

The Village of Brush Park Manor



PARK VALLEY NOTES



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

November 2018

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

Fun Zone pg. 8

Word Search pg. 9

Village Administrator

October has arrived with the beautiful colors of the leaves and wonderful weather for the next several weeks. So enjoy and again I cannot stress enough about if the weather becomes damp please be careful when walking or driving. Leaves can be very dangerous when wet so please be careful.

When shopping or visiting always go with a friend, family member or with a group. Also, with so much construction in the Brush/ John R street area again whether you are walking or driving be aware of your surroundings.

Focus Hope is delivered the second Wednesday of each month to Brush Park Manor. It is your responsibility to come downstairs and sign the paperwork in order to receive your box. Also, Mr. Massingille will no longer keep boxes of Focus Hope. They will be moved from the Community Room to the Craft Room after 2pm on distribution day. If you are not picking up your boxes that day because of an emergency, please have someone to pick it up for you. If you are no longer interested in receiving Focus Hope please let Mr. Massingille know as there are others waiting to receive their next meal.

I would also like to take this time to say thank you to Ms. Raynell Thompson, Ms. Catherine Jackson and Ms. Lonnie Pinkney residents at the Village of Brush Park Manor Paradise Valley for their patience with the work that is being done in making their apartments healthy and safe for living again. Ladies please let your families and friends know we thank them for the support they are giving you.

Remember this is FLU season so please be sure to get your flu shot we want you to stay healthy.

The air has been turned off for this year and you will have heat this week.

“The only limit to our realization of tomorrow will be our doubts of today.”

Franklin D. Roosevelt

Look for PVM on:



MOVIE DAY AT THE PARK!

1:00 pm in the
community room
November 17, 2018



Laundry Room Etiquette

Please be courteous to your neighbors when utilizing the laundry facilities on the 2nd and 3rd floors. Remember all washers and dryer are to be cleaned after each use.



New Residents

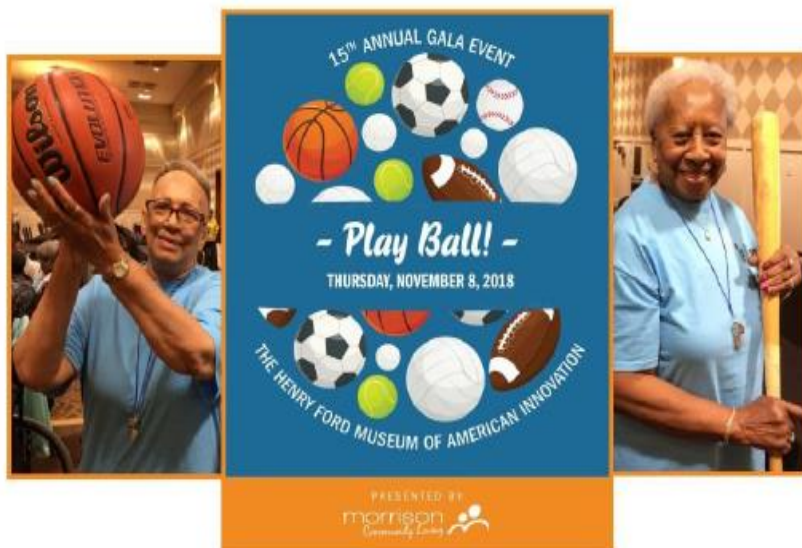
Announcements

- ☞ 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
November 6th, 13th, 20th, and 27th
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.
- ## 3rd 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.



Giving Matters.

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



PVMF Gala—November 8th!

Come to the best party around Thursday, November 8th at The Henry Ford Museum of American Innovation!

PVMF's 15th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! We hope you can join us for *Play Ball!*

The best part?! By attending, you become the real MVP for the 5500+ older adults served by PVM and you'll help make Michigan a better ~~a better~~ the best place to live at any age!

We hope to see you there!

Join the Fun! Book your tickets:
All Tickets \$300!

Learn more about how to attend at pvmf.org/Gala2018. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!

Paul J. Miller, CFRE

**P.S.* Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!

Announcements

The Birthday Club meets monthly in the community room.



*Birthday parties are held quarterly.



The Resident Association meetings are held every 4th 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

Life Without a Car



A few weeks ago I experienced - temporarily – what many of us will perhaps one day experience permanently: life without a car. Some of you may already be in that situation. I still had to go to work. I still had meetings to attend. I still had errands to run but I had no car. It was in the shop for some minor repairs that of course took longer to fix than I was originally told so when all was said and done, I was without a car for a little over a week.

I live alone and my kids have long since flown the coop to pursue adult lives of their own. Besides, they don't live nearby so asking them to cart me around wasn't really an option. So what was I to do? I was in a bit of a bind until I remembered something my daughter's boyfriend recently told me, that he was living the "app life". So what does that mean?

Well, if you own a smartphone and have access to the internet you have a lot of power in your pocket. There are thousands of computer applications, which are essentially small computer software programs commonly referred to as "apps" that you can place on your phone that allow you to do numerous things and provide you with easy access to a variety of innovative and useful services. Among them are apps that will link you to ridesharing services, two of the most popular being Lyft and Uber.

Over the course of the next few months, I will be sharing with you how I used "apps" to do what I needed to do and be where I needed to be without a car. In so doing, I discovered that giving up my car didn't mean I had to give up living my life. So stay tuned. Next month I will start by sharing how I used Lyft to get out and about.

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!

DEB'S DOLLAR STORE PLUS



**NOV. 12TH, 2018
10:30A ~ 12:30P**



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

What Goes Around Comes Around



Recently I experienced good karma in a way which affirms my belief in caring about others. My grandma was right when she used to say: "What goes around comes around." I have witnessed this phenomena in many ways over the years. In my recent experience I was attending an annual meeting with an organization still somewhat new to me; and more than several attendees reached out to me in an intentional manner to include me and make me feel welcome. I am usually that person that notices when a fellow human being needs to be welcomed so this was a gratifying experience for me.

Bringing this concept around to PVM, residents often talk about how they and their neighbors all look out for each other. This has created a sense of community which adds to their quality of life. Unfortunately I have heard stories with the opposite script. We all have had issues to deal with and problems to conquer. The longer we have been on this earth the more we have endured as well as enjoyed. Keep that in mind and lift another person's psyche. Offering a smile and welcoming a newcomer can pay great dividends. You may meet a new lifelong friend or may need a smile yourself on any given day. "What goes around comes around."

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

NOVEMBER

Raynell Thompson 11/7
 Violet Pruitt 11/8
 Betty cannon 11/8
 Harriette Jenkins 11/9
 Thomas Jackson 11/9
 Florine Grice 11/13
 Kenneth Jenkins 11/18
 Nathan Anderson 11/19
 Rowland Garner 11/23
 Floretta Stephens 11/26
 Beverly Daniel 11/27



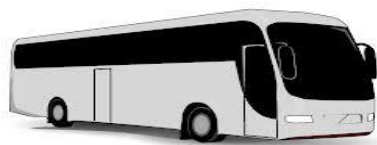
Harold Massingille
Service Coordinator
313-832-1576

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

Fun Zone



Autumn Word Search



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

Find these autumn words:

apple
brown
chilly
cold
colors
corn
country
crops
fall
farmer

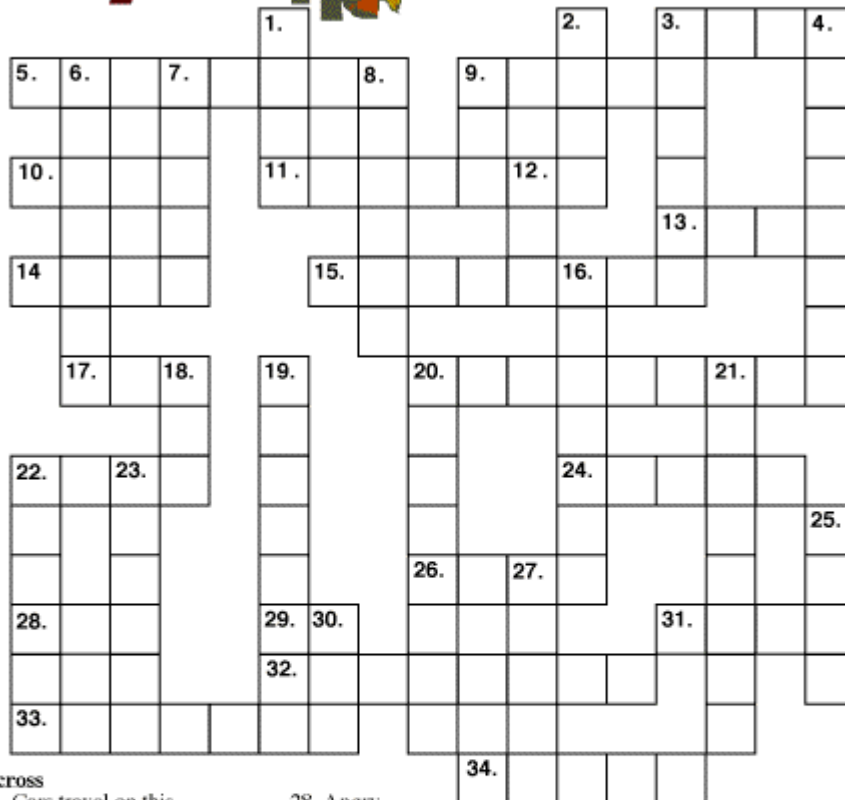
fruit
grain
harvest
hay
leaf
leaves
maple
migrate
November
October

orange
pear
pumpkin
red
rice
scarecrow
September
sweater
vegetables
yellow

Word Search



Autumn CROSSWORD



Across

- 3. Cars travel on this
- 5. Woollen garments
- 9. Plural of goose
- 10. An angel has this
- 11. To make smooth
- 13. Things aren't always as they seem
- 14. Who, what, where, ____?
- 15. Vegetables with many eyes?
- 17. Maple leaves often turn this colour
- 20. The first month of Autumn
- 22. Cautious
- 24. A tree with white, papery bark
- 26. To raise children

- 28. Angry
- 29. Opposite of out
- 31. Another name for Autumn
- 32. Autumn month
- 33. Gather a crop
- 34. Ripe fruit or vegetables

Down

- 1. Grows on a tree
- 2. ____ager
- 3. Playtime in school
- 4. Last month of Autumn
- 6. Sunny, cold, rain, eg.
- 7. The nut from an Oak tree
- 8. Spring, summer, fall, winter eg.
- 9. Fetch
- 12. " ____ your supper."
- 16. Autumn month
- 18. Opposite of night
- 19. Large orange fruits which grow on a vine
- 20. Nut hoarding animal
- 21. Used to carry school books
- 22. What you get from a fireplace
- 23. One who reads
- 25. Opposite of hot
- 27. Brownish yellow colour
- 30. " He is ____ here right now."



**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

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