floor**
- ☞ Arts & Craft every Tuesday at 2pm in the Craft Room.
- ☞ Brush Park Manor Transportation goes shopping every other Tuesday. The bus leaves at 11:00 am
- ☞ 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 5:00pm) in the E. Kern Tomlin community room.



## Giving Matters.

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

**Small change makes a big difference!**



There is an old joke that asks, "How do you eat an elephant?" The answer: One bite at a time! (Ba dum tss.)

But seriously, when you are asked to support a cause YOU believe in, you might think, "I want to help, but I can't write a check big enough that will make a dent in the problem."

**Not true!**

**Your monthly gifts have a significant impact!**

Here is a reminder that YOU can make a difference all year long when you make a monthly gift to The PVM Foundation. For as little as \$2.50 a week, or \$10 a month, YOU can become a **Possibility Builder**. YOU will join a unique group of people whose monthly gifts support their Village or a senior in their time of need.

**Possibility Builder gifts add up!**

It's easy to give, and every contribution, however large or small, helps someone in need. Monthly giving is convenient and efficient!

Make YOUR monthly payments automatic by check, credit, or ACH payment. You can cancel your gift at any time.

For more information, please contact Debbie Smith:  
[dsmith@pvm.org](mailto:dsmith@pvm.org) or 248.281.2040

*It's Easy To Give to PVM  
Foundation!*

*Online at  
[pvmf.org/donate](http://pvmf.org/donate)*

*Email [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org)*

*Call us at 248.281.2040*

*Or drop by and say hi!*

### Announcements

## Let's Play Dominoes!



Every Monday at 1:00pm  
in the Craft room.



The Resident  
Association  
Meetings are every  
fourth Thursday at  
4:30 pm  
in the community  
room.

Lindsay Tyler,  
*President*



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

By Tom Wyllie,  
Director of Wellness

### Train Your Brain to be More Positive – Take the 21 Day Challenge!

Over the course of two decades, Harvard educated psychologist Shawn Achor has studied and helped advance the field of positive psychology. As many of you I am sure already know, it turns out that having a positive outlook (i.e., having a positive brain) is good for you. His research found that people with positive brains have fewer illnesses; feel less stress; experience less pain; have more energy; are more productive; and report being happier. He also discovered that contrary to what many people believe, you can train your brain to be more positive - and you can do it in just 21 days! If you engage in the following 5 activities for 21 days in a row, you will begin “rewiring” your brain to be more positive and start reaping the ensuing benefits.

1. **The 3 Gratitudes.** Each day write down 3 new things you are grateful for and why. Be specific. For example, don't simply write “I am grateful for my family”. Instead, write “I am grateful for my son Bob because he calls me every Friday and makes me laugh when we talk”.
2. **The Doubler.** Each day write down one meaningful moment you experienced within the past 24 hours. Write down as much detail as you can recall (e.g. where you were, what you said, what was happening, who else was there, when it happened, how you felt, etc.). Doing so will cause your brain to “re-live” the moment thus doubling the positive experience.
3. **The Fun Fifteen.** Each day engage in 15 minutes of intentional physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. The important thing is to do it regularly. Make sure to consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.
4. **Meditation.** Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.
5. **Conscious Acts of Kindness.** Each day write and send a letter or email to someone in your social circle (family member, friend, co-worker, neighbor, past teacher, etc.) thanking and praising them. For example, “I want you to know how thankful and lucky I am to have you as a friend. Whenever I am feeling down, you always know just the right thing to say to cheer me up”. Remember to not only thank them, but to be specific as to what you are thanking them for.

## 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!**



I can smell AUTUMN dancing  
in the breeze.  
The sweet chill of PUMPKIN  
and  
crisp sunburnt LEAVES.





## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### CAREGIVERS BEST FRIEND

Former First Lady Roslyn Carter has been quoted as saying: "You either have been a Caregiver, are a Caregiver or will be a Caregiver". It can be a joyful and heartfelt experience and can also be quite challenging all at once. It is estimated that over 80% of care is provided by a loved one rather than a professional caregiver. Caregivers often spend over 30 hours per week in their "second job".

Since PVM is all about quality of life for all seniors and their families, we recently launched a blog called Caregivers Best Friend. It is chock full of excellent information to help Caregivers reduce stress, save time and allow for a more positive and meaningful experience. It includes tips on many of the latest technologies such as Alexa, SHIPT, Uber and more.

In a short amount of time we have garnered over 1,200 unique visitors to our blog and attracted over 36,000 viewers on Pinterest. Check us out at [www.caregiversbestfriend.org](http://www.caregiversbestfriend.org) or look us up at Facebook or Pinterest. Even if you are not a Caregiver you can enjoy the benefit of learning all about convenient ways to add joy and reduce stress in your life. Happy exploring!

### 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. Lois Horne**

# October

Iola-Henry Darling 10/7  
 Elizabeth Rogers 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

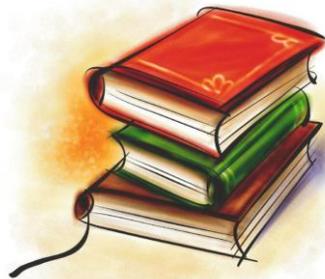


## Local Cab Company Numbers



**Detroit Cab 841-6000**  
**Checker Cab: 963-7000**

The Detroit Library on Wheels will be at Brush Park Manor on Monday October 28, 2019 at 1:00 pm

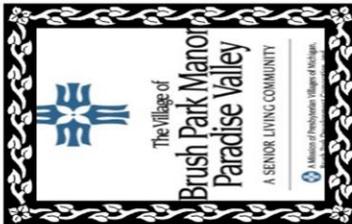


in the community room for a small presentation.

# Calendar

# OCTOBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Grocery Shopping 11:00 am	2 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	3 MOVIE DAY At The Park 1:00pm BIBLE STUDY 5:00pm	4 Enhanced Fitness 11:30 am	5 BEAUTY SALON
6 Visit your Church Rev. Garner	7 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	8 Grocery Shopping 11:00am	9 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am SALVATION ARMY Pick-up 10:00a-1:00p FOCUS HOPE SHELTON TAPPEES	10 BIBLE STUDY 5:00pm Health Fair 1:00-4:00p	11 Enhanced Fitness 11:30 am	12 BEAUTY SALON KAPPAS Meeting
13 Visit your Church Rev. Garner	14 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am BINGO 1:00-3:00p	15 Grocery Shopping 11:00am	16 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	17 BIBLE STUDY 5:00pm EXTERMINATOR 2nd Floor MEDICARE PART D 1:00p	18 Enhanced Fitness 11:30 am	19 BEAUTY SALON
20 Visit your Church Rev. Kelly Jackson	21 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	22 Grocery Shopping 11:00am	23 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	24 BIBLE STUDY 5:00pm RESIDENT ASSOCIATION MEETING 4:30pm	25 Enhanced Fitness 11:30 am	26 BEAUTY SALON
27 Visit your Church Rev. Garner	28 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	29 Grocery Shopping 11:00am	30 Coffee & Conversation 9:00-11:00a Enhanced Fitness 11:30 am	31 BIBLE STUDY 5:00pm MOVIE DAY At The Park 1:00pm HAPPY HALLOWEEN		



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Jannik Scott  
Administrator

Tanisia Reed-Hobbs  
Administrative  
Assistant

Harold Massingille  
Service Coordinator  
313-832-1576

Maintenance  
Nelson Scott  
Harrison Mount  
313-832-9922

Ara Hunter  
Housekeeping

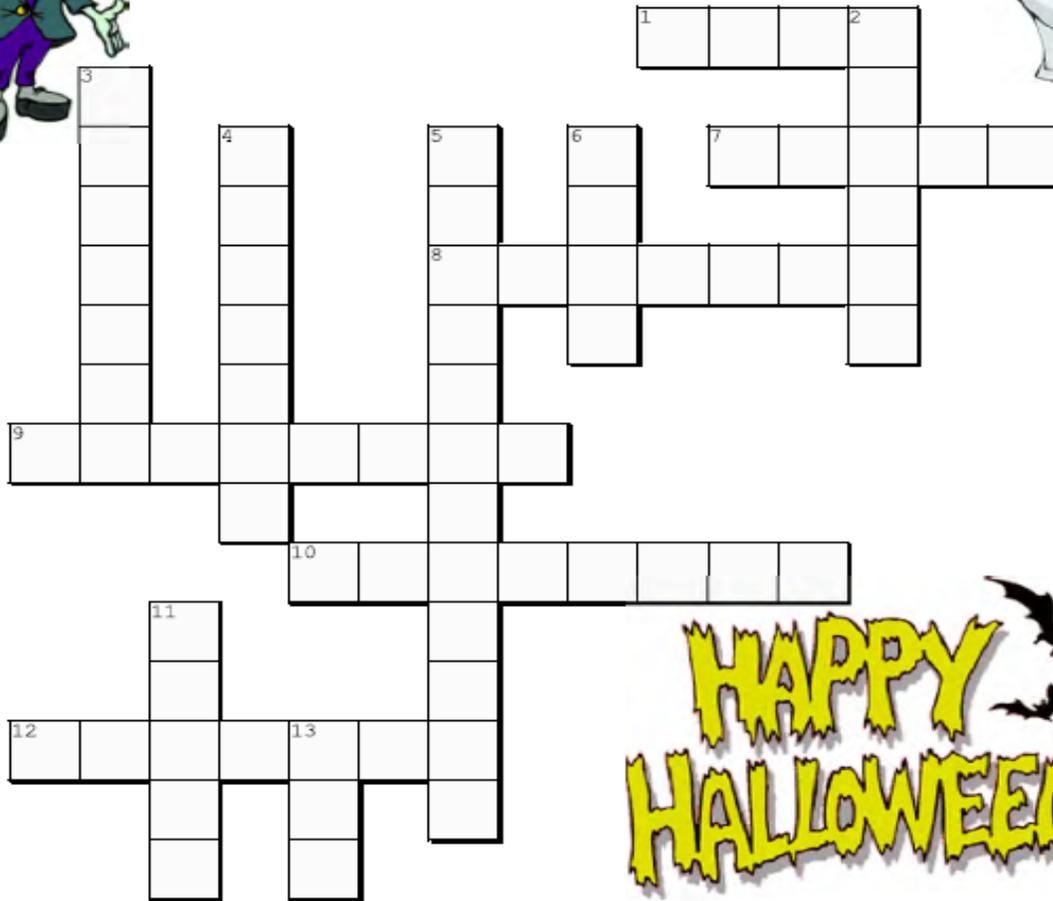
Willette Lamar  
Beauty Salon  
313-832-8804

Fun Zone



# 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

Word Search



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

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2012

- |              |                |             |                 |
|--------------|----------------|-------------|-----------------|
| 1. HALLOWEEN | 5. COSTUMES    | 9. PUMPKINS | 13. KIDS        |
| 2. SAFETY    | 6. MAKE UP     | 10. EVENING | 14. ADULTS      |
| 3. TRICKS    | 7. PARTIES     | 11. GHOSTS  | 15. FUN         |
| 4. TREATS    | 8. DECORATIONS | 12. HOLIDAY | 16. FLASHLIGHTS |

**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*

**Nelson Scott**  
*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)

**City of Detroit  
Neighborhood Police Officers  
Main: 313-596-1319  
Fax: 313-596-5166**

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Officer Dorsey - Cell: 313-643-0865  
Officer Hardy - Cell: 313-570-4364  
Officer Hawkins - Cell: 313- 581-3805

## **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 Jr.