



Hampton Herald



Embrace the possibilities

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

June 2015

Featured Articles

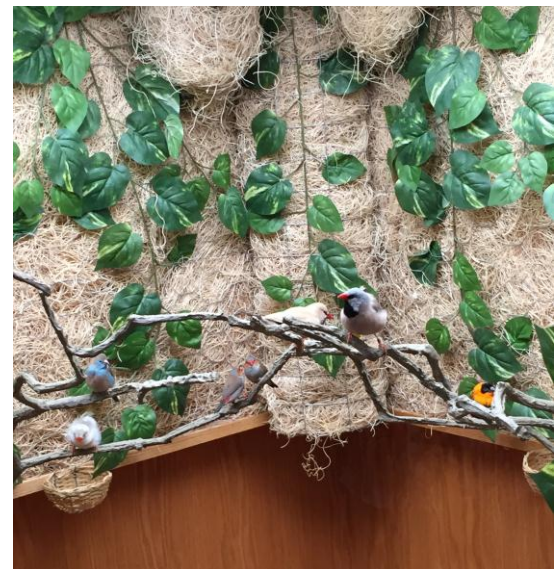
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The Aviary Has Arrived!



We are so excited to be able to bring the aviary to you! After a couple of years of fundraising through our Friends and Family Campaign and other donations, we raised the funding to be able to have our dream become a reality! We now have 10 finches, 8 of which are possible mating pairs and the remaining 2 are bachelors. What a wonderful glimpse inside of nature's majesty to be able to watch these birds in their everyday lives. We can watch them courting each other, bathe, preen, molt their

feathers as they mature and so many more interesting things. They are located on the 2nd floor in the lounge outside of the laundry room. Please feel free to stop by and quietly observe them until their sleep time of 10:00 pm. They will need their rest to be able to keep us company again in the morning.

A special thank you goes to all of our families and friends, the staff at the Village of Hampton Meadows and the PVM Foundation. Without all of your generosity, this could not be possible for us.



Look for PVM on:



Activities

Maintenance Updates

- Reminder that if you are having furniture delivered that you **MUST** make prior arrangements with the office to have the receiving doors opened for you. Furniture is not allowed to be moved through any of the other doors on the property. The receiving doors are designed for that purpose because they can be opened wider to prevent damage to the mechanisms, doors or walls.
- Please do not park your cars over the curbs.
- If you have any maintenance concerns, please stop by or call the office so that they can be written up properly. Please do not stop maintenance staff. We are required to log the work orders on a computerized system so that we can keep track of any recurring concerns, etc. Thank you for your continued cooperation on this matter.
- Do not leave trash bags on the floor in the trash room. Please put them through the chute door. Either down the chute or into the trash barrels. Be sure to break down boxes flat and lay them on the floor for maintenance to dispose of. We cannot dispose of large items or furniture. Please make other arrangements.

June Activities

Please join us in the month of June for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Coffee Hour @ 10:00 am
- Every Wednesday – Bingo @ 5:00 pm
- Aviary Bird Bath – Every Tuesday @ 9:30 am and every Thursday @ 3:00 pm
- Administrator's Updates Meeting – June 11th @ 11:00 am
- Monthly Birthday Celebration – June 8th @ 6:00 pm
- Bookmobile – June 11th from 2:00 pm – 3:00 pm
- Monthly pest control service – June 15th
- BINGO sponsored by Intellicare June 9th 11:15 am – 12:00 pm
- Podiatrist – Monday, June 15th @ 3:00 pm
- Daniel Bryson – June 16th @ 11:00 am in the game room
- Low Vision Presentation – June 17th @ 11:00 am
- Ask-A-Nurse Q&A Session – June 19th @ 11:00 am
- BINGO sponsored by Intellicare June 23rd 11:15 am – 12:00 pm

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 June

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

Tuesdays in June, July and August •Tuesday Movies in the Park•

New this year! Free movies at the Friendship Shell in Wenonah Park.

Wednesdays in June, July and August •Wednesdays in the Park•

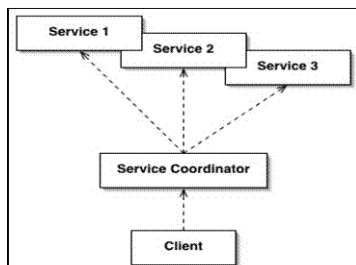
Young people's entertainment at lunchtime and concerts for all in the evening. FREE!

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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

Wednesday, June 10 •Apple and Ales

• This event highlights all of Downtown's delicious eateries and pubs. Enjoy a night full of great appetizers, specialty brews and music in the streets as you visit each establishment.

Saturday and Sunday June 13-14 •Annual YWCA Riverside Art Festival•

Unique art and items of distinct craftsmanship by skilled artisans from throughout the state and beyond. Located throughout the Downtown streets and in Wenonah Park.

Thursday – Sunday, June 25-28 •Bay City River Roar Races•

High-performance boats race along the Downtown riverfront at high speeds during this dynamic event! Special entertainment is part of this one-of-a-kind weekend.

Continued on pg. 4

Programs (continued)

Continued from pg. 5

Celebrating June Birthdays

We will be celebrating June Birthdays in the community room on Monday, June 8th 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!

Sandy B.....06/05
MaryAnn F.....06/26



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



\$191,000 Raised Through Friends and Family

THANK YOU to the 707 donors who generously contributed *nearly \$191,000* for PVM residents through Friends & Family, exceeding our goal of \$136,000 and making this the most successful year in the history of PVM Foundation!

The annual Friends & Family Appeal took place during the month of April and allowed all Villages to raise funds for projects and programs to enrich the lives of residents, providing them with security cameras, patio furniture, buses for reliable transportation, new computers and so much more. Congratulations and thank you to **ALL the Villages** for their hard work to make so much possible!

A special congratulations to **The Village of Our Saviour's Manor**, who had the most new donors with 30 new donors, and to **The Village of East Harbor** for most amount raised with \$70,370! For a complete listing of all Village projects, goals and amounts raised, please see your Administrator or visit our website at pvmfoundation.org.

If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or pvmfoundation@pvm.org. Thank you again for your support and we look forward to another successful Friends & Family next year!

Warm regards,
Paul J. Miller, CFRE

Help Michigan Seniors Thrive

TRANSFORM AGING

Help Michigan Seniors Thrive!

WATCH TO SEE
HOW YOU CAN
TRANSFORM AGING

Visit
[pvmfoundation.org/
transform](http://pvmfoundation.org/transform)

- Watch the inspirational video!
- **Share the video with your contacts!**
- Take advantage of matching dollars by making a donation!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Let the Games Begin



Mark your calendars! It's time to lace up your tennis shoes and put on your sweat bands. The 10th Annual Village Victory Cup is nearly here! Scheduled for Friday, June 26 the event will once again take place at Ultimate Soccer Arenas in Pontiac. The Puzzler, Wellness Walk, Hoop Shoot, Beanbag Toss, Paper Airplane Distance Contest & Balloon Volleyball Tournament all return as events. The Bake Off returns as well, but with new categories: cookies, cupcakes, brownies/bars, and pies. And in recognition of PVM's 70th anniversary, the theme of this year's Expression of Wellness event is "70 and Still Making Waves".

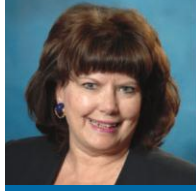
For Villages located 100 miles or further from PVM's home office in Southfield, we will once again be hosting the Virtual Village Victory Cup. Rather than gather at a central location, participants in the Virtual Village Victory Cup compete in events held at their Village. The results are transmitted to and tallied by the PVM Wellness Department with the Village earning the most points declared the winner.

Since its inception, the Village Victory Cup has gotten more and more competitive. Last year marked the closest margin of victory ever for the winners of both the Village Victory Cup and the Virtual Village Victory Cup. In such closely contested competition, every point counts. Rather than sit this one out, help your Village earn points. Contact your Administrator and sign up to participate in this fun-filled day of camaraderie and friendly competition. Who knows? Because of your help, it just may be your Village whose name gets added to the trophy as this year's winner.

Answers to last month's crossword puzzle

Across: 2. Tennis Shoes, 6. Energy, 7. Stretch, 8. Swimming, 9. Treadmill

Down: 1. Friend, 3. Exercise, 4. Doctor, 5. Heart Disease, 10. Mood



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

A Fitting Tribute

Along with Memorial Day vivid memories came flooding over me as I thought about my dad's burial ceremony a year ago. He was a veteran of World War II having served on the US Nashville. It was a flagship for General MacArthur just before they were attacked by Kamikaze pilots. My dad returned home with major wounds. Shrapnel was still in his body when he passed away. Having lived an extremely honorable life, I think his burial service at Great Lakes National Cemetery in Holly ((not far from our Village of Holly)) was a fitting tribute to all that he was as a veteran, citizen and human being. If you or a loved one has served our country you are entitled to burial there just as you would be at Arlington National Cemetery. Great Lakes mirrors the beauty of Arlington and provides a healing experience for families. This is the best of what the Veterans Administration has to offer. Contact your local office for information not only about burial services but also for information on many other benefits and services which may be unknown to you. The local staffs are wonderful to work with. Much is owed to those who serve and protect our country.

Fettuccine with Ricotta and Spring Vegetables

Ingredients

- 1 pound fettuccine, bought or homemade
- 6 garlic cloves
- 3 tablespoons olive oil
- Salt
- 2 cups part skim ricotta cheese
- 2 cups trimmed and bite-sized pieces of asparagus
- 1 cup peeled and thinly sliced carrots
- 1 cup frozen peas
- ½ cup thinly sliced scallion greens
- ½ cup grated parmesan cheese, plus extra for topping

Directions

Heat garlic and oil in a small skillet over medium heat. When garlic starts to sizzle, reduce heat to low and continue to cook garlic cloves, turning them once or twice, until soft and golden brown; about 5 minutes. Turn off heat and let garlic stand in oil for a few minutes, then mash and stir it, along with 1 tablespoon of the oil, into ricotta. Reserve remaining flavored oil for another use.

Meanwhile, bring 3 quarts of generously salted water to boil in a large soup kettle. Add fettuccine and using back-of-the-box times as a guide, cook partially covered, and stir frequently at first to prevent sticking; until just tender. Add asparagus, carrots and peas to the boiling pasta the last 5 minutes of cooking. Set colander over a large bowl and drain pasta, reserving cooking liquid; return pasta to the pot. Mash garlic and stir into the ricotta, along with scallions, parmesan and enough hot pasta cooking liquid to form a creamy sauce. Serve sprinkling each portion with cheese.

**fresh pasta cooks faster so add vegetables first for a few minutes.

June Word Search



FATHER'S DAY

Word Search

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

ADORE
 CHILD
 COMFORT
 FATHER
 FUNNY
 GAMES
 GENEROUS
 GUIDE
 HANDSOME
 HARDWORKING
 HUGS
 HUSBAND
 JOKES
 KIND
 KISSES

LEARN
 LIFE
 LOVE
 MEMORIES
 MENTOR
 PLAY
 PROTECT
 SILLY
 SPECIAL
 STRONG
 SUPPORT
 SWEET
 TEACH
 THANKS
 TOGETHER



Wellspring Lutheran

Senior Living Services



Hope flows to seniors and their families

Aging brings with it great contrasts. It provides tremendous benefits as well as challenges. It can be a time of experiencing new adventures and deepening relationships. But it can also bring physical or memory challenges, loss of independence, and dramatic changes in ones living situations.

So how do you navigate these currents? When is it the right time to make a change in housing? Look for more support? If you're a daughter of an aging parent, how do you know the right way to intervene when you're worried about your loved one's safety?

At Wellspring Lutheran Services, we've learned a lot about serving seniors and their caregivers, based on 120 years of experience. A lot has changed in that time, but not our goal of making senior living a time of purpose and joy.

In response to your questions and needs, we provide a variety of options, including:

- [Affordable Housing](#)
- [Alzheimer's & Memory Care](#)
- [Assisted Living](#)
- [Independent Living](#)
- [Respite Care](#)
- [Short-term Rehabilitation](#)
- [Skilled Nursing](#)

We invite you to learn more about Wellspring Senior Living, and how we can help you live life to its fullest. Please also take advantage of our many Helpful Resources for seniors, caregivers and clinicians.

Laughter is the Best Medicine

Preparing for the Class Reunion

A "mature" woman's perspective

For all you ladies over 50 I KNOW you understand... AND for those of you under 50 you WILL understand in a few years.

I had prepared for it like any intelligent woman would. I went on a starvation diet the day before, knowing that all the extra weight would just melt off in 24-hours, leaving me with my sleek, trim, high-school-girl body.

The last many years of careful cellulite collection would just be gone with a snap of a finger. I knew if I didn't eat a morsel on Friday, that I could probably fit into my senior formal on Saturday.

Trotting up to the attic, I pulled the gown out of the garment bag, carried it lovingly downstairs, ran my hand over the fabric, and hung it on the door. I stripped naked, looked in the mirror, sighed, and thought, "Well, okay, maybe if I shift it all to the back..." -- bodies never have pockets where you need them.

Bravely, I took the gown off the hanger, unzipped the shimmering dress and stepped gingerly into it. I struggled, twisted, turned, and pulled and I got the formal all the way up to my knees... before the zipper gave out. I was disappointed. I wanted to wear that dress with those silver platform sandals again and dance the night away.

Okay, one setback was not going to spoil my mood for this affair. No way! Rolling the dress into a ball and tossing it into the corner, I turned to Plan B. The black velvet caftan. I gathered up all the goodies that I had purchased at the drug store -- the scented shower gel; the bodybuilding, and high-lighting shampoo & conditioner, and the split-end killer and shine enhancer. Soon my hair would look like that girl's in the Pantene ads.

Then the makeup -- the under eye "ain't no lines here" firming cream, the all-day face-lifting gravity-fighting moisturizer with wrinkle filler spackle; the all day "kiss me till my lips bleed, and see if this gloss will come off" lipstick, the bronzing face powder for that special glow... But first, the roll-on facial hair remover. I could feel the wrinkles shuddering in fear.

OK - time to get ready...I jumped into the steaming shower, soaped, lathered, rinsed, shaved, tweezed, buffed, scrubbed, and scoured my body to a tingling pink. I plastered my freshly scrubbed face with the anti-wrinkle, gravity fighting, "your face will look like a baby's butt" face cream. I set my hair on the hot rollers. I felt wonderful. Ready to take on the world. Or in this instance, my underwear.

With the towel firmly wrapped around my glistening body, I pulled out the black lace, tummy-tucking, cellulite-pushing, ham hock-rounding girdle, and the matching "lifting those bosoms like they're filled with helium" bra. I greased my body with the scented body lotion and began the plunge. I pulled, stretched, tugged, hiked, folded, tucked, twisted, shimmied, hopped, pushed, wiggled, snapped, shook, caterpillar crawled, and kicked. Sweat poured off my forehead but I was done. And it didn't look bad. So I rested. A well-deserved rest, too. The girdle was on my body. Bounce a quarter off my behind? It was tighter than a trampoline. Can you say, "Rubber baby buggy bumper butt?"

Okay, so I had to take baby steps, and walk sideways, and I couldn't move from my butt cheeks to my knees. But I was firm! Oh no. I had to go to the bathroom. I quickly side stepped to the bathroom. An hour later, I had answered nature's call and repeated the struggle into the girdle.

I was ready for the bra. I remembered what the saleslady said to do. I could see her glossed lips mouthing, "Do not fasten the bra in the front, and twist it around. Put the bra on the way it should be worn --- straps over the shoulders. Then bend over and gently place both breasts inside the cups." Easy if you have four hands.

But, with confidence, I put my arms into the holsters, bent over and pulled the bra down...but the boobs weren't cooperating. I'd no sooner tuck one in a cup, and while placing the other, the first would slip out. I needed a strategy.

I bounced up, and down a few times, tried to dribble them in with short bunny hops, but that didn't work. So, while bent over, I began rocking gently back and forth on my heel and toes and I set 'em to swinging. Finally, on the fourth swing, pause, and lift, I captured the gliding glands. Quickly fastening the back of the bra, I stood up for examination.

Back straight, slightly arched, I turned and faced the mirror, turning front, and then sideways. I smiled. Yes, Houston, we have lift up! My breasts were high, firm and there was cleavage! I was happy until I tried to look down. I had a chin rest. And I couldn't see my feet. I still had to put on my pantyhose, and shoes. Oh... why did I buy heels with buckles?

Then I had to pee again.

I put on my sweats, fixed myself a drink, ordered pizza, and skipped the reunion!!

Administrator Column

Resident Updates



It's that time of year again when we begin to cut grass, tend to the landscaping and also the flowers. How wonderful it is to be able to get out and enjoy the sunshine, the birds singing and the fresh warm air. We have been working very hard to get our summer plants in the ground for you and your families to enjoy.

Beautiful flowers really do

brighten things up. We are hoping to be able to add some more planted areas this year for you to enjoy so stay tuned for updates on that.

I also wanted to add a few quotes to this month's newsletter to help keep a positive light on our lives. We don't always know what others are going through day to day because it may be too personal for them to share. If we come to each other with positivity in our hearts, that person may take comfort in knowing that we are here to support each other...whenever they are in need. I hope each and every one of you has a wonderful summer.

You've done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive,

effective, unstoppable determination.

[Ralph Marston](#)

You cannot have a positive life and a negative mind.

[Joyce Meyer](#)

Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.

[Henri Nouwen](#)

Keep your face to the sunshine and you cannot see a shadow.

[Helen Keller](#)

A good laugh is sunshine in the house.

[William Makepeace Thackeray](#)

Stephanie Cooper

Administrator

The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, June 11th
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 Wellspring Lutheran Services

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

Embrace the possibilities