



Hampton Herald



Embrace the possibilities

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

April 2016

Friends and Family Campaign 2016

Featured Articles

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Our Friends and Family Campaign is in full swing again this year for the entire month of April!

This year we are fundraising for a stationary bike for the wellness room. Please share this with your friends and family and let them know how much their donations help to enrich the lives of our seniors.

*Did you know that the generous donations that we have received through the years have helped to purchase many of the things you see at Hampton Meadows now? It's true!

Many of the things that we enjoy daily were provided from donations from your families, your friends, Hampton Meadows staff members, board members, PVM employees from other villages, our corporate office and of course the PVM Foundation. Each year the Foundation provides us with a new way to earn matching funding which is a much appreciated bonus!

To date these donations have helped us receive:

- 1)The Treadmill
- 2)The NuStep Machine
- 3)The Gazebo

4)The Aviary

5)The Resident Activity Fund

We are so grateful to each and every one of the people who have donated. Please know that EVERY donation counts to get us closer to our goal no matter what the amount. Your kindness makes all the difference in the lives of our seniors.

Join us in the community room on Thursday, April 7th at 12:00 pm for our 2016 Friends and Family Kick-Off Party. We welcome residents, their guests, board members, community members and staff to join us in celebrating another beginning to a wonderful month of giving and assistance to our residents to further them in aging in place....right here in their home. 😊

I will again this year be offering free postage to anyone who would like to donate. Just bring your donation and/or envelope to the office and I will stamp it and send it to the PVM Foundation to go towards our goal. Stop by the office if you have any questions or concerns.



Look for PVM on:



Activities

Maintenance Updates

- Apartment inspections will be happening on April 12th and 13th. We anticipate beginning in the morning after 9:00 am. We will be checking for leaks, fire hazards, health and safety hazards, bed bugs, changing the furnace filter as well as cleaning the coils for the AC season, housekeeping and any other maintenance issues. Check your cubbies for more specific information.
- Our announced fire drill is scheduled for April 21st at 3:30 pm, weather permitting. This is a good refresher for the residents and a good training for our new residents who haven't participated in one yet. Remember that our fall fire drill is unannounced. A fire can happen at any time and so our fire drill in the fall will reflect that. Please be sure to safely exit the building and go to the middle section of the lot. Here I will take roll call and see that everyone is accounted for. If you are unable to descend the stairs and are on second floor, please get yourself to a stairwell and wait on the top landing for an "all clear announcement". This is where you should go in case of a fire as the fire personnel will check the stairwells first.
- Be sure to keep your apartment windows locked when they are closed. It helps keep the dirt and rain outside where it belongs. ☺

April Activities

Please join us in the month of April for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Commodities will be here on April 1st around 11 am
- Administrator's Updates Meeting – Apr. 14th @ 11:00 am
- Monthly Birthday Celebration – Apr. 11th at 6:00 pm
- Bookmobile – Apr. 21st 2:00 pm – 3:00 pm
- Monthly pest control service – Apr. 18th

- Our **Lunch Bunch** will begin again on **April 15th at 11:30 am**. It will continue every two weeks. Stop down and join in.
- Esther with the **National Kidney Foundation** will be back to talk about **Low Impact Exercise Awareness and Healthy Living**. We will have **snacks** and **door prizes** for attending. Please join us in the community room on **Wednesday, April 20th @ 1:00 pm**.

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 April

Bay City is host to several festivals and events each year. There are many different activities throughout our beautiful little town and the surrounding areas.

Here are a few:

DOWNTOWN BAY CITY

No specials or activities planned for the month of April in Downtown Bay City.

Check back next month for more exciting events.

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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

Hands in the air - Who's tired of the snow? Me, Me, Me! Hopefully, this week is the last of it til next winter! It's Easter this weekend - doesn't that usually bring in spring flowers - I love the hyacinth, daffodils, and crocus that all bravely poke their faces up so early!

The Blood Pressure Clinic is up and running – the second and fourth Thursday's generally, although I had to schedule the second one in May on the 25th (Wednesday) instead. Please take advantage of this opportunity to get your blood pressure checked by a trained professional. – they will write down your BP numbers each time. Monitoring your blood pressure helps you prevent problems. Again, in April, the BP Clinics are on the 14th and 28th – both Thursdays.

On Wednesday, April 13th, Melissa from Southern Care will be here with some information on "Diabetes: both Low and High Blood Sugar Levels". She will be bringing snacks and water.

On April 27th, Kari from Wellspring Lutheran Services will be here to talk about issues in "Life Planning" – what should you consider? Who do you talk to? What information will you need to gather? Who do you want involved in the process?

To those of you who have so graciously met with me and



gone through the Intake process - THANK YOU! I appreciate your time, the efforts you made to gather the information that was necessary, and your willingness to be candid about your situations and the ways that I might be of assistance! I have been enjoying getting to know everyone just a little better.

On a related note - Remember that I am here to assist you to "Age In Place" - (stay in your home) as long as you desire and can safely remain. Come talk with me if you're having difficulty with the things you need to do and we'll see how I can help!

Elizabeth

Continued from pg. 2

Thursday, April 21st at 7:00 pm and Friday, April 22nd at 10:00 am • Journey Into Space • The Bay City State Theatre FREE

Enjoy a once in a lifetime opportunity for community members of the Great Lakes Bay Region to meet with active duty astronaut, Andrew J. Feustel, Ph.D. Dr. Feustel will take you on a journey into space with amazing video footage and photos of his missions to the Hubble Space Telescope and the International Space Station, followed by an opportunity to ask questions. Doors will open 1 hour prior to each event.

BUFFALO WILD WINGS FUNDRAISER

As part of our Friends and Family Campaign, Buffalo Wild Wings will be contributing to our project! The fundraiser will be Sunday, May 22nd. You just dine in or order take out, present a coupon, (distributed in your cubbies and available at the office), and they will donate 20% of your purchase back to us! Available only at the Wilder Rd. BWW. Please help us by passing coupons to your friends and families.

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Programs (continued)

Continued from pg. 5

Celebrating April Birthdays

We will be celebrating April Birthdays in the community room on Monday, April 11th at 6:00 pm. Spencer Skorupski from Skorupski Family Funeral Home and Cremation Services has graciously agreed to host all of our birthday celebrations. He will bring the cake and some balloons! Please come by and celebrate with us!



Esther G04/09

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



The Resident Council funds will be providing a catered Easter Dinner that is free of charge to the residents. You must sign up to attend. Please see Esther or Rose. The dinner will be Saturday, April 9th at 5:30 pm.

For more details, contact Debbie Keyes at 989-893-7070



Friends & Family Kicks Off April 1st!

Join us in the annual **Friends & Family** fundraising campaign! Friends & Family is an opportunity for residents to raise funds for projects that will enhance and enrich their lives. The 2016 goal is to raise \$150,000 cumulatively across all participating PVM Villages.

Match Opportunity

Your gift received by April 30th during Friends & Family (F&F) is eligible to be matched! Matching funds will be awarded at the end of the campaign to every Village, based on the percentage they raised toward the total F&F amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Example: If your Village raises 10% of the total F&F amount raised (across all Villages), then your Village will receive 10% of the matching funds available.

Want to Learn More?

Attend your Village Kick-Off Party or look for flyers and posters to learn more about your Village's individual fundraising goal and project. You can also visit pvmfoundation.org/FF2016. Please encourage everyone you know to make a gift during the month of April to support your Village's much-needed project and, remember, **every gift matters!**

To Make a Gift

- See the front desk or your Administrator for a donation envelope and mail it to PVM Foundation, 26200 Lahser Road, Suite 300, Southfield, MI 48033.
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040

Match guidelines apply. For more information, please contact your Village Administrator or the PVM Foundation at 248-281-2040. Best of luck to ALL the Villages for a successful Friends & Family Campaign!

Warm regards,
Paul J. Miller, CFRE



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

April is Alcohol Awareness Month

This April during Alcohol Awareness Month, I encourage you to educate yourself and your loved ones about the dangers of drinking too much. In 2014 there were more than 9,300 drunk-driving accidents in Michigan. Of the 806 fatal car accidents that occurred in Michigan in 2014, nearly 30% involved alcohol and/or drugs. Excessive alcohol consumption also increases your risk of non-auto related injuries, violence, drowning, liver disease, and some types of cancer. If you are concerned that you or a loved one may be drinking too much, here are some strategies you can use to help you cut back or quit drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Don't drink when you are upset.
- Choose a day each week when you will not drink.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

For more information visit the National Council on Alcoholism and Drug Dependence website at www.ncadd.org or call 1-800-622-2255.

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015

FRIENDS & family

April
1-30

Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.

Your gift today will change the lives of seniors for years to come!

Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

TO MAKE A GIFT:
See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at **248.281.2040** or visit www.pvmfoundation.org.

Your gift can be **MATCHED!**
Match guidelines apply.

Zehnder's 22nd Annual Ragtime Festival – April 27-30, 2016

Zehnder's has been host to ragtime performers from around the United States and Canada for over 21 years. Come and enjoy ragtime music performed by our featured pianist, Bob Milne and other world renowned musicians.

22nd Annual Ragtime Festival Entertainment Line Up – April 27 – 30, 2016

Wednesday, April 27

6:00 p.m. Family Style Chicken Dinner

7:30 p.m. 90-minute concert featuring:

Jeff Barnhart, Bob Milne, Kerry Price & Bob Seeley

\$40.00 per person, complete

Thursday, April 28

11:30 a.m. Plated Lunch – Served at Table

1:00 p.m. 90-minute concert featuring:

Jeff & Anne Barnhart, Bob Milne, Kerry Price

\$35.00 per person, complete

7:00 p.m. Vaudeville Night (concert 7 – 9:30 p.m. with intermission)

Featuring: Jeff Barnhart, Fred "Mickey" Finn & Cathy

Reilly & Bob Milne

\$25.00 per person

Friday, April 29

11:30 a.m. Lunch Served Family Style at Table

1:00 p.m. 90-minute concert featuring:

Jeff Barnhart, Frederick Hodges, Bob Milne & Bob Seeley

\$35.00 per person, complete

6:30 p.m. Friday Night Picnic (Very Casual with Picnic Food Stations)

Music by: Fred "Mickey" Finn & Cathy Reilly &

Bob Milne

Kerry Price

\$30.00 per person, complete

Saturday, April 30

11:30 a.m. Lunch Served Family Style at Table

1:00 p.m. 90-minute concert featuring:

Jeff & Anne Barnhart, Frederick Hodges & Bob Milne

\$35.00 per person, complete

Saturday Evening Festival Grand Finale

6:00 p.m. Three-Meat Dinner Buffet

7:30 p.m. Two Hour Concert Featuring:

Jeff Barnhart, Frederick Hodges, Fred "Mickey" Finn &

Cathy Reilly and Bob Milne

\$55 per person, complete

Wellspring Lutheran

Senior Living Services



Rehabilitation Services

Offering peace of mind

After an illness or surgery, healing and recovery are the priority. The short-term rehab programs at Wellspring Lutheran Services have become a trusted source for recovery. Our short-term rehab programs:

- Are staffed by highly skilled therapists who focus on your independence and make it their goal to get you well on your way to recovery;
- Reflect Christian compassion;
- Build each person's confidence;
- Provide good communication and clear understanding with each step and segment of your rehabilitation; and
- Establish a comfortable environment with a caring staff, which promotes successful rehabilitation.

Whether your rehab is in one of our rehab centers or in the comfort of your own home, your recovery is important to our team of therapists. Wellspring Lutheran Services rehabilitation services are available in these locations:

- Fairview
- Frankenmuth
- Livonia
- Monroe
- Saginaw
- Your home

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.

House Rules Reminders:

Let us know if you would like the pest control technician to visit your apartment. He comes every month (I put it on the calendar) and can come to your apartment for any issues that you are having or even for preventative measures.

If you have a pet, be sure that their shots and licenses are up to date. You will need to provide current updated information at your recertification appointment. You must also pick up after your pet. Clean your kitty litter daily and pick up behind your dog.

If you go on vacation or are in the hospital, you must make arrangements for someone to care for your pet. Please refer to the pet policy for specific instructions.

Offer a helping hand or a listening ear to your neighbor. Sometimes a little help is all we need but we rarely ask for it.

Congratulations!

You are being recognized because
"What you did mattered!"



Thank you for what you did!

Employee Name: _____

Person Recognizing Employee: _____

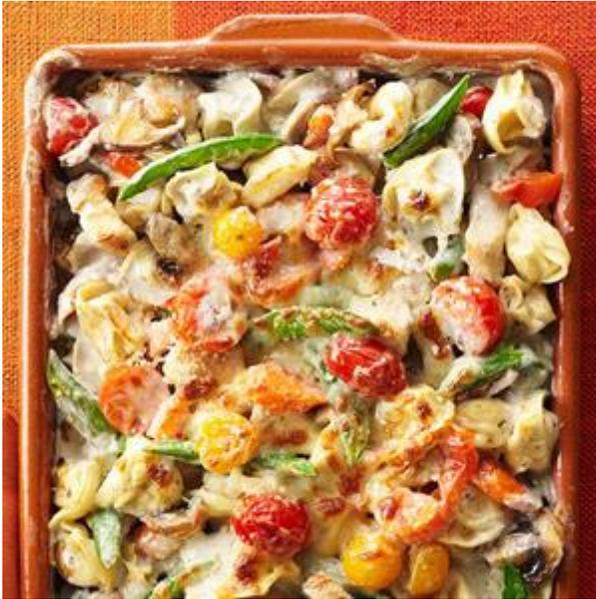
Date: _____

** Please turn a copy of this card into Village Administrator or HR, for a drawing

ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT



Tortellini Vegetable Bake



Ingredients

- 2 9 oz. packages refrigerated cheese tortellini
- 1 ½ cups fresh sugar snap peas, trimmed and halved crosswise
- ½ cup thinly sliced carrot (1 medium)
- 1 tbsp. butter
- 1 cup sliced fresh mushrooms
- 1/3 cup vegetable broth
- 2 teaspoons all-purpose flour
- 1 ½ tsp. dried oregano, crushed
- ½ tsp. garlic salt
- ½ tsp. ground black pepper
- 1 cup milk
- 1 (8 ounce) package cream cheese, cubed and softened
- 1 tbsp. lemon juice
- 1 cup quartered cherry tomatoes
- ½ cup coarsely chopped red or green sweet pepper (1 small)
- 2 tbsp. grated Parmesan cheese

Directions

- Preheat oven to 350°.
- Cook tortellini according to package directions, adding sugar snap peas and carrot for the last 1 minute of cooking; drain.
- Meanwhile, in a 12-inch skillet, melt butter over medium heat. Add mushrooms; cook about 5 minutes or until mushrooms are tender, stirring occasionally. Remove from skillet.
- In a screw top jar, combine broth, flour, oregano, garlic salt and black pepper. Cover and shake until smooth. Add to the same skillet; add milk.
- Cook and stir until thickened and bubbly. Add cream cheese; cook and stir until smooth.
- Remove from heat; stir in lemon juice.
- Stir tortellini mixture, mushrooms, tomatoes and sweet pepper into cream cheese mixture.
- Spoon into ungreased 3-quart rectangular baking dish. Bake, covered, about 30 minutes or until heated through.
- Sprinkle with Parmesan cheese.

April Word Search

Just joking!

Find the hidden joke and answer in the word find

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

LAUGH FUNNY JESTER
 FOOL ANNOY MISCHIEF
 HUMOUR APRIL RIDDLE
 SURPRISE
 JOKES VICTIM SILLY
 PRANKS HOAX TRICKED



----- ?
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Laughter is the Best Medicine

Company Policy: Effective Immediately

Dress Code:

It is advised that you come to work dressed according to your salary. If we see you wearing Prada shoes and carrying a Gucci bag, we assume you are doing well financially and therefore do not need a raise. If you dress poorly, you need to learn to manage your money better, so that you buy nicer clothes, and therefore you do not need a raise. If you dress just right, you are right where you need to be and therefore you do not need a raise.

Sick Days:

We will no longer accept a doctor's statement as proof of sickness. If you are able to go to the doctor, you are able to come to work.

Personal Days:

Each employee will receive 104 personal days a year. They are called Saturday & Sunday.

Bereavement Leave:

This is no excuse for missing work. There is nothing you can do for dead friends, relatives or co-workers. Every effort should be made to have non-employees attend to the arrangements. In rare cases where employee involvement is necessary, the funeral should be scheduled in the late afternoon. We will be glad to allow you to work through your lunch hour and subsequently leave one hour early.

Toilet Use:

Entirely too much time is being spent in the toilet. There is now a strict three-minute time limit in the stalls. At the end of three minutes, an alarm will sound, the toilet paper roll will retract, the stall door will open, and a picture will be taken. After your second offense, your picture will be posted on the company bulletin board under the "Chronic Offenders" category. Anyone caught smiling in the picture will be sanctioned under the company's mental health policy.

Thank you for your loyalty to our company. We are here to provide a positive employment experience. Therefore, all questions, comments, concerns, complaints, frustrations, irritations, aggravations, insinuations, allegations, accusations, contemplations, consternation and input should be directed elsewhere.

The Management Team

Administrator Column

Resident Updates



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 their 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 PVM 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 April 30th.

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, April 21st



**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

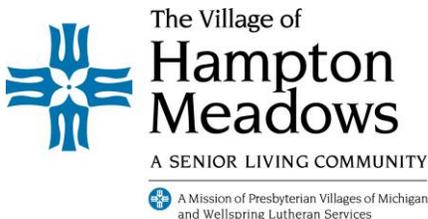
**EMERGENCY TELEPHONE
NUMBER** **989-415-7974**



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