



The Village of Brush Park Manor

PARK VALLEY NOTES



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

MARCH 2018

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Village Administrator

WELCOME SPRING

I hope you as well as I am looking forward to the warmer weather, beautiful flowers, green grass and blue skies. But we should not complain with so many other states having weather that is causing dangerous driving conditions, power outages and loss of lives. Let us be thoughtful of those states.

We continue to be in the middle of large construction and please be aware that with the weather now changing it will be greater. Please be careful when driving watch for nails and other pieces of metal causing your tires to go flat.

Remember Tigers opening day is next Thursday, March 29 and there will be quite a crowd in the downtown area. Again, be alert when leaving our parking lot as you will find the attendees will use vacant lots and street parking surrounding us causing a traffic jam. Only those who have parking passes are permitted to park in our lot for any sports event. These passes are provided by Presbyterian Villages of Michigan Corporate Office for their guests to visit the downtown area and also to see one of the beautiful homes they provide for seniors in the city of Detroit.

Again, thank you to the entire committees for their involvement in planning a wonderful program for the annual Black History Program. It was an outstanding afternoon with all who spoke, the meal and especially the Mistress of Ceremonies who so graciously volunteered her time and talent.

Mrs. Harriette Jenkins thank you for always being a leader for an important cause of providing blankets, gifts and donations for the baby shower held at Henry Ford Hospital each year. Thank you to those who volunteer in helping to make these blankets or purchasing items for the mothers. I know Henry Ford Hospital certainly appreciates your support each year. The date and time of the shower at Henry Ford Hospital will be forthcoming.

Please remember all those family members we have lost over the past three months and I ask that you continue to pray for their families. Hospice will be visiting Brush Park Manor to facilitate Hope after Loss in helping us to handle with our losses.

Challenges are what make life interesting and overcoming them is what makes life meaningful.

Joshua J. Marine

Look for PVM on:



Announcements

Are you over the
age of 70½?

Do you file a
standard tax return?

Do you have an IRA?

If you answered "Yes" to all three questions, then you can roll over up to \$100,000 to your favorite public charity—**TAX FREE***!

With your IRA charitable donation to the PVM Foundation, you can give older adults a safe place to call home, new friends and experiences, and a chance to *thrive!*

To learn more, visit
MyLegacy.pvmf.org or call
Bobbie Clement at 248.281.7252

*IRA Charitable Rollover is permanent law as of December 18, 2015.

Paint with a Twist!

In the community room
March 23rd
&
March 30th



If you are interested in to
participating, please see
Mr Massengille

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 & 5th Sunday at 4:00 pm and, 3rd Sunday at 2:00pm 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)
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
March 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,
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. Kelly Jackson at 12:00 pm Thursdays in the E. Kern Tomlin community room.



Giving Matters.

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

You have the power to leave an amazing legacy.

Betty honored her new home, friends and family

by leaving a gift in her will.



Betty left a gift in her will to help build the 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 and was delighted to honor her parents and a dear friend with memorials. She wanted to give back to this, her “happy home for these many years.”

To learn more about leaving a gift in your will, please visit mylegacy.pvmf.org. You’ll be asked simple questions to help you plan the joy you’ll bring.

Your legacy has the power to delight others well into the future. Betty’s gift is bringing joy to her fellow residents every day at The Village of East Harbor.

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,

Paul J. Miller, CFRE

Announcements

The Birthday Club meets monthly in the community room.



* Birthday parties are held quarterly.



The resident association meeting will be held every 4th Thursday 4:30 pm in the community room.

Lindsay Tyler, President



It's Your Life. Live It Well.

*By Tom Wyllie,
Director of Wellness*

Oral Health is as Easy as 1, 2, 3



March is national nutrition month, so you might expect this article to focus on healthy eating, however, if you suffer from poor oral health, eating healthy may be the last thing on your mind. The pain and discomfort associated with tooth decay, gum disease, dry mouth and other oral health problems can make chewing and swallowing difficult. You may skip eating altogether or turn to softer foods, which tend to be highly processed, contain a lot of fat and sugar, and are far from healthy.

The good news is that poor oral health is not an inevitable part of aging. Taking good care of our mouths is just as important, if not more so than when we were younger. That's because if left untreated, oral health problems in older adults not only cause tooth loss, they substantially increase our risk of heart disease and stroke.

The three most important things you can do to keep your mouth healthy are 1) brush your teeth twice daily with a soft bristled toothbrush; 2) floss once per day; 3) and visit your dentist regularly. Brushing your teeth removes food particles and bacteria (called plaque) from your teeth that if left in place cause cavities. Flossing removes food particles and plaque from between your teeth and below your gum line, which if not removed can lead to gum disease. And visiting your dentist regularly can catch problems early should you have any and keep them from becoming more serious.

As we get older, our hands may not be as steady as they used to be so performing daily tasks such as brushing our teeth and flossing may be a lot more challenging and as a result we may skip them. However, using a wide-handled or electric tooth brush can make brushing easier and using a floss pick or water flosser can make flossing easier. For other oral health tips geared toward older adults visit the website www.toothwisdom.org. Should you need them, the site also has a low cost dental care locator that may help you find nearby low cost dental services.

Healthy Breakfast Frittata



Serves 2

Ingredients:

- 1/2 medium onion, minced
- 4 medium cloves garlic, chopped
- 1/4 lb ground lamb or turkey
- 1 + 2 TBS chicken broth
- 3 cups rinsed and finely chopped kale (stems removed)
- 5 omega-3 enriched eggs
- salt and black pepper to taste

Preparation:

1. Mince onion and chop garlic; let them sit for 5 minutes to enhance their health-promoting benefits.
2. Preheat broiler on low.
3. Heat 1 TBS broth in a 9-10 inch stainless steel skillet. Saute onion over medium heat, for about 3 minutes, stirring often.
4. Add garlic, ground lamb or turkey, and cook for another 3 minutes on medium heat, breaking up clumps.
5. Add kale and 2 TBS broth. Reduce heat to low and continue to cook covered for about 5 more minutes. Season with salt and pepper, and mix.
6. Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring.
7. Place skillet under broiler in middle of oven, about 7 inches from the heat source so it has time to cook without the top burning. As soon as the eggs are firm, it is done, about 2-3 minutes.

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

March Birthdays



Vanessa Ventour 3/13
Grace Glover 3/13
Wyllene Roberts 3/19
Lindsay Tyler 3/21
Morris Thomas 3/21
Catherine Stanley 3/28



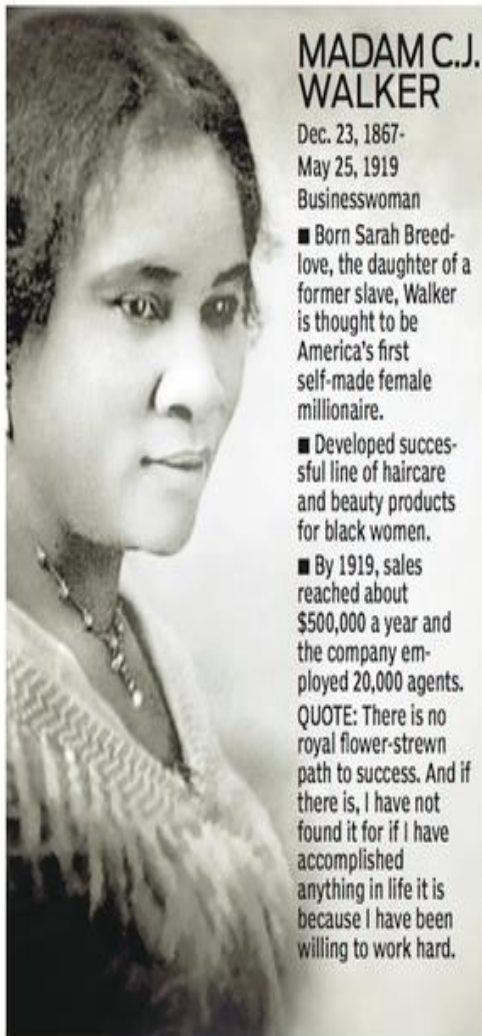
Harold Massingille
Service Coordinator
313-832-1576

The beauty salon is open Wednesday through Saturday. Please call and schedule your appointment today!

(313) 832-8804

Madame C.J. Walker Was The First Self-Made Millionaire

And she saved African-American hair. In those days, harsh lye soaps and a lack of access to acceptable hair care products resulted in African-American women periodically losing a lot of their hair. Madame not only invented a hair-saving hair product line in 1905, she saved millions of heads of hair by traveling the country and lecturing about proper hair care. Then she founded Madame C.J. Walker Laboratories which developed and manufactured hair care products (like the flat iron, hair dye and many of the products we use today) and trained beauticians.



MADAM C.J. WALKER

Dec. 23, 1867-
May 25, 1919
Businesswoman

■ Born Sarah Breedlove, the daughter of a former slave, Walker is thought to be America's first self-made female millionaire.






























■ Developed successful line of haircare and beauty products for black women.

■ By 1919, sales reached about \$500,000 a year and the company employed 20,000 agents.

QUOTE: There is no royal flower-strewn path to success. And if there is, I have not found it for if I have accomplished anything in life it is because I have been willing to work hard.



MARCH 2018 Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
				1 BIBLE STUDY 12:00pm 	2 Enhanced Fitness 11:30 am 	3 Beauty Sabn 
4 Visit your Church Rev. Knox Communion 	5 Enhanced Fitness 11:30 am 	6 WALMART 2:00 pm pick up  Diabetic Screening 10:00am-11:00am	7 Enhanced Fitness 11:30 am  Bingo 1:00p	8 BIBLE STUDY 12:00pm 	9 Enhanced Fitness 11:30 am  AARP	10 Beauty Sabn  KAPPAS
11 Visit your Church  Daylight Saving Time!	12 Enhanced Fitness 11:30 am 	13 WALMART 2:00 pm pick up 	14 Enhanced Fitness 11:30 am Shelton Tappes 12:00p FOCUSHOPE Bingo 1:00p	15 BIBLE STUDY 12:00pm  EXTERMINATOR 1ST FLOOR	16 Enhanced Fitness 11:30 am 	17 Beauty Sabn St. Patrick's Day 
18 Visit your Church Rev. Kelly Jackson 2:00pm 	19 Enhanced Fitness 11:30 am 	20 WALMART 2:00 pm pick up 	21 Enhanced Fitness 11:30 am  Bingo 1:00p	22 BIBLE STUDY 12:00pm BABY SHOWER Craft Room Resident Assoc. Meeting 4:30	23 Enhanced Fitness 11:30 am 	24 Beauty Sabn 
25 Visit your Church  Palm Sunday	26 Enhanced Fitness 11:30 am  Deb's Dollar Store 10:00a-12:00pm	27 WALMART 2:00 pm pick up 	28 Enhanced Fitness 11:30 am  Bingo 1:00p	29 BIBLE STUDY 12:00pm 	30 Enhanced Fitness 11:30 am 	31 Beauty Sabn 

St. Patrick's Day

word scramble

IIRHS _____

LDOG _____

OABIRWN _____

KAPCIRT _____

ADIELRN _____

NEEPHEARCU _____

MHSOKCRA _____

HRCMA _____

YKLCU _____

ENRAGE _____

BACBAEG _____

ORLECV _____

NETESENEV _____

TISNA _____

ARDEAP _____

ACDNE _____



Clothing

Find and circle all of the clothing items that are hidden in the grid.
The remaining letters spell an additional piece of clothing.

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

- | | | | |
|-----------|----------|----------|-----------|
| BELT | JACKET | SCARF | SWEATER |
| BLOUSE | JEANS | SHIRT | TANK TOP |
| BOOTS | MITTENS | SHOES | TIE |
| CARDIGAN | OVERALLS | SHORTS | UNDERWEAR |
| CORDUROYS | PANTS | SKIRT | VEST |
| DRESS | PARKA | SLIPPERS | |
| GLOVES | ROBE | SOCKS | |
| HAT | SANDALS | SUIT | |



**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



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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ST. PATRICKS DAY WORD SCRAMBLE ANSWER KEY:

- Irish
- rainbow
- Ireland
- shamrock
- lucky
- cabbage
- seventeen
- saint
- parade
- dance
- gold
- patrick
- leprechaun
- charm
- green
- clover