



Hampton Herald



Embrace the possibilities

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

October 2017

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Celebrating October Holidays

Columbus Day

Columbus Day is a U.S. holiday that commemorates the landing of Christopher Columbus in the New World on October 12, 1492. It was unofficially celebrated in a number of cities and states as early as the 18th century but did not become a federal holiday until the 1937. For many, the holiday is a way of both honoring Columbus' achievements and celebrating Italian-American heritage. Throughout its history, Columbus Day and the man who inspired it have generated controversy, and many alternatives to the holiday have appeared in recent years.

United Nations Day

This event recognizes the United Nation organization and all who serve and participate in this world organization. The United Nations is dedicated to world peace and to the betterment of humanity through a wide range of program from world hunger to environment and health issues. Almost all of the more than 100 countries in the world are members of this organization.

Halloween

Evolving from the ancient Celtic holiday of Samhain, modern Halloween has become less about literal ghosts and ghouls and more about costumes and candy. The Celts used the day to mark the end of the harvest season and the beginning of winter, and also believed that this transition between the seasons was a bridge to the world of the dead. Over the millennia the holiday transitioned from a somber pagan ritual to a day of merriment, costumes, parades and sweet treats for children and adults.



Look for PVM on:



Activities

Maintenance Updates

Apartment Inspections will be on Tuesday, October 24th and Wednesday, October 25th.

- We will do one floor per day beginning at 9:00 am.
 - Please see the inspection flyer that will be passed out soon in your cubbies for further instructions.
 - Window washing will take place on Thursday, October 26th. We will be removing your screens from the windows when we come by to inspect and then maintenance will be by to put them in after the window washers are done. The screen reinstall could be Thursday and/or Friday. Please do not attempt to put them back in on your own.
 - We will be having our fall, unannounced fire drill this month too. Remember, a fire can happen at any time; we should always be prepared.
- ***If you have a health emergency, you or your family members should press your personal help button or call 911.***
 - ***If there is a fire emergency you should call 911.***
 - ***If your smoke detector is going off because of burned food and it is after hours, please call 911 to let them know that it is only burned food. The fire dept. will still respond to reset your alarm but they won't need to send the big truck and a slew of volunteers. Thank you for your continued cooperation.***

October Activities

Please join us in the month of October for:

- BINGO - Every Wednesday at 5:00 pm
- Commodities – Friday, October 6th @ 10:30 am
- Administrator's Updates Meeting – October 12th @ 11:00 am.
- Monthly Birthday Celebration – October 9th at 6:00 pm
- Bookmobile – October 19th from 2:15 pm – 3:15 pm.
- Lunch Bunch – October 13th @ 11:30 am-G's Pizzeria
- Movie Day – Monday, October 23rd @ 2:00 pm.
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome to play or even to cheer on the bowlers.
- Wii Bowling Tournament every Monday @ 9:00 am beginning Oct 9th. Opposing Villages TBD.
- Flu and pneumonia shots/ health fair October 6th 1-3 pm
- End of the season lunch celebration-Wednesday, October 25th @ 12:00 pm.
- Halloween Party-Tuesday, October 31st @ 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 pm
everyday**

****Be courteous of your neighbors and be sure to wipe down the washers and empty the lint screens after each use****

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 and Sunday, September 30 and October 1 • MI Made Marketplace • First Annual FREE festival style marketplace featuring Made in Michigan wares and eats. Vendors will line the street as well as food trucks in Downtown Bay City.

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

Well, this has been the strangest beginning of FALL that I can remember - having temperatures in the 90's at mid-September has really been different. I hope you have all gotten a chance to enjoy the last burst of summer. Since the leaves are turning we know that Fall weather is around the corner.

On **Friday, October 6th from 1:00 – 3:00 p.m.** we will again be having the Annual **Health Fair**. Make sure and stop down to get your flu and/or pneumonia shots as well as browse the information offered by various companies who are able to assist you in a variety of ways. There will be door prizes and the vendors will be contributing to the "Goodie Shelf" for your enjoyment when you turn in your tickets.

The **Blood Pressure Clinics will be on October 12th and 26th at 2:00 p.m.** Thank you to all that have taken advantage of having their blood pressure checked by a trained professional: it is good preventative care. Remember, *there is no cost and you don't even need to show your insurance information!* On top of that, you get a ticket for coming down and doing something good for yourself!

On October 19th at 2pm, Mayor Kathi Newsham and Commissioner John Davidson will be here for a Mayoral Roundtable Discussion. Please plan on attending; you are also welcome to invite family and friends who might be interested. Bring your questions regarding issues that affect seniors and our beautiful Bay City!

On **Tuesday, October 24th at 2pm**, we will have a fall prevention presentation for the Fall season! Katie from *Safe Hands, Warm Hearts* will be presenting on ways to work on our bodies regarding fall prevention. Come and meet Katie; she's a new presenter!

I will be out of the office on Monday, October 9th and Monday, October 23rd all day, but will be in the office all day (9a-4p) Tuesday, October 10th and Wednesday, October 25th. Remember, you can always refer to the calendars posted on my office



door, outside the Theater Room in the hall, and on the bulletin board near the cubbies downstairs.

Thank you to those who have come up and turned in tickets; I have heard that some of you are saving them up to get the bigger items. Remember, you can now **get a "ticket" for each activity or presentation that you attend that Stephanie or I organize.** When you gather 10 tickets, you will be able to come up to the Service Coordinator office and choose from the **"Goodie Shelf"** – there will be a variety of items, both male and female, and from practical like laundry soap, hand soap, toilet paper, or canned goods to fun like candy, nuts, or 'doo dads'. **I'm continuing to get new and different items so don't "assume" that you know what's there. ☺**

Thanks for your participation!

You can always call (989) 892-6906 and request an appointment at any time – if I'm not here, leave a message and I will return your call as soon as I return. You can also leave me a message in the mail slot outside the Theater Room door; I will contact you as soon as I am able.

*Please take advantage of the presentations and activities - we all have a lot of fun when we get together! Have a great day, everyone!
Elizabeth*

Continued from pg. 2

Programs (continued)

Celebrating October Birthdays

We will be celebrating August Birthdays in the community room on **Monday, October 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!

- Fran P** 10/13
- Joyce V** 10/17
- Richard L** 10/19
- Marlene L** 10/25
- Pam L** 10/31



Thursday-Sunday, October 15-19 • Downtown Restaurant Week •

Visit Participating Downtown restaurants and check out their Buy One Get One Half Off Specials!

Thursday-Sunday, September 28-October 1 • Hell's Half Mile Film & Music Festival •

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!

September 29-October 8 • Bay City Players "Nice Work If You Can Get It" •

One of Broadway's most successful cocktails: mix George and Ira Gershwin music with upper-class snobs and comic crooks, add plenty of 1920s bathtub gin, stir wildly, and you have a stage filled with delightful nonsense loaded with great music, dancing, and comedy.
Adult Ticket: \$20.00

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



PVMF Gala – November 17th!



PVMF's 14th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, candy-flavored cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! **We hope you can join us to celebrate the sweetness of life at any age!**

The best part?! By attending this benefit for the 5000+ older adults served by PVM, you'll help make Michigan a ~~better~~ **the best** place to live at any age!

We hope to see you there!

Join the Fun! Book your Sponsorships & Tickets:

\$375 Patron Ticket* Strolling Dinner & Program, Name recognition in event program
\$250 Individual Ticket* includes Strolling Dinner & Program

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

Learn more about how to attend at pvmf.org/Gala2017. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!
 Paul J. Miller, CFRE

***P.S. Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!**



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

National Check Your Meds Day

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

This year on **October 21st** the National Community Pharmacists Association, along with their sponsor Consumer Reports, will be rolling out a brand-new wellness holiday, **National Check Your Meds Day**. On this day consumers are encouraged to bring their medications and supplements to their local pharmacies for “brown bag” medication reviews.


This campaign comes at a perfect time for Americans. According to a survey done in April 2017 by Consumer Reports, more than half of the American adult population takes a prescription medication daily. More importantly however, those individuals who are taking prescription medications are prescribed on average not just one, but four unique medications. While many prescription medications are lifesaving, there are potential complications for taking multiple medications. These complications include upset stomachs, headaches, postural hypotension, dizziness, drowsiness, blurred vision, and confusion.

The best way to protect yourself from medication complications is to have an honest conversation with your pharmacist about what you are taking. If you want to take part in **National Check Your Meds Day**, on **October 21st** gather all of the medications and supplement bottles you take, prescription or otherwise, put them in a bag or container and head to your local pharmacy. Ask to speak with the pharmacist for a medication review and give the pharmacist your bag of medications.

If you can't make it out on **October 21st** don't worry, this is a service that most major pharmacies will perform any day.

PUT YOUR MONEY TO WORK FOR YOU!


With a Charitable Gift Annuity from PVM!



Key Features

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%



Presbyterian Villages
OF MICHIGAN

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller

248.281.2045 MyLegacy.pvmf.org



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

SILVER KEY COALITION PRODUCING RESULTS FOR MICHIGAN SENIORS

It is a true pleasure to be able to announce good news for Michigan seniors. You may be aware that PVM is very involved with advocacy and community partnering to assist with quality of life for Michigan seniors. We are a part of making Michigan a great place to live and age well. No doubt there is still much work to do. However, on the good news front, we are making progress! PVM is a member of the Silver Key Coalition which was formed in 2014 to advocate for an increase in state funding for in-home services supported through the Michigan Aging and Adult Services Agency (AAHSA). AAHSA is the state agency charged with providing senior services across Michigan and reporting to state and federal government agencies. An increase of \$7.5 million over the past three years was intended to remove wait lists and serve all in need of assistance.

Due to rising costs and increased need we still have been unable to eliminate wait lists; although many more seniors did receive help. And there are many more seniors who still need help. The services which are provided include: Personal Care, Homemaking, Respite, Home Delivered Meals, Chore Services/ Minor Repair, Adult Day Care, Personal Emergency Response Systems and Medication Management. Our next phase of advocacy will feature a rationale for the value and positive outcomes of in-home services. The main message will stress the exceptional productivity by the Aging Network to increase the number of individuals assisted, increase funding for those on the wait lists, and emphasize progress in addressing unmet needs. Governor Snyder and the Michigan Legislature have been quite receptive to our advocacy efforts. In fact, he recognized the success and importance of the Silver Key Coalition in his recent State of the State Address. So the good news is that we are poised to see another increase for the 2018 budget in support of the Silver Key Campaign and Michigan seniors.

Many experts have noted that seniors want to maintain as much independence as possible, yet have needed services and safety measures in place. PVM is proud to be a part of providing services which assist Michigan seniors to take charge of their Aging Well destiny and create new possibilities for embracing life at any age. We will continue to advocate daily at all levels for PVM and community initiatives in support of all Michigan seniors. I will keep you posted on our progress as well as any other new information regarding senior services throughout Michigan. Healthy aging for all!

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:

SMOKE ALARMS

Remember that if your smoke alarm goes off because you have burned your food and it is after hours; please call 911 to let them know that it is just burned food so they won't send the entire department.

EMERGENCY PHONE NUMBER

Be sure that you also keep the emergency number in your purse or wallet. That way it will be available in the event that you lock yourself out of the building. If the office is closed during regular work hours please call the emergency phone with work orders. Otherwise, if it is a weekend or a holiday, this number should only be called for emergency purposes such as no heat or A/C, a leak, plugged toilet, etc.

RESIDENT COMPLAINTS

If you want to file a complaint about another resident or if you observe someone not abiding by the house rules or lease, you MUST put your complaint in writing. I will not be able to address your concerns at all unless I have something in writing. It should contain your name as well as your complaint, the date and the time of the occurrence.

Pumpkin Patch Bites



Ingredients

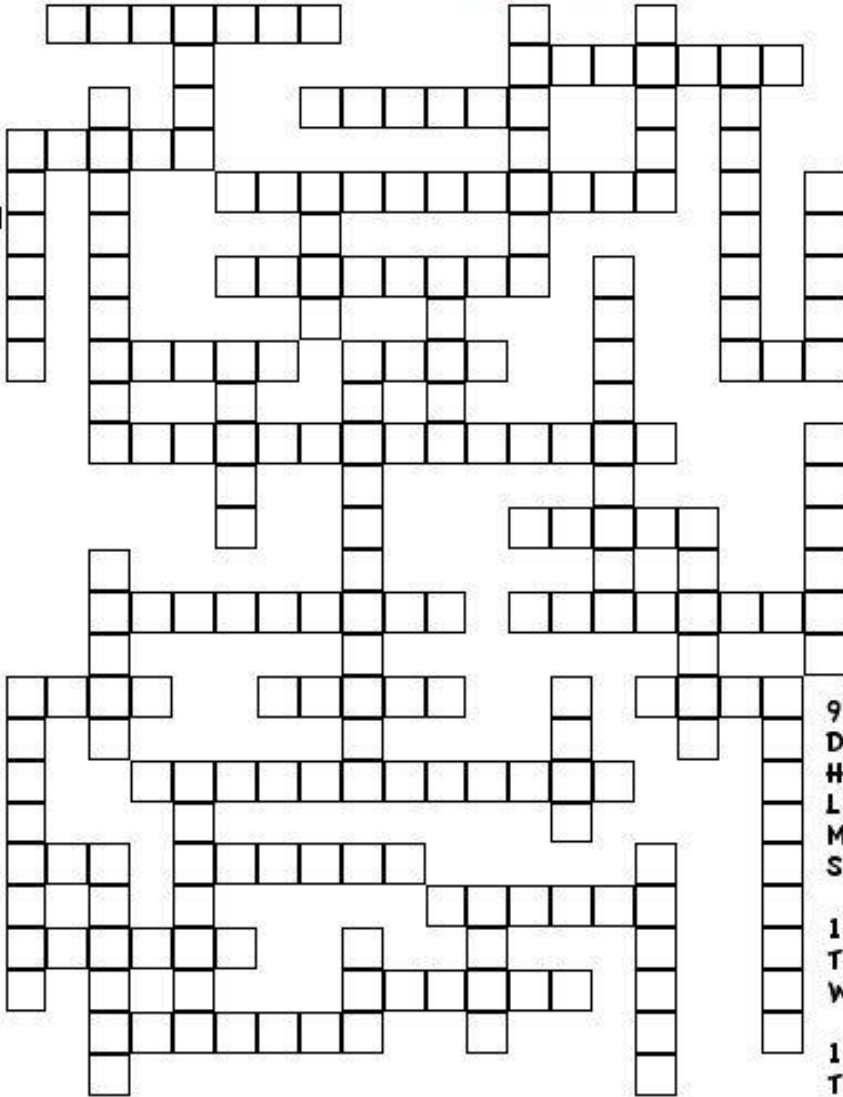
- 1 box refrigerated pie crusts
- 6 oz. sliced Black Forest or Virginia ham
- 8 oz. sliced extra-sharp cheddar
- 1 large egg

Directions

- Preheat oven to 425°. Line a rimmed baking sheet with nonstick foil.
- On work surface, unroll pie crust and cut each of the two crusts into 12 pumpkin shapes with a 3-in. pumpkin cookie cutter. Using a 2-in. round cutter, cut 24 rounds from the sliced ham and 24 rounds from the sliced cheddar.
- Put 2 slices each, ham and cheddar, in the center of each of 12 pumpkins. With a small brush, brush beaten egg around edges.
- Top with remaining pumpkins, carefully pressing on edges to seal. Using a spoon, make ridges on pumpkins by pressing into tops in a few places. With a small knife, pierce ridges in a couple of places to vent.
- Place on prepared pan. Brush tops with beaten egg. Bake 10-12 minutes until light golden. Let cool on rack a couple of minutes before serving.

October Word Search

Autumn Fill In



Word List

3 Letters

- Bus
- Car
- Red

4 Letters

- Cold
- Cool
- Fall
- Loam
- Mice
- Time
- Wind
- Wood

5 Letters

- Boots
- Brown
- Chill
- Cloud
- Fairs
- Geese
- Rainy
- Skate
- Trees

6 Letters

- Apples
- Autumn
- Grains
- Leaves
- Orange
- Raking
- School
- Season
- Slacks
- Yellow

7 Letters

- Harvest
- Hunting
- October
- Sweater
- Walking

8 Letters

- December
- Football
- November

9 Letters

- December
- Halloween
- Labour Day
- Migration
- September

11 Letters

- Temperature
- World Series

12 Letters


- Thanksgiving

14 Letters

- Remembrance Day



October Logic Puzzle



		First Names				Rings				Professions			
		Guadalupe	Landon	Raymond	Saul	silver	titanium	white gold	yellow gold	bookbinder	captain	lawyer	writer
Last Day Of Work	January 15												
	January 31												
	March 22												
	May 11												
Professions	bookbinder												
	captain												
	lawyer												
	writer												
Rings	silver												
	titanium												
	white gold												
	yellow gold												

Logic Puzzles
 Presented by Puzzle Baron
 Puzzle ID: C847TD
 For hints, solutions and more puzzles, go to
[www.Printable-Puzzles.com!](http://www.Printable-Puzzles.com)

Last Day Of Work	First Names	Rings	Professions
January 15			
January 31			
March 22			
May 11			

1. The writer doesn't wear the titanium ring.
2. Landon will leave after the writer.
3. Either the writer or the bookbinder wears the yellow gold ring.
4. Of Landon and Raymond, one is the lawyer and the other is leaving the company on January 15.
5. The person with the silver ring is Guadalupe.
6. The employee whose last day will be January 31 is not the writer or bookbinder.
7. The captain doesn't wear the titanium or silver ring.
8. The employee whose last day will be March 22 wears the titanium ring.
9. The captain will leave after the person with the yellow gold ring.

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Laughter is the Best Medicine

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top." So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

A wealthy man was having an affair with an Italian woman for a few years. One night, during one of their rendezvous, she confided in him that she was pregnant. Not wanting to ruin his reputation or his marriage, he paid her a large sum of money if she would go to Italy to have the child. If she stayed in Italy, he would also provide child support until the child turned 18. She agreed, but wondered how he would know when the

baby was born. To keep it discrete, he told her to mail him a postcard, and write "Spaghetti" on the back. He would then arrange for child support. One day, about 9 months later, he came home to his confused wife. "Honey," she said, "you received a very strange postcard today." "Oh, just give it to me and I'll explain it later," he said. The wife handed the card over and watched as her husband read the card, turned white, and fainted. On the card was written "Spaghetti, Spaghetti, Spaghetti. Two with meatballs, one without."

A man went to his lawyer and told him, "My neighbor owes me \$500 and he won't pay up. What should I do?" "Do you have any proof he owes you the money?" asked the lawyer. "Nope," replied the man. "OK, then write him a letter asking him for the \$5,000 he owed you," said the lawyer. "But it's only \$500," replied the man. "Precisely. That's what he will reply and then you'll have your proof!"

A taxi passenger taps the driver on the shoulder to ask him a question. The driver screams, loses control of the car, nearly hits a bus, goes up on the footpath, and stops centimeters from a shop window. For a second, everything goes quiet in the cab, then the driver says, "Look mate, don't ever do that again. You scared the daylight out of me!" The passenger apologizes and says, "I didn't realize that a little tap would scare you so much." The driver replies, "Sorry, it's not really your fault. Today is my first day as a cab driver. I've been driving a funeral van for the last 25 years."

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

Administrator Column

Resident Updates



Where has the time gone? It seems like summer just arrived and now here we are getting ready to rake the fresh fallen leaves.

It is a great time to get outside, get some fresh air and enjoy the weather while it lasts.

Thank you again for your patience and consideration during the parking lot repaving. Although we ran into a few issues with the drainage, we should have that taken care of now and we will move on to having the top layer of asphalt installed.

As always, when I have information, I

will forward it to you so that we can arrange for the cars to be moved accordingly. Hopefully, you all will be able to enjoy a fresh new parking lot soon. Thank you again for all of your support.

Please know that there are so many others here who could also use your support and kindness. Don't forget to lend a helping hand to your neighbor when you can. Even the smallest things can mean so much to someone.

We are here together in a community. A living arrangement where we can be great neighbors, helpful friends and lifelong confidants. Help put a smile on someone else's face.

Can you think of any community organizations that you would like to help? Would you like to volunteer your time? Can you think of any agencies or other businesses that you think would be nice for us to partner with? Any and all suggestions can be considered. We want to welcome others into our community to experience all of the fun things that you

do regularly. We want other businesses to help us with our community, to help us on our journey. We can join together with others to help us continue to live here independently for as long as possible.

If you have any suggestions, questions, comments or concerns, please feel free to stop by the office and share your thoughts.

Please also let us know if you need assistance with anything. Dave can handle your repairs, Elizabeth can help with your personal needs and I can help with any financial or housing concerns you may have.

Have a wonderful Autumn. Enjoy this beautiful Michigan weather while it's still here!



Stephanie Cooper
Administrator
The Village of Hampton Meadows

**Don't Miss the Bay County Library Bookmobile on Thursday, October 19th
2:15 PM – 3:15 PM**

***If you are not signed up for **COMMODITIES** and would like to be, please stop by and see Stephanie or Elizabeth. We can have the coordinator of the program meet with you right here at the village to get you signed up. You just need to provide a few simple items for verification and to determine eligibility. She can also recertify you right on site now at ANY food drop off date. ***

CSFP---The Commodity Supplemental Food Program- provides a free box of food to qualified senior citizens on a monthly basis.

TEFAP---The Emergency Food Assistance Program- provides a free box of food to qualified families and senior citizens quarterly.

**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.



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

Embrace the possibilities