



Hampton Herald



Embrace the possibilities

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

September 2016

Featured Articles

Giving Matters pg. 5

It's Your Life, Live it Well pg. 6

The Senior Advocate pg. 7

Puzzles and Fun pg. 10-11

Administrator's Column pg. 13



Virtual Village Victory Cup Winners!



What an amazing day we had celebrating our residents who competed in this year's Virtual Village Victory Cup! I am so proud of all of you and what you have accomplished.

This year there were 79 participants overall competing against each other and the other villages (virtually) to see who

would come out on top. Out of 79 people, the Village of Hampton Meadows residents took home gold in 4 events, silver in 3 events and bronze in 5 events! Overall, 20 medals were received by our residents and that is phenomenal! You all worked so hard to succeed and did an amazing job. We will begin adding practice sessions to the calendar as the year progresses. We had a nice pep talk from Tom Wyllie and I know that we can bring a few trophies home next year too! For those of you who aren't sure about participating, I encourage you to join us for the practice sessions. You'll see that the events are not very difficult at all and everyone here should be able to find at least one event that they can participate in. We always have so much fun and the free pizza isn't bad either. Congratulations to the Hampton Hornets!



Look for PVM on:



Activities

Maintenance Updates

- *Be sure that all of your trash is properly bagged and tied securely. Many of you are not sealing the bags and there is trash spilling in the barrels and in the dumpster. This can promote unnecessary odors and can encourage unwanted pests as well as leave quite a mess to clean up in the trash room.*
- *Please do not put full liquid containers (milk, orange juice, etc.) into the trash. Please dump it down your drain or your toilet before disposing of the container. When the container breaks open in the compactor, it is making a huge mess that is 100% avoidable.*
- *Apartment inspections are coming in October. Remember that we will be removing your screens at that time too for the window washers. Dave will put the screens back in when they are done.*
- *We also have an unannounced fire drill coming up in the next couple of months. Please keep your medications in one location so that they are easily available to you as you are leaving your apartment. Remember that a fire can happen at ANY time. You'll want to be as prepared as you can be.*
- *Thank you for your continued assistance and support.*

September Activities

Please join us in the month of September for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- **Commodities will be here on September 14th around 11 am.** This is a change from their usual schedule to accommodate the holiday.
- Administrator's Updates Meeting – September 8th @ 11:00 am
- Monthly Birthday Celebration – September 12th at 6:00 pm
- Bookmobile – September 15th 2:00 pm – 3:00 pm
- Monthly pest control service –

- September 19th
- Lunch bunch for September will be at 11:30 am on the 9th.
- Wii Bowling every other Thursday @ 9:00 am September 1st, 15th and 29th.
- The resident council has also started back up some of their events heck the calendar for more information.

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 pm everyday

Note: You can add more quarters to the dryer while it is running if you need more time to dry. ☺

Bay City Happenings in September

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

Friday – Sunday September 9-11

•**Fall into Autumn Open**

House • Start the fall season with beautiful new ideas and products for the home, fashions to lift your spirits and a bounty of dining options.

Thursday, September 15

•**Downtown Bay City**

Wine Walk • An evening event that showcases all of downtown Bay City's fantastic eateries and pubs. Enjoy a night full of wine sampling, food, and music in the streets as you visit each establishment!

Continued on pg. 4

Service Coordinator Corner

Elizabeth Brinker 989-892-6906

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



No article submitted for September.

Please see informational flyers and the September calendar for presentation dates and any other service coordination information.

Programs (continued)

Continued from pg. 2

Celebrating September Birthdays

We will be celebrating September Birthdays in the community room on Monday, September 12th 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!

Kim P 09/15
 Shirley K..... 09/20
 Mary H 09/29



Thursday – Sunday September 22-25 •Hell’s Half Mile Film and Music Fest• Enjoy four days of independent films, shorts, documentaries, animation, foreign language and student films. Plus...the best in original live music, art shows and more!

Friday – Sunday, September 23-25 •River of Time• Travel back in time to when the pioneers settled in Bay City, along with re-enactment of many other times in history. This is a wonderful lesson in history that both young and old enjoy!

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



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





It's Your Life. Live It Well.

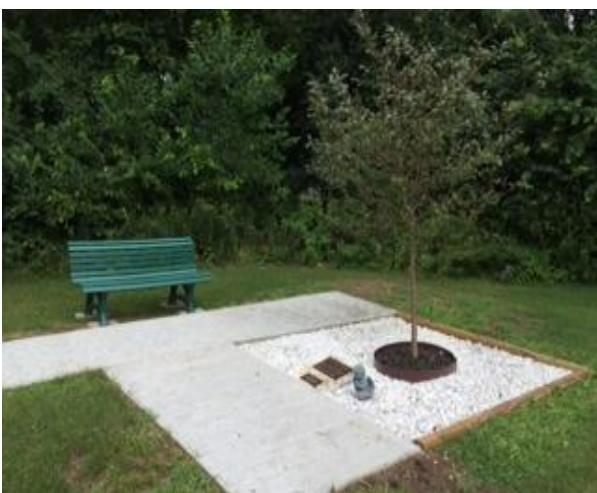
By Tom Wyllie,
Director of Wellness

A Living Memorial

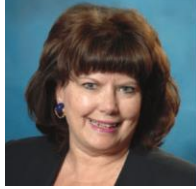


During a recent visit to the Village of Sage Grove in Kalamazoo, Administrator Paula Hager took me for a stroll through their community garden to see their newly planted Living Memorial Tree. The idea for the tree sprang from a comment Paula overheard during the funeral of a resident who had recently died. Reflecting on the person who had passed, she heard someone remark, "we should plant a tree." That simple comment put into motion what this spring and summer became a community wide effort to create an accessible space on the Sage Grove campus to honor the residents who spent the last years of their lives at the Village.

A local supplier provided the concrete for the walkway; a local contractor provided the labor to build the walkway; and a local nursery provided the tree. Others donated anonymously to the project. In the end, the Village of Sage Grove did more than just plant a tree. They mobilized the community; built a lasting memorial to



past residents and created a space for current residents and others to renew themselves spiritually. When it comes to wellness, you hear a lot about body and mind but seldom hear about spirit. That's why I decided to share the news about Sage Grove's Living Memorial Tree with you. If you would to learn more about the project you can reach Paula at (269) 567-330 or via email at phager@pvm.org.



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!

SERVICE EXCELLENCE

Just a reminder that the Service Excellence recognition slips are located to the right of the cubbies on the first floor. If you feel that any Hampton Meadows' employee has done something noteworthy for you or our community, please fill out a recognition slip for them. You can either put it in the suggestion box where they are located, in the drop box or you can give it to the Administrator directly.

It will then be forwarded along to a monthly drawing where we can be entered to win a prize. Thank you again for your continued support and assistance. Please let us know if there is anything that we can do to make your experience here at The Village of Hampton Meadows the best that it can be.

Congratulations!

You are being recognized because
"What you did mattered!"



Thank you for what you did!

Employee Name: _____

Person Recognizing Employee: _____

Date: _____

** Please turn a copy of this card into Village Administrator or HR, for a drawing

ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT



Friendly Reminders:

Please respect other people's belongings and do not touch things if they do not belong to you. This includes a neighbor's doorway decorations, their cars, property decorations, flowers/plants, property furniture or any other items not directly belonging to you. Please be considerate of your neighbors and of the building where you live. Be aware that removal of items that are not belonging to you can also result in a lease violation. Please continue to treat each other the way you wish to be treated.

Please join us for ANY of the events on the calendar. None of the activities are for specific groups; they are for everyone. If the community room has been rented by one of our residents for a family event, that will be noted on the calendar. Now that winter is coming, we will be adding more activities again so feel free to stop by at any time.

Coffee Mug Scrambles



Ham, Mushroom and Swiss Scramble

- 1 egg
 - 1 tablespoon water
 - ¼ cup chopped mushrooms
 - 1 thin slice (1 ounce) deli ham, chopped
 - Shredded Swiss cheese
1. Coat a 12 ounce microwave-safe coffee mug with cooking spray. Add egg, water, mushrooms and ham; beat until blended. Microwave on high 30 seconds; stir. Microwave until egg is almost set, 30-45 seconds longer (see note).
 2. Season with salt and pepper, if desired. Top with cheese.

Note: microwave ovens vary. Cooking times may need to be adjusted.



Mexican Coffee Cup Scramble

- ½ cup frozen shredded hash browns
 - 1 egg
 - 1 tablespoon water
 - 1 tablespoon black bean and corn salsa
 - 1 tablespoon shredded Mexican cheese blend
1. Coat a 12 ounce microwave-safe coffee mug with cooking spray. Add hash browns and microwave on high 1 minute.
 2. Add egg and water; beat until blended. Microwave on high 30 seconds; stir. Continue to microwave until egg is almost set, 15-30 seconds longer.
 3. Top with salsa and cheese. Serve immediately.

September Word Search

WORD SEARCH!
BACK TO SCHOOL

FIND AND CIRCLE THE WORDS ON THE LIST... WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

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

ALGEBRA

BELL

BLACKBOARD

BOOKS

BUS

CAFETERIA

CHALK

CIVICS

CLASS

DESK

GEOGRAPHY

GEOMETRY

GOVERNMENT

HALL MONITOR

HISTORY

LANGUAGE

LIBRARY

LITERATURE

LOCKERS

MATH

PLAYGROUND

READING

RECESS

SCHOOL

SCIENCE

STUDENT

STUDY

TEACHER



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SPECIAL THANKS TO CALVIN & CAMERON HOLTRUP

www.cybercroyon.net

September Puzzles

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

Sudoku Puzzle #F914FH
Presented by Puzzle Baron

Rated: Easy

Sudoku Puzzle #I702XS
Presented by Puzzle Baron

Rated: Medium

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

Laughter is the Best Medicine

Where to live in retirement?

You can live in Phoenix, Arizona where...

You are willing to park 3 blocks away because you found shade.
 You can drive for 4 hours in one direction and never leave town.
 You have over 100 recipes for Mexican food.
 You know that "dry heat" is comparable to what hits you in the face when you open your oven door.
 The 4 seasons are: tolerable, hot, really hot, and ARE YOU KIDDING ME??!!

You can Live in California where...

You make over \$250,000 and you still can't afford to buy a house.
 The fastest part of your commute is going down your driveway.
 You know how to eat an artichoke.
 You drive your rented Mercedes to your neighborhood block party.
 When someone asks you how far something is, you tell them how long it will take to get there rather than how many miles away it is.
 The 4 seasons are: Fire, Flood, Mud, and Drought

You can Live in New York City where...

You can get into a four-hour argument about how to get from Columbus Circle to Battery Park, but can't find Wisconsin on a map.
 You think Central Park is "nature."
 You believe that being able to swear at people in their own language makes you multi-lingual.
 You've worn out a car horn.
 You think eye contact is an act of aggression.

You can Live in Maine where...

You only have four spices: salt, pepper, ketchup, and Tabasco.
 Halloween costumes fit over parkas.
 Sexy lingerie is anything flannel with less than eight buttons.
 The four seasons are: winter, still winter, almost winter, and construction.

You can Live in the Deep South where...

You can rent a movie and buy bait in the same store.
 "y'all" is singular and "all y'all" is plural.
 "He needed killin' " is a valid defense.
 Everyone has 2 first names: Billy Bob, Jimmy Bob, Mary Sue, Betty Jean, Mary Beth, etc.

You can live in Colorado where...

You carry your \$3,000 mountain bike atop your \$500 car.
 A pass does not involve a football or dating.
 The top of your head is bald, but you still have a pony tail.

You can live in the Midwest where...

You've never met any celebrities, but the mayor knows your name.
 Your idea of a traffic jam is ten cars waiting to pass a tractor.
 You have had to switch from "heat" to "A/C" on the same day.
 You end sentences with a preposition: "Where's my coat at?"
 When asked how your trip was to any exotic place, you say, "It was different!"

AND you can live in Florida where...

You eat dinner at 3:15 in the afternoon.
 All purchases include a coupon of some kind -- even houses and cars.
 Everyone can recommend an excellent dermatologist.
 Road construction never ends anywhere in the state.
 Cars in front of you are often driven by headless people.

Wherever you go, there's no place like home.

Administrator Column

Resident Updates



Our new trees in the front of the property are doing nicely and it appears that the flowers are also color changing!

How exciting to be able to watch as they go from white one week to deeper shades of pink the following week. I can wait to see them once they grow tall and the flowers multiply to 10 times as many. Our front yard will be even

more beautiful than it already is! I can't believe how much has changed over the years with the landscaping. We started out with a blank slate almost and we have added so many beautiful flowers, plants and trees to the front, side and back.

Every year we continue to improve on something. Whether we are working on a planted area to make it better or adding a new one all together, we work hard to keep the place that you call home looking amazing for years to come.

Thank you to all of you who have helped us, donated plants to us or even those of you who have stopped by to let us know what a great job you think we are doing. We welcome your suggestions and compliments because at the end of the day, we are doing all of what we do, for you.

We love hearing how proud you are to live here. We love watching you show it off to your family and friends and we love knowing that what we do truly makes a difference to you.

If you ever have any questions, concerns, compliments, advice or anything of the sort, please feel free to stop by the office. We are here to help and to make your home the best it can be for years to come.

I hope all of you have the very best holiday weekend!

Stephanie Cooper
Administrator
The Village of
Hampton Meadows

**Don't Miss the Bay County Library Bookmobile on
 Thursday, September 15th**

The Podiatrist is coming this month!
Monday, September 19th at 4:00 pm

Those of you who are already clients should be receiving a phone call as a reminder. Those of you, who are not current clients, please stop by and see the Administrator or the Service Coordinator to sign up to be seen.

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 **989-892-1912**
Administrator

Elizabeth Brinker **989-892-6906**
Service Coordinator

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**




Our Mission: Motivated by Christ's love, we engage people as they experience and embrace their God-given potential.
Our Vision: Changed Lives. Strong Families. Transformed Communities.
Our Values: Christ-centered. Excellence. Integrity. Life



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