



# Hampton Herald



Embrace the possibilities

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

October 2015

## Featured Articles

**Giving Matters** pg. 5

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

**The Senior Advocate** pg. 7

**Administrator's Column** pg. 13

## Our Hawaiian Luau



Thank you to everyone who came down to enjoy some “fun in the sun” for our Hawaiian Luau. We enjoyed good food and lots of fun with friends and neighbors.

The funding for this party was provided by the fundraising efforts of the staff and the residents through our Friends and Family campaign.

Thank you to all of our friends and family and to the PVM Foundation for helping us reach our goal and be able to have some additional funds for resident activities.

Many of you had asked for copies of the recipes for the food that I prepared for the event. I have added them to this month's newsletter for you to use and enjoy.

Stay tuned for more information about our next exciting adventure. Next stop.....Frankenmuth! 😊

We always have such an amazing time enjoying each other's company.



Look for PVM on:



## Activities

## Maintenance Updates

- Please remember to allow the exit doors to close on their own. I know that some of you want to take extra caution so that you don't disturb anyone but when you let the door close slowly, it doesn't latch. This in turn causes a security concern because the door is not always latched securely. Please allow the doors to slam closed or to close on their own. This is how they were designed. Thank you.
- Our apartment inspections this year will be on Oct. 12 & 13.
- October is also the month of our unannounced fire drill. Remember that a fire can happen at any time so you should always be prepared. We exit the building and meet in the middle section between the islands for a head count before we go back in.
- You must call the office with repair issues so that a work order can be written on the computer, they cannot be done without doing it this way. The maintenance phone is to be used in case of a maintenance emergency after hours or on the weekend only. If I am out of the office for the day and it is during normal business hours, please call the maintenance phone for a repair need. Do not call the maintenance number for any office issues or concerns.

## October Activities

### Please join us in the month of October for:

- Every Sunday – Bingo @ 2:00 pm
- Every Tuesday – Dinner @ 4:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Administrator's Updates Meeting – Oct 15<sup>th</sup> @ 11:00 am
- Monthly Birthday Celebration – Oct 12<sup>h</sup> at 6:00 pm
- Bookmobile – Oct 15<sup>th</sup> from 2:00 pm – 3:00 pm
- Monthly pest control service – Oct 19<sup>th</sup>
- Resident Appreciation—
- Halloween Party – Friday, October 23<sup>rd</sup> @ 12:00 pm.
- Flu Shot Clinic – Friday, October 9<sup>th</sup> from 1:00 pm – 3:00 pm.
- Pneumonia Booster/Shot Clinic – Friday, October 9<sup>th</sup> from 1:00 – 3:00 pm presented by Walgreens.
- Intellicare – BINGO October 7<sup>th</sup> @ 10:00 am.
- Intellicare – Presentation October 13<sup>th</sup> @ 2:00 pm.
- Commodities will be here on October 2<sup>nd</sup> around 11:00 am.
- The podiatrist will be here on Wednesday, October 21<sup>st</sup> @ 3:45 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 October

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**

#### **Saturday October 10<sup>th</sup> • Fall Downtown Divas Fashion Brunch •**

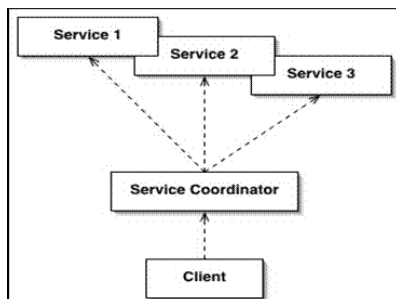
Located at Atrium Restaurant--Doors open at 10:00 am--brunch begins at 10:30 am--fashion show begins at 11:00 am. Door prizes, demos, and goody bags. Tickets \$20.00 available at Atrium or My Secret Garden.

*Continued on pg. 3*

## Service Coordinator Corner

Elizabeth Brinker 989-892-6906

Service Coordinator's office is located on the 2<sup>nd</sup> floor inside the theater



Hi, Everyone!

I am Elizabeth Brinker, the new Service Coordinator! Although I haven't met all of you yet, I am looking forward to getting to know you and assist you in accessing resources and services that you may need. I have a background working in the social assistance setting and in particular, I worked previously accessing resources in Bay City so that will work well for all of us.

At the moment I am taking all of the necessary training in order to get my position up and running appropriately. Please understand that I cannot assist anyone yet, but will soon post my hours outside the theater and will be available to meet with you then. In the meantime, as you have been doing, please contact Stephanie, the Administrator, with your questions.

I will be putting out a survey in October with some general questions about your interests regarding upcoming Health and

Wellness and Informational presentations you would be interested in attending. Please fill out as much as you can – as you have areas of interest, I will do my best to find people who can assist us in answering your questions and educating you in different areas.

I will also be contacting all of you (as soon as I am trained) to update and complete the file information for the Service Coordinator Program.

Thank you for your patience with me as we journey this road together!

*Elizabeth*

Intellicare will be here October 7<sup>th</sup> at 10:00 am to do Diabetic BINGO.

They will also be here on October 13<sup>th</sup> at 2:00 pm. She will be talking about the difference between skilled and private duty nursing, Medicare coverage for extended care, and PT/OT/Speech Therapy. Stop by the Community Room and join us! ☺

Continued from pg. 2

**Thursdays in  
October • Downtown  
Farmers Market •**

**October 2<sup>nd</sup> – 4<sup>th</sup> and  
9<sup>th</sup> – 11<sup>th</sup> Friday and  
Saturday 8:00 pm  
and Sunday 3:00  
pm • The Dixie Swim  
Club at the Bay City  
Players •**

Admission \$18.00  
adults, \$16.00 seniors.

Five southern women, whose friendships began many years ago on their college swim team, set aside a long weekend every August to recharge those relationships. Free from husbands, kids and jobs, they meet at the same beach cottage on North Carolina's Outer Banks to catch up, laugh and meddle in each other's lives. The DIXIE SWIM CLUB focuses on four of those weekends and spans a period of 33 years. As their lives unfold and the years pass, these women increasingly rely on each other, through advice and raucous repartee, to get through the challenges that life flings at them.

Continued on pg. 4

**Programs (continued)**

*Continued from pg. 5*

## Celebrating October Birthdays

We will be celebrating October Birthdays in the community room on Monday, October 12<sup>th</sup> 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!

- Aileen B.....10/08**
- Fran P.....10/13**
- Joyce V .....10/17**
- Richard L.....10/19**
- Helen F.....10/20**
- Marlene L .....10/25**



## 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*



## Giving Matters.

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

Celebrate PVM's 70<sup>th</sup> Anniversary at the Annual Gala and Support Seniors!



You can **positively impact** the lives of PVM residents and have a fun, memorable night by joining us at the 12<sup>th</sup> annual PVM Foundation Gala on Friday, November 13<sup>th</sup> at the beautiful COBO Center in Detroit!

We will pay tribute to PVM's 70<sup>th</sup> anniversary with a special theme of "**70 & Still Making Waves.**" The night's festivities include a cocktail reception, raffle prizes, dinner, a short program and entertainment by The Royce and Jenn Band. The Master of Ceremonies is **Regina Lawson**, resident at The Thome Rivertown Senior Apartments!

**When:** Friday, November 13, 2015

5:30 p.m. Sponsor & Patron VIP Pre-Reception

6:30 p.m. General Cocktail Reception & Raffle

7:30 p.m. Dinner, Program & Entertainment

**Where:** COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

**Cost:** **\$250 Individual Ticket\*** includes General Reception, Dinner & Program

**\$375 Patron Ticket\*** includes Private VIP Pre-Reception, Prime Seating at Dinner & Program

(\*Estimated Fair Market Value: \$125/ticket)

Proceeds from the event will **directly benefit** the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services in technology, wellness and transportation
- And many other life-enhancing programs

For more information about the gala, call us at 248-281-2040 or visit [www.pvmfoundation.org/Gala2015](http://www.pvmfoundation.org/Gala2015). Thank you for supporting PVM residents and I hope to see you on November 13<sup>th</sup>!

Warm regards,  
Paul I. Miller, CFRE



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### October Is National Breast Cancer Awareness Month

Although breast cancer is the second leading cause of death among women, because of early detection and treatment an increasing number of women diagnosed with breast cancer are beating the disease. According to the American Cancer Society (ACS), when breast cancer is detected early and is in the localized stage, the 5 year relative survival rate is 100%. To detect breast cancer early, the ACS recommends that beginning at age 40 women have both an annual clinical breast exam (CBE) performed by their health care provider and an annual mammogram for as long as they remain healthy. It is important to remember that it is health status, not age that should determine whether or not to continue with regular mammograms. As long as you remain healthy and don't have a serious, chronic health condition you should continue getting an annual mammogram. And though mammograms aren't fool proof, they are an important tool in detecting breast cancer early. To learn more about the early detection and treatment of breast cancer, visit [www.cancer.org](http://www.cancer.org) and/or [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org).

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION  
*presents*

## 70 & STILL MAKING WAVES *gala*

**Sponsorship Packages Available!**

**Patron Tickets \$375**

**Individual Tickets \$250**

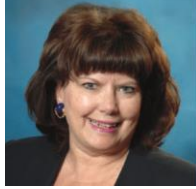
For more information, contact PVM Foundation at 248.281.2040  
or visit [www.PVMFoundation.org/Gala2015](http://www.PVMFoundation.org/Gala2015)

**5:30 p.m.**  
VIP Pre-Reception & Raffle Preview  
(Sponsors & Patron Tickets only)

**6:30 p.m.**  
General Reception & Raffle

**7:30 p.m.**  
Dinner, Program & Entertainment

**FRIDAY, NOVEMBER 13 • COBO CENTER, DETROIT**



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### *Total Solutions for Aging Well*

PVM is in the midst of our 70<sup>th</sup> Anniversary. We have been known as innovators since the beginning and continue to provide creative solutions for enjoying life to the fullest. If you are a PVM resident, a caregiver, or simply a senior who is wanting to remain where you are safely and securely, we have a new service to help you or a loved one. We have piloted a program at The Village of Westland for five years with high customer satisfaction and are now launching it to all of our Villages as well as entire communities throughout Michigan. The program is called CareSync Solutions and is already receiving rave reviews. It is a joint venture between PVM and Homestead Home Health Care Services, our partner in the Westland pilot.

Whether you are looking for the comprehensive medical care that will help you stay in your home, or the stress-reducing personalized assistance that will help make your life a little easier, CareSync Solutions' innovative approach combines time-tested talents and the latest technology to meet the needs of any individual, family or community. Whether it's transportation, telehealth, home repairs, or meal preparation, CareSync's experienced staff will work tirelessly to meet your needs and keep you healthy at home.

Sometimes just a little help can keep oneself on a good path of health and longevity, as well as the ability to remain independent. If you would like to know more about these services, call (248) 773-4550 or check out the website at [www.caresyncsolutions.org](http://www.caresyncsolutions.org). For PVM residents, you can also talk with your Village staff.

We wish all of our readers the chance to live life to the fullest in the setting of your choice.

# October Sudoku

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

Sudoku Puzzle #N543BC  
Presented by Puzzle Baron

Rated: Easy

Sudoku Puzzle #U094UD  
Presented by Puzzle Baron

Rated: Medium

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



## October Word Search



APPLES  
AUTUMN  
BLACK CAT  
CANDY  
CIDER  
CORNMAZE

COSTUMES  
GHOSTS  
GHOULS  
GRAVEYARD  
HALLOWEEN  
HALLOWSEVE

HARVEST  
HAUNTED  
HAYRIDE  
JACKOLANTERN  
LEAVES  
MASKS

PUMPKIN  
SQUIRREL  
TREAT  
TRICK  
WITCHES  
ZOMBIES

# 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

- ❖ My husband was driving home from work when he was pulled over for not wearing a seat belt. Two days later—same ticket, same cop. “So,” the officer said, “have you learned anything?” “Yes, I have,” said my husband. “I’ve learned I need to take a different way home from work.”
- ❖ When a neighbor’s home was burglarized, I decided to be more safety conscious. But my measly front-door lock wasn’t going to stop anyone, so I hung this sign outside: “Nancy, don’t come in. The snake is loose. Mom.”
- ❖ When a soldier came to the clinic where I work for an MRI, he was put into the machine by an attractive, young technician. Sometime later, when the examination was over, he was helped out of the machine by a far older woman. The soldier remarked, “How long was I in there for?”
- ❖ On vacation in Hawaii, my step-mom, Sandy, called a café to make reservations for 7 p.m. Checking her book, the cheery young hostess said, “I’m sorry, all we have is 6:45. Would you like that?” “That’s fine,” Sandy said. “Okay,” the woman confirmed. Then she added, “Just be advised you may have to wait 15 minutes for your table.”
- ❖ If you’re interested in becoming a lawyer, you’ll need a degree. But as these court transcripts reveal, the question is, in what?
  - Attorney: “How was your first marriage terminated?”
  - Witness: “By death.”
  - Attorney: “And by whose death was it terminated?”
  - Witness: “Guess.”
  - Attorney: “Doctor, how many of your autopsies have you performed on dead people?”
  - Witness: “All of them. The live ones put up too much of a fight.”

## Hawaiian Wedding Cake

### Ingredients

- 1 ½ cups white sugar
- 1 teaspoon baking soda
- 2 cups all-purpose flour
- 2 eggs
- 1 (20 oz) can crushed pineapple with juice
- 1 cup chopped walnuts
- ¾ cup flaked coconut

### Directions

Preheat oven to 350°. Grease one 9x13 inch pan.

In a large bowl, mix sugar, soda, and flour by hand. Mix in eggs, pineapple with juice. Stir in nuts and coconut.

Pour into prepared pan.

Bake for 35-40 minutes. Cool on wire racks.

## *Huli Huli Chicken*

### Ingredients

- 2 (3 pound) chickens cut into 8 pieces
- 1 cup unsweetened pineapple juice
- ½ cup soy sauce
- ½ cup brown sugar
- 1/3 cup ketchup
- ¼ cup sherry
- 1 (2 inch) piece fresh ginger, crushed
- 3 cloves garlic, crushed
- 4 green onions, chopped
- ¼ teaspoon dry mustard

### Directions

Rinse chicken and pat dry with paper towels. Combine pineapple juice, soy sauce, ketchup, brown sugar, sherry, ginger, garlic, and green onions in a large resealable plastic bag, stirring the marinade until the brown sugar has dissolved.

Place chicken pieces into the bag, squeeze out air, seal bag, and massage bag to coat chicken with marinade. Refrigerate at least 4 hours to overnight.

Move an oven rack 6 inches from heat source and preheat oven to 425°. Remove chicken from marinade and arrange chicken, skin sides up on a broiler pan. Bake chicken in preheated oven until browned on both sides and the juices run clear, turning every 10 minutes, 30-45 minutes. Baste with remaining marinade each turning. A meat thermometer should read an internal temperature of 160° when done.

## *Hawaiian Luau Rice*

### Ingredients

- 2 cups basmati rice
- 2 cups water
- 2-3 tablespoons coconut oil
- 1 small or ½ cup chopped onion
- 1 teaspoon ginger
- 2 cloves garlic, chopped
- ½ cup ham sliced thinly (deli ham or SPAM)
- ½ cup shredded desiccated coconut
- 1-2 teaspoons chicken powder (to taste)
- ¼ teaspoon white pepper
- 1 cup chopped fresh pineapple
- Crushed macadamia nuts for topping (optional)
- 2 tbsps. green onion, chopped for garnish

### Directions

The day or two before, wash your rice thoroughly. Add 2 cups of rice and 2 cups of water to your pan and cook on stove top or steamer. Allow rice to completely cool and place in the refrigerator overnight.

Toast your coconut in a non-stick skillet until toasty brown. Set aside.

Place your coconut oil, onions, garlic, ginger in the pan until aromatic. Add the ham and cook quickly until lightly golden.

Add your cooked basmati rice, chicken powder and white pepper and mix quickly in your pan until all of the rice is covered evenly with the coconut oil and seasoning. Add the pineapple, green onions and toasted coconut back into the pan and continue stirring quickly, just until warmed. Reserve a little toasted coconut on the side for garnish.

## Administrator Column

## Resident Updates



### FLU SEASON

As flu season is quickly upon us, I wanted to take a moment to remind everyone about proper hygiene and how to stop the spread of germs to each other.

Be sure to always cover a sneeze or a cough with a tissue or your sleeve. Don't cover your mouth with your hand because then the germs can go from your hand to whatever it is you touch next.

Ask your friends and family to please stay at home and not visit if they are feeling under the weather.

Always practice proper hand washing techniques. You should be washing your hands for the length of time it takes you to sing Twinkle Twinkle Little Star or the Happy Birthday Song. Be sure to dry your hands with a clean paper towel or hand dryer to help prevent the spread of germs back onto your clean hands.

Be sure to always throw away tissues after they have been used. Do not put them in your pocket and use them over and over again. This spreads the germs back to your hands from the used tissue.

Remember, the healthier your habits are, the healthier you will be throughout this year's flu season.

We have placed hand sanitizer throughout the building for your convenience. They are there to assist you in keeping your home as sanitary and germ free as possible.

Thank you so much for your consideration. I hope all of you are enjoying the beautiful fall weather.

As always, please stop by the office if you have any questions or concerns.

**Stephanie Cooper**  
Administrator  
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, October 15<sup>th</sup>  
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](http://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](http://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



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

# Embrace the possibilities