

The Village of Brush Park Manor



PARK VALLEY NOTES



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

February 2017

Village Administrator

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Please accept my sincerest apologies for not thanking you the residents for all the beautiful cards and munchies the staff and I received during the holiday season. And since consuming such a wonderful variety of meals and treats it is that time of year for the weight loss game to begin and return to the normal schedule of our eating habits. Again, thank you and I hope thus far your New Year is going well.

We were saddened to learn of the passing of our Precinct Delegate Ms. Rosanna Johnson who would be at Brush Park Manor every Tuesday during election times making sure each of you were registered to vote. She was so well recognized by the community, citizens and dignitaries who spoke about the remarkable dedication she exhibited over the years in helping to make sure every vote counted. Ms. Johnson your sparkling and beautiful smile will be missed by the entire Brush Park Manor Family. Please keep her family in your prayers.

Thank you to the students from the University of Detroit Dental School who make their annual visit to our home teaching us about proper dental care and leaving us with aids to help with daily dental care. Your support is needed for these future generations who will be tomorrow's Hygienists.

As you know February is a busy month with so many celebrations pertaining to our history. Several programs will be held at Brush Park beginning with the Kappa Alpha Psi Fraternity who will be hosting and serving breakfast Saturday, February 18 at 10:00 a.m. All residents are invited to attend and enjoy this great meal, fun and the fellowship.

On Monday, February 20 at 12:00 pm Brush Park Manor's annual Black History program will be held in the community room with a variety of foods and fashions. If you are planning to attend please contact Mrs. Charity Jackson as to what dish you will be donating for the meal. I understand the program will be different this year and I am quite excited as to whom and what will take place. Hope to see you there. Also, be sure to take advantage of the many programs that will be held in the Detroit Community.

Construction is beginning with the new housing development across Brush Street and with so much traffic on Brush Street. Please be careful when leaving the parking lot. I have no control over traffic or what will be happening but it will not last forever and it will be exciting to meet the new neighbors.

We have had a pretty good winter thus far but remember it is still winter. Watch for black ice while walking or driving, wrap warm and be aware of your surroundings.

"Despite EVERYTHING no one can dictate who YOU are to other people."

Prince

Look for PVM on:



Announcements

MOVIE DAY AT THE PARK!!



In celebration of Black History Month the Village of Brush Park Manor will be featuring two movies. The dates are February 14th and February 23rd. Both movies will begin at 1:00pm. Please come down and enjoy **MOVIE DAY AT THE PARK!**

Valentine's Day

Valentines of pink and red,
Special words of kindness said,
Small surprises, funny jokes,
Paper hearts and friendly notes,

The best part of this happy day,
Is that I get the chance to say,
Today and for the whole year too,
I'm glad I have a friend like you!

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.



Patrick Roberts



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
February 7, 14, 21, 28
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,
3rd 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

ALL YOU NEED IS LOVE ❤️ ...and amazing donors LIKE YOU.

Really!

That's how the world becomes a better place.

That's how MICHIGAN becomes the best place to live at any age.

It's people like you, who selflessly, LOVINGLY give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.

❤️ Happy Valentine's Day!

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.

UPTO **9.0%** RETURN

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

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

“E” stands for Eat

In December 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 the “E” (eat).

In the words of Dr. Thomas, “In order to be well, we need to eat well.” So what exactly does that mean? It seems every other day you can read about some food that scientists first thought was good for you but have since changed their minds and now claim it is bad for you. It's enough to drive you crazy. It's no wonder we tend to throw our hands in the air and say “whatever” and stop paying attention to what we eat altogether.

If there isn't a medical reason for you to do so (such as being diabetic or having high blood pressure), rather than focus on specific foods, you should focus on the big picture. Take a look at your plate. It should be very colorful and contain primarily plants. In other words, it should consist mostly of a variety of fruits and vegetables. Research has shown that plant-based diets are good for our muscles, bones, hearts and brains and just about every other organ in our body. Meat should not be the main course, but should be considered a side dish and consist of fish or poultry.

You also need to remember to eat, and to eat throughout the day. As we get older, our taste buds change and food just doesn't taste the same anymore*. As a result, we tend not to eat or pack all our calories into one meal at the end of the day. Our bodies work better, however, if we spread our calorie intake throughout the day. Three to six small meals spread throughout the day is much better than one large meal right before we go to bed. Both our blood sugar levels and our metabolism remain more stable if we graze rather than gorge.

While it might be a challenge at first to make the switch recommended above, if you stick with it you will probably find you are less fatigued, are better able to control your weight, have a whole lot more energy and simply feel better. For more information on healthy eating, visit www.choosemyplate.gov.

**To compensate for your changing taste buds, try experimenting with a variety of different spices. You might be surprised just how tasty food can once again be.*



In 1992, Dr. Mae Jemison became the first African American woman to go into space aboard the space shuttle Endeavor. During her 8-day mission she worked with U.S. and Japanese researchers, and was a co-investigator on a bone cell experiment

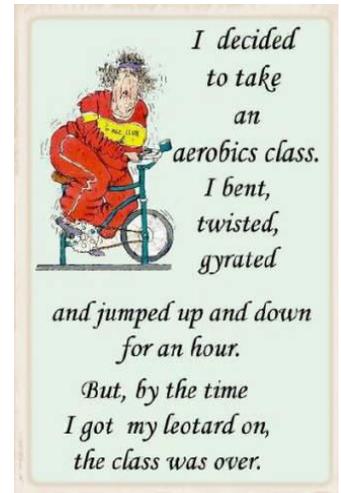
BLACK HISTORY FACTS DID YOU KNOW?

Black History Month began as “**Negro History Week**,” which was created in 1926 by Carter G. Woodson, a noted **African American** historian, scholar, educator, and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.



Dr. Rebecca Lee Crumpler is widely considered by historians as the first African-American woman to become a physician in the United States. Crumpler established a practice in the Boston region, tending to poor African-American families, most especially women and children. She details much of her experiences as a physician in her 1883, *A Book of Medical Discourses*, one of the first such works by an African-American.

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**

February Birthdays

Harold Massingille
Service Coordinator
313-832-1576



Luvenia Ryans 2/9
Lee Wallace 2/12
Michael Jones 2/17
Leon Stewart 2/19
Helen Presley 2/20
Gladys Robinson 2/22



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

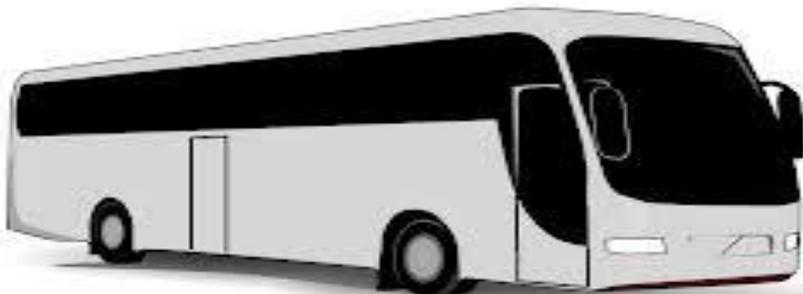
(313) 832-8804

WALMART SHOPPING

PICK UP

EVERY TUESDAY

AT 12:50 p.m.



Calendar

February 2017

SUN	MON	TUE	WED	THU	FRI	SAT
5 Visit your Church Rev. Knox 4:00p	6 Enhanced Fitness 11:30 am Michigan State Cooking Class 1:00-3:00 pm	7 WALMART 1:00 pm pickup	1 Enhanced Fitness 11:30 am 6:00-9:00 1:00p	2 	3 Enhanced Fitness 11:30 am	4 
12 Visit your Church	13 Enhanced Fitness 11:30 am Michigan State Cooking Class 1:00-3:00 pm	14 VALENTINES DAY WALMART 1:00 pm pickup MOVIE DAY AT THE PARK	8 Enhanced Fitness 11:30 am FOCUS HOPE	16 EXTERMINATOR 3rd Floor	10 Enhanced Fitness 11:30 am	18 KAPPA BREAKFAST FOR RESIDENTS 10:00 am
19 Visit your Church	20 BLACK HISTORY PROGRAM 11:00am	21 WALMART 1:00 pm pickup	22 Enhanced Fitness 11:30 am 6:00-9:00 1:00p	23 MOVIE DAY AT THE PARK 1:00 pm	24 Enhanced Fitness 11:30 am	25 
26 Visit your Church	27 Enhanced Fitness 11:30 am	28 WALMART 1:00 pm pickup				



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

A Member of The Village of Michigan

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Beauty Salon
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The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

SILVER KEY COALITION PRODUCING RESULTS FOR MICHIGAN SENIORS

It is a true pleasure to be able to announce good news for Michigan seniors. You may be aware that PVM is very involved with advocacy and community partnering to assist with quality of life for Michigan seniors. We are a part of making Michigan a great place to live and age well. No doubt there is still much work to do. However, on the good news front, we are making progress! PVM is a member of the Silver Key Coalition which was formed in 2014 to advocate for an increase in state funding for in-home services supported through the Michigan Aging and Adult Services Agency (AAHSA). AAHSA is the state agency charged with providing senior services across Michigan and reporting to state and federal government agencies. An increase of \$7.5 million over the past three years was intended to remove wait lists and serve all in need of assistance.

Due to rising costs and increased need we still have been unable to eliminate wait lists; although many more seniors did receive help. And there are many more seniors who still need help. The services which are provided include: Personal Care, Homemaking, Respite, Home Delivered Meals, Chore Services/ Minor Repair, Adult Day Care, Personal Emergency Response Systems and Medication Management. Our next phase of advocacy will feature a rationale for the value and positive outcomes of in-home services. The main message will stress the exceptional productivity by the Aging Network to increase the number of individuals assisted, increase funding for those on the wait lists, and emphasize progress in addressing unmet needs. Governor Snyder and the Michigan Legislature have been quite receptive to our advocacy efforts. In fact, he recognized the success and importance of the Silver Key Coalition in his recent State of the State Address. So the good news is that we are poised to see another increase for the 2018 budget in support of the Silver Key Campaign and Michigan seniors.

Many experts have noted that seniors want to maintain as much independence as possible, yet have needed services and safety measures in place. PVM is proud to be a part of providing services which assist Michigan seniors to take charge of their Aging Well destiny and create new possibilities for embracing life at any age. We will continue to advocate daily at all levels for PVM and community initiatives in support of all Michigan seniors. I will keep you posted on our progress as well as any other new information regarding senior services throughout Michigan.

Healthy aging for all!

Valentine's Day Word Search

c g f l o w e r s i p
j s w e e t h e a r t
e f p a c u p i d a e
v h o i k a c p s r t
a o g u y h e a r t s
l o v e r r d e g o f
e k r a p t r r o w r
n r i r o s e s p x i
t o h s d r d e i r e
i s u h s p i n n h n
n r g a r e l l k t d
e o s c h o s r o s h
s w e e r t s f r i e
v c h o c o l a t e k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

**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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Del Diego Manning

Maintenance

Harrison Mount

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Ara Hunter

Housekeeper

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FAX

(313) 832-8801



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

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