



The Village of Brush Park Manor

PARK VALLEY NOTES



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

September 2018

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Village Administrator

Well summer is just about over and we will be welcoming Fall on September 23. Enjoy the beautiful color of the leaves but remember leaves can be dangerous when wet so please be careful while walking or even driving. The picnic was once again a marvelous event with great food, music and participation with so many in attendance. Once again the rain moved the picnic into the community room but it seems everyone was enjoying the afternoon. Thank you to Wayne County Commissioner Jewel Ware for her continued support of all the activities held at Brush Park Manor.

We want to welcome Mr. Nelson Scott as the new maintenance staff at Brush Park Manor. I know Mr. Mount is pleased to have support once again and I say thank you to him for the long hours and time over the past year he has given to Brush Park Manor.

There was a wonderful jazz band here in celebration of Mrs. Mildred Everett's birthday with her family and friends. You may want to think about having this band here periodically for some of your events. I know the office staff could hear and certainly enjoyed the music during the celebration.

Please remember you must **exit** the building when the fire alarm rings. You never know when there is actually a fire and it could be serious for those who remain in the building. Floor captains will knock on doors making sure those in wheelchairs will be placed in the stairwell landing for safety. Again, it is important that you follow the safety evacuation.

Remember it is very important that you vote this November and if any information is needed please see Mr. Warner McBryde who is the team organizer for Brush Park and he also serves as Treasure for the Brush Park Citizens District Council.

Please check your calendars for all upcoming events.

Wearing your halo too tight also gives other people a headache!

Author unknown

Look for PVM on:



Announcements

MOVIE DAY AT THE PARK!

1:00 pm in the community room on September 24th



Jewelry making class

Sept. 21st

&

Sept. 28th

**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.



New Residents

Announcements

- ☞ Worship Service held every 1st Sunday and 5th 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. Rowland Garner (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
Sept. 4th, 11th, 18th, and 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,

1st floor
- ☞ 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.





Giving Matters.

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

Retired teacher, Betty did a wonderful thing. She honored her happy home, friends and family by leaving a gift in her will.



Betty left a gift in her will that helped build The Karl and Frieda Kleemann Chapel at The Village of East Harbor and provide stained-glass windows.

Before her passing, Betty said she always believed in the PVM mission to serve older adults. She was delighted to honor her parents and a dear friend through the gift in her will.

Betty wanted to give back to her “happy home for these many years.” She wanted to make sure her gift would help future residents—people she’d never know! And she did! Today the chapel is a place where seniors of all faiths can gather, and Betty’s legacy shines!

Anyone can leave a bequest. You have the power to answer future prayers today!

Contact us at 248-281-2040 or pvmfoundation@pvm.org to

Announcements

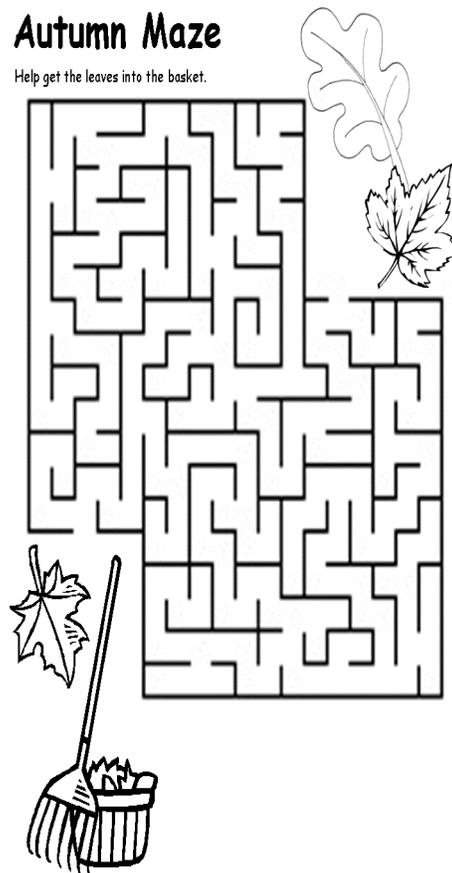


The resident association meetings are held every 4th Thursday at 4:30 p.m. in the E. Kern Tomlin community room.

Lindsay Tyler, President

Autumn Maze

Help get the leaves into the basket.





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

This month we have a special guest columnist, Hope Wheeler. Hope recently graduated from Oakland University and is interning with PVM this summer.

If it's "Organic" is it "Healthier"?

Think back to the last time you were in a grocery store. Did you see any food labels with the word "organic" on them? When it comes to food, the word organic refers to the way in which food is produced. Organic foods are produced without using man-made pesticides, man-made fertilizers, human waste, radiation, genetic modification, antibiotics or hormones. Unfortunately, foods that aren't produced organically may contain some of these potentially harmful substances.

Though buying organic foods can be pricey, from a health standpoint limiting your exposure to harmful substances is generally a good idea. Because certain types of produce contain little to no pesticide residue without being produced organically, you can limit your pesticide exposure and save money by purchasing conventionally grown versions of these foods. Each year the Environmental Working Group, a non-profit, non-partisan organization dedicated to empowering people to live healthier lives in a healthier environment publishes two lists: the "Dirty Dozen" and the "Clean Fifteen" to help consumers decide which produce to buy organic and which to not. For more information, visit <https://www.ewg.org/foodnews>.

Whether you buy organic produce or not, to get the most "bang for your buck" shop at farmers markets, buy fruits and vegetables that are in season, and freeze any extra produce you may have. Also, remember to wash, trim, and peel your produce to reduce your pesticide exposure and to increase the health benefits, eat a wide variety. The more colors on your plate the better!

When it comes to our bodies, we invest a lot of time and money taking care of the outside (clothes, hair, shoes, makeup, etc.), shouldn't we do the same for the inside? To learn more about organic foods and their potential impact on your health, visit <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>.

Announcements

Please place all trash and rubbish in tightly closed bags before throwing down the trash chute. Sending open garbage down trash chute causes mice and other pest along with odors in maintenance area.

Rubbish must not be placed on floors in refuse rooms it must be thrown down the chute or if too large bring it down to the first floor refuse room.

Please help keep our laundry rooms clean by wiping off washers and dryers. Lint traps must be cleaned after each use. Other residents do not want to come in and clean behind you. If your clothes are left in the washing machines or dryers they will be disposed of within twenty-four hours.

Keep Refuse Doors Closed!

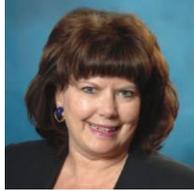
Congratulations!

Michael
&
Mae Kate Jones
on celebrating
their



47TH ANNIVERSARY

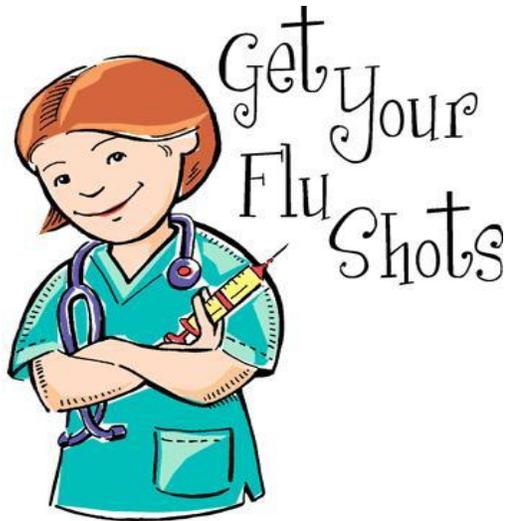
September 6, 2018



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

It's Time For a Flu Shot



The summer is saying goodbye to us. Boaters are taking their last cruises. Others are getting ready to place their patio furniture in storage. Our children and grandchildren are headed back to school. Even years after we graduate from school we sense invigoration and new beginnings in the air.

It is also that time of year to get a flu shot. I know. It is not something we look forward to like we do for cider mills, apple picking and football games. However, we can be grateful that we have the chance to prevent serious illness. Not everyone believes that flu vaccine works. However, according to the Canadian Medical Association Journal: "Repeated vaccination for influenza was highly effective in preventing severe and fatal infection caused by influenza in older adults."

There are many locations which help to make it convenient to get a flu shot. County health departments, senior centers and some of our PVM villages offer access to flu vaccine clinics. Check with our PVM staff members for more information. Be smart and savvy. Go for it!

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

September

Mary Rudolph 9/7
 George Stanley 9/9
 Margery Brown 9/13
 Vernell Rivers 9/14
 Lonnie Pinkney 9/14
 Mary McKinstry 9/19
 Dwidell Love 9/21
 Dorothy Johnson 9/28
 Barbara Young 9/28
 Safea Pankey 9/30



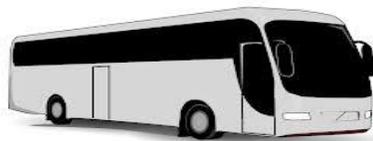
Harold Massingille
Service Coordinator
313-832-1576

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 Thursday by 1:30pm.

Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
2 Visit your Church Rev. Garner	3 LABOR DAY	4 WALMART 2:00 pm pick up	5 Enhanced Fitness 11:30 am BINGO 1:00 PM	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 Elder Law 10:00 am Deb's Dollar Store Plus 1:00-3:00 pm	11 WALMART 2:00 pm pick up	12 11:30 am FOCUS HOPE SHELTON TAPPES BINGO 1:00 PM	13 BIBLE STUDY 12:00pm	14 Enhanced Fitness 11:30 am AARP	15 Beauty Salon
16 Visit your Church Rev. Kelly Jackson	17 Enhanced Fitness 11:30 am Hot Dogs & Hamburgers	18 WALMART 2:00 pm pick up	19 Enhanced Fitness 11:30 am BINGO 1:00 PM	20 BIBLE STUDY 12:00pm EXTERMINATOR 1st Floor.	21 Enhanced Fitness 11:30 am Jewelry Making 1:00-3:00pm	22 Beauty Salon
23 Visit your Church FIRST DAY OF AUTUMN	24 Enhanced Fitness 11:30 am MOVIE DAY AT THE PARK	25 WALMART 2:00 pm pick up	26 Enhanced Fitness 11:30 am BINGO 1:00 PM	27 BIBLE STUDY 12:00pm Resident Association Meeting 4:30 pm	28 Enhanced Fitness 11:30 am Jewelry Making 1:00-3:00pm	29 Beauty Salon
30 Visit your Church Rev. Greenfield						



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Ara Hunter
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Willette Lamar
Beauty Salon
313-832-8804

Recipes

Peach Cobbler



Ingredients

- 4 cups peeled, sliced peaches
- 2 cups sugar, divided
- 1/2 cup water
- 8 tablespoons butter
- 1 1/2 cups self-rising flour
- 1 1/2 cups milk
- Ground cinnamon, optional

Directions

Preheat oven to 350 degrees F.

Combine the peaches, 1 cup sugar, and water in a saucepan and mix well. Bring to a boil and simmer for 10 minutes. Remove from the heat.

Put the butter in a 3-quart baking dish and place in oven to melt.

Mix remaining 1 cup sugar, flour, and milk slowly to prevent clumping. Pour mixture over melted butter. Do not stir. Spoon fruit on top, gently pouring in syrup. Sprinkle top with ground cinnamon, if using. Batter will rise to top during baking. Bake for 30 to 45 minutes.

To serve, scoop onto a plate and serve with your choice of whipped cream or vanilla ice cream

Word Search

Autumn Word Search

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

ACORN FAMILY SCARECROW
APPLE CIDER HAYRIDE SMORES
AUTUMN LEAVES TURKEY
BONFIRE PUMPKIN THANKS

AMEAX, INC. ©

**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

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Administrator

Tanisha Reed-Hobbs
Administrative Assistant

Harold Massingille
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Service Coordinator

Harrison Mount
Maintenance

Nelson Scott
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

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