



Hampton Herald



Embrace the possibilities

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

December 2015

Featured Articles

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Happy Holidays to Our Residents, Guests and Staff



great community for new residents as well as those of you who have been here since the beginning.

We are so thankful to have each and every one of you.

We also have some available days for the community room still if any of you are interested in renting it for your family gatherings. The cost of the room is reasonable and the deposit is refundable as long as there is no damage once you are done. Just stop by the office for more details and to sign the proper forms.

Don't forget to join us for our Holiday Resident Appreciation Brunch this month. Dave and I will be preparing some delicious items for you to enjoy. We hope to see you there.

Our Frankenmuth trip will be moved to January after the holidays after meeting with you and discussing other options. Stay tuned for a flyer on the exact date to come.

From our families to yours, we hope that all of you have a wonderful and safe holiday season!

Wow has this past month flown by!

The last thing I knew, we were enjoying the weather from the patio and gazebo and now it's December!

I hope all of you had a wonderful Thanksgiving with family and friends.

As we go into another holiday, I just wanted to thank all of you for everything that you do to help make The Village of Hampton Meadows a place that so many of you love to call home.

It is a team effort with all of us and we are all doing our part to make this a



Look for PVM on:



Activities

Maintenance Updates

- We are having a HUD REAC inspection on Friday, December 18th beginning at 9:00 am. Some things to remember beforehand:
 - Be sure that your rugs have a rubber backing so they are not a trip hazard
 - Do not block the electrical breaker box in the kitchen with anything (cabinets, shelving, etc.)
 - Your apartment is required to be clean and free of health, safety and fire hazards at all times
 - Do not have windows blocked so that you can have free access to exit in the event of a fire
 - Your entry door should close freely. Draft guards are not allowed as they impede the doors ability to close.
 - Report all work orders to the office as soon as they occur so that we can take care of them as soon as possible. Waiting to report them is not saving us time and it could end up making the situation far worse later.
 - We will enter your apartment for this inspection if you are not home.

December Activities

Please join us in the month of December for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Administrator’s Updates Meeting – Dec. 10th @ 11:00 am
- Monthly Birthday Celebration – Dec. 14th at 6:00 pm
- Bookmobile – Dec. 17th from 2:00 pm – 3:00 pm
- Monthly pest control service – Dec. 21st
- Commodities will be here on January 8th around 11:00 am.
- Holiday Resident Appreciation Brunch – Dec. 22nd @ 11:00 am.
- Smoke alarm testing – Dec. 16th beginning at 8:30 am.
- HUD REAC inspection – Dec. 18th beginning at 9:00 am
- First Presbyterian Church youth group’s Hands and Feet Program – Dec. 28th 1:30 pm – 3:30 pm
- Roundtable with Mayor Kathleen Newsham – Dec. 29th @ 2:00 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**

Bay City Happenings in December

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 December 19th • 2015 Runner Up from “The Voice” Joshua Davis Live and In Concert

Venue: Bay City State Theatre
Address: 913 Washington Ave.
Time: 7:00 pm
Cost: \$22 - \$37

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Service Coordinator Corner

Elizabeth Brinker 989-892-6906

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

I'm wishing you warmth and love at this holiday time of year! As it gets colder outside, we will all be able to use a little more warmth. For right now, it's been amazingly beautiful!

Since the Meet and Greet last month, I have had opportunity to meet and talk with quite a few of you – if these were the example, I can't wait to meet the rest of you! What a wonderful group of people I have had to opportunity to assist and get to know better. Feel free to stop by the office (come on in the Theatre if my sign is outside – if my door is shut, I am occupied); otherwise, I'd love to meet everyone!

Remember that you can always call 989-892-6906 to set up an appointment at a time that will work for you or leave me a note in the drop box outside my door.

On December 29th, we will be hosting a Roundtable with the new Mayor of Bay City, Kathleen Newsham. This will take place at 2pm in the Community Room.

Residents may feel free to invite family members who might be interested as well.



She will be speaking on the direction that she sees Bay City going and issues that concern/involve seniors. Bring your questions as I am sure that she will welcome your input and we will have a lively conversation!

Please fill out the **Service Coordinator Survey** – if you don't have a copy, stop by and I will be happy to provide another. Your input will definitely impact what types of presentations that I arrange – let me know what you would like to hear about, or what areas that you would like to learn more about and I will do my best to find people who can assist us.

It's been good to meet everyone – I'm so glad to be here!

Merry Christmas to All!

Elizabeth

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Sundays, December 6, 13 & 20 • Sundays in the City

The six Sundays leading up to Christmas showcase all of the "one-of-a-kind" shops and eateries that Downtown has to offer. Holiday decoration, free horse-drawn carriage rides, strolling carolers, and holiday movies at the historic State Theatre.

Saturday December 12 • The Tri-City Chorus of the Sweet Adelines Presents: Holiday Harmonies

Date: December 12, 2015

Time: 3:00pm to 11:00pm

Venue: [Bay City State Theatre](#)

Address: 913 Washington Avenue
Bay City, MI 48708

Cost: \$10

****Remember to bundle up if you go outdoors and wear boots/shoes with rubber soles for better support and stability in the snow and ice.****

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Programs (continued)

Continued from pg. 5

Celebrating December Birthdays

We will be celebrating December Birthdays in the community room on Monday, December 14th 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!

- Rose L.....12/02**
- Marilyn M.....12/03**
- Sue B.....12/15**
- Pat L.....12/17**
- Carol W.....12/19**
- Diane B.....12/21**
- Pat D.....12/31**



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



\$50K Matching Gift Challenge!

*Gifts through December 31st are eligible to be matched, dollar for dollar, **doubling** the impact of your gift!*

Growing older doesn't mean life has to slow down. In fact, donors make new opportunities possible for PVM residents and community seniors every day. This holiday season, we are asking you to make a gift and brighten the life of a senior.

The funds raised will help seniors in the following ways:

- Resident **emergency needs**, known as Benevolence
- Social **activities** and field trips
- Reliable **transportation** to appointments or outings
- **Technology** upgrades (computers, phone systems, Internet, etc.)
- **Wellness** classes, like fall prevention; equipment and walking paths
- Facility **improvements** (community room, beauty shop, wellness center, etc.)

Double the impact of your gift today by seeing the front desk or your Village Administrator for a donation envelope. You can also go online at PVMFoundation.org or call us at 248-281-2040.

On behalf of PVM and all those we serve, thank you for making life even brighter for a senior this holiday season! Happy holidays!

Warm regards,
Paul J. Miller, CFRE



*Gifts through Dec. 31st can be matched, dollar for dollar, **doubling** the impact of your gift!*

Have you donated to the PVM Foundation this holiday season? Your gift will help seniors get emergency financial care, reliable transportation, wellness classes and much more!

To Make a Gift:
See the front desk or your Administrator for a donation envelope, log onto PVMFoundation.org or call the PVM Foundation at 248.281.2040.

Thank you for making life even brighter for a senior this holiday season!



\$50K Matching Gift Challenge	
Double the Impact of Your Gift	
\$50	➤ \$100
\$100	➤ \$200
\$250	➤ \$500
\$500	➤ \$1,000
\$1,000	➤ \$2,000



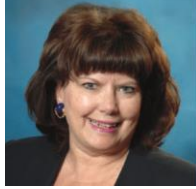
It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Train Your Brain to be More Positive – Take the 21 Day Challenge!

Harvard educated psychologist Shawn Achor has found that positive people lead healthier and happier lives and that in just 21 days you can train yourself to be more positive. Here's what to do:

1. **The 3 Gratitudes.** Each day write down 3 new things you are grateful for and why. Be specific. Instead of writing "I am grateful for my family", write "I am grateful for my son Bob because he calls me every Friday and makes me laugh".
2. **The Doubler.** Each day write down one meaningful moment you experienced within the past 24 hours. Record as much detail as you can. It will cause your brain to "relive" the moment thus doubling the positive experience.
3. **The Fun Fifteen.** Each day engage in 15 minutes of physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. Consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.
4. **Meditation.** Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.
5. **Conscious Acts of Kindness.** Each day send a letter/email to someone in your social circle thanking them. Be specific. For example, "I want you to know how thankful I am to have you as a friend. Whenever I feel down, you know just the right thing to say to cheer me up".



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Stay Healthy by Following the Four Basic Steps of Food Safety

With the upcoming holidays I would like to share important information from the Oakland County Health Division:

Hot foods should be kept at 140 degrees Fahrenheit or warmer. On the buffet table, keep hot foods hot with chafing dishes, slow cookers and warming trays. Cold foods should be kept at 40 degrees Fahrenheit or colder. Keep foods cold by nesting dishes in bowls of ice and replenishing ice as it melts. Otherwise, use smaller serving dishes and exchange with cold dishes of food from the refrigerator at least every two hours.

Here is a look at the Health Division's four basic steps of food safety in detail:

Clean

- Wash hands with soap and warm water for at least 20 seconds before and after handling food.
- Keep food preparation surfaces clean.
- Rinse fruits and vegetables under running water and use a brush to remove any dirt so bacteria cannot spread from the outside in.
- Avoid washing meats, poultry, or eggs.

Separate - Don't Cross Contaminate

- Secure meats, poultry or seafood in plastic bags to keep the juices contained.
- Wash all plates, utensils and cutting boards that held raw meat, poultry or seafood before reusing for perishable or cooked food.
- The juices of raw meat or poultry should never come in contact with cooked meat or other ready-to-eat foods.

Cook

- Meat, poultry, and seafood should be cooked for a long enough time at a high enough temperature to kill harmful bacteria that can cause foodborne illness.
- To check the temperature of a turkey, stick the thermometer into the inner most part of the thigh and wing and into the thickest part of the breast. Turkey's should be cooked according to package directions or at a minimum when internal temperature reaches 165 degrees Fahrenheit.
- Bring sauces, soups and gravies to a rolling boil when reheating them.

Chill

- Refrigerate foods and leftovers within two hours of serving to avoid bacterial growth. Cold foods should be stored at 40 degrees Fahrenheit or below.
- Defrost foods in the refrigerator, under cold running water, or in the microwave. Cook foods thawed under cold running water or in the microwave immediately.

Typical symptoms of foodborne illness include stomach pain, vomiting and diarrhea. Symptoms are not usually long-lasting in healthy people, but foodborne illness can be severe and even life-threatening to older adults, infants, young children, pregnant women, or people with HIV/AIDS, cancer or any condition that weakens the immune system.

December Word Search

WINTER WONDERLAND

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

BLIZZARD
BOOTS
BUNDLED
CAPS
CAREFUL
CHAINS
CIDER
COATS
COCOA
COLD
COOKIES
DONUTS
FIREPLACE
FROST

FROSTBITE
GLOVES
HATS
HAYRIDE
HOODS
ICE
MITTENS
SCARF
SHOVEL
SKIDDING
SKIIS
SLED
SLEET
SNOW

SNOWANGEL
SNOWBALL
SNOWBLOWER
SNOWFORT
SNOWMAN
SNOWPILE
SNOWPLOW
TOBOGGAN
WARMERS
WHITEOUT
WIND
WINTERY



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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

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

Cream Cheese Chicken Soup

Ingredients

- 1 small onion, chopped
- 1 tablespoon butter
- 3 cups chicken broth
- 3 medium carrots, cut into ¼ inch slices
- 2 medium potatoes, peeled and cubed
- 2 cups cubed chicken
- 2 tablespoons minced fresh parsley
- Salt and pepper to taste
- ¼ cup all-purpose flour
- 1 cup milk
- 1 package (8 oz.) cream cheese, cubed

Directions

In a large saucepan, sauté onion in butter. Add the broth, carrots and potatoes. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until vegetables are tender. Add the chicken, parsley, salt and pepper; heat through.

Combine flour and milk until smooth; add to the vegetable mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Add cream cheese; cook and stir until melted.

Administrator Column

Resident Updates



Season's Greetings to our Residents and Their Families

I hope all of you enjoyed the Christmas carolers from Bethel Lutheran across the street who we had come in this past Sunday to sing carols in the halls, bringing Christmas cheer to everyone. The holiday season is upon us and while all of you are scurrying back and forth spending time with loved ones, I wanted to give a few reminders from Hampton Meadows.

I wanted to remind you again this year that we are not allowed to accept gifts of any kind due to our corporate policies. Many of you have expressed wanting to show appreciation for all that we do for you throughout the year. We appreciate the sentiment and there are a couple of ways to thank us for a job well done. You can always fill out a service excellence slip for us. They are forwarded to our corporate office and our name goes into a drawing for a chance to win a prize. You can also give Christmas cards to us with a note of appreciation in it. I display the cards in the leasing office on the file cabinets for all to see.

Another reminder is regarding the community room. Some of you have rented the room for your holiday gatherings. Please be courteous to those residents who

are using the room and don't enter the room while they are using it. Please also do not peer into the windows or pace around outside of the door waiting for them to leave. The community room can be rented from 11:00 am – 8:00 pm on the weekends. If you want to gather to play cards, bingo or have a different activity, please do so in another room until after 8:00 pm. Let's be considerate, kind and neighborly during the holidays and every day.

I would like to wish all of you a happy and safe holiday season!

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, December 17th from 2:00 pm – 3:00 pm



**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org

Office Numbers

Village Staff

Stephanie Cooper **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**

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