



Hampton Herald



Embrace the possibilities

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

October 2018

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Look for PVM on:



Halloween Fun Facts

Only 6 states produce a majority of the holiday's pumpkins.

Halloween wouldn't be the same without pumpkins, and thankfully, there are plenty of gourds to go around. According to the United States Department of Agriculture's National Agricultural Statistics Service, in 2014 the top pumpkin-producing states — Illinois, California, Ohio, New York, Pennsylvania, and Michigan — produced 1.31 billion pounds of pumpkins.

Pilgrims started the black cat superstition.

It's been said that it's bad luck for a black cat to cross your path, especially on Halloween night. In the U.S., this superstition stems from the Protestant beliefs of the Puritan Pilgrims of Plymouth Colony. They disapproved of anything associated with witchcraft, and some believed the legend that witches could transform into black cats and back.

Harry Houdini died on Halloween.

A working magician from the age of 17, Harry Houdini (AKA Ehrich Weisz) became America's favorite magician and a world-renown legend for his daring escapes. Many find it fitting, then, that this master trickster died on October 31, 1926 (from a ruptured appendix).

Silly string is banned in Hollywood on October 31.

Silly string fans should stay far away from Hollywood on Halloween. A ban on the toy, created in 2004, is enforced on October 31, according to the The New York Times. If you're caught with sticky hands, expect to pay a \$1,000 fine.

Halloween is the second-largest consumer holiday in the U.S.

From its vampy costumes and sweet treats to spooky outdoor decor, Halloween is a big business. So big, in fact, that it's the second-largest commercial holiday in America, with Christmas being the only one to surpass it in sales. According to the National Retail Federation, consumers spent \$5.8 billion on Halloween in 2010, and by 2015, that figure jumped to nearly \$7 billion.

Ohio is home to the world's longest haunted house.

No matter how scary your local haunted house is, it probably can't top the Haunted Cave in Lewisburg, Ohio. Measuring 3,564 feet long, the Guinness World Records has named it the world's longest haunted house. Even spookier: It's located 80 feet below ground in an abandoned mine.

Activities

Maintenance Updates

- **Reminder: DO NOT** leave paper, plastic, cardboard boxes or any other flammable or combustible items on top of your stove or stored in your oven. This is VERY dangerous. We have seen several residents do this lately and it is hazardous for everyone. The stove knobs are very sensitive and can be turned on with a simple bump. Please keep flammable and combustible items stored away from the oven and stove for your safety and for the safety of everyone around you. Thank you!
- **First Floor:** Please put your trash in the trash barrels. We have noticed that trash is being thrown on the floor pretty regularly even when the barrels are empty. This is your home. Trash on the floor only encourages pests/rodents to try to enter the building. Please help us to keep it pest free for your comfort.
- **Pizza boxes WILL** fit in the chute and in the barrels on the first floor. Do not leave them on the floor in the trash rooms. Trash belongs in its proper place.
- **October is unannounced fire drill month.** We are also doing our bi-yearly apartment inspections this month. Watch your cubbies for a separate flyer.
- ***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. 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 @ 5:00 pm
 - Administrator's Updates Meeting – October 18th @ 11:00 am.
 - Monthly Birthday Celebration – Monday, October 8th @ 6:00 pm
 - Bookmobile –October 11th from 3:00 pm – 4:00 pm.
 - Movie Day – Monday, October 22nd @ 2:00 pm.
 - Wii Bowling every Thursday at 9:00 am. Everyone is welcome to play or even to cheer on the bowlers.
 - Office Closed Thursday,
- October 4th, Friday, October 5th, Wednesday, October 16th, Friday, October 19th in the afternoon and Wednesday, October 31st in the afternoon.
- **October 12th** is our Vaccination Clinic and Health Fair. We will have flu shots, pneumonia shots, and new for this year, we will be adding shingles shots. We will also have vendors here with their newest information about their products and services. Please stop by the community room between 1:00 pm and 3:00 pm to learn more.

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 wipe down the washers and empty the lint screens after each use.**

****Please do not touch other people's laundry or remove them from the machines.**

****You should not be leaving your laundry for extended periods.**

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

The Second Friday of Every Month • Guided Tour of Bay City's City Hall • Space is limited to the first 20 people. Tours begin from the lobby of the Historical Museum at 11:00 am. Cost is \$1.00.

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

Hello Fall! I'm looking out the window at the trees in the parking lot changing colors and the weather is definitely changing as well! Enjoy the change of seasons that we get to experience in our beautiful state of Michigan; we are so blessed by the beauty of our state!

On October 11th at 2pm & October 25th at 2:15p – 2:45p we will have our Blood Pressure Clinics.

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!* There's always lots of fun conversation and laughter while we wait. On top of that, you get a ticket for coming down and doing something good for yourself!

We will be having our annual **Health Fair on October 12th**. Please come and take advantage of the opportunity to get your flu shots right here onsite. There will be various presenters and things to see; C'mon down to the Community Room.

This month is also the beginning of **Open Enrollment for Medicare** – it runs October 15 – December 7th. Make an appointment with me to discuss your coverage and check out your options. Call the office and leave a message if I'm not in – I'll return your call as soon as I return.

The **Grief Support Group** will also be meeting with Chaplain Don this month **on October 26th**. It can be very beneficial to talk about your grief experiences and/or listen to the presentation and information provided.

For those of you who have inquired, I am working on a Resource Binder which will be placed in the Library so that any of you might be able to look up contact information and resources when I am not available. I am also in the process of getting a Certificate in Gerontology which I believe will benefit all of you as I am learning more about the aging process and



various issues that might be encountered.

I will be in the office **all day on October 9th and 24th (9a – 4p)**. I will be out of the office **all day October 8th, and 22nd**. 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.

Remember, you **get a “ticket” for each activity or presentation that you attend that Stephanie or I organize**. When you gather 10 tickets, 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.

Fall is here - already the evenings are cooler...and dark earlier.... It's one of my favorite times of the year!
Elizabeth

Programs (continued)

Celebrating October Birthdays

We will be celebrating August Birthdays in the community room on **Monday, October 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. His staff will bring the cake and some balloons! Please come by and celebrate with us!

Fran P	10/13
Joyce V	10/17
Marlene L	10/25
Pege S	10/31



October-Fridays and Saturdays 7:00 pm •**Haunted Frankenmuth Walking Tours** •

Take a narrated walking tour around Frankenmuth. Hear tales of unexplained mysteries and unusual occurrences of locations in town, as well as some local history. This is not “scary”, but more historical and educational, with a bit of whimsy and drama. Each guide has developed their own character, providing unique experiences for each walk.

Preregistration is required. **\$15 per person.**

Wear comfortable shoes. This is about a 1 mile walk on sidewalks. This is recommended for ages 13 and over due to content.

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

PVMF Gala November 8th



Come to the best party around Thursday, November 8th at The Henry Ford Museum of American Innovation!

PVMF's 15th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! We hope you can join us for ***Play Ball!***

The best part?! By attending, **you become the real MVP** for the 5500+ older adults served by PVM and 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 tickets:
All Tickets \$300!**

Learn more about how to attend at pvmf.org/Gala2018. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!
Paul J. Miller, CFRE



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

So, What's All the Fuss About Gluten?

If you're like me, you may have noticed an increase in foods labelled or promoted as being gluten-free. Restaurants too are offering an increasing number of gluten-free options. So what is going on? Is it a left-wing, communist conspiracy or a right-wing, fascist plot to change the way Americans eat? Will the "food police" soon be knocking on your door to check your pantry for gluten? While to some it might seem like it, it's actually a response by the food industry to an increasing number of people diagnosed with celiac disease or who are following a gluten-free diet.

Gluten is a naturally occurring protein found in wheat, rye, and barley. Unfortunately, for an estimated 1 in 100 people consuming foods containing gluten causes their immune system to go "haywire" and attack their small intestine causing substantial damage in the process, a disorder called celiac disease. There is no cure for celiac disease and the only effective treatment is to refrain from eating foods that contain gluten. Foods that commonly contain gluten, unless specifically labelled as gluten free, include breads, pastas, pastries (and other baked goods), cereals, soups, sauces, salad dressings, beer, and malt liquor.

Even the smallest amount of gluten can harm someone with celiac disease regardless of symptoms. Some people with celiac disease have no symptoms at all while others can have severe abdominal pain, joint pain, migraines and extreme fatigue. Most have symptoms that lie somewhere in between. If left untreated, other disorders can develop including diabetes, multiple sclerosis, anemia, intestinal cancer, osteoporosis and dementia.

So if you're like me, someone who has celiac disease, it's a good thing that the food industry is making more gluten-free foods available because it provides us with a little peace of mind and allows us to enjoy eating out with a little less worry. For more information about gluten and celiac disease, visit <https://celiac.org>.



**GLUTEN
FREE**



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Be Prepared Takes on New Meaning

Over the years our Girl Scout and Boy Scout leaders as well as teachers and parents have told us to BE PREPARED. This advice takes on new meaning when we prepare others for the inevitable time when we will pass away and leave the responsibility of handling our affairs over to our loved ones. When we do not prepare we can inadvertently cause much consternation and difficulty for those left behind.

Recently this was highlighted with two celebrities who left no will behind, namely singers Prince and Aretha Franklin. Family relationships can be ruined; and heirs may spend years sorting things out legally. Here are some things to consider:

- Make sure your will is up to date and that you include new members of the family as you wish and remove deceased loved ones.
- Check all of your assets out. You may find that you are worth more than when the original will was created. And you may very likely be worth more than you realized!
- Keep all insurances and passwords handy and make sure your loved ones know how to access them.

I have heard of many bad situations which could have been averted with proper planning. In one instance a son with a brother in Australia had to deal with an emergency admission of both parents at a memory facility; and it took several days to track down the needed information. It all happened on the weekend of course so dealing with insurance companies and banks was not possible until that following Monday. In another instance the father was exceptionally well organized in almost every way. Having come from a field of finance, he had all of the financials and insurance information organized and readily available except for the fact that he had forgotten to give his family the computer password to access everything. When he passed away it took several days to get to the information. His grandson figured it out since his grandpa had taught him how to store and back up his own systems. He knew his modus operandi!

Both of these situations could have been avoided if total planning had occurred. So there is never a more important time to be prepared than planning for your family to assume control of your affairs.

Plan away!

LEAVE A
Legacy
Ways to make
a Planned Gift

Support PVM during your
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

CONTACT US TO LEARN MORE
Without obligation, PVM Foundation would like
to answer any questions you may have, call Paul Miller
248.281.2045 www.pvmgifts.org

Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION

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.

Friendly Reminders:

Everyone loves a good deal! I am happy for you if you are able to find a diamond in the rough and want to bring it home with you to display proudly in your apartment. A great find is always exciting!

*A lot of times what we **don't** think of when shopping at antique and secondhand stores, is that these items used to actually be in someone else's home.*

That means that there is a possibility that those items could also have unexpected "guests" from other people's homes. They can be hiding in the cracks, crevices and seldom disturbed areas of that item. You could be bringing bed bugs, cockroaches, spider eggs or several other kinds of insects that like to crawl into tight spaces.

Please be sure when buying used items that you check them over very carefully for any sign of "hitchhikers". We don't want to inadvertently infest your apartment or the building with unwanted pests.

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

Totsagna (Tater Tot Lasagna)



Ingredients

- 1 lb. ground beef or ground turkey
- 1 teaspoon garlic powder
- 1 24 ounce jar of marinara sauce
- 1 cup water
- 2 cups shredded mozzarella cheese, divided
- ½ cup freshly grated parmesan, divided
- 1 15 ounce container low fat ricotta
- 1 egg, beaten
- 1 bag frozen tater tots

Directions

- Heat oven to 350°.
- Brown the ground meat in a skillet over medium-high heat. As it cooks, sprinkle on the garlic powder, mixing it into the meat. Break up the meat with a wooden spoon or spatula into small crumbles.
- Once it's browned, drain any excess grease and return the meat to the skillet. Add the marinara sauce, then add the water to the skillet to thin out the sauce. Stir the sauce until it's combined. Then turn off the burner.
- In a large mixing bowl, combine 1 cup mozzarella, ¼ cup grated parmesan, all of the ricotta and the egg.
- Pour enough meat sauce to lightly coat the bottom of a 13x9 pan.
- Top with a layer of tater tots, then the ricotta mixture, and a layer of meat sauce. Cover with another layer of tots, add more meat sauce; and then sprinkle on the remaining mozzarella and parmesan cheese.
- Bake in the oven for 45 minutes, or until the cheese has melted and the tots are lightly browned.

October Word Search

The Symbols, Traditions & History of Halloween



Samhain
Autumn
Carving
Dead
Bats
Apples
Cauldron
Spiders
Ghouls

Orange
Jack O Lanterns
Graveyard
Treat
Owl
Witches
Candy
Brew
Zombies

Pumpkins
Tombstone
Trick
Spooky
Black Cats
Superstition
Cobwebs
Ghost
Costumes



October Bonus Puzzle

Mathdoku

Complete the puzzle by entering the numbers 1 through 9 in each empty white cell. Each number will be used exactly once, and there is only one unique solution that will satisfy all six equations. Good luck!

	×		+		=	44
×		+		×		
	×		-		=	40
+		+		-		
	×		+		=	28
=		=		=		
65		14		7		

Puzzle ID: 2L77BL4K

Very Easy

Laughter is the Best Medicine

From The Best Funny Short Story Files: Funny Story About Football ~ The Football Fan

A football fan from Detroit dies and is sent to Hell. He had been a horrible man his entire life. The devil puts him to work breaking up rocks with a sledgehammer. To make it worse, he cranks up the temperature and the humidity.

After a couple of days, the devil checks in on his victim to see if he is suffering adequately. The devil is aghast as the man is happily swinging his hammer and whistling a happy tune.

The devil walks up to him and says, "I don't understand this. I've turned the heat way up, it's humid, and you're crushing rocks....Why are you so happy?"

The football fan, with a big smile, looks at the devil and replies, "This is great! It reminds me of August in Detroit -- hot, humid, a good place to work. It reminds me of home. This is fantastic!"

The devil, extremely perplexed, walks away to ponder the man's remarks. Then he decides to drop the temperature, send down a driving rain and torrential wind. Soon Hell is a wet, muddy mess.

Walking in mud up to his knees with dust blowing into his eyes, the football fan is happily slogging thru the mud pushing a wheelbarrow full of crushed rocks.

Again, the devil asks how he can be happy in such conditions. The man replies, "This is great! Just like April in Detroit. It reminds of working out in the yard with spring planting!"

The devil is now completely baffled but more determined to make the man suffer. He makes the temperature plummet. Suddenly Hell is blanketed in snow and ice. Confident that this will surely make the football fan unhappy, the devil checks in on him.

He is again aghast at what he sees. The man is dancing,

singing, and twirling his sledgehammer as he cavorts in glee.

"How can you be so happy? Don't you know it's 40 below zero?!!?!?!?!" screams the devil.

Jumping up and down, the football fan throws a snowball at the devil and yells, "Hell's frozen over!! This means the Lions won the Super Bowl!!"

Funny Joke of the Day

Son and mom were looking for a lost contact lens in driveway. The Mom soon found it.

Son: "Wow! How did you find it?"

Mom: "You were looking for a piece of plastic, but I was looking for \$150."

Funny Joke of the Day

Sign at pawn shop: Armed guard on duty three nights a week. You guess which nights.

Funny Joke of the Day

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body. But rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride!"

Funny Joke of the Day

A man rushed into the house and yelled to his wife.

Man: Martha, pack up your things. I just won the lottery!

Martha: Should I pack for warm weather or cold?

Man: I don't care. Just as long as you're out of the house by noon!

Administrator Column

Resident Updates



Wireless Internet Has Arrived!

The Village of Hampton Meadows and Presbyterian Villages of MI's Dept. of Technology is pleased to announce that we are now capable of offering wireless internet for you and your family members to use, free of charge while within our building!

What an exciting opportunity for all of us and a way to stay connected with family and friends free of charge to you.

If you are interested and have a device that you would like to connect

to the new wireless network, please stop by Stephanie's office for more information.

For those of you who are current wireless internet subscribers, my suggestion would be to keep the internet that you pay for while you test out the speed and capabilities of our free wireless internet. If it is comparable or better than what you have....great!

Please stop by the office if you have any questions, concerns or for more details.

I hope that all of you were able to enjoy your summer with family and friends. The temperatures were plenty warm but I will have to say...it is much better than the snow that we have in store for the next few months. Brrrr!

Fall weather brings cooler temperatures and watching the leaves change color has always been a beautiful sight each and every year.

Be sure to enjoy the weather while you can. The gazebo and the benches are there for you to use so please enjoy them. ☺

We should be coming up on our Wii bowling tournament anytime now so I will keep you posted when I hear more information.

As the temperature falls, many of you may want to start turning on your furnaces. If you are unable to work your thermostat, please call down to the office and Dave or I would be more than happy to assist you on setting it to the temperature that is most comfortable for you.

Have a wonderful fall season.

Stephanie Cooper
Administrator
The Village of Hampton Meadows

**Don't Miss the Bay County Library Bookmobile on
Thursday, October 11th from 3:00 PM – 4:00 PM**

Commodities are now being distributed at the Essexville Baptist Community Church, located at 1001 Main St., Essexville, MI 48732. Please contact the Mid-Michigan Community Action Agency if you have any questions or concerns.

Distribution time is from 1:30 pm until 2:30 pm.

Distributions dates are:	10/10/18,	11/14/18,	12/12/18,	1/9/19,	2/13/19,
	3/13/19,	4/10/19,	5/8/19,	6/12/19,	7/10/19,
	8/14/19,	9/11/19			

**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.



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Bay City, MI 48708**

Embrace the possibilities