



# Hampton Herald



## Embrace the possibilities

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

July 2015

### Featured Articles

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### The 2015 Virtual Village Victory Cup!



### Our New Peruvian Daffodils!



LOOK FOR PVM ON:



What a truly amazing time we had for our first ever showing in the Virtual Village Victory Cup!

We had so many laughs competing against each other but we are even more excited to see where we place against all of the other teams who are competing this year. I think we gave them a good run for their money and I'm hoping that The Village of Hampton Meadows came out strong and left our mark on the map! We called ourselves the hornets and we are looking to put the "sting" on the competition. 😊

I am so proud of all of you for taking that leap of faith to sign up and see what this was all about. We had so much fun that we plan to bring out the games during other events as well just to have some fun competing with each other.

We were able to get participation in almost every event too. All of our residents here never cease to amaze me. You are all so active and energetic. So fun and joyous and we have a great time together as one big, happy family!

GO HORNETS!



## Activities

## Maintenance Updates

- **If you have any maintenance concerns, please stop by or call the office so that they can be written up properly. Please do not stop maintenance staff. We are required to log the work orders on a computerized system so that we can keep track of any recurring concerns, etc. If your work order is not logged properly, the work cannot be done. Thank you for your continued cooperation on this matter.**
- Please enjoy the freshly cleaned carpeting in the halls, the lobby and the community room. We strive to keep the building looking new for your enjoyment and your guests as well. We always want you to take pride in your home and be excited to show it off.
- If you spill something on the carpeting, please let us know what was spilled. It will be easier for us to remove the stain if we are aware of what caused it.
- We have also added new landscaped areas and flowers for your viewing pleasure.
- We will be getting the parking lot repaired in the next few weeks too. We will update you as soon as we know more.

## July Activities

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

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Coffee and Bingo @ 10:00 am
- Every Wednesday – Bingo @ 5:00 pm
- Commodities – Friday, July 10<sup>th</sup>
- Administrator's Updates Meeting – July 9<sup>th</sup> @ 11:00 am
- Monthly Birthday Celebration – July 13<sup>th</sup> @ 6:00 pm
- Bookmobile – July 2<sup>nd</sup> and 23<sup>rd</sup> from 2:00 pm – 3:00 pm
- Resident Appreciation Lunch – Friday, July 10<sup>th</sup> @ 12:00 pm
- Monthly pest control service – Monday, July 20<sup>th</sup>
- Daniel Bryson – Wednesday, July 22<sup>nd</sup> @ 11:00 am in the game room
- Disaster Preparedness Presentation – Wednesday, July 29<sup>th</sup> @ 11:00 am

## 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 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**  
**Tuesdays in June, July and August • Tuesday Movies in the Park•**  
 New this year! Free movies at the Friendship Shell in Wenonah Park.

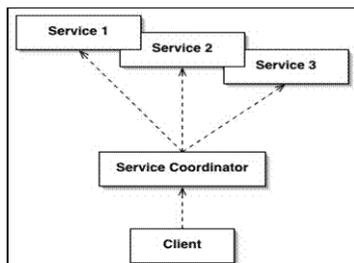
**Wednesdays in June, July and August • Wednesdays in the Park•**  
 Young people's entertainment at lunchtime and concerts for all in the evening. FREE!

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## 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.

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This month's Resident Appreciation Lunch will be on Friday, July 10<sup>th</sup> at 12:00 pm.

Please join us for a presentation by Comfort Keepers regarding Disaster Preparedness. They will discuss how, as seniors, we can prepare ourselves in the event of an emergency or natural disaster.

We will be meeting in the community on Wednesday, July 29<sup>th</sup> at 11:00 am.

Please also join us for a musical presentation by Daniel Bryson. He will be playing the accordion and the piano in the game room on Wednesday, July 22<sup>nd</sup> at 11:00 am.

Don't forget to mail in your resident satisfaction surveys. Your opinion matters! We like to hear all of the reasons why you love living here and also any suggestions for improvements. Surveys are due back by Friday, July 10<sup>th</sup>.

*Continued from pg. 2*

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

**Thursday – Saturday July 2-4 •Bay City Fourth of July Fireworks Festival •**

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

**Friday - Saturday, July 10-11 •Cool City Car Show •**

Friday night cruise. Saturday over 400 specialty vehicles, hot rods, antiques, customs and motorcycles throughout Downtown.

**Thursday – Saturday, July 23-25 •Downtown Sidewalk Days•** This event is all about great sales and food in a very special place for over 50 years!

*Continued on pg. 4*

Programs (continued)

Continued from pg. 5

# Celebrating July Birthdays

We will be celebrating July Birthdays in the community room on Monday, July 13<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!

- Karen R .....07/05**
- Jessie S.....07/09**
- Barb T.....07/17**
- Carolyn S .....07/26**



## 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*



## What Will Be Your Legacy?

Donations, large or small, help transform the lives of PVM residents and can come in many other forms besides a check. You have the power to leave a legacy for residents by including PVM in your estate plans, like **William and Marjorie Connor** did. The Connors were long-time residents at The Village of Redford. Both have passed away, but the PVM Foundation was blessed to be the recipient of their planned gift that will enable kitchen renovations at The Villa of Redford. Once completed, the William & Marjorie Conner Kitchen will offer easier and more convenient onsite meal service for residents.

You don't have to be a certain age or very wealthy to make a planned gift. With a little planning, even people of modest means can make a huge impact. There are options that take into consideration your personal circumstances and interests while ensuring your family's financial security, including but not limited to:

- **Gifts that pay you income, like a Charitable Gift Annuity** – a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments for life, as high as a 9% rate of return depending on the donor's age.
- **Gifts that benefit us after your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM. Sample text: *"I give Presbyterian Villages of Michigan Foundation, (\_\_\_\_ percent of the residue of my estate) or (the sum of \$\_\_\_\_), to be used by Presbyterian Villages of Michigan Foundation, wherever the need is greatest."*

Donors who make a planned gift to PVM are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about PVM's planned giving opportunities and Calvin Society membership, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

We are so grateful for donors like William and Marjorie Connor, whose legacy will continue to make a lasting impact on residents today and in the future.

Warm regards,  
Paul J. Miller, CFRE



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

By Tom Wyllie,  
Director of Wellness

### Let Your Garden Grow

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



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

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

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

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

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



## The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

### *Summer Fun and Safety*

Happy Summer to all of our readers. I hope that you are having a chance to gather with family and friends whether with a family reunion or simply a trip to the zoo or local library with your grandchildren. While having fun remember to also keep safety and security in mind.

While working in the back yard keep your back door locked at all times.

It only takes a minute for thieves to Rob you of precious heirlooms, jewelry and silver. There have been many reports of these types of robberies. Do not let anyone into your home unless you have scheduled an appointment. Reputable companies do not send workers out to your home without an appointment. If you are swimming with family make sure someone has their eyes on each other at all times. Do not fall for roof and driveway repair scams. Talk with friends and family and only proceed with a written estimate. Check the company out with the Better Business Bureau or check with your local senior center. Finally, the scam artists continue to call even during the outdoors season. I recently received a call from a company acting as if they were associated with the National Institute on Aging who had provided alert systems for them to pass on to seniors for free. The representative did not even know the number for the company saying that he was just an order taker and that this was a system worth over \$400 that I would be receiving for free along with a "discount drug card". Well these scam artists selected the wrong person. I am reporting them to the Michigan Attorney General and the National Institute on Aging. As I like to say: "If it sounds too good to be true, it is!" So avoid schemes, scams and swindles. Have a safe and enjoyable summer.

# July Word Search

## Word Find Puzzle

Circle all the words hidden in the matrix below. Words go right, left, up, down, and on the diagonal.

When you have circled all the words listed below, the remaining letters spell out revolutionary words.

|                   |                   |                   |                   |
|-------------------|-------------------|-------------------|-------------------|
| Adams             | England           | Lexington         | Stars and Stripes |
| America           | Fireworks         | Liberty bell      | States            |
| Bald eagle        | Flag              | Minutemen         | Summer            |
| Betsy Ross        | Franklin          | Muskets           | Taxation          |
| Boston teaparty   | Freedom           | Old Glory         | Thirteen          |
| Citizen           | George Washington | Patriot           | Thomas Jefferson  |
| Colonies          | Hancock           | Paul Revere       | Thomas Paine      |
| Common Sense      | Independence      | Red coats         | Tory              |
| Declaration       | July Fourth       | Representation    | United States     |
| Don't tread on me | King George       | Revolutionary war | USA               |

D A D A M S R A W Y R A N O I T U L O V E R  
 N B U I N D E P E N D E N C E A - N I T E E  
 A O S E D - P S T N O T G N I X E L A M A D  
 L S E S S O R Y S T E B O T E A S O M F C C  
 G T T - - S E I N O L O C R A T M U E I I O  
 N O A B R I S O L D G L O R Y I S C T A R A  
 E N T A S E E S N E S N O M M O C I E V E T  
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 G A I G E N I T Y L I B E R T Y B E L L S C  
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# Wellspring Lutheran

## Senior Living Services



### Hope flows to seniors and their families

Aging brings with it great contrasts. It provides tremendous benefits as well as challenges. It can be a time of experiencing new adventures and deepening relationships. But it can also bring physical or memory challenges, loss of independence, and dramatic changes in ones living situations.

So how do you navigate these currents? When is it the right time to make a change in housing? Look for more support? If you're a daughter of an aging parent, how do you know the right way to intervene when you're worried about your loved one's safety?

At Wellspring Lutheran Services, we've learned a lot about serving seniors and their caregivers, based on 120 years of experience. A lot has changed in that time, but not our goal of making senior living a time of purpose and joy.

In response to your questions and needs, we provide a variety of options, including:

- [Affordable Housing](#)
- [Alzheimer's & Memory Care](#)
- [Assisted Living](#)
- [Independent Living](#)
- [Respite Care](#)
- [Short-term Rehabilitation](#)
- [Skilled Nursing](#)

We invite you to learn more about Wellspring Senior Living, and how we can help you live life to its fullest. Please also take advantage of our many Helpful Resources for seniors, caregivers and clinicians.

# Laughter is the Best Medicine

## ANGELS—EXPLAINED BY CHILDREN

I only know the names of two angels, Hark and Harold.

--Gregory, age 5

Everybody's got it all wrong. Angels don't wear halos anymore. I forget why, but scientists are working on it.

--Olive, age 9

It's not easy to become an angel! First, you die. Then you go to Heaven, and then there's still the flight training to go through. And then you got to agree to wear those angel clothes.

--Matthew, age 9

Angels work for God and watch over kids when God has to go do something else.

--Mitchell, age 7

My guardian angel helps me with math, but he's not much good for science.

--Henry, age 8

Angels don't eat, but they drink milk from Holy Cows!!!

--Jack, age 6

Angels talk all the way while they're flying you up to heaven.

The main subject is where you went wrong before you got dead.

--Daniel, age 9

When an angel gets mad, he takes a deep breath and counts to ten. And when he lets out his breath again, somewhere there's a tornado.

--Reagan, age 10

Angels have a lot to do and they keep very busy. If you lose a tooth, an angel comes in through your window and leaves money under your pillow. Then when it gets cold, angels go south for the winter.

--Sara, age 6

Angels live in cloud houses made by God and his son, who's a very good carpenter.

--Jared, age 8

All angels are girls because they got to wear dresses and boys didn't go for it.

--Antonio, age 9

My angel is my grandma who died last year. She got a big head start on helping me while she was still down here on earth.

--Ashley, age 9

Some of the angels are in charge of helping heal sick animals and pets. And if they don't make the animals get better, they help the child get over it.

-- Vicki, age 8

## Foil Dinner

### Ingredients

- 1 boneless, skinless chicken breast
- 10 baby carrots, raw, chopped in half; lengthwise
- ½ cup chopped celery
- ½ cup potato, raw, cut into bite-sized pieces
- 10 sprays of butter spray
- Garlic salt to taste
- Pepper to taste
- Poultry seasoning to taste

### Directions

Preheat oven to 350°. Start with a sheet of aluminum foil (approx. the size of a cereal box). Place the chicken breast in the center of the foil. Add the chopped veggies equally to each side of the chicken. Spray the top of everything with 5-10 sprays of butter spray and season. Fold all ends up, making a "pouch" (do not poke with holes). Place the pouch on a baking sheet and bake at 350° for 1 hour. Everything gets nice and tender, the flavor is awesome and the chicken is nice and moist. Low-fat and very filling!

## Administrator Column

## Resident Updates



### Look what we found! ♥

It seems like spring has finally sprung--one month into summer!

What a crazy season this has been with the rain the cold and the heat but it looks like Mother Nature is finally catching up.

We have a robin's nest with the babies growing up big and strong

and a doe frolicking in the backyard with her two fawns. How wonderful to be so close with nature right on our own property!

I hope all of you get a chance to go out while the weather is nice and enjoy the patio, the gazebo and all of the beauty that surrounds us. We are also adding new landscaped areas with flowers for your enjoyment as well. Please feel free to check them out.

As always, if you ever have any questions or concerns, stop by the office for assistance.

Have a wonderful holiday!

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

Don't Miss the Bay County Library Bookmobile on Thursday, July 2<sup>nd</sup> and Thursday, July 23<sup>rd</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)

# 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)



**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



The Village of  
**Hampton  
Meadows**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan  
and Wellspring Lutheran Services

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

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