



Hampton Herald



Embrace the possibilities

700 North Pine Road • Bay City, Michigan 48708 • www.pvm.org

March 2015

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Friends and Family 2015

I hope that all of you are keeping warm during this bitter winter season. One thing to look forward to is that spring is just within our reach. The first day of spring is on the 20th of this month and I know we couldn't be happier for its arrival.

While we all look forward to the change of another Michigan season, we can also reflect on the upcoming seasons and all the things that we can do once the weather warms up.

Our Friends and Family Campaign this year will be focused again on our resident activity fund. We will continue to raise donations for this until our goal of \$2,350 is met. And wouldn't it be amazing to exceed that goal too? We are so excited to be able to raise funds for resident activities. This would allow us the funds to be able to go on trips, have entertainers come in, plan lots of fun activities here at the village and allow us to participate in activities

outside of the village as well. We could watch a baseball game or enjoy the lights in Frankenmuth again.

This campaign is an opportunity for you to share with those you are closest to (Friends and Family) stories of how much The Village of Hampton Meadows means to you and how much you enjoy living here. This is a wonderful cause and I know that we have the best group of people around!

If you have any ideas of fundraising projects or activities; ideas of what we can do or where else you would like to travel to; please bring your ideas to the Administrator's meeting on Thursday, March 12th @ 11:00 am. I will have more information regarding the campaign goals then too.

I want to hear from you! 😊



Look for PVM on:



Activities

Maintenance Updates

- If your toilet should become plugged and start to overflow onto the floor, please turn the water off to it right away. The valve is located behind the tank near the floor. Turning it off will stop the water from flowing to your toilet and then onto the floor. This will prevent your apartment from being flooded. When we come around in April to do inspections, if you do not know where the shut-off valve is please let us know. We can show you at that time.
- Please do not feed the animals outside. We have noticed that there is food being tossed off of the side of the patio. Because we are in a more rural area, we tend to have many different varieties of wildlife on our property. I know that they are fun to watch as they frolic in the yard but we also need to be mindful of them getting too close to us. We need to be sure we are not attracting any unwanted pests as well. Food left outside can attract mice, opossums, skunks and many other animals that we don't need getting into the building. Thank you for your cooperation with this and let's continue to enjoy nature from afar.

March Activities

Please join us in the month of March for:

- Every Sunday – Bingo @ 2:00 pm
- Every Tuesday – Dinner @ 4:00 pm
- Every Wednesday – Bingo @ 5:00 pm
-
- Administrator's Updates Meeting – Mar. 12th @ 11:00 am
- Monthly Birthday Celebration – Mar. 9th at 6:00 pm
- Commodities delivery – Mar. 6th AND Mar. 27th around 11:00 am (time

- may vary)
- Bookmobile – Mar. 19th from 2:00 pm – 3:00 pm
- Monthly pest control service – Mar. 17th
- St. Patrick's Day Resident Appreciation Lunch – Tuesday, March 17th @ 11:30 am



Announcements

Laundry Repair Contact Number: 1-800-521-9938

Please use this number when the washers or dryers are not working or if you've lost quarters in the machine.

Laundry Room Hours are:
8:00 a.m.--8:00 p.m.
everyday

Bay City Happenings in March

Bay City is host to several festivals and events each year. There are many different activities throughout our beautiful little town and the surrounding areas.

Here are a few:

DOWNTOWN BAY CITY

Sunday, March 15th ●St. Patrick's Day Parade●

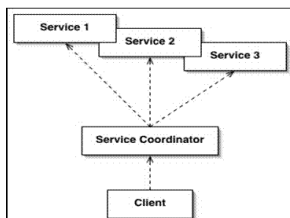
Parade down historic Center Avenue, ending at Wenonah Park. Join us for this annual celebration of everything Irish!

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Service Coordinator Corner

989-892-6906

Service Coordinator's office is located on the 2nd floor inside the theater



We are actively seeking a Service Coordinator to assist you with your needs.

As in the past, please feel free to stop by the Administrator's office for any services and assistance that you may need in the meantime.

I have a list of resources and contacts available and can help you with any issue that you may be having. Please don't hesitate to ask.

We will be welcoming the Bay County Library Systems **Book Mobile**. They will be pulling up in the parking lot and **will be here every 3rd week from 2:00 pm until 3:00 pm beginning January 15th.**

I have posted the schedule on the bulletin board by the mailboxes for you to review.

You will need to have a Bay County Library System Library Card to be able to check out books from the Book Mobile. If you do not have a library card, please stop by the office. I have applications for you to fill out.

Continued from pg. 2

Friday and Saturday, March 20-21 • "Welcome Spring" Open House Weekend • Downtown Welcomes Spring with Open Houses all over town. Enjoy the true signs of spring with beautiful new ideas and products for the home, fashions to lift your spirits and a bounty of dining options. A great time of the year to get out of the house and stroll historic Downtown Bay City!

January 24th – May 17th • Leonardo da Vinci: Man-Inventor-Artist-Genius • Experience genius and be inspired by one of history's greatest artists, scientists and inventors! This exceptional exhibition showcases Leonardo's inventions, ingenuity, artwork & more. Special viewings of a true-to-scale replica of Leonardo's iconic masterpiece *The Last Supper: Alden B. Dow Museum of Art and Science* Feb. 1 & 8 at 2 p.m. \$5 admission (does not include optional museum admission).

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Programs (continued)

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Celebrating March Birthdays

We will be celebrating March Birthdays in the community room on Monday, March 9th at 6:00 pm. Spencer Skorupski from Skorupski Family Funeral Home and Cremation Services has graciously agreed to host all of our birthday celebrations. He will bring the cake and some balloons! Please come by and celebrate with us!

Darlene C03/09



Bay County Division on Aging

The Bay County Division on Aging provides services to Bay County residents age 60 and older. Many programs are funded through senior millage funds, donations, cost-share contributions and fees from seniors, as well as grants from the State and Federal Government.

Some programs are:

- Case Coordination and Support
- Home Delivered Meals
- Senior Dining Centers
- Homemaking
- Caregiver Training
- Personal Care
- Information and Referral

For more details, contact Debbie Keyes at 989-893-7070



Friends and Family Coming to Your Village in April!

The annual **Friends & Family Appeal** will be coming to your Village in the month of April! This fundraising campaign is an opportunity for PVM residents to raise funds for projects and programs to enhance and enrich their lives. The 2015 goal is to raise \$136,000 cumulatively across all participating PVM Villages.

Help your Village reach its individual project goal and make a gift during Friends & Family (F&F) from April 1st-30th! Every gift this year is eligible to be matched since the match will be awarded at the end of the appeal and will no longer be first-come, first-matched. The match will be based on the percentage each Village raises toward the cumulative F&F goal. So, the more funds your Village raises, the more matching dollars you'll receive! *Example:* If your Village raises 10% of the cumulative F&F amount raised, then your Village will receive 10% of the matching funds available.

To learn more about your Village's individual fundraising goal and project, attend your Village Kick-Off Party or look for flyers and posters. Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, ***every gift matters!***

To Make a Gift:

- See the front desk or your Administrator for a donation envelope
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040 or pvmfoundation@pvm.org. Best of luck to ALL the Villages for a successful Friends & Family Appeal!

Warm regards,
Paul J. Miller, CFRE

Your Life. Your Legacy.

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

**Please consider a charitable bequest...
and leave a legacy.**

For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The Importance of Healthy Snacking

This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program.

Snacking is our “go-to” for many situations. If we're bored, tired, hungry, or otherwise, we can be tempted to grab a bag of chips or a couple cookies and munch away. Because of the types of foods we tend to eat when we snack, snacking has been given a bad name. Believe it or not, however, snacking can actually be quite good for you. When we eat healthy foods between meals, it can help increase our energy level, fight weight gain, and boost mood.

When you find yourself hankering for a snack, try something on the healthy side. Snack foods to focus on are ones high in fiber and rich in antioxidants. Foods such as whole wheat crackers, granola bars, and cereal are great sources of fiber that are also filling. Nuts are great sources of protein and healthy fats, and can help give you energy when you start feeling tired. Fruits such as grapes, cherries, and blueberries are easy to grab when you're on the go and offer an array of healthy nutrients.

Healthy snacks are also a great thing to share with friends. The next time you're in the mood for a between meals snack, invite your neighbors over for some delicious, healthy foods. Not only will you enjoy the food, I'm sure you'll enjoy the company too.





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Glen Campbell: A Role Model For All Of Us

Recently PVM co-hosted a showing of Glen Campbell's new movie, "I'll Be Me" which chronicles his challenging journey of living with Alzheimer's disease. Although his condition saddens us, the movie was uplifting in many ways since his family and colleagues provide an environment of dignity and respect for him. He has also dealt with the situation with grace, humor and an amazing spirit. Glen also received a Grammy Award recently and will help to draw attention to Alzheimer's and the need to direct resources and focus on its cure.

At the movie showing in Ann Arbor at The Michigan Theater, the Alzheimer's Association provided information as to the signs for early detection. They are: 1. Memory loss that disrupts daily life. 2. Challenges in planning or solving problems. 3. Difficulty completing familiar tasks. 4. Confusion with time or place. 5. Trouble understanding visual images and spatial relationships. 6. New problems with words in speaking or writing. 7. Misplacing things and losing the ability to retrace steps. 8. Decreased or poor judgment. 9. Withdrawal from work or social activities. 10. Changes in mood and personality.

If you or someone you know experience any of these warning signs, please see a doctor. For more information call (800) 272-3900 or visit alz.org/10signs.

March Word Search

Saint Patrick's Day Word Search

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



CELTIC	DUBLIN	GREEN
IRELAND	IRISH	LEGEND
LEPRECHAUN	LIMERICK	PATRICK
POTOFGOLD	RAINBOW	SAINT
SHAMROCK	SNAKES	



March Sudoku Puzzle

		3		7		5	6	
		1		9	6	4		
			2					
7	5				9	6	8	3
4	1					9	5	
	2				5			7
9			6	4			3	
	4			8				

Sudoku Puzzle #O907ZR
Presented by Puzzle Baron

Rated: Easy

Sudoku Puzzle #O806YZ
Presented by Puzzle Baron

Rated: Medium

6					5	8	1	
	2	7						
			3					
3			5					
			6			9		
	7	2		8	4	3	5	6
	5				1			
	3	8				7	4	
	4	6			3		2	1

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Laughter is the Best Medicine

BACKSEAT DRIVER

An elderly Floridian called 911 on her cell phone to report that her car had been broken into. She is hysterical as she explains her situation to the dispatcher: "They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!" she cried. The dispatcher said, "Stay calm. An officer is on the way."

A few minutes later, the officer radios in. "Disregard," he says. She got in the back-seat by mistake."

AILMENTS

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. I have bouts with dementia, have poor circulation, and can hardly feel my hands and feet anymore. I can't remember if I'm

85 or 92 and have lost all of my friends. But, thank God, I still have my driver's license.

SIGNS EVERYWHERE

A police officer had just pulled over a car full of seniors for going too slow on a major highway. The conversation went like this:

Police officer, "Why are you driving so slowly?"

Driver, "Well, the signs all say 20 on them. Isn't that the speed limit?"

Police officer: "No, that's the highway number."

Driver: "Oh, I'm so sorry, Officer. I'm so foolish!"

Then the police officer looks into the passenger and back seats and sees that the elderly passengers have panic-stricken faces and white knuckles from holding on to each other too tightly.

The officer asks one of them: "What's wrong? You look terrified."

Passenger: "We just got off of Highway 120 less than a mile ago!"

Irish Apple Cake

Ingredients

- ¼ cup (½ stick) butter
- 1 cup sugar
- 1 egg, beaten
- 4 Granny Smith apples, cored peeled, and diced (2 cups)
- ¼ cup chopped walnuts
- 1 teaspoon vanilla
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 cup all-purpose flour

Directions

Preheat oven to 350°. Generously grease an 8 inch square cake pan.

In a large bowl, cream butter and sugar together until light and fluffy. Add the egg, apples, nuts, and vanilla and stir well. Sift in dry ingredients and mix well. Pour batter into the prepared pan and bake until cake is lightly browned and a skewer inserted into the center comes out clean, about 45 minutes.

Let cool in the pan for 5 minutes, then unmold and serve hot or cold with whipped cream or vanilla ice cream.

Administrator Column

Resident Updates



reminder that the first day of spring is Friday, March 20th! This cold winter weather will hopefully soon be behind us.

Spring is a good time to clean up and get rid of things lying around the house that you don't need anymore. When the weather is a bit nicer, you can open the windows and let in some fresh air. It will feel good after these months of being cooped up. ☺

Remember that if you have had a phone number change, please keep the office informed and updated. Your personal help buttons are assigned to your phone number and if that changes, they won't be able to reach you by phone. This is what they do to check if you have pressed it by accident, or to ask

you questions regarding the type of help you may need.

Please join the Hampton Meadows staff in the community room on Tuesday, March 17th for a St. Patrick's Day Brunch. The meal is free of charge and we will be providing food and beverages so please stop down and join us for good food and lots of fun.

I hope everyone enjoys spring and hopefully the snow will be gone soon so we can enjoy the tulips and daffodils too. ☺

Stephanie Cooper
Administrator
The Village of Hampton Meadows

I wanted to write a few reminders for everyone this month.

I am so excited to announce that Daylight Savings time will begin on Sunday, March 8th. This means that you will need to set your clocks one hour forward and that spring is on its way!

That leads me to the second

Don't Miss the Bay County Library Bookmobile on Thursday, March 19th
from 2:00 pm – 3:00 pm



**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

Village Staff

Stephanie Cooper
Administrator

989-892-1912

Service Coordinator

989-892-6906

David Short
Maintenance

**EMERGENCY TELEPHONE
NUMBER**

989-415-7974



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
**Hampton
Meadows**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan
and Lutheran Homes of Michigan

**700 North Pine Road
Bay City, MI 48708**

Embrace the possibilities