



# Hampton Herald



Embrace the possibilities

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

November 2019

**We will be a Toys for Tots Donation Site again for 2019!**

## Featured Articles

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### U.S. Marine Corps Reserve Toys for Tots Program

#### MISSION:

The mission of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community in which the campaign is conducted.

#### GOAL:

The primary goal of Toys for Tots is to deliver, through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive, patriotic citizens.

#### OBJECTIVES:

The objectives of Toys for Tots are to help less fortunate children throughout the United States experience the joy of Christmas; to play an active role in the development of one of our nation's most valuable resources – our children; to unite all members of local communities in a common cause for three months each

year during the annual toy collection and distribution campaign; and to contribute to better communities in the future.

Please join us again this year in being a cheerleader for the Bay County toys for Tots program. Donations should be new, unwrapped toys. You can donate yourself or most of all just help us to spread the word that we are a drop off site for anyone who can find it in their heart this year to donate to the less fortunate children in our community. You can encourage your friends and family to make a donation or to drop one by when they come to visit.

Also, the local dollar store has many toys, crayons, coloring books and several other child friendly ideas if you are looking to help. Every little bit helps and can add up to another full box this year.

**Donations are from now until December 6<sup>th</sup>. The box is located in the office and is available for donations anytime during business hours.**

Look for PVM on:



## Maintenance Updates

- When you have put in a service request or you know that staff will be coming to your apartment, please be sure that you are fully clothed before you open the door. Half dressed, in a robe with nothing underneath or see-through garments are not appropriate in front of staff.
- When you have a faucet or drain work order, please remove the items under your kitchen or bathroom sink so that Dave can access your plumbing to make the repair.
- Work orders need to be called in to the office OR written on a maintenance request slip located outside the office door during office hours. Please do NOT stop Dave in the common areas to report work orders. He is usually in the middle of another task and ALL work orders need to be logged into the computer system for completion.
  - After hours maintenance emergencies or work orders when the office is closed need to be called in to the maintenance phone.
- We cannot dispose of your large items in our trash. Please contact family members to handle their removal.
- We cannot move your furniture or help you with any of your personal items within your apartment. Please contact family members for assistance.
- If you need assistance with your thermostat, please contact the office.
- ***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.***

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

- BINGO - Every Wednesday @ 5:00 pm
- Administrator's Updates Meeting – November 15<sup>th</sup> @ 11:00 am.
- Monthly Birthday Celebration – Monday, November 11<sup>th</sup> @ 6:00 pm
- Bookmobile – November 14<sup>th</sup> from 5:15 pm – 6:15 pm.
- Wii Bowling – please see calendar
- Lunch Bunch – Wednesday, November 13<sup>th</sup>. We will be having G's Pizzeria. The menu is always posted ahead of time. Please be sure to

have your exact dollar amount needed which includes the food, 6% sales tax and \$1.50 tip IF the food gets delivered.

- Prayer Service is every Sunday @ 11:00 am in the Community Room.
- We are having Bridgeport Pharmacy come by to speak about their innovative prescription packaging service. The pills are already sorted for you! You just have to open the sealed pouch and all of your pills are ready in the time slots you need them! Amazing! Come down and hear more on Friday, November 15<sup>th</sup> at 3:00 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**

**\*\*Be courteous of your neighbors and wipe down the washers and empty the lint screens after each use.**

**\*\*Please do not touch other people's laundry or remove them from the machines.**

**\*\*You should not be leaving your laundry for extended periods.**

### Bay City Happenings in November

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**

• **Santa's Arrival • November 29<sup>th</sup> 7:00 pm – 10:00 pm** • Santa arrives in Wenonah Park at 7 pm for a special performance before going to the Nickless Family Community Pavilion Concession Stand to talk with all the good little boys and girls.

*Continued on pg. 4*

Programs (continued)

## Celebrating November Birthdays

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

Gene T ..... 11/08



**•Make it Merry! •Saturday, November 9<sup>th</sup> 10:00 am - 4:00 pm** • Announcing! “Make it Merry!” .... a fun holiday craft bazaar where you make it yourself. Make gifts, stocking stuffers, or something fun or yourself.

Come see us at Base Camp Fitness Co., 515 Adams Street in Bay City.

\*The first 25 people through the door get a free gift bag of goodies!

**•Small Business Saturday • Saturday, November 30<sup>th</sup> 10:00 am - 4:00 pm** • Celebrate local small businesses by shopping small and supporting your own community.

This special day is all about supporting and shopping at small businesses, owned and operated in your neighborhood by your neighbors.

### 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

### Jeans Day

At PVM's home offices in Southfield, it's all about looking good *and* doing good.

Since January, we've been encouraging our employees to wear jeans on Fridays – in exchange for a \$3 donation to our PVM Foundation. Those casual Fridays have been adding up over the months, and we're happy to report that the Jeans Day pilot program has been a success, raising more than \$600 for **YOU**, our seniors, since its launch.

After getting positive feedback from administration, we've decided to keep Jeans Day going for the foreseeable future.

It all goes to show that even the smallest acts of kindness can make a big difference. Jeans Day, as part of larger efforts to increase staff engagement, is just one example of how philanthropy can be made low-pressure, accessible and yes, even *fun*. So, if you see staff at your Village rocking jeans on a Friday, be sure to say thanks. That denim is a donation, and it's all for *you*.

## PVM STORE FEATURED ITEM

Great Warmth  
at a Great Price  
and a Variety  
of Colors!



Fleece  
Vest for  
Men &  
Women

VISIT [WWW.PVMSTORE.ORG](http://WWW.PVMSTORE.ORG)

*It's Easy to Give to  
PVM Foundation!  
Online at  
[pvmf.org/donate](http://pvmf.org/donate)  
Email  
[pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org)  
Call us at  
248.281.2040  
Or drop by and  
say hi!*



## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### *Caregivers Best Friend*

Former First Lady Roslyn Carter has been quoted as saying: “You either have been a Caregiver, are a Caregiver or will be a Caregiver”. It can be a joyful and heartfelt experience and can also be quite challenging all at once. It is estimated that over 80% of care is provided by a loved one rather than a professional caregiver. Caregivers often spend over 30 hours per week in their “second job”.

Since PVM is all about quality of life for all seniors and their families, we recently launched a blog called Caregivers Best Friend. It is chock full of excellent information to help Caregivers reduce stress, save time and allow for a more positive and meaningful experience. It includes tips on many of the latest technologies such as Alexa, SHIPT, Uber and more.

In a short amount of time we have garnered over 1,200 unique visitors to our blog and attracted over 36,000 viewers on Pinterest. Check us out at [www.caregiversbestfriend.org](http://www.caregiversbestfriend.org) or look us up at Facebook or Pinterest. Even if you are not a Caregiver you can enjoy the benefit of learning all about convenient ways to add joy and reduce stress in your life. Happy exploring!

### *Expert Advice*

At times we all need the advice of experts. For seniors this is an opportune time to remember this. Fall not only brings out beautiful panoramas of fall colors, pumpkins and cider. It also attracts scam artists of all types. Do not respond to direct appeals by phone or mail. Unscrupulous people are standing in line to steal your money. Especially prevalent at this time of year are so-called contractors who will falsify needs that you could have for driveway and roof repair. Do not contract with anyone without seeking the advice of a trusted friend or family member.

Also, since we are moving into enrollment season for healthcare, scam artists will try to get your social security number, bank account information and other important data to create identity theft. You may have heard the phrase: “Better safe than sorry!”

Truer words were never spoken. Check with your PVM service coordinator or administrator. They can refer you to Medicare/Medicaid counselors whose services are free of charge.

Along with these seasonal scams, unfortunately on-going ones are still working. I just heard recently of another woman who was scammed into giving thousands of dollars away thinking she was helping her grandson who was in trouble. On the second attempt by the scam artists her instincts kicked in. She called her daughter to find out that her grandson was sitting right there with her daughter safe and sound! Keep in mind as well that banks will not be calling you and asking for private information to “protect” your account.

Be a safe and savvy senior and enjoy this beautiful fall season!



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

By Tom Wyllie,  
Director of Wellness

### *Train Your Brain to be More Positive-Take the 21 Day Challenge!*

Over the course of two decades, Harvard educated psychologist Shawn Achor has studied and helped advance the field of positive psychology. As many of you I am sure already know, it turns out that having a positive outlook (i.e., having a positive brain) is good for you. His research found that people with positive brains have fewer illnesses; feel less stress; experience less pain; have more energy; are more productive; and report being happier. He also discovered that contrary to what many people believe, you can train your brain to be more positive - and you can do it in just 21 days! If you engage in the following 5 activities for 21 days in a row, you will begin “rewiring” your brain to be more positive and start reaping the ensuing benefits.

1. **The 3 Gratitudes.** Each day write down 3 new things you are grateful for and why. Be specific. For example, don't simply write “I am grateful for my family”. Instead, write “I am grateful for my son Bob because he calls me every Friday and makes me laugh when we talk”.
2. **The Doubler.** Each day write down one meaningful moment you experienced within the past 24 hours. Write down as much detail as you can recall (e.g. where you were, what you said, what was happening, who else was there, when it happened, how you felt, etc.). Doing so will cause your brain to “relive” the moment thus doubling the positive experience.
3. **The Fun Fifteen.** Each day engage in 15 minutes of intentional physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. The important thing is to do it regularly. Make sure to consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.
4. **Meditation.** Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.
5. **Conscious Acts of Kindness.** Each day write and send a letter or email to someone in your social circle (family member, friend, co-worker, neighbor, past teacher, etc.) thanking and praising them. For example, “I want you to know how thankful and lucky I am to have you as a friend. Whenever I am feeling down, you always know just the right thing to say to cheer me up”. Remember to not only thank them, but to be specific as to what you are thanking them for.

Wellness continued;

## *'Tis the Season: Flu Season!*



The flu is a highly contagious respiratory illness that can have serious health consequences, especially for older adults. According to the U.S. Centers for Disease Control more than 60% of flu-related hospitalizations occur in people age 65 or older. In the United States, flu season occurs in the fall and winter. It starts as early as October, peaks in January or February, and ends as late as May.

The best way to prevent the flu is to get vaccinated. Annually researchers identify which strains of the virus will be most common during flu season. They then develop a vaccine that helps protect us from getting infected by these common strains. Because it takes about two weeks for immunity to develop, it's best to get a flu shot in early fall, before the flu season kicks into high gear.

Additional steps you can take to help prevent the flu include:

- Washing your hands often with soap and water or an alcohol-based hand rub
- Avoiding touching your eyes, nose, or mouth (germs spread this way)
- Avoiding close contact with sick people
- Practicing good health habits (get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food)
- Covering your nose and mouth with a tissue when you cough or sneeze (throw the tissue in the trash after you use it)
- Staying home if you are sick with flu-like illness for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

## **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**

### **Friendly Reminders:**

*The lobby and halls are not for socializing. If you want to catch up with your neighbor, invite them in for coffee. Meet each other in one of our beautiful amenity rooms. Chatting outside of the office is disruptive. It interferes with the confidentiality and privacy that all residents are entitled to. It also interferes with the staff's ability to concentrate on important reports or hear the person on the other end of the phone. Chatting in the hallway is disruptive to the people who are on the other side of the doors you are outside of. Remember to be courteous of one another.*

*\*Please do not turn off the monitors or the towers in the library.*

*\*Please do not turn off any of Hampton Meadows lighting.*

*\*Please do not touch the heaters in the stairwells.*

*\*Please do not touch, straighten or remove anyone else's belongings from their ledge.*

*\*You will be responsible for the repair/replacement if anything breaks.*

*Remember to always be kind to one another. One simple act of kindness can go a long way. Offer some kind words of encouragement if you know that they are struggling with something in their lives. Words can hurt. Please think before you speak. Sometimes what you say to others can really make an impact on them. A compliment or a kind gesture really goes a long way.*

## Lemon Garlic Chicken



### Directions

- Melt butter in skillet over medium-high heat.
- Season chicken with salt and pepper; place in the melted butter.
- Cook chicken, flipping frequently until browned, about 5 minutes.
- Sprinkle 1 tablespoon garlic powder over chicken; flip and sprinkle 1 tablespoon garlic powder on second side.
- Cook each side for 2 minutes.
- Pour lemon juice over each side of chicken and cook until no longer pink in the center, 5-10 minutes more.
- An instant read thermometer inserted into the center should read at least 165 degrees F

### Ingredients

- 2 tablespoons butter
- 3 boneless, skinless chicken breast halves
- 1 ½ teaspoons salt
- 1 ½ teaspoons ground black pepper
- 2 tablespoons garlic powder
- 1 lemon, juiced

DELICIOUS

# November Word Search

## WEATHER

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

WORD SEARCH

- |              |             |               |              |
|--------------|-------------|---------------|--------------|
| AIR          | ENERGY      | LIGHTNING     | STRATOSPHERE |
| ATMOSPHERE   | EVAPORATION | MASS          | STRATUS      |
| BAROMETER    | FOGGY       | METEOROLOGY   | SUNNY        |
| BLIZZARD     | FORCE       | OVERCAST      | TEMPERATURE  |
| CIRRUS       | GAUGE       | PRECIPITATION | THERMOMETER  |
| CLIMATE      | HAIL        | PRESSURE      | THUNDER      |
| CLOUDY       | HEAT        | RAINBOW       | TROPOSPHERE  |
| CONDENSATION | HUMIDITY    | SLEET         | VAPOR        |
| CUMULONIMBUS | HURRICANE   | SMOG          | WATER        |
| CYCLE        | HYGROMETER  | STORM         | WIND         |

Get more free activity and coloring pages @ [www.theKidzpage.com](http://www.theKidzpage.com)  
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# November Puzzle

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

Sudoku Puzzle #W873MR

Presented by Puzzle Baron

Rated: Easy

Sudoku Puzzle #B396QP

Presented by Puzzle Baron

Rated: Medium

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

# Laughter is the Best Medicine

## GRAVEYARD SCARE

One dark night two guys were walking home after a party and decided to take a shortcut through the cemetery. When they got to about the middle of the graveyard they were startled and stopped moving.

There was this terrifying noise, "TAP-TAP-TAP" coming from the shadows. Trembling with fear, they spotted an old man with a hammer and chisel, chipping away at one of the headstones.

"Holy cow Mister," one of them said after catching his breath. "You SCARED us half to death. We thought you were a GHOST! What are you doing working here so late at night?"

"Those fools!" the old man grumbled. "They misspelled my name!!"

## TEN DOLLARS IS TEN DOLLARS

A man and a woman go to the carnival every year. Every time the man says, "Anna can we ride them airplanes that goes up for a couple of minutes then comes back down?"

The woman always replied by saying, "We don't need to spend any extra money on them airplanes, it's too expensive. Ten dollars is ten dollars."

Tom, the pilot, said, "Larry, every year I hear you say you want to ride my airplanes, and every year Anna says it's too expensive. I'll make you a deal, if I do all of my flips and tricks with you in there with me, and you don't say one word, I'll give you the ride for free."

Anna and Larry discussed it and decided they would take the deal. They got up in the air and Tom did all of his tricks and flips.

Tom said, "Larry I just knew you'd say something on that first flip, but you didn't!"

Larry replied, "I was going to say something when Anna fell out, but ten dollars is ten dollars!"

## SIX LEGGED TURKEY

An industrious turkey farmer was always experimenting with breeding to perfect a better turkey.

His family was fond of the leg portion for dinner and there were never enough legs for everyone. After many frustrating attempts, the farmer was relating the results of his efforts to his friends at the general store get together. "Well I finally did it! I bred a turkey that has 6 legs!"

They all asked the farmer how it tasted.

"I don't know" said the farmer. "I never could catch the darn thing!"

## FOOTBALL TRYOUT

The pro football team had just finished their daily practice session when a large turkey came strutting onto the field. While the players gazed in amazement, the turkey walked up to the head coach and demanded a tryout. Everyone stared in silence as the turkey caught pass after pass and ran right through the defensive line.

When the turkey returned to the sidelines, the coach shouted, "You're terrific!!! Sign up for the season, and I'll see to it that you get a huge bonus." "Forget the bonus," the turkey said, "All I want to know is; does the season go past Thanksgiving Day?"

## Administrator Column

## Resident Updates



### Administrator's News

#### A Brief History of Veterans Day

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress -- at the urging of the veterans service organizations -- amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

In 1968, the Uniforms Holiday Bill ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the fourth Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971.

Finally on September 20, 1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. Since then, the Veterans Day holiday has been observed on Nov. 11.

Have a wonderful November everyone. Remember to give thanks for all of the many blessings you have every day and enjoy time spent with family and friends.

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



**Don't Miss the Bay County Library Bookmobile on  
Thursday, November 14<sup>th</sup> from 5:15 PM – 6:15 PM**

Commodities are now being distributed at the Essexville Baptist Community Church, located at 1001 Main St., Essexville, MI 48732. Please contact the Mid-Michigan Community Action Agency if you have any questions or concerns. Their number is 989-894-9060.

Distribution time is from 1:30 pm until 2:30 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** **989-892-1912**  
*Administrator*

**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](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.



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

# Embrace the possibilities