



The Village of Brush Park Manor

PARK VALLEY NOTES



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

September 2016

Featured Articles

Village Administrator pg. 1

Announcements pg. 2

Giving Matters pg. 3

It's Your Life Live it Well pg. 4

The Senior Advocate pg. 5

Birthdays pg. 6

Calendar pg. 7

What's Happening in the Community pg. 8

Fun-Zone pg. 9

Village Administrator

Our annual picnic was just wonderful again this year and to the committee you seem to outdo yourselves each year. Ross catering does an outstanding job at providing a wonderful meal for all to enjoy and we hope there will be more participation next year.

You as residents of Brush Park Manor are known for your stepping up to the plate when called upon at a moment's notice that is why I cannot say enough about how much I truly appreciate those of you who say Ms. Scott we are here to help.

Thank you to the group who met with the General Motor Representative's to discuss future transportation for seniors. I received an e-mail from the group saying your input was so important to their project and they will be contacting me again to set up additional meetings with you.

Remember this is a very important election year not only local but for the President of the United States. It is important that you ask questions of these candidates during their visit to our village that are running for the various offices affecting your city, state and country.

For those who wish to go shopping other than Walmart on Tuesdays please let the office know the day and date you would like to shop. We have to contact the driver Mr. Napoleon Williams to check his schedule for availability.

It seems as though the summer was too short even with the temperatures a little high at times but now we can look forward to the beautiful fall weather which along with spring are my favorite times of the year. For your safety reminders will be sent out to be very careful when it is damp out and the leaves begin to fall causing danger for anyone while walking or driving.

Thank you to Ms. Gloria Robinson/Administrator for the Village of Redford for the selection of our beautiful piano. Many if not most of you have had an opportunity to see it and remember Grinnell's downtown which is the name on the piano. We will invite Ms. Robinson to Brush Park to play for us when her schedule permits. She is an accomplished musician and her residents certainly enjoy their sing-a-longs with her playing for them. Again, for those who contributed to the Friends and Family Campaign you are gems for your thoughtfulness.

"The important thing in this life is not your position - It's your disposition"

Look for PVM on:



Announcements

**Movie Day at the Park
Monday
September 26, 2016
at 1:00p
in the community room.
All residents are invited.**



Set in the Summer of 1963, Flint, Michigan is home to the Watsons, a close knit "All American Family" made up of Daniel and Wilona Watson, (Harris and Rose) and their three kids, 15 year-old juvenile delinquent Byron (Knight), nerdy 11 year-old Kenny (Jenkins) and eight year-old adorable sister Joetta (Jackson). When Byron's antics go over the top, his parents realize enough is enough and they decide the family needs a dose of Grandma Sands (Richardson) no nonsense approach in Birmingham, Alabama. So the Watsons load up the 1948 Plymouth Brown Bomber outfitted with a true tone Ultra-Glide turntable and head South with plenty of comedy en route. When they finally make it to Birmingham, they meet Grandma Sands and her friend, Mr. Robert (Grier), who show them around town and the Watsons discover that life is very different there than in Flint - and not necessarily for the better. During that historic summer, the Watsons find themselves caught up in something far bigger than Byron's ... *Written by Hallmark Channel*

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.



Mary Rudolph
Kathy Lane

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)
5th Sunday- Rev. Greenfield
- ☞ FOCUS HOPE delivers every 2nd Wednesday. You can sign up too. (Craft Room.)
- ☞ Wal-Mart Shopping
Aug 2nd, 9th, 16th, 28th & 30th
Pick-up 1:00pm.
- ☞ 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
- ☞ 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. Knox (every Wednesday at 6pm) in the E. Kern Tomlin community room.



Giving Matters.

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

Time to choose—your home, or your health?

Thanks to YOU, that's a choice seniors may not have to face.

Too many hard-working Americans are just a health crisis away from financial ruin. Many have outlived their retirement earnings—the earnings they spent years working for. Many don't have a relative nearby or a place to turn if finances fail.

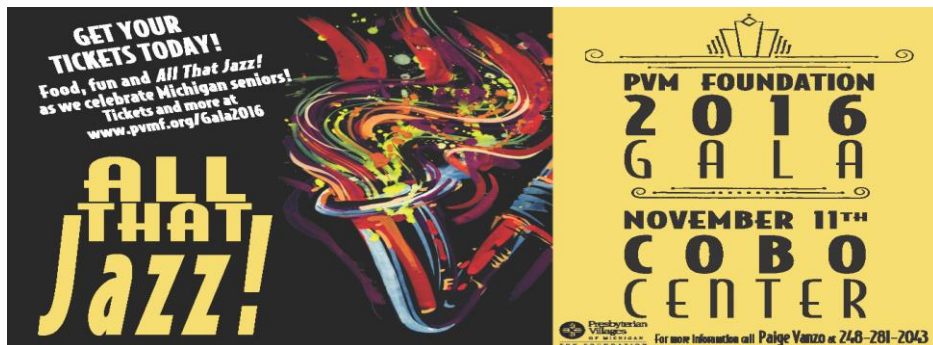
But they have hope. They have **YOU**.

Because of generous donors, the PVM Foundation can offer **Benevolence** and **Resident Assistance**.

These unwavering commitments help those who have outlived their financial resources. They ensure that residents can continue to have a home, get through an emergency, or simply afford basic medical needs—like glasses. **These programs would not be possible without the caring support of generous PVM donors.**

Learn how you can give a senior hope and security in a crisis. Visit PVMF.org or call us at 248-281-2040.

Warm regards,
Paul J. Miller, CFRE



Announcements

The Men's Club meets
every
1st Monday
at
5:00 p.m.



*Please see Mr. Arthur Hill if you are interested in joining.



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



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Fact or Fiction?

When it comes to getting older, a lot of people have a lot of opinions on what to expect but how much of it is true? Below are some statements taken from the "Facts on Aging Quiz" first developed by renowned gerontologist Dr. Erdman Palmore in 1977 and revised by Dr. Linda Breytspraak and Lynn Badura of the University of Missouri-Kansas City in 2015*. Do you know which ones are true and which ones are false? I'll publish the answers in next month's column. If you just can't wait until then, you can view all the statements and answers by typing this URL into the address bar of your favorite web browser:

<http://aging.umkc.edu/wp-content/uploads/2015/10/Facts-on-Aging-Quiz.pdf>

T F It is very difficult for older adults to learn new things.

T F Clinical depression occurs more frequently in older than younger people.

T F Personality changes with age.

T F Older adults have more trouble sleeping than younger adults do.

T F Physical strength declines in old age.

T F Older people are happier if they are allowed to disengage from society.

T F Older persons take longer to recover from physical and psychological stress.

T F Most older adults consider their health to be good or excellent.

T F Older workers cannot work as effectively as younger workers.

T F Research has shown that old age truly begins at 65.

*Breytspraak, L. & Badura, L. (2015). Facts on Aging Quiz (revised; based on Palmore (1977; 1981)). Retrieved from

<http://info.umkc.edu/aging/quiz/>



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

IF I WERE YOU

For most of us, we have had someone say this on many occasions in our lives, most likely from a parent or grandparent. Although great advice may be delivered in this message, it is important to note that young adults often want to forge their own way and may discount such sage advice. While observing many weddings and births recently, I was reminded of that popular saying: Mothers of the Groom should show up, shut up and wear beige. I told my son when he was married that I would honor the first two recommendations but would not wear beige since it is not my color! Actually, my son and daughter-in-law are very good about accepting advice graciously. I have learned to state: Here is some unsolicited advice for you to do with as you would like. That seems to soften the message.

One troubling drama I have observed over the years often happens in families of divorce. All too often I have observed parents place their children in the middle of their family drama and ruin their child's wedding day. We all need to remember that a wedding day or the birth of a child is their day. It is not a time for us to vent or to selfishly place our needs first. And keep in mind that we raised them to be responsible adults; so we need to have faith in their abilities. If we follow this plan of action we will be much closer to our children and grandchildren. Sharing in the joy of a wedding day or joining in a tea party with our grandchildren far outweigh the need to be right. One exception to this rule is if a child is in danger in any way.

Some grandparents find themselves raising grandchildren or spending a significant amount of time in helping to raise them. There are programs to assist you. Contact your local Area Agency on Aging, listed in the white pages, for information which can help to make this a good experience for you.

Enjoy your family!

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.
Charity Jackson**

September



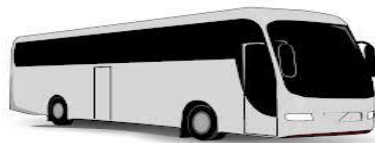
Mervin Wolff 9/7
George Stanley 9/9
Deloris Jordan 9/11
Vernell Rivers 9/14
Lucille Charles 9/15
Mary Mckinstry 9/19
Dwidell Love 9/21
Bessie Ardis 9/26
Dorothy Johnson 9/28
Barbara Young 9/28

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
1:00pm. If you would like to go
shopping please be in the lobby every
Tuesday by 12:50 pm.



Calendar

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1 	2 Enhanced Fitness 11:30 am 	3 BEAUTY SALON 
4 Visit your Church 4:00 pm. Rev. Knox 	5 LABOR DAY 	6 Arts and Crafts WALMART 1:00 pm pick up 	7 Enhanced Fitness 11:30 am FOCUS HOPE SHELTON TAPPES 12:00 pm	8 	9 Enhanced Fitness 11:30 am  12:00 pm	10 BEAUTY SALON 
11 Visit your Church 4:00 pm. 	12 Enhanced Fitness 11:30 am MOVIE DAY AT THE PARK 1:00p.m. 	13 Arts and Crafts WALMART 1:00 pm pick up 	14 Enhanced Fitness 11:30 am  1:00pm	15 EXTERMINATOR 1st Floor 	16 Enhanced Fitness 11:30 am 	17 BEAUTY SALON 
18 Visit your Church 4:00 pm. 	19 Grocery Shopping  Enhanced Fitness 11:30 am	20 Arts and Crafts WALMART 1:00 pm pick up 	21 Enhanced Fitness 11:30 am  1:00pm	22 First Day of Fall! Resident Assoc. Meeting 4:30pm 	23 Enhanced Fitness 11:30 am 	24 BEAUTY SALON 
25 Visit your Church 4:00 pm. 	26 Enhanced Fitness 11:30 am 	27 Arts and Crafts WALMART 1:00 pm pick up 	28 Enhanced Fitness 11:30 am  1:00pm	29 	30 Enhanced Fitness 11:30 am 	



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


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 Tanisha Reed-Hobbs
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 Assistant
 Harold Massingille
 Service Coordinator
 313-832-1576
 Maintenance
 Diego Manning
 Harrison Mount
 313-832-9922
 Ara Hunter
 Housekeeping
 Willette Lamar
 Beauty Salon
 313-832-8804

M-1 Rail opens Penske Tech Center; first Qline cars will be in Detroit by fall

DETROIT - The first Qline car should be in Detroit by the fall, officials said.

M-1 Rail CEO Matt Cullen joined M-1 Board Chairman Roger Penske and state and city officials to open the 19,000-square-foot Penske Tech Center in Detroit's North End neighborhood, where a little more information on the 3.3-mile rail loop was outlined.

Cullen said the Qline cars should be running on Woodward Avenue by spring 2017. That leaves a bit of cushion ahead of the winter 2017 deadline set last year.

Detroit Mayor Mike Duggan said Tuesday the rail is already transforming the Woodward corridor. Seven years ago, when Penske and Cullen began kicking around the idea of a rail, Duggan was working at the Detroit Medical Center.

Cullen's ideas of what the rail could do to the surrounding area seemed a little farfetched.

But, Duggan said, "he was right."

Detroit City Councilwoman Mary Sheffield said she and M-1 officials have worked to make sure the rail is a "true partnership with the community."

The rail, she said, will push Detroit to reclaim "its rightful place" among the great American cities as the city works to create more a safe and walkable urban space.

U.S. Rep. Debbie Dingell, D-Dearborn, said the M-1 Rail needs to be treated as a catalyst for regional transportation

Though the date of completion for the rail line is way off, said Roger Penske, Tuesday's event was a milestone.



Seeing the difference in downtown Detroit from when Penske was involved in the 2006 Super Bowl in to now is remarkable, Penske said.

"(There is) no question that we could build this... (and) that would create motion as well as investment along Woodward Avenue," he said. "It's a catalyst. No question."

Cullen said the Qline cars, which are currently being built in Pennsylvania, will start arriving in Detroit this fall.

Once the cars are placed on the rail, there will be a period of time in which the cars run without any passengers aboard so that people can learn how to drive downtown sharing lanes with the streetcars.

There will also be a series of outreach programs and testing events to teach people the proper protocol when driving downtown.

In March, Dan Gilbert, founder of Quicken Loans, announced the name of the streetcars would be the Qline. He bought the naming rights to the rail cars for \$5 million.

He has contributed about \$10 million to the project, which is expected to be up and running in 2017.

Cont.

Construction should wrap in late 2016, but the cars have to go through a series of tests and certifications.

The \$140-million project will stretch 3.3 miles along Woodward Avenue between the city's downtown and New Center neighborhoods.

In the works since 2008, the M1 Rail first was envisioned as a 9-mile light rail Transit system stretching from near the Detroit River to 8 Mile Road. But, in 2011, that plan was scrapped in favor of the 3.3-mile line, for financial reasons.

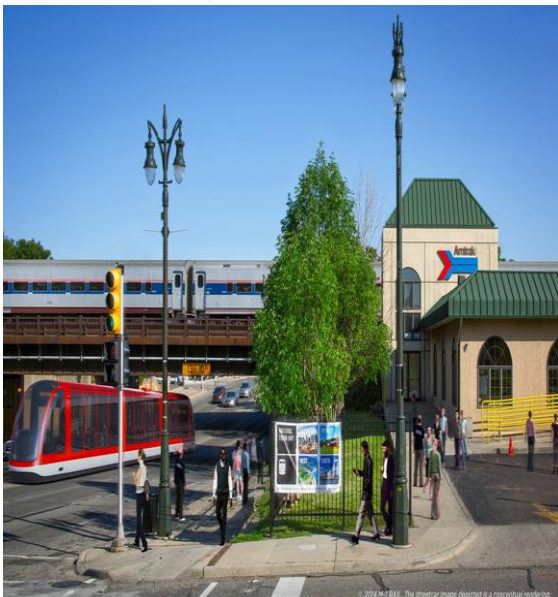
The rail is on the tail end of its biggest phase of construction in Detroit.

According to information provided Tuesday, 35 percent of the work hours on the rail have been completed by Detroit residents.

So far, 94 tons of steel has been used on the project.

Article by: *Ian Thibodeau*
@ithibode@mlive.com

Q-Line Detroit



Fun Zone

Autumn Scramble

Can you unscramble the Autumn words below?

1. vhtsear _____
2. aveesl _____
3. cesowrrac _____
4. lowlye _____
5. binrefo _____
6. prae _____
7. aker _____
8. racon _____
9. isrqeulr _____
10. alppe _____
11. nagreo _____
12. lfal _____
13. rde _____
14. owbrn _____



**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 Number 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



The Village of Brush Park Manor Paradise Valley

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**John Gardner, Vice
Chair**
**James Bradford,
Treasurer**
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**Gwendolyn
Robertson**
Arthur Caldwell
Lynda K. Jeffries
Michael Morrison
Stacy Brackens



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

Autumn Scramble

Solution

1. vhtsear h a r v e s t
2. aveesl l e a v e s
3. cesowrrac s c a r e c r o w
4. lowlye y e l l o w
5. binrefo b o n f i r e
6. prae p e a r
7. aker r a k e
8. racon a c o r n
9. isrqeulr s q u i r r e l
10. alppe a p p l e
11. nagreo o r a n g e
12. lfal f a l l
13. rde r e d
14. owbrn b r o w n

