

The Village of Brush Park Manor

PARK VALLEY NOTES



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

September 2019

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Village Administrator

We are looking for suggestions on activities for Tuesdays being that Walmart no longer provide transportation for your shopping trips. If you have any recommendations please bring them to the office for discussion where plans can be made to see if the Brush Park Manor Family will be interested. Who knows you may be the one to lead the activity. Until then we will be showing movies every Tuesday beginning at 1:00pm.

Brush Park Manor or any senior housing within Presbyterian Villages of Michigan Senior Housing Corporation does not own either washers or dryers in our villages. Wash Company who is the sole owner and provides equipment and service for senior housing also provides apartment complexes throughout the country as well. No one is permitted to service their equipment but their technicians. So I ask that you please be patient as we have no control over repairs. We make the calls to the company when notified of equipment not working and hope repairs will be done as soon as possible.

Coffee hour has begun once again for those who love a great cup of coffee in the mornings along with a delicious pastry please join the group on Monday and Wednesday morning from 9:00-11:00am. Thank you to the committee who has taken on this responsibility of this wonderful fellowship hour. Also, thank you to our newest resident Ms. Gustava Phillips who has so generously provided food items such as fresh vegetables and fresh meats for those who may desire it.

Our bus will be providing transportation for residents each week for shopping trips. There will be a sign up sheet posted each week as we did in the past for those who want to shop. Please remember this is not the Greyhound bus you were accustomed to riding. Shopping weeks should be alternated so all can enjoy a day at Walmart. Our starting date will be September 17th.

The football season will begin with their first home game on September 15, please remember we have many visitors who park in the lot. These visitors have parking passes distributed by the Corporate Office to their guests. Also, employees with Presbyterian Villages of Michigan are permitted to park in the lot for events with their parking passes. Remember respect works both ways during the sports season.

Exercise program has begun again in the E. Kern Tomlin Community room Monday, Wednesday and Friday at 11:30am. Mrs. Horne does welcome everyone to come out and join in the fun with the best music in town.

If you have articles you would like to have in the newsletter please bring them to the office for approval.

It takes a great man to give sound advice tactfully, but a greater man to accept graciously. J.C. Macaulay

Look for PVM on:



Announcements

Movie Days at The Park!

September 3rd, 10th, 17th, and 24th



1:00pm
in the community room.

Jewelry Making

September 20th

&

September 27th

at 1:00 pm

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.



Bringing Autumn In

Grandma's paring apples,
Sign that's full of cheer;
Summer's nearly over,
Autumn's nearly here.
Cozy evenings coming,
Mornings brisk and cool;
Long vacation ended,
Busy times at school.

Grandma's paring apples.
Some of them she dries,
Some make sauce and puddings,
Some make spicy pies.
Pantry smells delicious,
Pockets bulge out wide;
Children with their baskets
Roam the orchard-side.

Grandma's paring apples,
Nicest time o'year;
Firelight and lamplight
Fill the house with cheer.
Odors sweet in cellar,
Rosy fruit in bin;

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. Garner
3rd Sunday- Rev. Kelly Jackson
5th Sunday- Rev. Garner

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

☞ Shelton Tappes meets every second Wednesday 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-3pm 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.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

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



Can a Joke a Day Keep the Dr. Away?



If April showers bring May flowers, what do May flowers bring? Pilgrims! That's one of the earliest (and corniest) jokes I remember from childhood that still makes me chuckle, which as it turns out is a good thing. Numerous studies have shown a link between laughter and better health. A good, hearty laugh can boost the immune system, elevate mood, lower stress levels, reduce pain, relax tense muscles, and improve heart and brain function. As a result, in addition to exercising regularly and eating a balanced diet, health experts are now beginning to recommend we add some humor to our daily routines.

If you have access to the internet, good sources of humor are just a mouse click or finger tap away. There are numerous joke sites on the web and countless humorous videos on www.youtube.com. For those of you without internet access, there's ABC's long running TV series, *America's Funniest Home Videos* that is often good for a laugh or two. While the jury is still out as to whether laughter actually prevents disease, we do know that at the least, it can help improve the quality of our lives and enhance our overall sense of well-being. In the words of songwriters Richard and Robert Sherman as sung by Ed Wynn and Dick Van Dyke in Walt Disney's Academy Award Winning 1964 movie *Mary Poppins*:

"The more we laugh, the more we fill with glee. The more the glee, the more we're a merrier we."

Tom Wyllie
Director of Wellness
Presbyterian Villages of Michigan

Giving Matters



Giving Matters.

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

Small change makes a big difference!



There is an old joke that asks, "How do you eat an elephant?" The answer: One bite at a time! (Ba dum tss.)

But seriously, when you are asked to support a cause YOU believe in, you might think, "I want to help, but I can't write a check big enough that will make a dent in the problem."

Not true!

Your monthly gifts have a significant impact!

Here is a reminder that YOU can make a difference all year long when you make a monthly gift to The PVM Foundation. For as little as \$2.50 a week, or \$10 a month, YOU can become a **Possibility Builder**. YOU will join a unique group of people whose monthly gifts support their Village or a senior in their time of need.

Possibility Builder gifts add up!

It's easy to give, and every contribution, however large or small, helps someone in need. Monthly giving is convenient and efficient!

Make YOUR monthly payments automatic by check, credit, or ACH payment. You can cancel your gift at any time.

For more information, please contact Debbie Smith: dsmith@pvm.org or 248.281.2040

*It's Easy To Give to PVM
Foundation!*

*Online at
pvmf.org/donate*

Email pvmfoundation@pvm.org

Call us at 248.281.2040

Or drop by and say hi!

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.

Calendar

September 2019

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|--|---|--|--|---|
| 1 Visit your Church Rev. Garner  | 2 OFFICE CLOSED LABOR DAY  | 3 MOVIE DAY AT THE PARK 1:00pm  | 4 Enhanced Fitness 11:30 am  | 5 BIBLE STUDY 12:00pm  | 6 Enhanced Fitness 11:30 am  | 7 BEAUTY SALON  |
| 8 Visit your Church Rev. Garner  | 9 Enhanced Fitness 11:30 am  | 10 MOVIE DAY AT THE PARK 1:00pm  | 11 Enhanced Fitness 11:30 am SHELTON TAPPES FOCUS HOPE  | 12 BIBLE STUDY 12:00pm  | 13 Enhanced Fitness 11:30 am  | 14 BEAUTY SALON  |
| 15 Visit your Church Rev. Kelly/Jackson  | 16 Enhanced Fitness 11:30 am  | 17 MOVIE DAY AT THE PARK 1:00pm  | 18 Enhanced Fitness 11:30 am  | 19 BIBLE STUDY 12:00pm EXTERMINATOR 1st Floor  | 20 Enhanced Fitness 11:30 am Jewelry Class 1:00pm  | 21 BEAUTY SALON  |
| 22 Visit your Church Rev. Garner  | 23 Enhanced Fitness 11:30 am FALL BEGINS  | 24 MOVIE DAY AT THE PARK 1:00pm  | 25 Enhanced Fitness 11:30 am  | 26 BIBLE STUDY 12:00pm RESIDENT ASSOCIATION MEETING 4:30 pm  | 27 Enhanced Fitness 11:30 am Jewelry Class 1:00pm  | 28 BEAUTY SALON  |
| 29 Visit your Church Rev. Garner  | 30 Enhanced Fitness 11:30 am  | | | | | |



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The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Announcements

Tell Congress How Important the Older Americans Act is to You

Dear PVM Supporters: Please note this Action Alert from The Senior Alliance. The Older Americans Act is crucial to the work of the aging services network. Please help us raise the voices of seniors with policy influencers. Thanks for all you do for PVM and Michigan seniors.

Background

The federal Older Americans Act (OAA) authorizes critical services for older adults and their caregivers, such as: home-delivered meals (meals-on-wheels), long term care ombudsman, elder abuse prevention, non-emergency medical transportation, legal assistance, adult day care, evidence-based wellness and other important programs. The current OAA expires at the end of September, which means that Congress must update the Older Americans Act to ensure these vital programs supporting older adults and caregivers continue not only in southern and western Wayne County, but around the country!

The Senior Alliance supports a baseline Older Americans Act authorization of \$2.5 billion to restore aging network funding to 2010 levels and indexing annual authorization increases over the next five years. In addition, the commitment to Title III local planning and development should be maintained with a robust aging services research and development authority enabled to evaluate, enhance and replicate evidence-based interventions. Updating long-term care ombudsman provisions and strengthening protections against all forms of abuse are also critical elements to modernizing the OAA.

The Senior Alliance is advocating for these programs alongside our partners in Washington, D.C. to ensure federal lawmakers understand how important the OAA is to their constituents. However, **we need YOU** to help make our voice stronger by telling members of Congress how these vital OAA services help older adults and caregivers in our community.

Action!

Call, e-mail or write U.S. Senators Debbie Stabenow and Gary Peters, as well as your U.S. Representative today! Share a story of how one or more of these programs has impacted someone you or someone you know! It's critical that all members of Congress understand how critical OAA funding is to older adults and caregivers.

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

Fun Zone



Dynamic Duos Word Search



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

- | | | |
|------------------------------|--------------------------|---------------------------|
| 1. Hans Solo & Chewbacca | 9. Mom & Dad | 17. Salt & Pepper |
| 2. Hamburgers & French Fries | 10. Thunder & Lightening | 18. Calvin & Hobbes |
| 3. Rum & Coke | 11. Mulder & Scully | 19. Snoopy & Woodstock |
| 4. Mickey & Minnie Mouse | 12. Bo & Luke | 20. Laurel & Hardy |
| 5. Dororthy & Toto | 13. Jake & Elwood | 21. Macaroni & Cheese |
| 6. Ham & Cheese | 14. Kermit & Miss Piggy | 22. Spaghetti & Meatballs |
| 7. Sonny & Cher | 15. Brother & Sister | 23. Mario & Luigi |
| 8. Yogi & Boo Boo | 16. Abbott & Costello | |

Receipes

In the fall, we want comfort and warmth. No food does that quite like soup!

Chicken soup is one of the oldest “home remedies” around. Sometimes referred to as an old-wives’ tale, chicken soup is thought to “cure” the common cold. Does it really cure anything?

Well, for starters, it can’t hurt. We are told to drink plenty of clear fluids when sick to encourage the flow of mucus. Chicken soup has a lot of broth! And, who has not heard of the anti-germ properties of gargling with salt-water? Well, chicken soup is very salty. And maybe a cup of tea could do this trick too – but the steam may help clear sinuses.

It is also a food that is somewhat easy to eat to keep your strength up when you are sick and not feeling like you have much of an appetite.

But, apparently, there are more complicated reasons it may help reduce the symptoms of a cold or flu. It appears to have anti-inflammatory and anti-histamine qualities as well.

While some store-bought soups will work just as well, sometimes, on a cold winter day when everyone is sneezing and coughing, this soup is a nice thing to have on the stove-top brewing all day:

Rotisserie Chicken Soup:



1 small pre-cooked rotisserie chicken, meat cleaned off and about half of it chopped in small chunks – preserve the bones, wings, and skin

2-4 carrots

3 stalks of celery – some leaves too

One large yellow onion

Dry or fresh herbs like:

Thyme

Rosemary

Sage

One Red pepper

32 ounces of store-bought chicken stock in a box (like Swanson)

One small container of dried tortellini

The Garbage Law

Nubia Group
Touch your Heart

How often do you let other people's nonsense change your mood ????
Do you let a bad driver, rude waiter, curt boss, or an insensitive employee ruin your day?
However, the mark of a successful person is how quickly one can get back their focus on what's important.

David J. Pollay explains his story in this way...

Sixteen years ago I learned this lesson. I learned it in the back of a New York City taxi cab. Here's what happened. I hopped in a taxi, and we took off for Grand Central Station. We were driving in the right lane when, all of a sudden, a black car jumped out of a parking space right in front of us. My taxi driver slammed on his breaks, skidded, and missed the other car's back end by just inches! The driver of the other car, the guy who almost caused a big accident, whipped his head around and he started yelling bad words at us. My taxi driver just smiled and waved at the guy. And I mean...he was friendly. So, I said, "Why did you just do that? This guy almost ruined your car and sent us to the hospital!" And this is when my taxi driver told me what I now call, "The Law of the Garbage Truck."

"Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it. And if you let them, they'll dump it on you. When someone wants to dump on you, don't take it personally. You just smile, wave, wish them well, and move on. You'll be happy you did."
I started thinking, how often do I let Garbage Trucks run right over me? And how often do I take their garbage and spread it to other people: at work, at home, on the streets? It was that day I said, "I'm not going to do it anymore."

Life's too short to wake up in the morning with regrets. Love the people who treat you right. Forget about the ones who don't. Believe that everything happens for a reason. Never let the garbage truck run over you....

http://groups.yahoo.com/group/Nubia_group

SEPTEMBER BIRTHDAYS

Richard Gould 9/4
Mary Rudolph 9/7
Mervin Wolff 9/7
George Stanley 9/9
Dolores Jordan 9/11
Margery Brown 9/13
Vernell Rivers 9/14
Mary Mckinstry 9/19
Lonnie Pinkney 9/19
Dwidell Love 9/21
Barbara Young 9/28
Dorothy Johnson 9/28
Safea Pankey 9/30



Local Cab Company Numbers



Detroit Cab 841-6000
Checker Cab: 963-7000

Study: More senior citizens using pot...



DAVE GRANLUND © www.davegranlund.com

**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
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

**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



Darlene Travis

The Village of Brush Park Manor Paradise Valley

Board Members:

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John Gardner, Vice Chair
James Bradford,
Treasurer
Elaine Hearn, Secretary
Paul Johnson
Donald J. McSwain
Ellen Childs
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