



The Village of Brush Park Manor

PARK VALLEY NOTES



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

December 2014

Village Administrator

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Well it is that time of year again where many are celebrating Christmas. **However, if you do or do not celebrate this day I ask that respect be shown towards each and every individual within Brush Park Manor and in the community.** We at Presbyterian Villages of Michigan take great pride in that every resident who resides in our villages are treated with the upmost respect from our entire staff and among yourselves every day whether it be a day of celebration or not.

Focus Hope is delivered the second Thursday of each month to Brush Park Manor. It is your responsibility to come downstairs and sign the paperwork in order for you to receive your box. No boxes can be delivered any longer to your apartments by Mr. Hill without your signature. Mrs. Dorothy Bell has been doing a wonderful job at helping to manage the process of your food delivery with Focus Hope and she along with Mr. Hill should be thanked for a job well done. Also, Mr. Massingille will no longer keep boxes of Focus Hope in his office after Tuesday of the following week. The boxes will be placed in the craft room at the disposal of those who may need or could use more of the food items. **There should not be any boxes at any time in Mr. Massingille's office this is to say if you are not picking up your boxes that day because of an emergency, someone somewhere is waiting to be added to the list of recipients hoping to receive their next meal.**

This month is filled with numerous activities with the Resident Association Christmas Party, the Bingo Christmas Party and the annual dinner with gifts from the KAPPA Organization. For the new residents please check your calendars and see any committee member for the cost of these events.

Again, please be careful when out shopping, travel with a friend or family members. I ask that you remember those who are no longer here with us at Brush Park Manor those that are still in hospitals, nursing homes or in Rehabilitation.

Now and then it is good to pause in our pursuit of happiness and just be happy. May the season bring you much health and happiness and tons of wealth.

Jannie Scott, Administrator

Look for PVM on:





**What' Happening at
Brush Park in December 2014**

- ☞ Worship Service held every 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)
 - 2nd Sunday- Rev. Aaron
 - 3rd Sunday—Rev. Knox
 - 4th Sunday— Rev. Tyler
 - 5th Sunday- Rev. Greenfield
- ☞ FOCUS HOPE delivers every 2nd Thursday. You can sign up too.(Craft Room.)
- ☞ Podiatrist Dr. Jeffery Levitt will be at Brush Park Manor on 12/11/ 2014
His signup sheet is on the board.
- ☞ Wal-Mart Shopping **December 4th, 11th, and 18th**
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 3rd Thursday,
3rd floor
- ☞ Arts & Craft every Tuesday at 2pm in the Craft Room.
- ☞ Bingo every Wednesday at 1pm-3:30 pm 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)

Maintenance and Housekeeping Staff

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!

December Birthdays



Margaret Anderson 12/13
Reliele Rogers 12/15
Ethel Ambrose 12/18
Ruth McNeil 12/22
Lucile Poe 12/29

Giving Matters

Support Village Residents in Need

PVM offers financial assistance to residents who need it most: those who have outlived their resources and those who have an emergency financial need. Called Benevolence, this type of support impacts each PVM Village. **Please support residents in need by making a donation to the PVM Benevolence Fund today!**

Your December gift supporting the Benevolence Fund is eligible to be matched, \$1.00 for \$1.00, and a special ***\$2 for \$1 double-match*** is being offered on **Tuesday, December 2nd, or "Giving Tuesday,"** for any Benevolence gift received by the PVM Foundation office! Please note that all gifts are on a first-come, first-matched basis until matching funds are exhausted.

Maximize your gift today by visiting the front desk, your Village Administrator or our website at www.pvmfoundation.org (your gift must be designated for Benevolence to be eligible for the match). You can also call the PVM Foundation at 248.281.2040.

In addition to offering resident financial assistance, the PVM Foundation awards grants to Village projects and programs to continually improve the lives of residents. I am pleased to share that this year, the PVM Foundation's **Grant Allocations Committee** awarded over \$300,000 to Villages. Some of the projects included:

- Upgraded security cameras at The Villages of Harmony Manor, Redford and Peace Manor
- Community room enhancements and additional outdoor landscaping at The Village of Hillside
- Improved outdoor lighting at The Villages of Oakman Manor and Peace Manor
- Paved service road at The Village of Sage Grove
- Park benches and automatic entrance doors at The Village of Spring Meadows

It's through the support of every Board member, employee, volunteer and donor that make projects and programs like these possible. To each of you, **thank you for making a difference** and best wishes for a wonderful holiday season!

Warm regards,
Paul J. Miller, CFRE

Help A Senior Who Needs It Most



Support a senior today who has outlived their resources or has an emergency financial need.

Your gift is eligible to be **matched \$1 for \$1** and a special double-match,

\$2 for every \$1 donated, is being offered on **Giving Tuesday, Dec. 2nd!**

For more details, please see the front desk or your Village Administrator, or call PVM Foundation at 248.281.2040.

Match is on a first-come, first-matched basis until matching funds are exhausted.

Eating Healthy

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

10 Great Wellness Gift Ideas for The Holidays



Gift giving is a beautiful part of the holiday season and a time to have fun and be creative! Here are some great ideas for gifts that will benefit the health and well-being of your loved ones as well as your own:

1. Write a poem for your significant other.
2. Mail a card to a long-distance friend.
3. Paint a picture for a church or homeless shelter.
4. Give a flower (the December flower is the Narcissus) to a passing stranger.
5. Buy movie tickets for you and a friend.
6. Bake cookies or a pie for your neighbor.
7. Share your secret recipe with your best friend.
8. Make your own gift basket of homemade jam and jelly for your children.
9. Write a fun story about your life and read it to your grandchildren.

Spend quality time with your family and friends

Senior Advocate

GOOD NEWS FOR THE NEW YEAR

January is the time of year which we associate with something new... a new year, a fresh start, and new projects which we did not get around to during the busy holidays. I am pleased to report that 2015 will see a major initiative come to fruition for the State of Michigan. Some of our readers may recall that last year I was appointed by Governor Snyder to the Michigan Health Endowment Fund Board. The mission of the Michigan Health Endowment Fund is to improve the health of Michigan residents and reduce the cost of health care with special emphasis on the health and wellness of children and seniors.

As Vice Chair of this board, I am committed to responsible stewardship of these monies which will total \$1.56 billion over 18 years. This endowment will place the fund in the position of being the fourth largest foundation in Michigan. This past year we have set up the entire structure for the board while granting funds to statewide organizations, in addition to conducting a listening tour around the entire state to find out from professionals on the ground what is needed. Some of the major initiatives will include preventing falls for seniors, wellness programs for parks and recreation teamed up with senior centers and support for food banks across the entire state.

In 2015 we will expand our reach to allow for all organizations in the state who work with seniors and children to apply for grants. Our listening tour affirmed for me that there are many wonderful programs going on right now or in the planning stages which can help us meet our mission if they had an increase in funding. What does this mean for you? It could mean better transportation to doctor appointments and more programs to keep you active and aging well. It may mean improved programs to help your grandchildren get on the road to success. It will also mean a better Michigan for us all. Look for updates as we continue this good work.

Finally, I would like to thank Governor Snyder and the Michigan Legislature for working with Blue Cross Blue Shield of Michigan to create this important fund. On to a good year in 2015 for the State of Michigan and its residents!



Fun Zone

Christmas Scrambles Puzzle Sheet

Unscramble the letters on top of each set of boxes to form a new Christmas-related word. Then, unscramble the bonus letters (those in circles) to discover the bonus solution.

bonus letters

G I C T K O N S
 =

C A R P I F L E E
 =

Y I M N E C H
 =

S T E E M O L I T
 =

N A R S T O M E N
 =

S N E T L I
 =

H I G L E S
 =

N E S T S P E R
 =

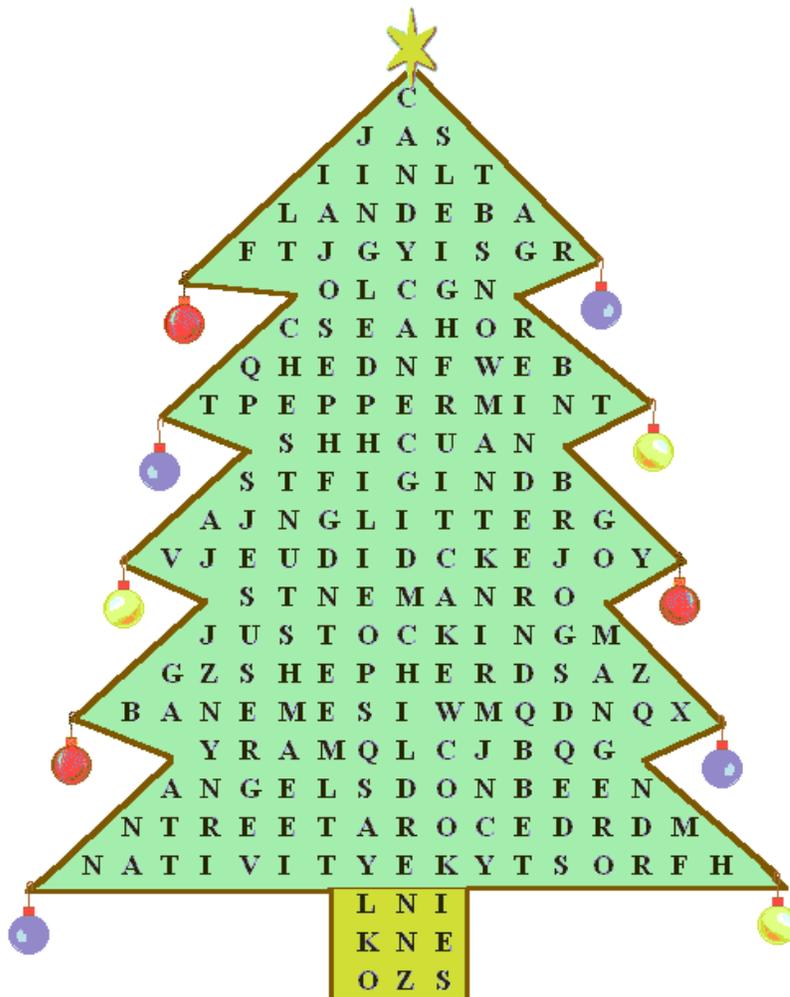
L I N T K E W
 =

The Bonus Solution is:

courtesy of <http://www.merrygames.com>

Fun Zone

Christmas Search



Angels
Candy cane
Chestnuts
Children
Cookies
December
Decorate
Frosty

Fruitcake
Gifts
Glitter
Jesus
Jingle
Joseph
Manger
Mary

Nativity
Noel
Ornaments
Peppermint
Reindeer
Shepherds
Sleigh
Snow

Snowman
Star
Stocking
Tree
Wisemen

December 2014

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|---|--|---|---|
| | 1 Enhance Fitness 11:30a.m.  | 2 Arts and Crafts Mental Health 1-2 p.m. | 3 Enhance Fitness 11:30a.m. PUBLIC SERVICE CREDIT UNION BINGO 1:00 p.m. | 4 Enhance Fitness 11:30a.m. WALMART 9:00 am pick-up BINGO 1:00 p.m. | 5 Enhance Fitness 11:30a.m.  | 6 Beauty Salon  |
| 7 Visit your Church Pastor Knox 4:00 p.m.  | 8 Enhance Fitness 11:30a.m. SHELTON TAPPES 2:00p | 9 Arts and Crafts MEDICARE & MEDICAID DUAL ENROLLMENT 12-1 p.m. | 10 Enhance Fitness 11:30a.m. BINGO 1:00 p.m.  | 11 Enhance Fitness 11:30 a.m. WALMART 9:00 a.m. pick up FOCUS HOPE BRUSH PARK Christmas Party | 12 Enhance Fitness 11:30a.m. AARP 12:30 p.m. | 13 Beauty Salon  |
| 14 Visit your Church 4:00 p.m. Rev. Aaron  | 15 Enhance Fitness 11:30a.m.  | 16 Arts and Crafts  | 17 Enhance Fitness 11:30a.m. BINGO 1:00 p.m. | 18 WALMART 9:00 am pick up Enhance Fitness 11:30a.m. EXTERMINATOR 1st Floor | 19 Enhance Fitness 11:30a.m.  | 20 Beauty Salon  |
| 21 Visit your Church 4:00 p.m. Pastor Knox FIRST DAY OF WINTER  | 22 Enhance Fitness 11:30a.m.  | 23 Arts and Crafts  | 24 Enhance Fitness 11:30a.m. BINGO 1:00p | 25 CHRISTMAS DAY  | 26 OFFICE CLOSED | 27 Beauty Salon  |
| 28 Visit your Church 4:00 p.m. Rev. Tyler  | 29 Enhance Fitness 11:30a.m.  | 30 Arts and Crafts  | 31 Enhance Fitness 11:30a.m. BINGO 1:00 p.m. NEW YEARS EVE | | | |



The Village of
Brush Park Manor
Paradise Valley

A SENIOR LIVING COMMUNITY



A Mission of Presbyterian Villages of Michigan,
Brush Park Development Corporation, and

Brush Park Manor
Paradise Valley
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Detroit, MI 48201

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Diego Manning
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313-832-9922

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Willette Lamar
Beauty Salon
313-832-8804

Wednesday -Saturday

**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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Housekeeper

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**Presbyterian
Villages**
OF MICHIGAN

THE FOUNDATION

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**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan



Christmas Scramble Solution



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
- Dana Armenteros
- Lynda K. Jeffries
- Michael Morrison
- Stacy Brackens

