



PARK VALLEY NOTES



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

July 2019

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Village Administrator

Congratulations to our Brush Park Residents who were winners at the Village Victory Cup. Those winners are as follows: Ms. Carolyn Kemp won Gold for the beautiful poem she had written and submitted. I understand she had tears in the eyes of all those present for this event. Mrs. Lois Horne, Mrs. Mary Stewart, Ms. Catherine Stanley, Ms. Joyce Alfaro all won Bronze medals for their participating in the various events. Last but not least Ms. Luvenia Ryans won the Gold Medal for Kick a Roo. Thanks to all who participated and spoke about the great time that was enjoyed by all. My special thanks to Mrs. Lois Horne and my assistant Mrs. Tanisha Reed-Horne for their wonderful leadership and support.

Mrs. Prophet again gathered those who were excited about dining and cruising on the Detroit Princess. It turned out to be a wonderful day to be cruising the Detroit River with friends and family for this yearly event. Mrs. Prophet you are to be thanked for your supervision in taking on this activity.

Mr. Roberts Brush Park Resident has begun the painting classes once again, so if you are interested in joining this class they are held on Thursdays. We have seen some beautiful art work exhibited on the shelving outside apartments. Mr. Roberts look forward to your coming down and participating in this fun event.

Welcome back Mr. Massingille from a well-deserved vacation. You were missed by residents, staff and the outside world that depend on your knowledge and support. We appreciate you. Mr. Roberts and Mr. Stewart did a fine job handling several of the responsibilities you gave them during your absence and are to be commended for their patience.

Please remember to respect this excessive heat we are having by drinking plenty of fluids and to remain in cool places as much as possible. Remember your annual picnic is coming soon and you should attend the resident council meeting on July 25th to discuss where, when and cost. The President is looking for support and suggestions for our picnic.

A vegetable truck will be visiting Brush Park Manor at 11:00am on Monday July 29, 2019. Please feel free to come out and see what they have.

To enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of the character.

Aristotle

Look for PVM on:



Announcements

Paint with a Twist
July 19, 2019
July 26, 2019
1:00 pm
in the community room



Brain Health Presentation
July 22, 2019
1:00 pm
in the community room



Brain Health
You Can Make a Difference!

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, 3rd and 5th Sunday at 2:00 pm 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. Garner (Communion)
- 3rd Sunday Rev. Jackson 2:00pm
- 5th Sunday- Rev. Garner

Bibles Study every Thurs. at 12:00pm in the community room.

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

► Wal-Mart Shopping
July 2nd, 9th, 16th, 23rd, &30th
All are welcome!

► Shelton Tappes meets every second Wednesday at 12:00 p.m.
All are welcome to join!

► Exterminator at Brush Park every 3rd Thursday,

EXTERMINATOR



2nd floor

► Arts & Craft every Tuesday at 2pm in the Craft Room.

► Bingo every Wednesday at 1pm-3:30pm in the Craft Room.

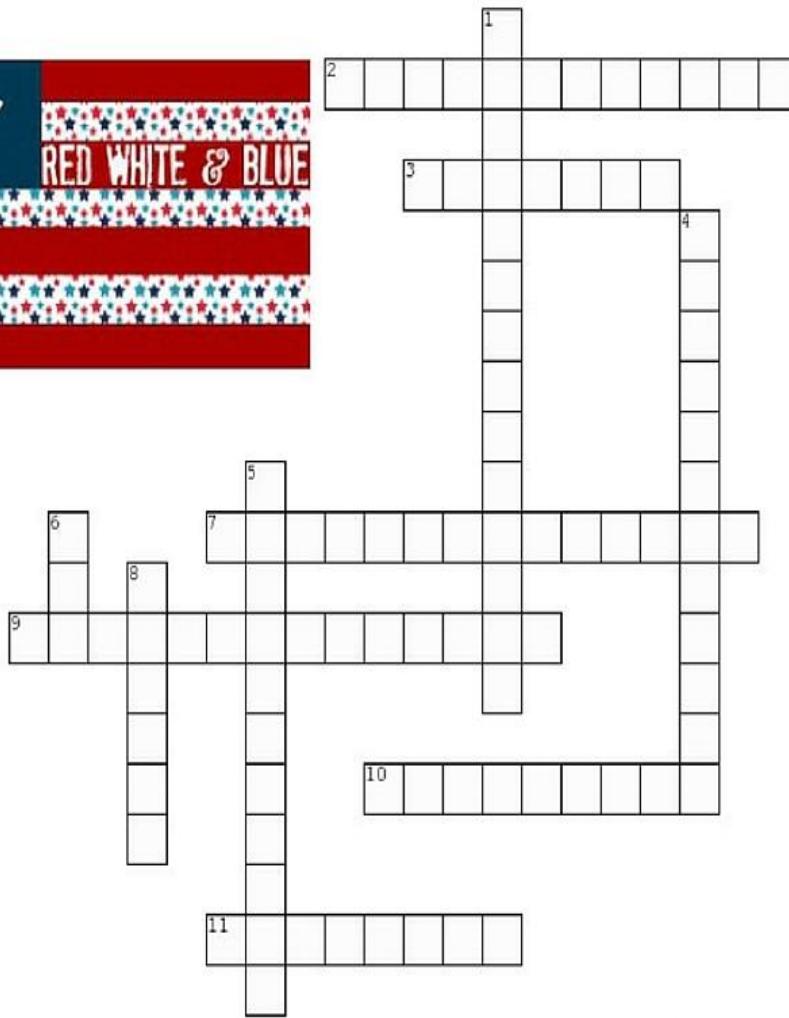
► Enhance Fitness Program M-W-F 11:30 to 12:30pm in the Community Room. Please see calendar for location changes.



Giving Matters.

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

RED, WHITE & BLUE HOLIDAYS CROSSWORD PUZZLE



Across

2. City where fireworks were set off as a way to celebrate the first anniversary of independence.
3. The day of the week the first Labor Day parade was held
7. Memorial Day was first known as this day.
9. Day we celebrate the birth of the U.S. as an independent nation.
10. Day we celebrate all the men & women who labor in the U.S. workforce.
11. The first state to recognize Memorial Day as a legal holiday.

Down

1. President who delivered a speech at the first Memorial Day ceremony.
4. A day that honors the soldiers who died while serving
5. The flower that represents a symbol of remembrance on Memorial Day
6. The number of people who signed the Declaration of Independence on July 4th
8. First state to celebrate Labor Day as a legal Holiday

Announcements

Let's Play Dominoes!



Every Monday at 1:00pm
in the Craft room.



The Resident
Association
Meetings are every
fourth Thursday at
4:30 pm
in the community
room.

Lindsay Tyler,
President



It's Your Life. Live It Well.

**By Tom Wyllie,
Director of Wellness**

Stay Cool!

Picnics, fireworks, and Independence Day are the hallmarks of July. So too are heat and humidity. In July, mid-day temperatures in Michigan average in the mid 80's. Add to this an average humidity level of just over 72% and you have a potentially dangerous combination. Prolonged exposure to high heat and humidity can cause the body to lose its ability to cool itself, ultimately resulting in heat stroke, a serious medical condition that can cause permanent disability or death if prompt emergency treatment isn't provided.

To help protect against heat related illness, when it is hot and humid outside:

- Drink plenty of cool, non-alcoholic, non-caffeinated beverages.*
- Wear lightweight, light-colored clothing.
- Stay indoors during the hottest parts of the day (preferably in an air-conditioned environment).
- Avoid engaging in strenuous activities.
- Reduce the amount of meat you eat (since digesting meat raises body temperature and increases water loss).
- Limit direct sun exposure (which increases body temperature and can result in sunburn, which reduces the body's ability to dissipate heat).
- Take a cool shower, bath, or sponge bath.
- Rest often.

**If your doctor has limited your intake of fluids or has put you on water pills, you should first check with him or her before increasing your fluid intake.*

RECIPES

CLASSIC BEEF STEW



Ingredients

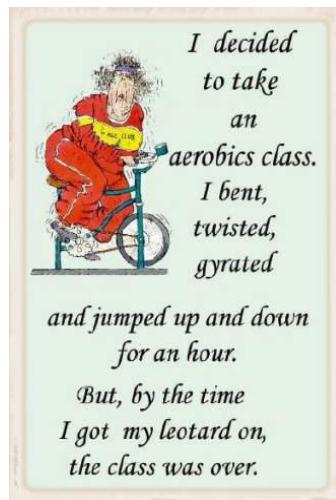
- 2 pounds beef stew meat, cut into 1-inch cubes
- 1 to 2 tablespoons canola oil
- 1-1/2 cups chopped onions
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 can (10-1/2 ounces) condensed beef broth, undiluted
- 3 tablespoons quick-cooking tapioca
- 1 garlic clove, minced
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 bay leaf
- 6 medium carrots, cut into 2-inch pieces
- 3 medium potatoes, peeled and cut into 2-inch pieces
- 1 cup sliced celery (1-inch lengths)

Directions

- In an oven-safe Dutch oven, brown beef in batches in oil; drain. Return all meat to the pan. Add onions, tomatoes, broth, tapioca, garlic, parsley, salt, pepper and bay leaf. Bring to a boil.
- Cover stew and bake at 350° for 1 hour. Stir in carrots, potatoes and celery. Bake, covered, 1 hour longer or until meat and vegetables are tender. Discard bay leaf.



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. Lois Horne

July Birthdays



Kevin Vassel 7/09
Ruby Straughter 7/12
Toni Germaine 7/14
Gloria Prophet 7/14
Jessie Hodges 7/17
Charity Jackson 7/18
Aaron Walton 7/20
Victor Saunders 7/24
Bobby Jean Green 7/25
Lester Owens 7/27
Hettie Green 7/31



Harold Massingille
Service Coordinator
313-832-1576

The beauty salon is
open Wednesday
through Saturday.

Please call and
schedule your
appointment today!

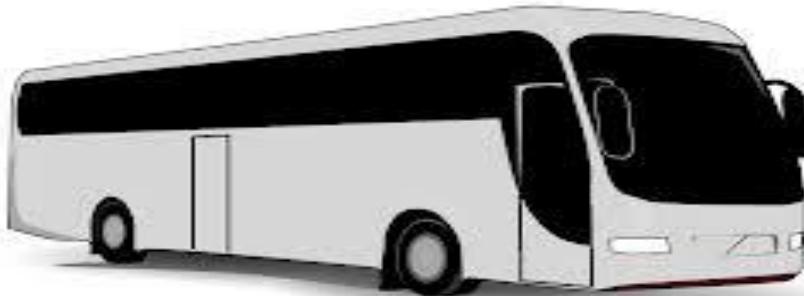
(313) 832-8804

WALMART SHOPPING

PICK UP

EVERY TUESDAY

AT 1:50 p.m.



Calendar



July 2013

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Enhanced Fitness 11:30 am 	2 WALMART 2:00 pm pick up 	3 Enhanced Fitness 11:30 am 	4 Enhanced Fitness 11:30 am 	5 Enhanced Fitness 11:30 am 	6 BEAUTY SALON 
7 Visit your Church Rev. Garner 	8 Enhanced Fitness 11:30 am 	9 WALMART 2:00 pm pick up 	10 Enhanced Fitness 11:30 am 	11 BIBLE STUDY 12:00pm 	12 Enhanced Fitness 11:30 am 	13 BEAUTY SALON 
14 Visit your Church Rev. Kelly Jackson 	15 Enhanced Fitness 11:30 am 	16 WALMART 2:00 pm pick up 	17 Enhanced Fitness 11:30 am 	18 BIBLE STUDY 12:00pm 	19 Enhanced Fitness 11:30 am 	20 BEAUTY SALON 
21 Visit your Church Rev. Kelly Jackson 	22 Enhanced Fitness 11:30 am 	23 WALMART 2:00 pm pick up 	24 Enhanced Fitness 11:30 am 	25 BIBLE STUDY 12:00pm 	26 Enhanced Fitness 11:30 am 	27 BEAUTY SALON
28 Visit your Church Rev. Garner 	29 Enhanced Fitness 11:30 am 	30 WALMART 2:00 pm pick up 	31 Enhanced Fitness 11:30 am 			



July 4th word search

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

words to find



AMERICAN
FATHERS
FOUNDING
HONOR
NATIONAL ANTHEM
STARS
UNITED STATES

CENTENNIAL
FESTIVE
FREEDOM
INDEPENDENCE DAY
PATRIOTIC
STRIPES
VETERANS

CIVIC
FIREWORKS
HOLIDAY
LIBERTY
PICNIC
STAR SPANGLED



The Senior Advocate.

*By Lynn Alexander,
Vice President of Public Affairs*

Creating A Dementia Capable Michigan

Have you had concerns about dementia either for yourself or a loved one? You are not alone. An estimated 190,000 Michiganders age 65 and older have Alzheimer's or other dementias. That means that more than a half million family members in Michigan are caring for these loved ones.

In 2016 a committed group of individuals and organizations formed the Michigan Dementia Coalition. Their vision is to make Michigan a dementia capable state. They have created a roadmap to achieve this goal by 2022 via promoting the well-being and safety of people living with dementia at all ages and stages; mobilizing partnerships to strengthen the service network; recognizing and promoting dementia as a public health priority; and enacting policies that strengthen families, communities and the economy.

The Alzheimer's Association along with a total of 65 organizations is working to take action on this very important public health issue. For further information go to alz.org.

Office Number 313-832-9922

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

Village Staff

Jannie Scott
Administrator

Tanisha Reed-Hobbs
Administrative Assistant

Harold Massingille
(313) 832-1576
Service Coordinator

Nelson Scott
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

**City of Detroit
Neighborhood Police Officers
Main: 313-596-1319
Fax: 313-596-5166**

Officer Dorsey - Cell: 313-643-0865
Officer Hardy - Cell: 313-570-4364
Officer Hawkins - Cell: 313- 581-3805

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
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McCoy Hicks