



The Village of Brush Park Manor

PARK VALLEY NOTES



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

December 2016

Village Administrator

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It is the Holiday Season and again let us respect how each of us celebrate or do not celebrate the Christmas Season. However, if you do or do not celebrate please be careful in your travels no matter where those travels take you.

Another year will soon be ending and we are all asking the same question where did the year go? Well with all the activity especially at Brush Park Manor that you the residents, various organizations such as the Kappa's, Shelton Tapps, AARP, Silhouettes and others provide time does fly. We say thank you to all for the educational programs, entertainment, and the wonderful meals for our Brush Park Manor Family. To the resident volunteers of Brush Park Manor thank you for serving in countless capacities helping to keep your family safe and healthy.

Remember those family members who have moved on this year and welcome the new ones who are now residing at Brush Park Manor. In the next year you will see a change in Brush Park with new senior housing being built on John R and Alfred along with other diverse housing in the Brush Park area. There will be much construction going on therefore you need to be careful when walking or driving in this area. It is an exciting time in our area so watch for upcoming news.

May the New Year bring you abundant health and happiness? We look forward to 2017 and another exciting year.

Youth is not a time of life-it is a state of mind. Nobody grows old by merely living a number of years; people grow old only by deserting their ideals. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul.

Look for PVM on:



Jannie Scott

Administrator of Brush Park Manor



Announcements



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 December 6th, 13th, 20th, and 27th
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,
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.



Giving Matters.

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

Rise to the challenge.

And join me in raising \$50K for seniors!

You can help seniors get \$50K—if YOU rise to the challenge and raise \$50K by December 31st, **doubling** your impact!

Think of what \$100,000 can do for residents! With your help, you can:

- **Transport** 1,000 residents on 4 special outings a year to local attractions like Belle Isle.
- Give 240 residents 1 year of **exercise classes** to stay fit and healthy.
- Support the **emergency needs** of over 300 residents in 1 year (up to \$300 each).
- Send over 400 residents to the **Village Victory Cup** each year for the next 5 years!

The challenge ends December 31, 2016. Please make your gift today and change the life of a senior who needs you!

Thank you for creating new possibilities for seniors and helping them thrive!

Happy holidays,

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 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 Wylie,
Director of Wellness

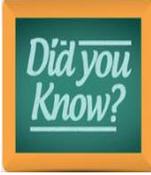
MESH: The Key to Healthy Aging

Last month I had the pleasure of attending a conference at which I heard world renowned geriatrician Dr. Bill Thomas speak about healthy aging. According to Dr. Thomas, the key to having what he refers to is a “good old age” can be summed up with the term: MESH, which stands for **M**ove, **E**at, **S**leep, **H**eal. As a practicing physician, Dr. Thomas has found that neglecting to do any of these four things can have dire consequences as we age. Over the next four months, I will devote a column to each of these four behaviors and explore what exactly Dr. Thomas means when he advises us to **M**ove, **E**at, **S**leep, and **H**eal.

The Merriam-Webster dictionary defines the word mesh as “to cause (things) to fit together or work together successfully.” Starting next month, we will begin to learn how these four things work together to help us age successfully. For those of you with access to a computer, follow this link for a sneak peak on what it means to move, which will be the subject of next month’s column:

<http://changingaging.org/blogstream/the-best-health-advice-just-move/> .

1938 COST OF LIVING

New House		\$3900.00
Average Income (per year)		\$1731.00
New Car		\$860.00
Average Rent month		\$27.00 per month
Tuition to Harvard University		\$420.00 yr.
Movie Ticket		\$.25
Gasoline		\$.10
United States Postage Stamp		\$.03

FOOD

Granulated Sugar	\$.59 for 10 pounds
Vitamin D Milk	\$.50 per gallon
Ground Coffee	\$.39 per pound
Bacon	\$.32
Eggs	\$.. 18 per dozen

Christmas Wreath Cookies

YIELD: 12-14 CHRISTMAS WREATH COOKIES

TOTAL TIME: 20 MINUTES

No bake Christmas wreath cookies made with corn flakes and marshmallows! These only take 20 minutes to make!



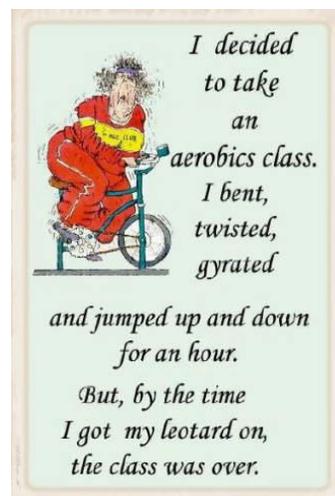
- 1 stick butter (1/2 cup)
- 1 bag of mini marshmallows, 10.5 oz
- Green food coloring
- 5 cups corn flakes cereal
- Mini red chocolate candies (like mini m&ms or red hots)
- Twizzle's pull and peels for the bows



Directions:

1. Line 2 baking sheets with silicone baking mats or parchment paper.
2. If using twizzle's pull and peels to make bows, assemble the bows now. You can place a baking sheet on top of the bows to keep them from coming apart.
3. In a medium pot, melt the butter and marshmallows over medium heat, stirring occasionally until the marshmallows are melted. Add in green food coloring until you have your desired green color.
4. Pour the melted marshmallows over the corn flakes, mixing with a spatula until all the corn flakes are covered.
5. To form the wreaths, I found it easiest to spray my hands with a little bit of cooking spray, then take a handful of the corn flake mixture and form it into a ball. Use the palm of your hand to flatten the ball into circle. Next use your finger to poke a hole through the middle of the circle and reshape as needed until you have a wreath shape.
6. Place on the lined baking sheet and add the chocolate candies right away while the marshmallows mixture is still sticky. Add a twizzle bow if desired
7. Place the Christmas wreaths in the refrigerator for 20-30 minutes to set. Remove from the fridge, serve and enjoy. Store in an airtight container.

Announcements



**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**

December Birthdays



Eugene McConnell 12/3
Jefferson Samuels 12/6
Margaret Anderson 12/13
Eugenia Gorgon 12/14
Mary Stewart 12/14
Relelie Rogers 12/15
Ethel Ambrose 12/18
Ruth Anna McNeill 12/22
Velma Craig 12/23
Lucille Poe 12/29



Harold Massingille
Service Coordinator
313-832-1576

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

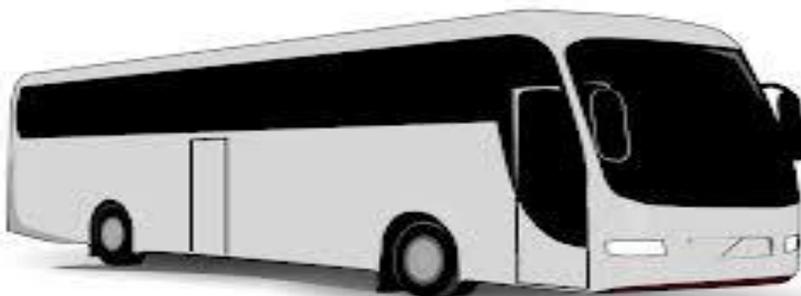
(313) 832-8804

WALMART SHOPPING

PICK UP

EVERY TUESDAY

AT 12:50 p.m.



Calendar

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
4 Visit your Church 4:00 pm. Rev. Knox	5 Enhanced Fitness 11:30 am	6 WALMART 1:00 pm pick up	7 Enhanced Fitness 11:30 am	8 DEB'S DOLLAR STORE 10:30a-12:30p	9 Enhanced Fitness 11:30 am	10 BEAUTY SALON
11 Visit your Church	12 Enhanced Fitness 11:30 am MOVIE AT THE PARK 1:00 p.m. Community Room	13 WALMART 1:00 pm pick up	14 Enhanced Fitness 11:30 am FOCUS HOPE SHELTON TAPES 12:00 pm	15 EXTERMINATOR 1st Floor Christmas Brunch 11 am-1 pm Resident meeting 4:30 pm	16 Enhanced Fitness 11:30 am	17 BEAUTY SALON KAPPA Christmas Party
18 Visit your Church	19 Enhanced Fitness 11:30 am	20 WALMART 1:00 pm pick up	21 Enhanced Fitness 11:30 am	22 Brush Park Manor Christmas Party	23 Enhanced Fitness 11:30 am	24 BEAUTY SALON CHRISTMAS EVE
25 MERRY CHRISTMAS	26 Enhanced Fitness 11:30 am	27 WALMART 1:00 pm pick up Brush Park Birthday Party	28 Enhanced Fitness 11:30 am	29 Gifts	30 Enhanced Fitness 11:30 am	31 BEAUTY SALON

Seasons Greetings



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

A Division of The Village of Paradise Valley, Michigan

Brush Park Manor
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Detroit, MI 48201

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Tanisha Reed-Hobbs
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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

Christmas Word Search



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



- | | | |
|----------------|--------------|--------------|
| 1. Bells | 9. Holly | 17. Sleigh |
| 2. Bethlehem | 10. Jesus | 18. Snowman |
| 3. Candy | 11. Manger | 19. Star |
| 4. Carol | 12. Merry | 20. Stocking |
| 5. Christmas | 13. Ornament | 21. Toys |
| 6. Elves | 14. Peace | 22. Tree |
| 7. Gifts | 15. Reindeer | 23. Wisemen |
| 8. Gingerbread | 16. Santa | 24. Yuletide |

SCRAMBLED PRESENTS



1. _ _ _ _ ○ ○ _ _ _

4. ○ _ _ ○ _ _

2. ○ ○ _ _ _

5. _ _ _ _ ○ ○ _ _ _

3. _ ○ _ _ _ ○ _

6. _ _ _ ○ _

Unscramble the words, then use the circled letters to answer the riddle:
What nationality is Santa Claus?

**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 Number 313-832-9922

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Service Coordinator

Del Diego Manning
Maintenance

Harrison Mount
Maintenance

Ara Hunter
Housekeeper

EMERGENCY NUMBER

(313) 832-9922

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(313) 832-8801



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



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

Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA	CORNUCOPIA
ETRSVHA	HARVEST
MEVRNOEB	NOVEMBER
ILIGPMR	PILGRIM
KUTEYR	TURKEY
BCNERRRAY	CRANBERRY
YRAOMEFWL	MAYFLOWER
TMOLPYUH	PLYMOUTH
AYHLIOD	HOLIDAY
GWNMPAAO	WAMPANOAG
INKPMUP	PUMPKIN

THANK YOU FOR
THIS DAY !