



Hampton Herald



Embrace the possibilities

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

April 2018

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Hampton Meadows Friends and Family Campaign Month

April is here! Spring is upon us, birds are singing, the grass is growing and our Friends and Family Campaign is in full swing again for the month of April.

This year's fundraising project will be to add to our Resident Activity fund. This is what we use for the catered meals, our adventures to Frankenmuth, our summertime cookouts and so much more!

Please share our story with your friends, family and the community as you travel from place to place. Let them know about all of the wonderful things that the previous, generous donations have funded.

Our gazebo, our aviary, all of our wellness equipment, our entertainers, the prom, and all of the fun themed parties we

have here at our village were all thanks to donations made by people who cared about continuing our goal of living enriched lives here at The Village of Hampton Meadows.

Our fundraising goal for this year is \$1,300 and I know that with your help in getting the word out, people would be excited to get behind our cause and be happy to help enrich the lives of our residents.

I have placed flyers and donation envelopes in all of your cubbies. Please feel free to use them, share them with others and if you need more, please feel free to stop by the office for additional supplies.



Look for PVM on:



Activities

Maintenance Updates

- Inspections will be on Tuesday, April 24th for first floor and Wednesday, April 25th for second floor. The window washers will be here on Thursday, April 26th. We will be placing a separate flyer in your cubby for more information.
- Spring is the time when we have to update a lot of our equipment too. Please watch your cubbies for special flyers regarding any updates that may affect you, the building or the apartments. Thank you for your continued support and cooperation.
- ***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.***

April Activities

Please join us in the month of April for:

- BINGO - Every Sunday @ 2:00 pm and Wednesday @ 5:00 pm
- Commodities – Wednesday, April 11th @ 11:00 am
- Daniel Bryson-Musician-Game Room-Thursday, April 5th @ 11:00 am
- Administrator's Updates Meeting – April 12th @ 11:00 am.
- Monthly Birthday Celebration – Monday, April 9th @ 6:00 pm
- Bookmobile – April 5th and April 26th from 3:00 pm – 4:00 pm.
- Comm Rm Reserved April 1st
- Lunch Bunch – April 11th @ 11:30 am (Bare Bones BBQ)-April 23rd (Mandarin House)
- Movie Day – Monday, April 23rd @ 2:00 pm.
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome to play or even to cheer on the bowlers.
- Apartment Inspections April 24th (1st floor) & April 25th (2nd floor)
- Office Closed Monday, April 2nd, Tuesday, April 17th and Thursday, April 19th
- Window washers April 26th
- Grief Support--TBD

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 April

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

April 21st @ 7:00 pm • The Bay City State Theatre • The Bay County Historical Society -The Michigan Jazz Trail Big Band playing songs from the 1940s. \$15 General Admission.

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

Happy April!!! We are officially in SPRING as of March 20th, so now I'm just waiting for the first flowers! It's been warmer the last few days (although not at night yet), but I'll take what I can get! I hope that you're all enjoying the sunshine!

On **April 12th at 2pm & April 26th 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!* On top of that, you get a ticket for coming down and doing something good for yourself!

On **April 11th at 2pm**, Mel from SouthernCare will be presenting on "**Stress**" as discussed by the group at the March presentation.

We will have a new presenter, Ellie from Edward Jones, who will be here to present "**Outsmart the Scammers**"; there will be refreshments. She will be here **April 25th at 2:00p**. Please come make her feel welcome.

I will be talking with Chaplain Don regarding having the **Grief Support Group every month or every other month**. *If you have an opinion on that, please let me know.* Thank you for your support; there was a wonderful turn-out this last meeting. I will post a notice as soon as the schedule is decided.

I will be in the office **all day on April 10th and 25th (9a – 4p)**. I will be out of the office **all day April 9th and 23rd**. 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.

Have a wonderful Easter (4/1), Earth Day (4/22), and Administrative Professionals Day (4/25), and please think of those we commemorate with Holocaust Remembrance Day (4/12). May you all be blessed with Sunshine and love from friends and family!

Elizabeth

Programs (continued)

Celebrating April Birthdays

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

Esther G **04/09**
FranceAnn S **04/25**



Friday, April 20th and Saturday, April 21st 9:00 am – 5:00 pm •Welcome Spring Open House•

Downtown Welcomes Spring with Open Houses all over town. Enjoy the true signs of spring with beautiful new ideas and products for home and fashions to lift your spirits and a bounty of dining options. A great time of the year to get out of the house and stroll historic Downtown Bay City!

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



You Have the Power to Leave an Amazing Legacy



Betty honored her new home, friends and family by leaving a gift in her will.

Betty left a gift in her will to help build the Kleemann Chapel at The Village of East Harbor and provide stained-glass windows. Before her passing, Betty said she always believed in the PVM mission to serve older adults and was delighted to honor her parents and a dear friend with memorials. She wanted to give back to this, her “happy home for these many years.”

To learn more about leaving a gift in your will, please visit mylegacy.pvmf.org. You'll be asked simple questions to help you plan the joy you'll bring.

Your legacy has the power to delight others well into the future. Betty's gift is bringing joy to her fellow residents every day at The Village of East Harbor.

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Alcohol: The Good, the Bad and the Ugly

Alcohol is a part of American culture. We celebrate and socialize with it, and it plays a prominent role in many of our religions. And while moderate alcohol consumption may have some health benefits (≤ 2 drinks/day for men, ≤ 1 drink/day for women), it's excessive drinking that you have to worry about. Most of you know that drinking too much increases your risk of injury, especially if you get behind the wheel, but did you know that it can wreak havoc on your brain, heart, liver, pancreas, and immune system?

Drinking alcohol in excess can shrink your brain, permanently impairing your ability to think, learn, and remember. It can also enlarge your heart causing it to sag and droop thus limiting its ability to deliver nutrient rich blood to your body and increasing your risk of heart attack and stroke. Your liver can become too fatty and/or riddled with scar tissue and lose its ability to clean toxins from your blood, which in turn can cause severe and sometimes permanent damage to your tissues and vital organs. Your pancreas can swell causing it to malfunction resulting in diabetes and your immune system can become compromised such that you are no longer able to effectively fight off infection, sometimes resulting in serious illnesses such as pneumonia and tuberculosis.

So how much alcohol is too much? Adults age 65 and older should limit their alcohol intake to no more than 3 drinks on any given day and no more than 7 drinks per week. One standard drink contains about 0.6 fluid ounces of pure alcohol, which generally equates to 12 fluid ounces of beer, 8-9 fluid ounces of malt liquor, 5 fluid ounces of table wine, or a 1.5 fluid ounce shot of 80-proof distilled spirits. If you take medication, however, it may not be a good idea for you to drink any alcohol at all since mixing alcohol with certain medications can have disastrous results. Your doctor or pharmacist should be able to advise you as to whether or not you should be drinking alcohol.

For more information on the health effects of alcohol, visit www.niaaa.nih.gov.



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

An Aging Well Attitude Can't be Beat

I often speak about the importance of having an Aging Well Attitude as an important aspect of aging. Recently inspiration has arrived in the personhood of Sister Jean Schmidt, Loyola-Chicago's 98 year old chaplain. She has been their basketball team's good luck charm during their NCAA March Madness tournament journey. Sister Jean has a sense of humor and is talented when it comes to branding. During her team's Elite 8 game versus Kansas she was spotted wearing custom-made Nikes; and she is even the star of her own Bobblehead. She of course is not making any claim for profits but is simply supporting the team and university. She has become "the face of Loyola-Chicago".

Schmidt prays with the players before games and gives them scouting reports the next day, according to the Associated Press and Fox News. Her players consider her to be their not-so-secret weapon. They have proven themselves to be a team that can't be beat for now. Sister Jean has proven that having an Aging Well Attitude can't be beat. In fact, the qualities and assets inherent in this story match reports of studies as to what creates quality of life and even perhaps longevity: Having a passion, dedicating oneself to the pursuit of that passion, having a sense of belonging and being a part of something greater than oneself, to be engaged and engaging...

There's a lesson to be learned from this for us all. WHAT IS YOUR PASSION?

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:

PURFUMES, POWDERS OR ANY OTHER FRAGRANCES

Please be considerate of others when you are applying your favorite scent for the day. Although we all want to smell beautiful, sometimes these scents can be overpowering to other people. People who suffer from allergies, respiratory issues and/or migraine headaches can all be affected adversely by strong scents. Be considerate of others and use your scented products sparingly. A little bit goes a long way and most of the time, just a dab will do. Thank you.

OUT OF THE BUILDING

If you intend to go out of the building on vacation or if you find yourself in the hospital for whatever reason, please make the office aware. A lot of times your neighbors get concerned when they don't see you as much and they begin to worry. If you let the office know what is going on, we can reassure them that you are ok.

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

Blueberry Lemon Breakfast Quinoa



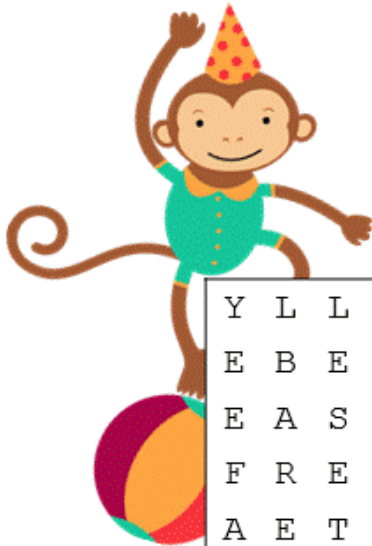
Ingredients

- 1 cup quinoa
- 2 cups nonfat milk
- 1 pinch salt
- 3 tablespoons maple syrup
- ½ lemon, zested
- 1 cup blueberries
- 2 teaspoons flax seed

Directions

- Rinse quinoa in a fine strainer with cold water to remove bitterness until water runs clear and is no longer frothy.
- Heat milk in a saucepan over medium heat until warm, 2 to 3 minutes.
- Stir quinoa and salt into the milk; simmer over medium-low heat until much of the liquid has been absorbed, about 20 minutes.
- Remove saucepan from heat. Stir maple syrup and lemon zest into the quinoa mixture. Gently fold blueberries into the mixture.
- Divide quinoa mixture between 2 bowls; top each with 1 teaspoon flax seed to serve.

April Word Search



APRIL FOOL'S Day

APRIL 1st

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

APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY



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April Bonus Word Search



Spring Word Search



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

SPRING
MAY
GREEN
WARM
UMBRELLA

MARCH
FLOWERS
GRASS
SHOWERS
EASTER

APRIL
BASEBALL
SUNSHINE
RAIN
BIRDS





www.thriftymommastips.com

Laughter is the Best Medicine

1 Famous April Fool's Day Pranks

1. *The Taco Liberty Bell*

In 1996, Taco Bell announced they had bought the naming rights to the Liberty Bell.

Henceforth it would be known as The Taco Liberty Bell.

Outraged citizens jammed the phone lines in protest.

2. *Even The White House*

Also in 1996, the White House announced they had sold the naming rights to the Lincoln Memorial. From now on it would be known as the Ford Lincoln Mercury Memorial.

3. *That Floating Feeling*

In 1976, the BBC aired an interview with an astronomer. He told listeners that at precisely 9:47 AM the planets Jupiter and Pluto would be in a rare alignment that would briefly diminish the earth's gravity.

He further said that if you leapt into the air at that exact moment, you would experience a fantastic floating sensation.

Hundreds of people called in to say they felt it.

4. *Reset Your Clocks!*

In 1975 Australian television announced the country would be converting to metric time. There would now be 100 seconds to a minute, 100 minutes to an hour, and 20 days in a month.

The town Hall was shown with a 10-hour metric clock face.

The deputy premiere played along with the prank and extolled the virtues of the new system.

5. *The Dud*

In 1915 a French World War I pilot flew over the German lines and dropped what appeared to be a huge bomb. The German soldiers scattered, but nothing exploded.

When they cautiously approached the bomb, what they found was a football. Attached to it was a note that said, "April Fool!"

6. *Grow Your Own*

Here's a great one. Stodgy old BBC informed their viewers of some good news.

Great weather and low numbers of the dreaded "spaghetti weevil" meant farmers in Switzerland were harvesting one of their best spaghetti crops ever.

The BBC even manufactured some film footage of Swiss farm workers pulling spaghetti noodles from trees.

They got huge numbers of callers wanting to know how they could grow their own.

BBC told them to plant a piece of spaghetti in a bowl of

tomato sauce and see what happened.

7. *Nixon Rides Again*

NPR (National Public Radio) fooled millions of listeners in 1992 by reporting that Richard Nixon was once again running for President of the United States.

Impressionist Rich Little imitated Nixon reciting his campaign slogan: "I didn't do anything wrong and I won't do it again."

Legions of listeners were outraged.

8. *God Bless Pi*

Alabama state officials received hundreds of protest calls in 1998. A report had emerged that the state was officially rounding off the actual value of Pi (3.14159) to "the Biblical value of 3."

The culprits? New Mexicans for Science and Reason. They cleverly satirized the state's attempts to downplay teaching evolution in schools in favor of creationism.

9. *Food For Lefty*

Also in 1998, the brilliant folks at Burger King came up with the idea of the "Left-handed Whopper."

The 30+ million left-handed people in the U.S. would now be able to buy a whopper with all ingredients rotated 180 degrees just for them.

A full page ad in USA Today resulted in stores being inundated with customers ordering the new burger.

According to Burger King, thousands of customers ordered the "right-handed" version too.

10. *Mount Doom?*

The frightened citizens of Sitka, Alaska took to the streets in terror. Their long-dormant volcano, Mount Edgecumbe, suddenly began emitting big belches of black smoke.

Fortunately for them, it was only their local prankster Porky Bickam.

Porky had collected hundreds of old tires, stashed them in the crater, and set them on fire for this April Fool's Day prank.

11. *Well Played, Virgin*

In 1996, Virgin Cola announced a new innovation: customers would now be able to tell instantly when their soda was too old to drink.

How? Their soda cans would turn a bright blue after the 'sell-by' date.

Therefore, customers should avoid buying blue soda cans. This was just after Pepsi had changed the color of their cans to a bright blue.

Administrator Column

Resident Updates



I hope that all of you are enjoying the birds singing and the warmer weather that is trying to head our way.

Spring is a good time to open the windows and air out the apartments as well. Getting some fresh air can rejuvenate your home and your bodies.

We have some fun things in the works for this year so be sure to keep checking your cubbies for more information on all of the happenings of our village.

We also have our Virtual Village Victory Cup coming up in June so we will be scheduling practice sessions during the month of May. Watch your calendar for specific dates.

There will be more discussion of this at this month's Administrator's meeting so you won't want to miss it!

A quick reminder that work orders need to be placed with the office so that they can be entered into the work order system. Please do not stop the maintenance staff in the halls as they are in process of tending to a different task and cannot stop what they are doing to enter an additional work order.

With limited staff, we hope to work as efficiently as possible so that we have more time to attend to your needs.

If you have anything that you are in need of assistance with, please stop in to see Elizabeth or myself and we would be happy to help.

We are also open to suggestions for activities or changes to the existing activities so your input is always appreciated.

Thank you for your continued support and cooperation.

I hope all of you are able to enjoy a very Happy Easter with family and friends.

Laughing and love is always good for the soul.

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on
Thursday, April 5th and April 26th from 3:00 PM – 4:00 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