

# Hampton Herald

## Embrace the possibilities

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

March 2016

### Featured Articles

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### Friends and Family Campaign 2016

The time of year is upon us again to start preparing for springtime and all of the wonderful things that come with that. Flowers will soon begin to bloom. The weather becomes warmer. Birds begin to sing much louder. Then we know that spring is right around the corner.

Daylight Savings begins on Sunday, March 13<sup>th</sup>. This means that we will need to set our clocks AHEAD one hour that day.

We are also looking forward to the first day of spring which will be March 20<sup>th</sup>.

We follow that up, with getting to enjoy Easter with family and friends the following weekend. It seems that we have quite a bit of activity happening in the month of March.

As spring is beginning for us, it is also time again for our annual Friends and Family Campaign which will be happening again this year for the entire month of April.



Look for PVM on:



After a survey of all of our residents, we were able to determine what will be our fundraising goal for the 2016 campaign.

With overwhelming results, the stationary bike took the lead in the survey and therefore is our top winner! We are so excited to be able to add another piece of equipment to our wellness room to keep our seniors healthy and fit.

Please share our story with your Family and Friends and let them know what a wonderful addition the exercise bike will be.

We will have the thermometer posted again this year to track our fundraising progress. Please join me at this month's administrator's meeting to find out all of the campaign specifics regarding the fundraising and our matched funds potential.

The Kick Off Party will be on April 7<sup>th</sup> at 12:00 pm. Don't forget to invite your family and friends to join us in the community room for food and fun.

**Activities****Maintenance Updates**

- Dave will be working on sprucing up the amenity rooms by putting a fresh coat of paint on the ceilings. Please do not disturb him or enter these areas while the work is being completed. There will be wet paint and various tools lying about in the work zone.
- Be sure to call in your work orders to the office. Do not stop Dave in the halls to tell him. The work order needs to be logged into the computer system in the office for completion. Dave will then get the work order from the computer and will be to your apartment as soon as possible.
- Be reminded that April is the month that we do our semi-annual apartment inspections. We will be replacing furnace filters, checking the apartments for leaks and maintenance needs as well as fire hazards, trip hazards, health and safety concerns and bed bugs. More information on this in April.
- April is also the month for our announced fire drill. Watch your calendars for a specific date and time.
- If you have a spill in the hallways, please let us know right away and let us know what you spilled too so that we can make the best effort to clean the stain properly.

**March Activities****Please join us in the month of March for:**

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Commodities will be here on March 4<sup>th</sup> around 11 am
- Administrator's Updates Meeting – Mar. 10<sup>th</sup> @ 11:00 am
- Daylight Savings begins Sunday, March 13<sup>th</sup>. Don't forget to set your clocks ahead one hour.
- Monthly Birthday Celebration – Mar. 14<sup>th</sup> at 6:00 pm

- Bookmobile – Mar. 10<sup>th</sup> AND Mar. 31<sup>st</sup> from 2:00 pm – 3:00 pm
- Monthly pest control service – Mar. 21<sup>st</sup>
- The podiatrist will be here March 9<sup>th</sup>. Usually between 3-4 pm.
- Daniel Bryson, musical entertainer – Wednesday, Mar. 9<sup>th</sup> @ 4:00 pm
- The Bay City Recyclables will be here to perform on March 16<sup>th</sup> @ 3:00 pm
- Our Lunch Bunch will begin on March 11<sup>th</sup> at 11:30 am. It will continue every two weeks if there are enough people interested. Stop down and join in.

**Announcements****Laundry Repair Contact Number: 1-800-521-9938**

Please use this number when the washers or dryers are not working or if you've lost quarters in the machine.

**Laundry Room Hours are:**  
**8:00 a.m. – 8:00 pm**  
**everyday**

**Bay City Happenings in March**

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****Sunday, March 20<sup>th</sup> •St. Patrick's Day Parade•**

A parade down historic Center Avenue, ending at Wenonah Park. Join us for this annual celebration of everything Irish!

(St. Patrick's Day is on Thursday, March 17<sup>th</sup>)

*Continued on pg. 3*

## Service Coordinator Corner

Elizabeth Brinker      989-892-6906

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

*It's almost over!!!! Winter is having one last hurrah, but I'm hoping that we're seeing the last of the white stuff.... March is the month of St. Patrick's Day, shamrocks, and leprechauns! Hopefully it will be warm on the 20<sup>th</sup> for the big Bay City St. Patrick's Day parade and marathon! Always a fun time!*

On February 25<sup>th</sup>, we had a presentation on "**Hand Washing**" scheduled – but as you know, Old Man Winter had to give it one more go-round. The presentation with Deb from Americans Home Health Care, Inc., has been moved to March 3<sup>rd</sup>, the next week, on Thursday at 2:00 p.m. and will focus on maintaining our health by proper and frequent hand washing and how to properly wash our hands for the best benefit. I believe that there will be door prizes... On Wednesday, March 9<sup>th</sup>, Melissa from Southern Care will be back to talk about "**Slip and Fall Safety**" – she said she really enjoyed her last presentation with you on "Dehydration"! Her presentation will also be at 2:00 p.m. There will be snacks.

I am still working on getting the **Blood Pressure Clinic** up and running. I'm hoping to have blood pressure checks weekly – our first one will be on Thursday, March 10<sup>th</sup> from 2:30 p.m. – 3:30 p.m. Please let me know if you have opinions or concerns about time and day for these.



On Friday, March 11<sup>th</sup>, Linda from American Medical Supply will be here with some help to "**Clean and Tune Up**" those walkers, power chairs, wheel chairs, etc. Please bring down your equipment and take advantage of having someone look it over and possibly do some minor repairs – you'll be shiny and ready in no time! There will snacks, water and maybe even a door prize. Finally, on March 22<sup>nd</sup>, Bonnie from Golden Horizons Adult Care Center will be here again – this time to speak on "**Keeping the Mind Sharp**" (with handouts) – she was great with the information this last month on Myths and Misconceptions about Aging! She, too, told me how much she enjoyed her time here with you all! We have such a friendly bunch here!

*Thank you for allowing me to assist you! I am thoroughly enjoying getting to meet all of you and talk with you!*

*Elizabeth*

*Continued from pg. 2*

**Friday and Saturday  
March 18-19•  
"Welcome Spring"  
Open House  
Weekend•**

Downtown Welcomes Spring with Open Houses all over town. Enjoy the true signs of spring with beautiful new ideas and products for the home, 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 Bay City!

**March 11-April  
10•Frankenmuth's  
Grand Giveaway•**

Shop to win in Frankenmuth! For every \$100 spent at participating businesses, come to the Visitor Center to receive a raffle ticket that enters you in a weekly drawing for \$100 in Frankenmuth Money, and gives you a shot at our Grand Giveaway, valued at over \$1,000!

**For information on activities at the Bay City State Theatre...please check out their website at:**

[www.statetheatrebaycity.com](http://www.statetheatrebaycity.com)

*Continued on pa. 4*

**Programs (continued)***Continued from pg. 5*

## Celebrating March Birthdays

We will be celebrating March Birthdays in the community room on Monday, March 14<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!

Arnold B ..... 03/05  
Darlene C ..... 03/09



## 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

## A Culture of Philanthropy at PVM

What is “philanthropy” and what does it mean to have a “culture of philanthropy?” In simple terms, philanthropy is an act done or gift made **to help make life better for others**. Philanthropy is a values-based process that happens when someone feels compelled to give, not because they felt pressured, but because their interests match that of the organization. Philanthropy is rarely transactional—it’s transformative, it’s an investment.

Without philanthropy, Presbyterian Villages of Michigan would not exist. PVM’s flagship Village, The Village of Redford, was established in 1945 through a \$10,000 philanthropic gift made by Clarence D. Sterling. Philanthropy is integral to PVM’s history *and* future, with 27 Villages and the many numerous programs and services that impact residents every day.

As an example, through the generous philanthropy of donors, the PVM Foundation granted **\$7,457,530\*** in 2015 for Village projects and programs including the following:

- Pre-development activity at **The Thome Rivertown Neighborhood** for the Weinberg Green Houses® and community space
- A new bus at **The Village of Holly Woodlands**
- Wellness Center upgrades at **Perry Farm Village**
- A new computer and printer at **The Village of Bethany Manor**
- Funding for resident activities at **16 Villages**
- Beauty shop renovations at **The Village of Westland**

At PVM, we encourage everyone to embody a culture of philanthropy as a way of life, to inspire and encourage others to give back to their community. Our goal is to educate about the importance of philanthropy, honor those who give, and ensure that the tradition of philanthropy is continued by future generations.

We are very appreciative and thankful to all donors and supporters of the PVM mission—**THANK YOU** for all you do to help seniors thrive and to create a culture of philanthropy! If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE

\*Unaudited



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## Eat Better to Feel Better

As we age, we often consider our daily aches and pains to be a sign that we are getting "old". We dismiss the tingling sensations in our hands and feet, the paleness of our skin, our depressed mood, our loss of appetite, our inability to concentrate, our increased confusion and our excessive fatigue as being inevitable consequences of aging. And we resign ourselves to the "fact" that there's nothing we can do about it.

While it is true we will experience some physical changes as we age, if you experience any of the symptoms listed above it could be your diet that is the culprit, not your birthday. If you have any of these symptoms you should tell your doctor. You may also want to ask to have your blood and/or urine tested for nutrient deficiencies. Deficiencies in thiamin, calcium, magnesium, potassium, and vitamins B6, B12, D and E are common in older adults.

Additionally, because certain medications are known to interfere with your body's ability to absorb nutrients you should also talk with your doctor about the medications you are taking. If you have a nutrient deficiency your doctor may recommend you take a supplement, which is advice you should follow. Barring such medical necessity, however, it's best to meet your nutritional needs by eating a variety of whole foods that include fruits, vegetables, whole grains, and lean meats. As a rule of thumb, to ensure adequate variety you should aim for the colors of the food on your plate to resemble the colors of the rainbow. Over time, as you bring your diet into balance you may notice that your daily aches and pains have diminished or even become a thing of the past. To learn more visit [www.choosemyplate.gov/MyPlate](http://www.choosemyplate.gov/MyPlate).

– SUPPLEMENT INCOME WITH FIXED ANNUAL PAYMENTS FOR LIFE –

**HELPING OTHERS**  
*helps you!*

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?

UP TO  
9%  
RETURN

Presbyterian  
Villages  
OF MICHIGAN  
THE FOUNDATION

Check out your possible  
rate of returns  
by visiting  
[www.pvmgifts.org](http://www.pvmgifts.org)

Or, for more information,  
call Paul Miller at the  
PVM Foundation  
**248.281.2045**



# The Senior Advocate.

**By Lynn Alexander,  
Vice President of Public Affairs**

## *The Latest on the Aging of America*

NEWS FLASH! Our society is getting older! I call this a news flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.

The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.

About one in every seven, or 14.1% of the population, is an older American.

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

There were 67,347 persons aged 100 or more in 2013.

Older women outnumber older men at 25.1 million older women to 19.6 older men.

Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is: [www.iog.wayne.edu](http://www.iog.wayne.edu).

Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.

So to all of our readers, and especially women, please take this information to heart and take action to secure your financial future. It is the best gift you can give to yourself and loved ones.

## Wellspring Lutheran Senior Living Services



### Personal Assistance

There when you need us

For those needing a little extra help with day-to-day tasks, Wellspring Lutheran Services offers personal assistance caregivers. Our caregivers provide a personalized approach in caring for your loved one that allows them to remain independent and safe while giving you peace of mind.

Our service area includes these cities and surrounding areas: Alpena, Bay City, Flint, Frankenmuth, Rogers City and Saginaw.

Let our dedicated staff assist you or the person you care for with these day-to-day needs:

- Bathing, dressing & personal hygiene
- Client/family liaison
- Companionship and activities
- Cooking, housekeeping & laundry
- Errands, shopping & transportation
- Exercise support
- Medication management and reminders
- Health and home activity monitoring
- Short-term respite care
- Socializing
- Toileting and incontinence care
- Vital sign monitoring

## **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**



*A House Rules Reminder:  
Shoes or boots are not to  
be left outside of your  
apartment.*

*Do not let strangers into  
the building. If the visitor  
is not here to see you,  
they MUST buzz  
whomever they are here  
to see; including either of  
the staff offices.  
Our building can only be  
as secure as you allow it  
to be.*

*Please do not take things  
off of other people's  
ledges if it does not  
belong to you. Even  
rearranging their  
decorations is a violation  
of their personal space.  
Please be considerate.*

*It takes more muscles to  
frown than it does to  
smile. Smile at a  
passerby. It could make  
all the difference in how  
their day ends up.*

*Be kind to one another.*

# March Puzzles



	First Names				Soft Drinks			Teas				
Reservations	Alexa	Lance	Payton	Raegan	cola	grape soda	orange soda	root beer	green tea	oolong tea	puer tea	white tea
5:30pm												
6:00pm												
6:30pm												
7:30pm												
green tea												
oolong tea												
puer tea												
white tea												
cola												
grape soda												
orange soda												
root beer												

## Logic Puzzles

Presented by Puzzle Baron

Puzzle ID: N164IZ

For hints, solutions and more puzzles, go to  
[www.Printable-Puzzles.com!](http://www.Printable-Puzzles.com)

Reservations	First Names	Soft Drinks	Teas
5:30pm			
6:00pm			
6:30pm			
7:30pm			

1. The one who drinks grape soda has a later reservation than Alexa.
2. The one who drinks orange soda is not Raegan.
3. The one who drinks cola has an earlier reservation than the person who drank white tea.
4. The one who drinks grape soda is not Raegan or Lance.
5. Either the person who drank puer tea or the person who drank white tea is Payton.
6. The person who drank puer tea is not Alexa or Raegan.
7. The person with a reservation at 5:30pm didn't drink oolong tea.
8. The person who drank puer tea is not Lance.
9. The person with a reservation at 7:30pm loves to drink orange soda.
10. Of the person who drank oolong tea and Payton, one has the 6:30pm reservation and the other loves to drink grape soda.
11. The person with a reservation at 5:30pm is Alexa.
12. The person who drank white tea never drinks grape soda.
13. The person who drank green tea never drinks cola.

Copyright © Puzzle Baron - January 29, 2010 - Go to [www.Printable-Puzzles.com](http://www.Printable-Puzzles.com) for Hints and Solutions!

## March Word Search

### Ides of March Word Search

Find the names of people, places and things associated with Rome's best known statesman, Julius Caesar.

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

AEDILE  
BRITAIN  
BRUTUS  
CALENDAR  
CALPURNIA  
CLEOPATRA  
CONSUL  
CORNELIA  
DICTATOR  
GAUL  
IDES  
IMPERATOR  
MARCH  
MARKANTONY  
MILITARY  
ORATOR  
PATRICIAN  
POMPEIA  
PRAETOR  
QUAESTOR  
ROME  
REPUBLIC  
RUBICON  
SENATE  
TRIBUNE  
TRIUMPH

**All About Puzzles**  
[puzzles.about.com](http://puzzles.about.com)

# Laughter is the Best Medicine

## Age Activated Attention Deficit Disorder

I have recently been diagnosed with AAADD - Age Activated Attention Deficit Disorder.

This is how it goes:

I decide to do work on the car, start to the garage and notice the mail on the table. OK, I'm going to work on the car... BUT FIRST I'm going to go through the mail.

Lay car keys down on desk. After discarding the junk mail, I notice the trash can is full. OK, I'll just put the bills on my desk.... BUT FIRST I'll take the trash out, but since I'm going to be near the mailbox, I'll address a few bills....

Yes, now where is the checkbook? Oops... there's only one check left. Where did I put the extra checks? Oh, there is my empty plastic cup from last night on my desk. I'm going to look for those checks... BUT FIRST I need to put the cup back in the kitchen.

I head for the kitchen, look out the window, notice the flowers need a drink of water, I put the cup on the counter and there's my extra pair of glasses on the kitchen counter. What are they doing here? I'll just put them away... BUT FIRST I need to water those plants.

I head for the door and... Aaaagh! Someone left the TV remote in the wrong spot. Okay, I'll put the remote away and water the plants... BUT FIRST I need to find those checks.

**END OF DAY:** Oil in car not changed, bills still unpaid, cup still in the sink, checkbook still has only one check left, lost my car keys, and, when I try to figure out how come nothing got done today, I'm baffled because... I KNOW I WAS BUSY ALL DAY! I realize this condition is serious... I'd get help...

BUT FIRST...I think I'll check my e-mail.

## *Baked Salmon with Dill*

### Ingredients

- 1 six ounce salmon fillet (about 1 inch thick)
- $\frac{1}{2}$  tablespoon finely chopped fresh dill
- Salt and pepper to taste
- 1 lemon wedge

### Directions

Preheat oven to 350°. Place fish on a baking sheet lightly coated with cooking spray.

Lightly coat fish with cooking spray. Sprinkle fish with dill, salt and pepper.

Bake at 350° for 10 minutes or until fish flakes easily when tested with a fork or until desired degrees of doneness.

Serve with lemon wedge.

**Administrator Column**

## Resident Updates



This month we are very fortunate to be able to have two different entertainers join us. Last month we had Daniel Bryson scheduled to come in and sing for us but unfortunately that storm came in and made it difficult for everyone to travel.

Thankfully, we were able to reschedule him so quickly and he will be joining us on **Wednesday, March 9<sup>th</sup> at 4:00 pm in the game room on the second floor.**

We will also be having a visit from the Bay City Recyclables. They are an entertainment group with the Bay City Players made up solely of other senior citizens. They enjoy traveling to senior communities, senior centers and anywhere where there's someone who enjoys a good laugh.

We have hosted them every year, and believe me...the show is well worth it!

**Come down to the community room on Wednesday, March 16<sup>th</sup> at 3:00 pm and see for yourself.**

We hope that you are able to stop down and join us for the entertainment that we have provided for you this month. We always have a lot of fun.

If you have any other ideas of activities or entertainment that you would like to participate in, please stop by the office. I would be glad to hear any new ideas you may have.

Have a wonderful March everyone!

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



**Don't Miss the Bay County Library Bookmobile on Thursday, March 10<sup>th</sup>  
AND Thursday, March 31<sup>st</sup> from 2:00 pm – 3:00 pm**



## Presbyterian Villages of Michigan Mission Statement

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

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



THE FOUNDATION

## Office Numbers

### Village Staff

**Stephanie Cooper**

*Administrator*

**989-892-1912**

**Elizabeth Brinker**

*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)



**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



A Mission of Presbyterian Villages of Michigan  
and Wellspring Lutheran Services

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

**Embrace the possibilities**