



The Village of Brush Park Manor

PARK VALLEY NOTES



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

December 2017

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Village Administrator

Well it is that time of year again when many are celebrating the Christmas holiday. **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.

This month is filled with numerous activities with the Resident Association Christmas Party, holiday dinner with the Sorority and the Kappas. 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 our family members who are no longer with us at Brush Park Manor those who are in hospitals, nursing homes and rehabilitation centers.

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.

Look for PVM on:



*Happy and Safe Holidays
Jannie Scott, Administrator*

Announcements

Santa's watching

Christmas time is coming,
It's time we must be good,
For Santa's watching everyday,
And we forgot we should.

Clean our room and wash the car,
Help mum with every chore,
For presents we are after,
And a good one we must score.

No time to chat, no time to play.
There's dishes to be done.
There will be time later,
For us to have some fun!

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)
3rd Sunday Rev. Kelly Jackson
5th Sunday- Rev. Greenfield

☞ FOCUS HOPE delivers every 2nd Wednesday. You can sign up too. (Craft Room.)

☞ Wal-Mart Shopping
December 5, 12th, 19th, and 26th
Pick-up 2:00pm.

☞ 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 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. Kelly Jackson at 12:00 pm Thursdays in the E. Kern Tomlin community room.



Giving Matters.

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

Will you remember your peers in your year-end giving?

Until no seniors need us, we need **you**.



You're a healthy, working older adult close to retirement. Then one of your worst fears comes true. A car accident leaves you unable to work and you're forced to retire early. You now need an affordable home with your new, limited income.

Where do you turn?

It happened to Brenda. It may have even happened to you or someone you know.

Without faithful donors, Brenda would've had nowhere to turn.

But, because donors made quality housing possible, Brenda's now thriving at a PVM community. She's living out the retirement she always hoped for but didn't think existed. Her schedule is filled with fitness classes, movies, arts and crafts, picnics and cultural trips—all the things she needs to age actively.

Please be a hero for someone like Brenda and make your gift today. You are needed now, more than ever!

Thank you for being a hero!

Paul J. Miller, CFRE

***P.S. You can make your gift by calling 248-281-2040 or by visiting GiveToPVMF.org today!**

THANK YOU

FOR YOUR DONATION!

...have you considered leaving your legacy for PVM residents?

A GIFT IN YOUR WILL GETTING STARTED

How It Works: To make a charitable bequest, you need a current Will or revocable living trust. After your lifetime, Presbyterian Villages of Michigan Foundation receives your gift.

Without obligation, PVM Foundation would like to answer any questions you may have.

Please call The PVM Foundation at **248.281.2040**
mylegacy.pvmf.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION

Announcements

The Birthday Club meets monthly in the community room.



*Birthday parties are held quarterly.



The resident association meeting will be held every 4th Thursday 4:30 pm in the community room.

Lindsay Tyler, President



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

A Caroling We Should Go

Whether you can carry a tune or not, it turns out that not only is singing good for the soul, it's good for the body and mind too. Research has shown that singing can be healthy for our hearts, lungs, and brains because it increases oxygen consumption, improves blood flow, and strengthens the muscles we use for breathing. It can also help us better manage stress and improve our mood because it reduces the levels of a stress hormone called cortisol circulating in our blood and increases the level of feel-good hormones called endorphins circulating in our brains. Singing may also strengthen our immune systems by elevating blood antibody levels, which are proteins produced by our bodies to fight infection and disease.



If done in a group, singing can improve our social lives and widen our circle of friends. And what better time than now - when the holiday season is in full swing - for some group singing. Why not get together with some friends and new acquaintances and spread some holiday cheer by caroling? According to the British Lung Foundation, due to the workout they give our hearts and lungs, if we include the following five songs in our caroling repertoire we'll maximize the health benefits: Silent Night, Winter Wonderland, White Christmas, When a Child Is Born, and Let It Snow. To learn more about the health benefits of singing visit <http://www.berkeleywellness.com/healthy-mind/stress/article/singing-good-medicine>.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

OVER THE RIVER AND THROUGH THE WOODS

Over this past Thanksgiving weekend I kept hearing this popular holiday song playing on the radio and began thinking about all the changes America has experienced since this song was first introduced. Most likely none of us took a sleigh to visit Grandma; and very likely many of us traveled to a condo or a PVM Village to visit with their parents and grandparents. However, some universal concepts and experiences carry on through the changing decades. Among these are:

The Importance of Tradition

A sense of belonging and constancy for children and grandchildren is helped along by maintaining family traditions. One family every Christmas rings a bell at the top of the stairs when they are the first to awaken; and everyone gathers there to view the first sight of the tree and presents all together. Many Jewish families light the Hanukah candles together and recite Hebrew as they carry on this tradition. Every faith and country has traditions which are carried on for generations. It is important to instill this love of tradition in our children since it provides a tie to their family background and values.

The Honor Given to Our Elders

Many countries revere their elders. And in many cases that is true in America. Yet there are many instances of exploitation, abuse and neglect of our elders. These are among the most despicable crimes imaginable. It has been said that a society is judged by how it treats its most vulnerable citizens. We all need to step up our actions to look out for others and report these situations.

Taking Care of Our Parents and Grandparents

Our parents gave us life and raised us to the best of their ability. I have little tolerance for grown adults who complain about what their parents did or did not do for them and use that as an excuse to be less than they can be. It is important to help our parents when they need assistance, to make sure that they know they are loved and not alone and to provide moments of joy through family gatherings or some of those traditions mentioned earlier. Make sure they are visited by family and friends. A grandchild can spark joy in ways that very few other can. Keep in mind that one of the best examples we can set for our children is to show love and care for their grandparents. We reap what we sow. They will probably model after us when it comes time for us to need their help. Enjoy the upcoming holidays and share them with someone you love!

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
Or
Mrs. Lois Horne**

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 McNeill 12/22
Velma Craig 12/23
Lucile 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

KAPPA

Holiday Dinner!

For all residents of the
Village of Brush Park Manor.
DECEMBER 16, 2017



Calendar

December 2017

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Enhanced Fitness 11:30 am 	2 BEAUTY SALON 
3 Visit your Church Rev. Knox Communion 	4 Enhanced Fitness 11:30 am 	5 Management Meeting 1:00 pm WALMART 2:00 pm pick up 	6 Enhanced Fitness 11:30 am 	7 BIBLE STUDY 12:00pm DEB'S DOLLAR STORE PLUS 10:30-12:00pm 	8 Enhanced Fitness 11:30 am 	9 BEAUTY SALON  KAPPAS
10 Visit your Church 	11 Enhanced Fitness 11:30 am 	12 WALMART 2:00 pm pick up 	13 Enhanced Fitness 11:30 am 	14 BIBLE STUDY 12:00pm 	15 Brush Park CHRISTMAS PARTY 6:00 pm 	16 BEAUTY SALON Sorority Christmas Party for Residents KAPPAS HOLIDAY DINNER (Residents Only)
17 Visit your Church Rev. Kelly Jackson 2:00pm 	18 Enhanced Fitness 11:30 am RESIDENT BRUNCH 11:00a- 1:00p 	19 WALMART 2:00 pm pick up 	20 Enhanced Fitness 11:30 am 	21 BIBLE STUDY 12:00pm EXTERMINATOR 1st Floor 	22 Enhanced Fitness 11:30 am 	23 BEAUTY SALON 
24  Merry Christmas	25  Merry Christmas	26 WALMART 2:00 pm pick up 	27 Enhanced Fitness 11:30 am 	28 BIBLE STUDY 12:00pm 	29 Enhanced Fitness 11:30 am 	30 BEAUTY SALON 
31 Visit your Church Rev. Greenfield NEW YEAR'S EVE 						




 The Village of
**Brush Park Manor
 Paradise Valley**
 A SENIOR LIVING COMMUNITY
A Division of the Village of Paradise Valley, Michigan

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 Paradise Valley
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 Detroit, MI 48201
 Phone: 313-832-9922
 Fax: 313-832-8801
 E-mail: www.vv.org

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313-832-1576

Maintenance
Diego Manning
Harrison Mount
313-832-9922

Ara Hunter
Housekeeping

Willette Lamar
Beauty Salon
313-832-8801



Merry
Christmas



UWELKNI WTSI FSI I
RATSKFMERRYNA CR
YKGM AHOLLYDNACF
LPADDHOLI DAYDFZ
LES MCKSXRI BBONI
OELFFSSAMTSI RHC
JNFGI NGERBREADT
RUDSTOCKI NGADNY
ZBSAKWI REI NDEER
PETNZFD RACI MHRT
ZDHTVLEGEFABOXO
FNGACARWENVNBBY
MWI KI KQPRESENTS
QMLKWEBOTVZWCVV
ENACYDNACUEOXCL

CHRISTMAS
SANTA
HOLIDAY
TREE
ORNAMENT
PRESENTS
HOLLY
SNOWFLAKE
RIBBON
CANDY
GINGERBREAD
CARD
JOLLY
MERRY
ELF
TOYS
CANDYCANE
STAR
STOCKING
LIGHTS
TWINKLE
REINDEER

CHRISTMAS WORD SCRAMBLE



1. **dnorewadnl** _____
2. **escrogo** _____
3. **asnat lacsu** _____
4. **teesrnsp** _____
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6. **ejssu** _____
7. **mashcrist eert** _____
8. **bwos** _____
9. **enol** _____
10. **wnmosan** _____
11. **rwehta** _____
12. **ndyca ance** _____
13. **yollh** _____
14. **ftgis** _____
15. **nirgch** _____
16. **emryr** _____
17. **ngtsoikc** _____
18. **gnwraipp** _____
19. **tooeicadrsn** _____
20. **eblls** _____



**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

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

EMERGENCY NUMBER

(313) 832-9922

FAX

(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**
Paul Johnson
Donald J. McSwain
Ellen Childs
**Gwendolyn
Robertson**
Arthur Caldwell
Lynda K. Jeffries
Michael Morrison
Stacy Brackens
McCoy Hicks Jr.



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

ANSWER KEY TO WORD SCRAMBLE

1. **dnorewadnl**
 2. **escrogo**
 3. **asnat lacsu**
 4. **teesrnsp**
 5. **uhrdplo**
 6. **ejssu**
 7. **mashcrist**
- eert**

WC
sc
sa
pr
ru
jes
ch
bo
no