



Hampton Herald



Embrace the possibilities

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

July 2018

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Summer Temperatures and Hot Weather Precautions

Heat Related Facts:

People over 65 are 12 to 13 times more likely to suffer heat stroke. Close to 100% of such cases are fatal if not treated in time.

A combination of physical changes, unchanged habits and attitude puts the elderly at risk when temperatures soar.

The elderly's normal decrease in perspiration impairs the body's ability to dissipate heat. Thinning skin and loss of fat tissue reduce insulation against heat. Chronic health problems and the use of certain drugs also affect reactions to hot weather.

Diseases such as arthritis, with its built in chill, also may diminish sensitivity to high temperatures.

Please try to follow this safety regimen during hot weather; particularly when accompanied by high humidity:

Stay quiet and sedentary. The daily walk should be taken early in the morning or in the evening when it's cooler. Do chores another day.

Remain in a cool environment (all apartments have individually controlled central air units).

Drink lots of fluids, especially water.

Avoid over dressing, but don't leave the house without a hat when the sun is hot and high.

Use cool damp cloths to depress body temperatures.

Eat light meals.

Check on your neighbor. It's not uncommon to find a friend dressed inappropriately with the windows closed and the air conditioning off. Inform them that they are courting trouble.

Look for PVM on:



Activities

Maintenance Updates

- Let us know if you need assistance with your air conditioning or if you need assistance with your temperature controls. We are here to help. It is far too hot outside lately to not be using your air conditioning so if you need assistance turning it on, please let us know.
- Please be sure that you have your key fob with you as you come and go from the building or utilize any of the outdoor amenities. You will need your key fob to get back in.
- Remember to always put your trash in bags before you put it in the barrels or down the trash chute.
- ***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.***

July Activities

Please join us in the month of July for:

- BINGO - Every Sunday @ 2:00 pm and Wednesday @ 5:00 pm
- Commodities – Friday, July 13th @ 11:00 am
- Administrator's Updates Meeting – July 12th @ 11:00 am.
- Monthly Birthday Celebration – Monday, July 9th @ 6:00 pm
- Bookmobile – July 19th from 3:00 pm – 4:00 pm.
- Movie Day – Monday, July 23rd @ 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 Wednesday, July 4th, Monday, July 9th, Monday, July 16th, Tuesday, July 17th, Friday, July 27th and Monday, July 30th.
- Grief Support—Friday, July 27th @ 2:30 pm.
- July 11th @ 2:00 pm Mel – Summertime Wellness

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 July

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

July 5-7 • Bay City Fireworks Festival •

July • Tuesday Movies in the Park • Wenonah Park. Movies begin at dusk around 9:15 pm.

July • Fridays at the Falls • Third Street Waterfall Park starting at 6:00 pm.

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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

*Hello July! Hello to the middle of Summer!!!
How are you liking this weather???
Make sure that you drink lots of fluids to
stay hydrated in this heat. It's easy to get
dehydrated and not realize it until it's a
problem. Take care and enjoy your summer!*



On **July 12th at 2pm & July 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!* 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!

On **July 11th at 2pm, Mel from SouthernCare** will be presenting information on Summertime Wellness. It will be nice to have her return after she took June off from presenting.

On **July 27th at 2:30pm, Chaplain Don will be here for the Grief Support Group.** Please consider attending this group if you have tough situations in your present or past-life experience as these can impact how we feel and process future situations in our lives. Chaplain Do covers a variety of issues around Grief – including loss (of people, things, or situations) as well as any issues surrounding grief that you might have.

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!

I will be out of the office **July 11th and from July 16th – 20th.** I hope to return the following week.

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.

Take Care of Yourself! You can't do for others if you don't take care of yourself first. You are all important to me!

Elizabeth

Continued from pg. 2

Programs (continued)

Celebrating July Birthdays

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

- Karen R 07/05**
- Barb To..... 07/17**
- Randy L 07/21**
- Pat M..... 07/25**
- Joe C 07/31**



July-Thursdays 10:00 am – 4:00 pm • Downtown Bay City Farmer’s Market • Jefferson Street at Center Ave.

July 7:00 pm – 9:00 pm • Wednesdays in the Park • Concert Series at Wenonah Park.

July 13-14 • Cool City Car Show and Cruze •

Friday, July 13, 2018

5:30pm – Cruze begins through the streets of Essexville and Bay City
We will conclude at the Midland Street Business District for a street party with music, food, and drinks.

Saturday, July 14, 2018

8:00am – Registration for all vehicles at the Delta Planetarium in Downtown Bay City
9:00am – Car Show Begins
11:00am – Exhaust Rapping Contest
12:00pm – Team Competition
3:00pm – Awards Presentation for the “Cool City Car Show”

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

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 a 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



It's Strawberry Season!

This month we have a special guest columnist, Kelli McDonald. Kelli recently graduated from Oakland University and she is interning with PVM this summer!

Strawberries are delicious and nutritious and pair perfectly with any meal! Strawberries may improve your health as they are full of potassium, magnesium, folate, and vitamins C and K. Strawberries are a great snack, but can also be added to many other foods. Add strawberries to your salad, yogurt, muffins, salsa, tea, and more!

In Michigan, strawberries are in season from June – August. A fun way to add more physical activity in to your day is to go strawberry picking! Walk around a local farm and pick fresh strawberries! Here is a link to find your nearest strawberry farm.

<http://www.pickyourown.org/MI.htm>

When picking your strawberries, choose the bright red ones. This means that they are ripe and ready to eat! Make sure that they are not too soft or bruised! If you have an abundance of strawberries, you can freeze them for up to 10 – 12 months! In order to keep them fresh, strawberries should be refrigerated daily. Rinse your strawberries before you cut them to keep them fresh longer!

Strawberry Fun Facts*

- Every state in the U.S grows strawberries.
- An average strawberry has 200 seeds.
- Americans eat 3.4 pounds of strawberries on average each year.

*Source: <https://www.countryliving.com/food-drinks/a35552/facts-about-strawberries/>

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



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Stomp Out Elder Abuse

June 15th was World Elder Abuse Awareness Day. Elder Abuse and exploitation is a rapidly growing problem in America and will continue to increase with the aging of our population. Lance Robertson of the Administration For Community Living, formerly the Administration on Aging at the federal level, released information on how to join the fight for elder justice. He stated that we need to:

BREAK DOWN ISOLATION

Elders without strong social networks are at greater risk. Stay in touch with older adults in your community. Support community efforts to fight isolation. Volunteer to deliver meals or act as a long-term care ombudsman who works to report abuse, neglect and exploitation.

LEARN TO SPOT RED FLAGS

There are a number of "red flags": Isolation, especially by a caregiver; unpaid bills or utilities that have been turned off; unusual or quick changes in a will or other financial documents; missing medications; bruises or welts.

WHAT YOU CAN DO

Elder abuse is more difficult to recognize than child abuse since children attend school. Thus, it is important that fellow citizens observe very carefully for any of the red flags mentioned. Bank tellers, nurses and physicians, senior services providers, hair stylists and others with front line access to seniors can make a difference. Report any red flags to the proper authorities. The statewide hotline in Michigan is (855) 444-3911. Let's look out for others who may not be able to protect themselves from harm.

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:

Remember that it is your responsibility to provide your up to date shot and wellness record for your pet at your recertification.

Please respond to your recertification requests in a timely manner. They are given to you 4 months in advance. Sometimes it can take up to 2-3 months to get some companies to mail them back to me. If there are not returned at all, then I will need to get copies from you as verification. You do not need to spend the first few months gathering a slew of information for me. Stop down so that we can get the paperwork started and I can get the verification forms in the mail. If you want to request information personally from them, you can do so AFTER your appointment with me. We can use it later if they don't return my verification form.

Delaying the recertification process can result in late paperwork to HUD, termination of your assistance and can also lead to termination for your housing here. Please be sure to respond timely to all notices.

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

Honey Mustard Salmon



Ingredients

- 1 tablespoon whole grain mustard
- 2 tablespoons honey
- 1 tablespoon lemon juice
- ½ tsp. lemon rind, grated
- 1 salmon fillet

Directions

- Preheat oven to 425° F.
- In a small bowl mix together wholegrain mustard, honey, lemon juice and rind.
- Rub the honey mixture over the flesh of the salmon fillets and place in an ovenproof dish.
- Bake 5-10 minutes or until cooked through.



July Word Search



Independence Day

July 4th



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

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION

PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED



July Bonus Word Scramble

2	9		7		1			3
6		3			4		1	
				5				7
9	2							
	1						4	9
3				1	8	5	2	
	3	1						
			1			9	5	
		9	2				7	

Sudoku Puzzle #Q335HC
Presented by Puzzle Baron

Rated: Easy

Sudoku Puzzle #M627QU
Presented by Puzzle Baron

Rated: Medium

						8	5	1
5	8	6					3	
		3						9
	6	1	7					
	9		1				4	7
7				3	5	9		
				5		1		
	2		6					8
6		8			9			3

Copyright © Puzzle Baron July 2, 2018 - Go to www.Printable-Puzzles.com for Hints and Solutions!

Laughter is the Best Medicine

THE GAME

On an overseas flight, a lawyer and an older man were in adjoining seats.

The lawyer asked the senior if he'd like to play a little game. The older man was tired, and he told the lawyer he only wanted to sleep.

But the lawyer insisted the game was a lot of fun.

"Here's how it works," he said. "I'll ask you a question. If you can't come up with the answer, you have to give me a dollar. Then it's your turn to ask me one. But if I can't answer it, I have to give you \$20."

The senior figured if he just got this over with, maybe he could get some sleep. So he agreed to play.

The first question from the lawyer was "How far apart are the earth and the moon?"

The senior stayed completely silent, reached for a dollar, and gave it to the lawyer. Then he said, "My turn. What walks upstairs backward and comes downstairs forward?"

The lawyer was stumped. He thought and

thought. He tried to remember all the riddles he knew. He searched every corner of his brain.

He even cheated and asked the flight attendants and other passengers.

Finally he gave up. He woke up the older man and gave him a twenty. The senior stuffed the twenty in his coat and went immediately back to sleep.

The lawyer couldn't stand it. He woke up the older man and said, "I have to know. What walks upstairs backward and comes downstairs forward?"

The senior got out his wallet, gave the lawyer a dollar, and went back to sleep.

Administrator Column

Resident Updates



Resident Activities voted on by YOU

Thank you to everyone who took the time to fill out the survey that I sent around regarding what types of adventures that you would like to participate in.

It was great to see such a huge response and I also appreciated the additional suggestions that were written in. It really does help a lot getting your input before I make plans for our activities. 😊

There was no one thing that stood out or that won by a landslide. It seemed that **a lot** of the activities were voted on by several people which made the second and third place decisions a little tougher.

Overall, the top picked destination is a fall colors tour. I will start looking into pricing information and I can keep you posted at my Administrator's meeting as I know more. Years ago when I had researched this trip, I found a company that will take everyone up north on a bus to view the leaves changing. Somewhere along the path, the bus stops for lunch, and then we continue the tour before we head back home. It should be a nice relaxing trip.

I will also be researching the other top runners for pricing to see how many other adventures we can still go on while the weather is nice.

Thank you again for all of your help and for getting the surveys back to me completed and on time. I

appreciate all of your help and input. Stay tuned and be sure to attend the Administrator's meeting for more information as it develops.

I hope all of you are enjoying your summer so far. The sun helps to give us the very important vitamin D that we all need but be sure that you are prepared when you're outside on hot days. Drink plenty of fluids, wear a hat and sunscreen.

Have a wonderful holiday week and as always, feel free to stop by if you have any questions or concerns. We are always here to help. No question is too big or too small.

Enjoy your summer!

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, July 19th 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.



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Bay City, MI 48708**

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