



# Hampton Herald



Embrace the possibilities

700 North Pine Road • Bay City, Michigan 48708 • [www.pvm.org](http://www.pvm.org)

February 2015

## Featured Articles

**Giving Matters** pg. 5

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

**The Senior Advocate** pg. 7

**Administrator's Column** pg. 11

## Presidential Fun Facts

- ❖ George Washington's favorite food was ice cream.
- ❖ Andrew Johnson was a tailor before becoming president.
- ❖ Abraham Lincoln once worked chopping rails for fences.
- ❖ Harry S. Truman was a haberdasher. (A haberdasher is someone who deals in men's clothing and accessories, particularly hats)
- ❖ Theodore Roosevelt actually named the White House, "The White House".
- ❖ James Polk was the first president to have his picture taken.
- ❖ Theodore Roosevelt was the first president to ride in a car while in office.
- ❖ Franklin Roosevelt (Teddy's fifth cousin) was the first to ride in an airplane.
- ❖ Ulysses S. Grant was given a \$20 speeding ticket for riding his horse and buggy too fast down a Washington, D.C. street.
- ❖ William Henry Harrison, the ninth President, was the only President who studied to be a medical doctor.
- ❖ Millard Fillmore, the 13th President, was the first President to have a stepmother.
- ❖ James Garfield, the 20th President, was the first left-handed President.
- ❖ At 6 feet, 4 inches, Abraham Lincoln was the tallest U.S. President.
- ❖ In 1933, First Lady Eleanor Roosevelt took a flight over the area between Washington, D.C. and Baltimore with famed aviator Amelia Earhart.
- ❖ The White House's first website made its debut in October of 1994 under the Clinton administration.



Look for PVM on:



Happy  
Valentine's  
Day

## Activities

## Maintenance Updates

- House Rules reminder regarding trash—large items including but not limited to furniture and TVs need to be disposed of elsewhere. We do not have a dumpster large enough to dispose of these items for you. If you do not have any family members who can come to pick up your used items, you can call the Cat's Meow and make arrangements with them and the office to have it picked up.
- Large items should NOT be placed in the trash rooms.
- When disposing of empty boxes, you MUST break them down flat and place them on the floor in the trash room. Someone will come by and pick it up from there.
- Be sure that all of your guests and home health care workers are aware that trash must be put through the chute door in the trash room. Trash bags should never be left on the floor.
- Please also follow the snow removal policy in the event of a snowfall. The policy was printed and distributed to make the clearing of the snow as easy as possible for everyone. We have noticed many cars not moving after the plow has been through and this makes keeping the lot clear, extremely difficult. Your cooperation is always appreciated.

## February Activities

## Please join us in the month of February for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Dinner @ 4:00 pm
- Every Wednesday – Bingo @ 5:00 pm
- 
- Administrator's Updates Meeting – Feb. 12<sup>th</sup> @ 2:00 pm
- MSU Extension's Nutrition Series will begin Jan. 8<sup>th</sup> @ 11:00 am and will continue for 6 weeks
- (Jan. 8, 15, 22, 29, Feb. 5, and 12.)
- Monthly Birthday Celebration – Feb. 9<sup>th</sup> at 6:00 pm
- Commodities delivery – Feb. 6<sup>th</sup> around 11:00 am (time may vary)
- Bookmobile – Feb. 5<sup>th</sup> and Feb. 26<sup>th</sup> from 2:00 pm – 3:00 pm
- Monthly pest control service – Feb. 17<sup>th</sup>

## 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 p.m.**  
**everyday**

## Bay City Happenings in February

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, February 14<sup>th</sup>**●**Indulge**●

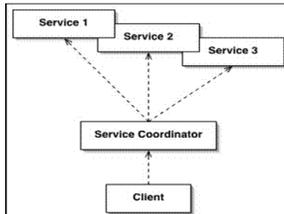
A Downtown event full of life's special things: chocolate, giveaways, pampering, fashion, great dining and so much more! Whether you're looking for a day with friends out on the town, a romantic spa getaway or a day just for you, *Indulge* in Downtown Bay City.

*Continued on pg. 3*

## Service Coordinator Corner

989-892-6906

Service Coordinator's office is located on the 2<sup>nd</sup> floor inside the theater



We are actively seeking a Service Coordinator to assist you with your needs.

As in the past, please feel free to stop by the Administrator's office for any services and assistance that you may need in the meantime.

I have a list of resources and contacts available and can help you with any issue that you may be having. Please don't hesitate to ask.

Karen Parker with the MSU Extension will be here to begin her 6 week series on nutrition. She will be here every Thursday for 6 weeks **beginning on Thursday, January 8<sup>th</sup> at 11:00 am and running until February 12<sup>th</sup>. All meetings will be on Thursdays at 11:00 am.**

We will also be welcoming the Bay County Library Systems **Book Mobile**. They will be pulling up in the parking lot and **will be here every 3<sup>rd</sup> week from 2:00 pm until 3:00 pm beginning January 15<sup>th</sup>.**

I have posted the schedule on the bulletin board by the mailboxes for you to review.

You will need to have a Bay County Library System Library Card to be able to check out books from the Book Mobile. If you do not have a library card, please stop by the office. I have applications for you to fill out.

*Continued from pg. 2*

**January 30<sup>th</sup> –**

**February**

**28<sup>th</sup> • Bronners**

**CHRISTmas**

**Wonderland • Be My Valentine Sale.**

Receive 14% off any purchase \$14 or over. Commercial displays, special orders, gift cards and snack area excluded. Discount applicable on in-store purchases of in-stock merchandise. Not valid with any other offer, previous purchases, or phone or mail orders.

**January 24<sup>th</sup> – May**

**17<sup>th</sup> • Leonardo da**

**Vinci: Man-Inventor-Artist-Genius •**

Experience genius and be inspired by one of history's greatest artists, scientists and inventors! This exceptional exhibition showcases Leonardo's inventions, ingenuity, artwork & more.

Special viewings of a true-to-scale replica of

Leonardo's iconic

masterpiece *The Last*

*Supper: [Feb. 1 & 8 at 2 p.m.](#)*

\$5 admission (does not include optional museum admission).

*Continued on pg. 4*

Programs (continued)

Continued from pg. 5

# Celebrating February Birthdays

We will be celebrating February Birthdays in the community room on Monday, February 9<sup>th</sup> 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!

**Joann H.....02/20**  
**Ruth R .....02/26**  
**Lin F .....02/26**



## 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*

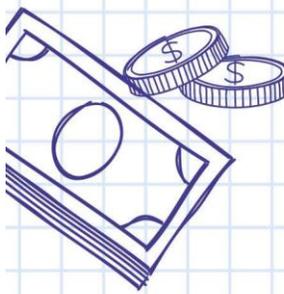


## Save the Date! Friends and Family April 2015

Save the date for the annual **Friends & Family Appeal**, being held **April 1<sup>st</sup>-April 30<sup>th</sup>**! Since 2002, this annual fundraising campaign has raised *over \$950,000* toward projects and programs that have enhanced the lives of countless PVM residents and community seniors.

More information will be shared next month about how you can support your Village, so stay tuned! If you have any questions or would like to share your thoughts, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE



### Do the math!

*Secure a fixed rate annuity to generate income for life!*

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

**IMPROVE YOUR CASH FLOW!**

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9%



**Presbyterian Villages**  
OF MICHIGAN  
THE FOUNDATION

For more information, call Paul Miller at the PVM Foundation **248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)

*The information in this publication is not intended as legal or tax advice. Please consult your legal and tax advisors.*



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### *Be Happy and Well in Your Relationships Through Constructive Communication*

*This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program*

#### **Be Happy & Well In Your Relationships Through Constructive Communication**

February is a month in which we really focus on building and enhancing the relationships with our loved ones. Through constructive communication we can respect the well-being of the people we hold dear as well as our own. Here are some communication techniques that you can practice with your loved ones to help build and maintain positive, harmonious, and rewarding relationships:

1. **Think positive** – Keep a positive mindset and attitude. Always look for a solution to barriers in communication.
2. **Center yourself** – Take a deep breath. Think about what you truly want to say before you say it.
3. **Specify** – Be specific about what you would like your loved one to do, or what you'd like to see your loved one do more of. Thank them for it and appreciate it in advance!
4. **Share your feelings** – Describe your feelings to your loved one in a calm, genuine, and non-accusatory manner.
5. **Be understanding** – Try to understand your loved one's perspective; put yourself in their shoes to help build empathy.
6. **Accept responsibility** – Take part in sharing a problem or challenge with your loved one. This sharing in a problem will show that you are interested in solving the problem *together*.
7. **Offer to help** – Ask your loved one: "How can I help *you*?" Act on the offer!



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### *PVM Celebrates 70<sup>th</sup> Anniversary Throughout 2015*

I am pleased to announce that PVM will be celebrating our 70th Anniversary in 2015. Throughout the coming year we will be hosting events at all of our Villages culminating with our annual PVM Gala in November. We will highlight the rich tapestry of shared history with Michigan since we are Michigan founded and Michigan based. During the past 70 years PVM has become one of the state's premiere senior living and services organizations known for its Service Excellence, innovation, diversity and leadership. It has also created a positive and significant economic impact on the communities which it serves.

As a resident at one of our PVM Villages you may be most aware of our Village Victory Cup and our Wellness programs. However, we are expanding and growing every day with the addition of home services, community outreach, advocacy and other innovative programs. We hope that you will join in the celebration by participating in our upcoming events and even volunteering to help if that is something that you enjoy. Events will be posted on the PVM website at [www.pvm.org](http://www.pvm.org) and on our Facebook page at Presbyterian Villages of Michigan. Your friends and family can join in the fun for many of the events. Ask them to check out these sites with you and keep updated on the latest 70th Anniversary news.

Along with announcing our anniversary, we at PVM want to thank you for placing your trust in us. We look forward to enjoying many more years of embracing the possibilities!

# February Word Search

## Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



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

Chicken Scratch NY

# February Sudoku Puzzle

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

Sudoku Puzzle #H261YU  
Presented by Puzzle Baron

Rated: Easy

Sudoku Puzzle #I540LR  
Presented by Puzzle Baron

Rated: Medium

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

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## Laughter is the Best Medicine

### The Intelligence Game

There was a blonde who found herself sitting next to a lawyer on an airplane. The lawyer just kept bugging the blonde wanting her to play a game of intelligence. Finally, the lawyer offered her 10 to 1 odds, and said that every time the blonde could not answer one of his questions, she owed him \$5, but every time he could not answer hers, he'd give her \$50.00. The lawyer figured he could not lose, and the blonde reluctantly accepted.

The lawyer first asked, "What is the distance between the Earth and the nearest star?"

Without saying a word the blonde handed him \$5. Then the blonde asked, "What goes up a hill with 3 legs and comes back down the hill with 4 legs?"

Well, the lawyer looked puzzled. He took several hours, looking up everything he could on his laptop and even placing numerous air-to-ground phone calls trying to find the answer. Finally, angry and frustrated, he gave up and paid the blonde \$50.00.

The blonde put the \$50 into her purse without comment, but the lawyer insisted, "What is the answer to your question?"

Without saying a word, the blonde handed him \$5.

### Risky Burial

A man and his ever-nagging wife went on vacation to Jerusalem. While they were there, the wife passed away.

The undertaker told the husband, "You can have her shipped home for \$5,000, or you can bury her here, in the Holy Land, for only \$150."

The man thought about it and decided he would just have her shipped home for \$5,000.

The undertaker asked, "Why would you spend \$5,000 to ship your wife home, when it would be wonderful to be buried here and you would spend only \$150?"

The man replied, "Long ago a man named Jesus Christ died here, was buried here, and three days later he rose from the dead...I just can't take that chance."

## Butternut Squash and Turkey Chili

### Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 pound ground turkey breast
- 1 pound butternut squash-peeled, seeded, and cut into 1 inch dice
- ½ cup chicken broth
- 1 (4.5 oz.) can chopped green chilies
- 2 (4.5 oz.) cans petite diced tomatoes
- 1 (15 oz.) can black beans
- 1 (15.5 oz.) can white hominy, drained
- 1 (8 oz.) can tomato sauce
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 teaspoon salt

### Directions

Heat the olive oil in a large pot over medium heat. Stir in the onion and garlic: cook and stir for 3 minutes, then add the turkey. Stir until crumbly and no longer pink.

Add the butternut squash, chicken broth, green chilies, tomatoes, black beans, hominy, and tomato sauce: season with chili powder, cumin, and garlic salt. Bring to a simmer, then reduce heat to medium low, cover and simmer until the squash is tender, about 20 minutes.

## Administrator Column

## Shining Star Nominations



The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence behavior “What I do Matters”. The Service Standards of Excellence are built on four core values: Respect, Relationship, Listening and Accountability. These values serve as a standard against which every action and thought can be measured and supports a culture where team members share their best work, their gifts

and talents. By showing their commitment of continuous improvement in service by the excellence in their jobs, making significant contributions to their Village or PVM, demonstrate commitment to their department, Village, or corporation as well as their customers and residents. Employees, Residents, Families, and Board members are eligible to nominate a PVM employee.

I know many of you have stopped me in the hall and have mentioned that you appreciate all that we do here for you and for our community. This is an opportunity to appreciate and congratulate those employees who you feel have gone above and beyond their call of duty.

All employees are eligible to be nominated so please consider showing your appreciation to all that they do in the form of a Shining Star nomination.

**Forms are available in the administrative office.**

**Nominations are due to PVM by no later than March 16<sup>th</sup>.**

Thank you for all that you do to make Hampton Meadows a wonderful place to call home.

**Stephanie Cooper  
Administrator  
The Village of Hampton  
Meadows**



**Don't Miss the Bay County Library Bookmobile on Thursday,  
February 5<sup>th</sup> and 26<sup>th</sup> from 2:00 – 3:00 pm**

Happy President's Day on February 16<sup>th</sup>!



**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](http://www.pvm.org)

# Office Numbers

## Village Staff

**Stephanie Cooper**  
*Administrator*

**989-892-1912**

*Service Coordinator*

**989-892-6906**

**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](http://www.pvmfoundation.org)



The Village of  
**Hampton  
Meadows**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan  
and Lutheran Homes of Michigan

**700 North Pine Road  
Bay City, MI 48708**

# Embrace the possibilities