



The Village of Brush Park Manor

PARK VALLEY NOTES



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

July 2017

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Village Administrator

Summer seems to be moving quite fast, but it has been one that the temperatures have remained pretty decent thus far. So please enjoy the rest of the season and remember to drink plenty of fluids during this time.

Ms. Eula Williams will be hosting a bazaar August 4th and will have vendors with so many unique items for sale. All funds will help offset the cost for the Princess Cruise. Ms. Williams have activities planned for each month so come out and support the various activities. Please remember the village picnic will be coming up August 17 and for those who want to participate with preparation for this wonderful event see any committee member.

The Junior Police Cadets are with us again this year so please welcome them and be of support with this young group. They are our future generation so we need to help guide them as positive role models. These are summer jobs helping many with school supplies and clothing for their return to school in the fall. We want to help them continue to grow and be productive citizens carrying on the legacy of past generations.

We are being bombarded again by politicians during election time where they are feeding you wonderful meals and giving you a great spill on what changes will be made if elected. I say to you please listen and ask questions of these candidates. Some you only see when it is time for re-election and others do come here quite often to see if you have any needs or just to let you know what is going on in the community. But please remember to vote it is a privilege to do so.

Ms. Dorothy Bell thanks so much for your donation of the flowers on the balconies and the front patio. We know it is a little difficult to enjoy the flowers while sitting on the balcony with all the dust, but this too shall pass.

Rubbish is to be thrown down the trash chutes inside the building and not in the container sitting outside near the seating area coming in from the parking lot. You may be bitten by a squirrel or possum which someone has been bitten. Remember if you are bitten you need to be tested for **RABIES**

Remember to check your calendar for all events and educational activities at Brush Park Manor.

Look for PVM on:



Announcements

**Movie Day at the Park
Monday
July 17th
at 1:00 p.m.
in the community room.**

All residents are invited.



Deb's Dollar Store Plus



July 10, 2017
12:30 pm – 2:00pm 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.



Woody Winborn

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 Re. Kelly Jackson
5th Sunday- Rev. Greenfield

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

☞ Wal-Mart Shopping
July 11th, 18th, & 25th
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,
2nd 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. Jackson (every Thursday at 12pm) in the E. Kern Tomlin community room.

EAT HEALTHY, STAY FIT, AND LIVE WELL OVER 50.

Eat Healthy Fats

You already know that saturated fats are bad for your arteries and heart health. But they can also harm your concentration and memory. So cut down on the red meat, butter, and other such foods. Instead, add more fatty fish and fats from plants, like flaxseed and nuts. These healthy fats may have extra benefits for your heart and your brain

Fill Your Empty Nest

If your kids have moved out and your home feels empty, think about adopting a pet. People with cats and dogs seem to have lower cholesterol and less risk of heart disease. They also need fewer doctors' visits. We don't know why exactly pets seem to help. But at the very least, having a dog that needs walks is a great way to build in daily exercise.

Protect Your Joints

Getting older doesn't mean you have to give up your morning run. People used to think running would wreck their knees. But new research suggests it might actually *strengthen* them. It doesn't seem to raise your risk of arthritis either.

That said, if you have arthritis or damaged joints, running could be too much. But you can still benefit from exercise. It helps strengthen muscles, support your joints, and lessen pain. So choose low-impact activities like walking or biking instead.

Keep Learning

Surprise yourself. Instead of sticking with what's familiar and comfortable, tackle something new. Go to out-of-the-ordinary places. Make new friends. Learn a musical instrument or a language. New experiences will build new pathways in your brain, keeping your mind healthy as you age. They'll also expand your options for finding excitement and happiness.

Slash Your Alzheimer's Risk

Want to keep your mind sharp as you get older? Get moving. Regular exercise in middle age can lower your risk of memory and thinking problems when you're older by almost half. Exercise boosts blood flow to your brain and helps new cells grow there. Just 30 minutes of walking, biking, or even gardening 5 days a week can make a difference.

Make Smarter Food Choices

As you get older, your metabolism slows down and you need fewer calories. So make the ones you get count. Choose foods packed with the nutrients you need. Eat dark leafy greens and colorful fruits and vegetables. Increase low-fat dairy to get calcium for bones. Fortified foods -- like cereals with vitamin B12 and milk with vitamin D -- can help, too. Cut down on empty calories from sugary drinks and sweets.





Giving Matters.

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

You are a Superhero.

The power to reach the future is in your hands.

Dorothy Thurston, a resident at the Village of Westland is a hero whose legacy is having an impact today. Her Charitable Gift Annuity made it possible for the Village to purchase a big screen TV—a new social hub at Westland!

Dorothy's planned gift is a great example of how the legacy YOU leave will benefit seniors long into the future.

Just like in the comic books, heroes come in all shapes and sizes. And your gift can become anything from a TV to *a life-saving service*. The giving options are as unique as you are!

Here are just a couple of options:

- **Gifts that pay you income, like a Charitable Gift Annuity** – the donor makes a gift and, in return, receives fixed payments for life - as high as a 9% rate of return!
- **Gifts that benefit PVMF after your lifetime, like a Bequest** – Simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM.

To learn how your legacy can brighten the future, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

P.S. Secure your tickets and sponsorships now! The countdown has begun! The 14th Annual Gala, *Life is Sweet!* PVM's gala Friday, November 17th at the Henry Ford Museum

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

The Importance of Oral Health



Did you know that your oral health can offer clues about your overall health – or that problems in your mouth can affect the rest of your body? Oral health is more important than you might realize. Without proper oral hygiene, bacteria can reach levels that might lead to oral infections such as tooth decay and gum disease. Your oral health might contribute to various diseases and conditions including: diabetes, cardiovascular disease and osteoporosis

As we age we become at risk for a number of oral health problems such as darkened teeth caused by plaque and made worse by food left in your teeth. The use of tobacco products, poor diets, and certain diseases such as anemia, cancer, and diabetes are also oral health problems that may put us at risk. Oral hygiene tips: Daily brushing, flossing and cleaning of your teeth whether natural or not is essential to keeping your mouth healthy. Plaque can build up quickly, especially if oral hygiene is neglected. To maintain good oral health, it's important to brush at least twice a day with fluoride-containing toothpaste, floss at least once a day and visit your dentist on a regular basis for cleaning and an oral exam

For Your Information

Summertime & the Outdoors



We thought winter would never end, but now that the summer is upon us, it is time for some common sense reminders about how to enjoy summertime, safely.

While it is wonderful to be able to open windows to let the fresh air in, just remember not to leave them open when you are not around. Especially if you live on a lower level, do not leave your patio door unlocked when you are not there. While it is tempting to put saucers of milk and food out for stray animals, please remember that this food also attracts unwanted non domesticated animals. Here at Presbyterian Villages of Michigan, residents can cook outside with supervised barbequing. This means that outdoor cooking may be done as part of a supervised group activity with proper fire safety measures in place. Individual barbequing is not allowed anywhere on the property. This is due to fire safety concerns.

Be aware of the strength of the sun and protect yourself by wearing a hat and loose clothing. Drinking enough water to stay hydrated is always a good idea. Sunscreen is a must when you are going to be in the sun any length of time.

This is also time of the year where temperatures can soar to levels that make it difficult to breath, especially if you have a breathing problem. If you are having trouble with your air conditioning, opening windows or any other air quality issue, be sure to contact your building's maintenance department. Listen to your local radio station or TV station to learn of storms coming your way and stay inside in a windowless room if the local tornado sirens are going off. For most residents the inside of their bathroom or interior hallway is the safest place in the building. If you are not aware of your Village's emergency preparedness plans, ask your Administrator to provide you with the plan.

Recipes

Summer Fun Foods



Beef and Ground Pork Sliders

Ingredients

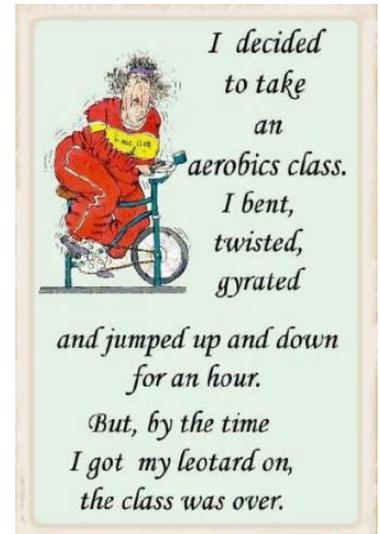
- 2 ounces butter
- 1 cup yellow onions, thinly sliced
- 1 teaspoon white pepper
- 2 teaspoons kosher salt, divided
- 12 ounces (80/20) ground beef
- 12 ounces ground pork
- 1 teaspoon black pepper
- 1/4 cup equal parts mayonnaise and mustard
- 1 teaspoon lemon juice
- 1 cup thinly shredded romaine hearts
- 12 slices cheese of choice (Gruyere, baby Swiss, or Gloucester)
- 12 petit buns (2 to 2 1/2 inches), toasted

Directions

- In a saute pan over high heat, add the butter, onions, white pepper and 1 teaspoon salt, and cook over high heat until the butter has melted. Reduce the heat to medium and finish cooking the onions until slightly browned on the edges, 7 to 8 minutes.
- Mix the beef, pork, remaining 1 teaspoon salt, and black pepper in a bowl. Do not over mix or the burger will be too tightly bound. Portion the meat into 12 (2-ounce) balls, then flatten the balls into patties about 2 1/2 inches round.
- Preheat a grill and grill the burgers for 4 to 5 minutes on each side, or until the internal temperature reaches 160 degrees F.
- Combine the mayonnaise-mustard mixture with the lemon juice and shredded romaine. Top the bottom bun with the dressed lettuce, a burger, some caramelized onions, and cheese of choice. Add the top bun and serve.

*Recipe courtesy of Robert Irvine

Announcements



**The Enhanced 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**

July



- Kevin Vassel 7/9
- Ruby Straughter 7/12
- Toni Germaine 7/14
- Gloria Prophet 7/14
- Jessie Hodges 7/17
- Charity Jackson 7/18
- Aaron Walton 7/20
- Arthur Hill 7/26
- Hettie Green 7/26

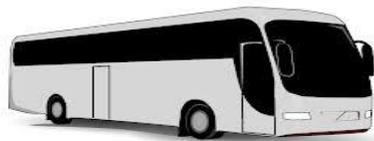
Harold Massingille
Service Coordinator
313-832-1576

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 2:00 p.m. If you would like to go shopping please be in the lobby every Tuesday by 1:50 p.m.

Calendar

 <h1 style="color: red; text-align: center;">July 2017</h1>						
SUN	MON	TUE	WED	THU	FRI	SAT
			28 Enhanced Fitness 11:30 am 	29 BIBLE STUDY 12:00pm 	30 Enhanced Fitness 11:30 am 	1 BEAUTY SALON 
2 Visit your Church Rev. Knox Communion 	3 Enhanced Fitness 11:30 am 	4 Office Closed 	5 Enhanced Fitness 11:30 am 	6 BIBLE STUDY 12:00pm 	7 Enhanced Fitness 11:30 am 	8 BEAUTY SALON KAPPAS MEETING 
9 Visit your Church 	10 Enhanced Fitness 11:30 am DEB'S DOLLAR STORE 12:30pm-2:00pm	11 WALMART 2:00 pm pick up 	12 Enhanced Fitness 11:30 am FOCUS HOPE BUNGO 1:00 pm	13 BIBLE STUDY 12:00pm 	14 Enhanced Fitness 11:30 am Concast Bingo 1:00-3:00p	15 BEAUTY SALON 
16 Visit your Church Rev. Kelly Jackson 2:00pm 	17 Enhanced Fitness 11:30 am MOVIE DAY AT THE PARK 1:00 	18 WALMART 2:00 pm pick up 	19 Enhanced Fitness 11:30 am 	20 BIBLE STUDY 12:00pm EXTERMINATOR 2nd Floor	21 Enhanced Fitness 11:30 am 	22 BEAUTY SALON 
23 Visit your Church 	24 Enhanced Fitness 11:30 am 	25 WALMART 2:00 pm pick up 	26 Enhanced Fitness 11:30 am 	27 BIBLE STUDY 12:00pm 	28 Enhanced Fitness 11:30 am 	29 BEAUTY SALON 
30 Visit your Church Rev. Greenfield 4:00pm	31 Enhanced Fitness 11:30 am 					



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

Village of Paradise Valley, Michigan

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Diego Manning
Harrison Mount
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Ara Hunter
Housekeeping

Willette Lamer
Beauty Salon
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Fun Zone



July Fourth Word Search

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



- | | | |
|-------------|--------------|------------|
| ADAMS | FOURTH | NATION |
| AMERICA | FREEDOM | PARADE |
| BARBECUE | HOTDOGS | REVOLUTION |
| COLONIES | INDEPENDENCE | RIGHTS |
| CONGRESS | JEFFERSON | STATES |
| DECLARATION | JULY | THIRTEEN |
| EQUALITY | LIBERTY | UNITED |
| FIREWORKS | | |

Fun Zone



HAPPY 4TH OF JULY

Are you ready for the 4th of July? Unscramble the following words that have to do with July 4th.

ERORWKSIF

PEDNINENDECE AYD

ICNCIP

YULJ

GLAF

DEERFOM

TTRIOPACI

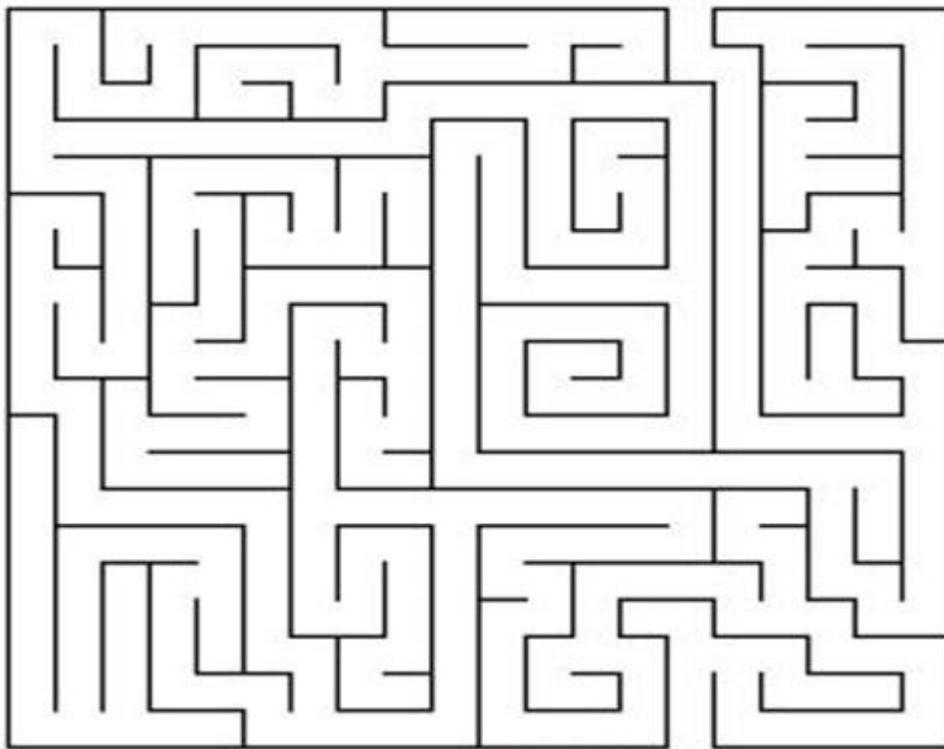
DAPAER

Fun Zone

4th of July Maze

Uncle Sam has bought a new hat for the parade.

Can you help him find his way through the maze to collect it?



**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 Numbers 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



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

Board Members:

E. Kern Tomlin, Chair
**John Gardner, Vice
Chair**
**James Bradford,
Treasurer**
**Elaine Hearn,
Secretary**
Paul Johnson
McCoy Hicks Jr.
Donald J. McSwain
Ellen Childs
**Gwendolyn
Robertson**
Arthur Caldwell
Lynda K. Jeffries
Michael Morrison
Stacy Brackens