



The Village of Brush Park Manor

PARK VALLEY NOTES



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

June 2018

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Village Administrator

HAPPY FATHER'S DAY TO THE MEN OF BRUSH PARK MANOR

Wishing each and every one of you a safe and the best Father's Day to enjoy with family & friends. Do enjoy your luncheon once again at the Golden Corral sponsored by the sorority sisters.

The Pearl Reynolds Breakfast held last month was another wonderful event. It was such a pleasure to have Ms. Reynolds daughter to be involved with the program this year and I know the committee look forward to her future participation. Ms. Stewart that was so kindhearted of your donation of a gift bag to each guest. Your kindness will always be remembered. To the committee many comments have been spoken about the event being lovely. Next year you might want to ask more residents to participate in the planning of this event where you will not have to meet so often and be overwhelmed.

Containers for shredding will be brought to Brush Park Manor once again. If you have any paperwork that needs to be shredded, the containers will be placed in front of the library as they were last year. I will send a notice as to the date they arrive.

We are having many visitors lately who want your vote. Some may bring a full course meal, others may just arrive with coffee and doughnuts and others come with nothing. But, please come out listen to their speeches and ask questions of these candidates. One of these visitors will be the next Governor of Michigan.

Thank you to Mrs. Lois Horne for her leadership with the Village Victory Cup that will be held on June 22 of this year. Mrs. Charity Jackson your support of Mrs. Horne is greatly appreciated knowing and understanding how your time is very limited. We continue to send our prayers to Mr. Jackson.

Remember the many events for the summer that are posted on the bulletin board. Some will provide transportation and others you may have to use our bus to attend but I do hope that you support these wonderful events or they may stop. Speaking of the bus if you want to shop at Meijers, Target or other storehouses the bus is there for that convenience. Please check with the volunteer driver as to his schedule to drive for these trips.

"The human spirit will overcome any obstacles in the way of a dream"
Unknown

Look for PVM on:



Announcements

**Father's Day
Brunch**



**Golden Corral
June 15, 2018
Bus will be leaving
at 11:00am.**

**Jewelry making
class
June 15th
&
June 22nd
1:00pm-3:00pm
In the community
room**



**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.



**Gloria Webster
Michael Singleton**

Announcements

🔊 Worship Service held every 1st, 3rd, 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
June 5th, 12th, 19th, 26th
Pick-up 2:00 pm

🔊 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. Kelly Jackson (every Thursday at 12pm) in the E. Kern Tomlin community room.

FATHERS'S DAY WORD SEARCH



GIFTS FOR DAD



Aftershave
Beer
Belt
Book
Card
Chocolate
Compass
Cuff Links

Golf Balls
Grilling Tools
Hat
Keyring
Mouse Pad
Mug
Pen
Phone Case

Pocket Knife
Power Tools
Razor
Slippers
Socks
Tie
Wallet
Watch



Giving Matters.

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

Engage to make Michigan the best place to live—at any age!

You're a rock star!

PVM is so lucky to have you reading this right now! You're out in your community doing great things.

You're volunteering, giving, advocating and so much more!

There is a place for your kind of engagement at PVM. You're needed by your community—you're needed by older adults.

Engage in any way, at **any age!** You are key to a healthy, happy Michigan!

Here are some ideas:

- Make a gift to your local PVM Village
- Volunteer for a project or event at your Village
- Call your elected representative to tell them to keep fighting for older adults

May is "Older Adults Month" and this year's theme is "Engage at Any Age!" What are some of the ways you're currently engaged and what will you do in the future? Please contact us at 248-281-2040 or pvmfoundation@pvm.org – we want to know!

Thank you!



Announcements

The Birthday Club meets monthly in the community room.



*Birthday parties are held quarterly.



The resident association meetings are held every fourth Thursday at 4:30 p.m. in the E. Kern Tomlin community room.

Lindsay Tyler, President.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Drink Up!

As we get older, our need to stay hydrated increases. If you lead an active lifestyle, your need is even higher. And now that the weather has warmed up, if you are active outdoors your need is even higher still. So why is it important to stay hydrated? For one, water helps our brains function properly. When we are dehydrated our capacity to think is diminished. We can get confused, become dizzy, get disoriented and as a result suffer a fall that could have disastrous consequences. If we don't drink enough water our ability to eliminate waste is also impacted. Our kidneys won't function properly, which in turn can lead to a host of serious health problems.

In general, the average healthy adult needs 64 ounces of water daily (eight 8 ounce glasses), however, the amount you need may differ depending on how active you are, on whether you have a chronic health condition, and on the amount and types of medications you take. As a result, it's best to have a conversation with your health care provider about your personal hydration needs. During that conversation, if you are someone who happens to also be dealing with incontinence and you haven't mentioned it to your doctor before; it's time to do so. A common but potentially dangerous practice some of us employ to deal with incontinence is to substantially reduce our fluid intake. Your doctor should be able to provide you with some tips, advice, and a treatment plan to deal with your incontinence in a much safer and healthier way

Father's Day Poem

A Father Just Like You

*I just want to let you know
You mean the world to me
Only a heart as dear as yours
Would give so unselfishly*

*The many things you've done
All the times that you were there
Help me know deep down inside
How much you really care*

*Even though I might not say
I appreciate all you do
Richly blessed is how I feel
Having a father just like you*



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Summer Reading Fun

Recently I experienced the joy of being able to read to my grandchildren many times over while on vacation with them. I think I read the book about a dog named Biscuit at least forty times! What joy to be a part of their enthusiasm for reading. It flashed me right back to reading every night to my son and even being read to myself by my parents. I can even recall the excitement I felt as an elementary student when I brought the book Fun With Dick and Jane home to proudly show my mom. You can most likely flash back to some of your favorites as well. Reading is one of many ways that we can open up new worlds to our grandchildren and give our children some time to pursue other things. Also, this can help to set the path for success. Many studies have shown that being an avid reader gives youngsters a real advantage when it comes to learning overall.

Now that summer vacation is coming check out your local library. You can help your grandchildren select some of their favorite books and borrow them. Another thought is to create a contest to see how many books you can read together by the end of the summer. For advanced grades there will often be a recommended reading list sent home by teachers. You can also help with this which once again reduces some of the pressure on your own children as their parents. Some libraries ask for volunteer readers so that you can help other children learn the joy of reading. Remember to recapture the joy of reading for yourself. Sometimes we can look forward to lighter reading with fun novels at the pool or beach. Enjoy the summer and read on!

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

June



Betteye Roseboro 6/1
Gladys Turner 6/6
Edward Leonard 6/9
Ruth Holloway 6/10
James Hatcher 6/11
Nona Dunigan 6/15
Louise Jones 6/20
Juanita Craig 6/21
Edwin Johnson 6/22
Melvin Ventour 6/29



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

WAL-MART



The Walmart bus leaves promptly at
 2:00pm. If you would like to go
 shopping please be in the lobby every
 Tuesday at 1:40 pm.



Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
<p>Visit your Church Rev. Knox</p>	<p>Enhanced Fitness 11:30 am</p>	<p>WALMART 2:00 pm pick up</p>	<p>Enhanced Fitness 11:30 am</p> <p>BINGO 1:00 pm</p>	<p>BIBLE STUDY 12:00pm</p>	<p>Enhanced Fitness 11:30 am</p>	<p>Beauty Salon</p>
<p>3</p> <p>Visit your Church Rev. Knox</p>	<p>4</p> <p>Enhanced Fitness 11:30 am</p>	<p>5</p> <p>WALMART 2:00 pm pick up</p>	<p>6</p> <p>Enhanced Fitness 11:30 am</p> <p>BINGO 1:00 pm</p>	<p>7</p> <p>BIBLE STUDY 12:00pm</p>	<p>8</p> <p>Enhanced Fitness 11:30 am</p>	<p>9</p> <p>Beauty Salon</p> <p>KAPPAS</p>
<p>10</p> <p>Visit your Church</p>	<p>11</p> <p>Enhanced Fitness 11:30 am</p>	<p>12</p> <p>WALMART 2:00 pm pick up</p>	<p>13</p> <p>Enhanced Fitness 11:30 am</p> <p>BINGO 1:00 pm</p> <p>SHELTON TAPPES</p> <p>FOCUS HOPE</p>	<p>14</p> <p>BIBLE STUDY 12:00pm</p>	<p>15</p> <p>Enhanced Fitness 11:30 am</p> <p>Fathers Day Luncheon 11:00am</p> <p>Jewelry Making 1:00pm</p>	<p>16</p> <p>Beauty Salon</p>
<p>17</p> <p>Visit your Church Rev. Kelly Jackson 2:00pm</p> <p>Happy Fathers Day</p>	<p>18</p> <p>Enhanced Fitness 11:30 am</p>	<p>19</p> <p>WALMART 2:00 pm pick up</p>	<p>20</p> <p>Enhanced Fitness 11:30 am</p> <p>BINGO 1:00 pm</p>	<p>21</p> <p>BIBLE STUDY 12:00pm</p> <p>EXTERMINATOR 1st floor Resident Association Meeting 4:30 pm</p> <p>SUMMER BEGINS</p>	<p>22</p> <p>VILLAGE VICTORY CUP 11:00am</p> <p>Fathers Day Golden Corral 11:00</p> <p>Jewelry Making 1:00pm</p>	<p>23</p> <p>Beauty Salon</p>
<p>24</p> <p>Visit your Church</p>	<p>25</p> <p>Enhanced Fitness 11:30 am</p>	<p>26</p> <p>WALMART 2:00 pm pick up</p>	<p>27</p> <p>Enhanced Fitness 11:30 am</p> <p>BINGO 1:00pm</p>	<p>28</p> <p>BIBLE STUDY 12:00pm</p>	<p>29</p> <p>Enhanced Fitness 11:30 am</p>	<p>30</p> <p>Beauty Salon</p>

The Village of
**Brush Park Manor
Paradise Valley**
A SENIOR LIVING COMMUNITY
A Member of Presbyterian Village of Michigan

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313-832-8804

This month we have a special guest columnist, Kelli McDonald. Kelli recently graduated from Oakland University and she is interning with PVM this summer!

It's Strawberry Season!

Strawberries are delicious and nutritious and pair perfectly with any meal! Strawberries may improve your health as they are full of potassium, magnesium, folate, and vitamins C and K. Strawberries are a great snack, but can also be added to many other foods. Add strawberries to your salad, yogurt, muffins, salsa, tea, and more!



In Michigan, strawberries are in season from June – August. A fun way to add more physical activity in to your day is to go strawberry picking! Walk around a local farm and pick fresh strawberries! Here is a link to find your nearest strawberry farm. <http://www.pickyourown.org/MI.htm>

When picking your strawberries, choose the bright red ones. This means that they are ripe and ready to eat! Make sure that they are not too soft or bruised! If you have an abundance of strawberries, you can freeze them for up to 10 – 12 months! In order to keep them fresh, strawberries should be refrigerated daily. Rinse your strawberries before you cut them to keep them fresh longer!

Strawberry Fun Facts*

- Every state in the U.S grows strawberries.
- An average strawberry has 200 seeds.
- Americans eat 3.4 pounds of strawberries on average each year.

*Source: <https://www.countryliving.com/food-drinks/a35552/facts-about-strawberries/>

**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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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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