



Hampton Herald



Embrace the possibilities

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

July 2017

Featured Articles

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

Puzzles and Fun pg. 9-10

Administrator's Column pg. 11

Our 2017 Virtual Village Victory Cup



See you in 2018!



Look for PVM on:



Activities

Maintenance Updates

- Please remember to put all trash in a sealed, plastic bag that is tied tightly before you put in down the chute or in the barrels. If your trash is not in bags it can promote bad smells and more importantly, unwanted pests. Thank you for your continued assistance in keeping Hampton Meadows beautiful.
- Please bear with us during the parking lot construction. The rain has caused some delays but it will be finished as soon as possible.
- Work orders should be called in, a maintenance slip filled out or reported in person to Stephanie. Please do not stop Dave in the halls to report a work order as he is attending to another project. We want to be sure that all work orders are documented appropriately.
- *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.*

July Activities

Please join us in the month of July for:

- BINGO - Every Wednesday at 5:00 pm
- Commodities – Friday, July 14th @ 10:30 am
- Administrator's Updates Meeting – July 14th @ 11:00 am.
- Monthly Birthday Celebration – July 10th at 6:00 pm
- Bookmobile – July 6th and 27th from 2:15 pm – 3:15 pm
- Lunch Bunch – July 11th (A&W) and July 25th @ 11:30 am
- Movie Day – Monday, July 17th @ 2:00 pm.
- Wii Bowling every Thursday at

9:00 am. Wii Bowling is cancelled on July 13th. Everyone is welcome to play or even to cheer on the bowlers.

- **Please join your neighbors and friends in the Community Room on July 4th at 12:00 pm for an Independence Day cookout!**

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 June

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
Thursday – Saturday, June 29- July 1 Bay City Fireworks Festival

Enjoy fireworks every evening and fun, food and entertainment every day. Including a carnival, concerts and much more!

Friday – Saturday, July 7- 8 Annual Cool City Car Show
Friday night cruise. Saturday over 400 specialty vehicles, hot rods, antiques, customs and motorcycles throughout downtown.

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

To those who participated in the Virtual Village Victory Cup activities: thank you so much for participating, whether you were one of our competitors or you were cheering on others who represented our building. It was so much fun; lots of laughter and giggles by all! And those Lip Sync participants – what a crew!!! It's been awhile since I laughed that hard or enjoyed myself more. Now we wait to see how many medals we received!

The **Blood Pressure Clinics will be on July 13th and 27th at 2:00 p.m.** Lately we have had great participation and even our blood pressure nurses are commenting on how much they enjoy talking with all of you. 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 **Wednesday, July 12th**, Mel from Southern Care will be here to present ***Healthy Tips for Summer***. **July 27th at 2:00 p.m., immediately following the Blood Pressure Clinic**, the second Presentation on ***Fall Prevention*** will be held. Remember, our Presenter agency will be bringing **ice cream sundaes** for all to enjoy!

I will be out of the office on Monday, July 3rd and 4th, Independence Day, in on Wednesday July 5th between 2-5p, **out of the office July 6th and 7th**, then in the office **ALL DAY (9a – 4p)**, on Tuesday, July 11th. **I will be out of the office on July 24th**, in **ALL DAY (9a – 4p) on July 26th**. 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 have been given some ideas for other items that Residents would like to see; if you have an idea, let me know. The selection will change regularly with some larger items for those who gather more tickets. 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! Thanks to Stephanie for providing the Mother's/Father's Day Potluck meats and the pizza for the Virtual Village Victory Cup game day! Have a great day, everyone!*






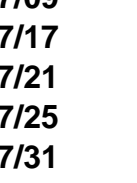
Elizabeth

Continued from pg. 2

Programs (continued)

Celebrating July Birthdays

We will be celebrating July Birthdays in the community room on **Monday, July 10th 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!

	Karen R	07/05
	Jessie S	07/09
	Barb To	07/17
	Randy L	07/21
	Pam	07/25
	Joe C	07/31



Thursday – Saturday, July 27-29 • Downtown Sidewalk Days • Sidewalk Days has been a Downtown Bay City tradition for over 50 years! This event is all about great sales and dining in a very special place.

Tuesdays in June, July and August • Tuesday Movies in the Park • Free family-friendly movies at the Shell in Wenonah Park.

Wednesdays in June, July and August • Wednesdays in the Park • Young people’s live entertainment at lunchtime and concerts for the entire family in the evening.

Fridays, July and August • Fridays at the Falls • Free, casual entertainment at the Third Street Waterfall Park starting at 6:00 pm

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



Remember PVM In Your Will Help an older adult keep their independence

Use your independence to help others. By remembering PVM in your will, you'll be remembered as someone who cared for the independence of their neighbors.

What a powerful word: independence. It means so much, especially in July.

Today, think about what it means to you—and to your peers.

One day (if not already), you may be an older adult, living on your own. You may have financial independence, good health and the loving support of your family to help you stay in your home for as long as possible.

BUT...what if everything changed? What if an ongoing medical issue drained your finances? If you couldn't keep up with the day-to-day tasks of living on your own? If you didn't have family living close by? That's the situation many older adults are in...every day.

You care about your friends and neighbors. That's who you are.

But you're even more. You're a caring person with the power to help.

Learn how you can leave a gift that will create independence long into the future. **Visit mylegacy.pvmf.org.**

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

Thank you!

Paul J. Miller, CFRE

A GIFT IN
YOUR WILL
*can change
the lives
of seniors.*

Presbyterian Villages of Michigan
is only able to provide the best
quality of housing, programs and
services to seniors throughout
Michigan with the generous
support of our donors.
**Please consider a
charitable bequest...**

Without obligation, PVM
Foundation would like to
answer any questions you may
have. Please call Paul Miller
248.281.2045
mylegacy.pvmf.org

Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION



Let Your Garden Grow



What better hobby than one that creates life! Gardening not only makes the environment around you bloom into something even more beautiful, it also provides some great health benefits. Here are a few important benefits to keep in mind as you plant:

Increases hand strength: Gardening keeps hand muscles healthy and strong, because of the continuous work it requires. Try maintaining a garden to lower the risk of your hands losing their agility!

Decreases risk of Alzheimer's disease: In a study, researchers found that daily gardening was one of the biggest activities that reduced the risk of dementia. This may be due to the amount of learning and problem solving that goes into managing a garden.

Improves immunity: While working outside in your garden, your body is turning sunlight into vitamin D. Vitamin D can help your body fight off diseases, and can also alleviate depression.

You can either choose to start plants from seed early in the season (6 weeks before the last frost) or buy starter plants any time during the summer. Pick out your favorites and watch them flourish!

More Virtual Village Victory Cup Photos



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:

LIBRARY

The Library has been sorted and organized by a resident volunteer. She has done a wonderful job keeping the books tidy and in order. You may have already noticed but I just wanted to remind you that there is an empty shelf at the bottom of one of the bookcases that is for returned books. When you are done with a book, please place it here and she will put it back in its rightful position. Any book donations can also be placed here to be filed in order with the rest of the books. Thank you for your assistance and thank you to our resident volunteer for keeping the library so nice and organized.

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.

Strawberry-Lime Bars



Directions

- Preheat oven to 350°. Place crushed pretzels and $\frac{1}{4}$ cup sugar in a small bowl; stir in melted butter. Spread out in an ungreased 15x10x1-in. baking pan. To toast, bake 9-11 minutes or until golden brown. Cool completely.
- Meanwhile, in a bowl, add boiling water to gelatin; stir 2 minutes to completely dissolve. Gently stir in strawberries. Cool slightly. Refrigerate 30 minutes.
- In a large bowl, beat cream cheese, lime peel, lime juice, vanilla and remaining sugar until blended. Stir in cooled pretzel mixture. Spread into ungreased 13x9-in. baking pan. Top with strawberry mixture. Refrigerate, covered, 2 hours or until firm.
- Makes 2 dozen.

Ingredients

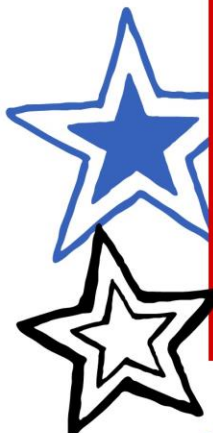
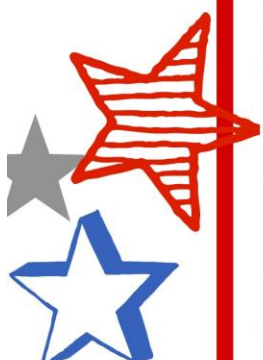
- 2 cups finely crushed pretzels (about 6 ounces)
- $\frac{3}{4}$ cup sugar, divided
- $\frac{3}{4}$ cup butter, melted
- 2 cups boiling water
- 1 package (6 ounces) strawberry gelatin
- 1 pound fresh strawberries, chopped
- 2 packages (8 ounces each) cream cheese, softened
- 1 tablespoon grated lime peel
- $\frac{1}{4}$ cup lime juice
- 1 teaspoon vanilla extract

July Word Search

July 4th word search



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



words to find



- | | | |
|-----------------|------------------|---------------|
| AMERICAN | CENTENNIAL | CIVIC |
| FATHERS | FESTIVE | FIREWORKS |
| FOUNDING | FREEDOM | HOLIDAY |
| HONOR | INDEPENDENCE DAY | LIBERTY |
| NATIONAL ANTHEM | PATRIOTIC | PICNIC |
| STARS | STRIPES | STAR SPANGLED |
| UNITED STATES | VETERANS | |



by Amy Mascott of teachmama.com for Scholastic

July Logic Puzzle



		First Names				Breakfast Cereals				Breads			
		Hailey	Jordan	Tori	Valentina	Cheerios	Grape Nuts	Kix	Malt-O-Meal	challah	corbread	flatbread	wheat bread
Anniversaries	January 8												
	February 8												
	March 24												
	June 5												
Breads	challah												
	corbread												
	flatbread												
	wheat bread												
Breakfast Cereals	Cheerios												
	Grape Nuts												
	Kix												
	Malt-O-Meal												

Logic Puzzles

Presented by Puzzle Baron

Puzzle ID: M457SB

For hints, solutions and more puzzles, go to www.Printable-Puzzles.com!

Anniversaries	First Names	Breakfast Cereals	Breads
January 8			
February 8			
March 24			
June 5			

- The one who eats Kix is not Hailey.
- The person who bought the challah is not Tori.
- The one who eats Malt-O-Meal has an anniversary after the one who eats Cheerios.
- The person who bought the flatbread doesn't eat Malt-O-Meal or Kix.
- The one who eats Cheerios has an anniversary before Jordan.
- Jordan doesn't eat Grape Nuts and doesn't have an anniversary on February 8.
- The person who bought the wheat bread doesn't eat Cheerios.
- The person whose anniversary is on March 24 always has Kix for breakfast.
- Of the person who bought the flatbread and Hailey, one has an anniversary on February 8 and the other always has Grape Nuts for breakfast.
- The person who bought the flatbread is not Jordan.
- Either the person who bought the challah or the person who bought the flatbread always has Malt-O-Meal for breakfast.
- The person who bought the wheat bread is Hailey.
- The person who bought the corbread is not Jordan or Tori.

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Laughter is the Best Medicine

Silly Russell

Dear friends,

It is important for men to remember that, as women grow older, it becomes harder for them to maintain the same quality of housekeeping as they did when they were younger. When men notice this, they should try not to yell. Let me relate how I handle the situation.

When I got laid off from my consulting job and took early retirement in March, it became necessary for Nadine to get a full-time job, both for extra income and for the health benefits that we need. It was shortly after she started working that I noticed that she was beginning to show her age.

I usually get home from fishing or hunting about the same time she gets home from work. Although she knows how hungry I am, she almost always says that she has to rest for half an hour or so before she starts supper. I try not to yell; instead I tell her to take her time and just wake me when she finally does get supper on the table. She used to do the dishes as soon as we finished eating. It is now not unusual for them to sit on the table for several hours after supper. I do what I can by reminding her several times each evening that they aren't cleaning themselves. I know she appreciates this, as it does seem to help her get them done before she goes to bed. Now that she is older, she seems to get tired so much more quickly.

Our washer and dryer are in the basement. Sometimes she says she just can't make another trip down those steps. I don't make a big issue of this. As long as she finishes up the laundry the next evening, I am willing to overlook it. Not only that, but unless I need something ironed to wear to the Monday lodge meeting or to Wednesday's or Saturday's poker club or to Tuesday's or Thursday's bowling or something like that, I will tell her to wait until the next evening to do the ironing. This gives her a little more time to do some of those odds and ends things like shampooing the dog, vacuuming or dusting.

Also, if I have a really good day of fishing, this allows her to gut and scale the fish at a more leisurely pace.

Nadine is starting to complain a little occasionally. For example, she will say that it is difficult for her to find time to pay the monthly bills during her lunch hour. In spite of her complaining, I continue to try to offer encouragement. I tell her to stretch it out over two or even three days. That way she won't have to rush so much. I also remind her that missing lunch completely now and then wouldn't hurt her any, if you know what I mean.

When doing simple jobs, she seems to think she needs more rest periods. She had to take a break when she was only half finished mowing the yard. I try not to embarrass her when she needs these little extra rest breaks. I tell her to fix herself a nice, big, cold glass of freshly squeezed lemonade and just sit for a while. I tell her that, as long as she is making one for herself, she may as well make one for me and take her break by the hammock so she can talk with me until I fall asleep.

I know that I probably look like a saint in the way I support Nadine on a daily basis. I'm not saying that the ability to show this much consideration is easy. Many men will find it difficult. Some will find it impossible. No one knows better than I do how frustrating women can become as they get older. However, guys, even if you just yell at your wife a little less often because of this article, I will consider that writing it was worthwhile.

Signed, Russell.

Russell's funeral was on Saturday, April 25th

Nadine was acquitted Monday, April 27th.

Administrator Column

Resident Updates

**OH MY GOODNESS!**

Have we been having an amazing summer at our Village so far or what?!

Thank you to everyone who participated this year in our Virtual Village Victory Cup!

From the participants to the spectators you ALL did a fabulous job!

We even had so much fun planned for our VVVC, that we had to spread it out over 2 days!

Through all of the planning, the practices, the actual days of the events, and every last detail that was put forth to make this happen...it was ALL worth it to see how much joy it brings to each and every one of you.

We laughed, we cheered each other on and all in all; it was wonderful to see such a cheerful group of people come together to support each other and team up as friends and neighbors.

Thank you also to Dave and Elizabeth for their help with both of our main events. What a great team we have!

Each year it keeps getting more and more exciting! We take on new games, we pick up new players and we make closer connections with each other. This event is months in

the making but when it comes together, it is simply magical!

Now, I know that you all did a wonderful job; so let's bring home some medals! 😊

I can't wait to hear the exciting news! Stay tuned for the results. As soon as they are made available to me I will be sure to share them.

Honestly though, even if we didn't win a single prize....the day, the comradery, the laughs and the sheer jubilation....was prize enough for me. 😊

I hope you all have an amazing July! Enjoy your holiday with family, friends or even the peace of being home away from all of the "hub-bub".

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, July 6th and Thursday, July 27th 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