



Hampton Herald



Embrace the possibilities

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

February 2017

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Meet Houston, Kindness Advocate

Submitted by Kelsey G. on January 19, 2016

About 6 years ago, I was on a plane next to a woman who was relentlessly energetic and fidgety. I was tired and wanted to take a nap. But before I could go into "ignore mode," she tapped me on the shoulder to introduce herself.

"Hi, my name is Helga!"

We got to talking and eventually it came up that I had started an organization in high school called R.A.K.E. (Random Acts of Kindness, Etc.). As I described what we did, Helga got very serious and told me that she thought "there was nothing more important in the world than Kindness." I was curious why she was so passionate and, as the plane took off, she dove into a story about the last time she had flown; it was 3 years past and she was en route to Arizona because she had gotten sudden news her Dad's health was on the decline. Just as the plane was about to depart to Phoenix, her father's physician called to inform her that her dad had rather suddenly passed away. For the 3 hour plane ride, she sat in stunned silence around strangers.

When she arrived to the airport in Arizona, she walked to the nearest wall, sat down, and cried.

And here is the part I'll never forget about Helga's story. For 2 hours she sat and wept while thousands walked to and fro in the airport. Helga looked at me and said, "Houston, not a single person stopped and asked if I was okay that day. Not one person. It was that day that I realized how much we need each other. It was that day I realized that Kindness Isn't Normal."

Kindness isn't normal. That has stuck with me all these years - especially now that I work in schools nationwide speaking about compassion, kindness, empathy, and love. I'm reminded all the time that, for many of us (especially young people - but certainly not exclusively), Kindness is NOT usually our default setting. We spend so much time worrying about our problems, our lives, our comfort, our insecurities, getting to our flight - that we walk by or ignore people in need of Kindness every day. I'm oftentimes so worried about ME that I'm really bad at taking care of YOU.

So, I've made it my mission to do my part in making Kindness Normal. To share stories with students, teachers, and parents about our need for character and compassion. To provide young people with practical ways to exercise Kindness (they don't always know what it looks like!). And, for me? I'm always on the lookout for Helga's - for the little opportunities that surround me every day to practice making Kindness my default setting.

For more info about Houston's work in schools visit www.houstonkraft.com

RANDOM ACTS OF KINDNESS WEEK IS:

FEBRUARY 12TH THROUGH FEBRUARY 18TH

Look for PVM on:



Activities

Maintenance Updates

- *We have reissued the red notices that should be placed on everyone's refrigerator. This sheet specifies what to do in case of an emergency after hours. After hours consists of evening hours, holidays and weekends. The emergency maintenance phone number is 989-415-7974. This number should only be used in the event of a maintenance emergency during these times.*
- *A short list of qualifying emergencies are: no hot water, a major water leak, no heat, no air conditioning, power outage in your apartment, the building or the lot, if you are locked out of your apartment or if your toilet is plugged. This list is not all inclusive. Please use your best judgment.*
- *If the office is closed and maintenance is on site for the day, you can use the emergency maintenance number to put in a work request. Any messages left on the office phone while the office is closed will not be attended to until the office reopens. Otherwise, all requests need to be placed with the office when it is open.*
- *If you have a health emergency you or your family members should call 911.*
- *If there is a fire emergency you should call 911.*

February Activities

Please join us in the month of February for:

- BINGO will be discontinued for the month of February due to the lack of attendance. This will be revisited at a later date to see if it will resume.
- Commodities will be here on February 3rd around 11 am
- Administrator's Updates Meeting – February 9th @ 11:00 am. We will be discussing our Friends and Family Campaign goals for this year and also the resident satisfaction survey.
- Monthly Birthday Celebration – February 13th at 6:00 pm
- Bookmobile – February 9th 2:15 pm – 3:15 pm
- Monthly pest control service – February 17th
- Lunch Bunch February 10th (Wanigan's Eatery) and February 24th (TBD) @ 11:30 am
- Movie Day – Wednesday, February, 15th @ 2:00 pm.
- Random Acts of Kindness Celebration Day – Friday, February 17th @ 3:00 pm
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome. The more the merrier!
- Monday, February 27th is our Resident Appreciation Lunch at 12:00 pm. Italian themed food.

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

Note: You can add more quarters to the dryer while it is running if you need more time to dry. 😊

Bay City Happenings in February

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

Here are a few:

DOWNTOWN BAY CITY

Saturday, February 11th

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



Continued on pg. 4

Service Coordinator Corner

Elizabeth Brinker 989-892-6906

Service Coordinator's office is located on the 2nd floor inside the theater

My Goodness – it's February already. Less than 50 days till the first day of spring!!! Flowers, green grass, all those wonderful things! On the other hand, someone pointed out to me that I should be careful not to wish my life (time) away by not 'living in the moment' – being present in the here and now.

As winter and it's weather can cause us some stress, and others are under other types of stress: we will be having a presentation on **“Positive and Negative Stress Wellness” at 2:00 p.m. on February 8th.** Remember, even the good things in life (a new grandchild, an increase in income, or other “good” things) can also cause stress as they cause our current situation to adjust and change. Change can be very difficult.

Our **Blood Pressure Clinics will be on February 9th and 23rd at 2:00 p.m.** Thank you to all that have taken advantage of having their blood pressure checked by a trained professional: it is good preventative care. Remember, *there is no cost and you don't even need to show your insurance information!*

On **Wednesday, February 22nd at 2:30 p.m.,** *“Reminisce”* with Deb will be back. She comes once a month on the Fourth Wednesday at **2:30 p.m.** to talk about how things used to be and reminisce about things we all remember.... Last month was great fun – come join us for a good way to work those memory muscles!

On **Tuesday, February 28th at 2:00 p.m.,** Rob from Adaptive Modification Solutions will be back to tune and clean your walkers, wheelchairs and scooters.



Come and take advantage of making sure that your equipment is set up right for you and working well – the conversation is always fun while you wait!

You can always call (989) 892-6906 and request an appointment at any time – if I'm not here, leave a message and I will return your call as soon as I return. You can also leave me a message in the lockbox outside my office door.

I just heard a report on the radio on my way to work today saying that people are happiest who are living in the present – not borrowing from the future, or worrying about the past. Enjoy your every day!

Please take advantage of the presentations and activities – we work hard to find things interesting to bring to you. Let me know if you have particular interests.

Elizabeth

Programs (continued)

Celebrating February Birthdays

We will be celebrating February Birthdays in the community room on Monday, February 13th 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!

Ruth R 02/26
 Lin F..... 02/26



Continued from pg. 2

Saturday, February 25th •Polar Bear Plunge and Chili Cook-Off•

Second annual in Downtown Bay City at the Dow Family Y! Fundraiser for Special Olympics includes Parade of Costumes and Polar Teams plunging for funds, plus special activities for all. Visit participating locations, purchase a ticket for \$10, and warm up with 12 samplings of hot and tasty chili that will be served from noon until 3:00 pm. Don't forget to use the ballot on your ticket to vote for your favorite chili. Proceeds from the cook-off will also benefit Special Olympics Michigan.

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



ALL YOU NEED IS LOVE ♡
...and amazing donors LIKE YOU.

Really!

That's how the world becomes a better place.

That's how MICHIGAN becomes the best place to live at any age.

It's people like you, who selflessly, LOVINGLY give to a cause bigger than themselves.

Thank you for your commitment to Michigan's older adults.

♥ Happy Valentine's Day!

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

Maybe money CAN grow on trees...

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM!

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller
248.281.2045 www.pvmgifts.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“E” STANDS FOR EAT

In December I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on the “E” (eat).

In the words of Dr. Thomas, “In order to be well, we need to eat well.” So what exactly does that mean? It seems every other day you can read about some food that scientists first thought was good for you but has since changed their minds and now claims it is bad for you. It's enough to drive you crazy. It's no wonder we tend to throw our hands in the air and say “whatever” and stop paying attention to what we eat altogether.

If there isn't a medical reason for you to do so (such as being diabetic or having high blood pressure), rather than focus on specific foods, you should focus on the big picture. Take a look at your plate. It should be very colorful and contain primarily plants. In other words, it should consist mostly of a variety of fruits and vegetables. Research has shown that plant-based diets are good for our muscles, bones, hearts and brains and just about every other organ in our body. Meat should not be the main course, but should be considered a side dish and consist of fish or poultry.

You also need to remember to eat, and to eat throughout the day. As we get older, our taste buds change and food just doesn't taste the same anymore*. As a result, we tend not to eat or pack all our calories into one meal at the end of the day. Our bodies work better, however, if we spread our calorie intake throughout the day. Three to six small meals spread throughout the day is much better than one large meal right before we go to bed. Both our blood sugar levels and our metabolism remain more stable if we graze rather than gorge.

While it might be a challenge at first to make the switch recommended above, if you stick with it you will probably find you are less fatigued, are better able to control your weight, have a whole lot more energy and simply feel better. For more information on healthy eating, visit www.choosemyplate.gov.

**To compensate for your changing taste buds, try experimenting with a variety of different spices. You might be surprised just how tasty food can once again be.*



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

“SILVER KEY COALITION PRODUCING RESULTS FOR MICHIGAN SENIORS”

It is a true pleasure to be able to announce good news for Michigan seniors. You may be aware that PVM is very involved with advocacy and community partnering to assist with quality of life for Michigan seniors. We are a part of making Michigan a great place to live and age well. No doubt there is still much work to do. However, on the good news front, we are making progress! PVM is a member of the Silver Key Coalition which was formed in 2014 to advocate for an increase in state funding for in-home services supported through the Michigan Aging and Adult Services Agency (AAHSA). AAHSA is the state agency charged with providing senior services across Michigan and reporting to state and federal government agencies. An increase of \$7.5 million over the past three years was intended to remove wait lists and serve all in need of assistance.

Due to rising costs and increased need we still have been unable to eliminate wait lists; although many more seniors did receive help. And there are many more seniors who still need help. The services which are provided include: Personal Care, Homemaking, Respite, Home Delivered Meals, Chore Services/ Minor Repair, Adult Day Care, Personal Emergency Response Systems and Medication Management. Our next phase of advocacy will feature a rationale for the value and positive outcomes of in-home services. The main message will stress the exceptional productivity by the Aging Network to increase the number of individuals assisted, increase funding for those on the wait lists, and emphasize progress in addressing unmet needs. Governor Snyder and the Michigan Legislature have been quite receptive to our advocacy efforts. In fact, he recognized the success and importance of the Silver Key Coalition in his recent State of the State Address. So the good news is that we are poised to see another increase for the 2018 budget in support of the Silver Key Campaign and Michigan seniors.

Many experts have noted that seniors want to maintain as much independence as possible, yet have needed services and safety measures in place. PVM is proud to be a part of providing services which assist Michigan seniors to take charge of their Aging Well destiny and create new possibilities for embracing life at any age. We will continue to advocate daily at all levels for PVM and community initiatives in support of all Michigan seniors. I will keep you posted on our progress as well as any other new information regarding senior services throughout Michigan. Healthy aging for all!

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 community room is available to rent for your family/personal gatherings. Please stop by the office for more information or to make your reservation today.

Stop down and join us for any of our monthly events. Even if you don't choose to participate with the event, you could just come down and chat with the other residents. Every event is open to our residents and we would love to see your smiling face.

If anyone is interested in volunteering their time to put on other events please stop by the office and let me know.

We can always use extra hands and a few of the ladies can use a night off as well. Let's all pitch in to help the building out as a whole.

We have so many wonderful things to do around here and we don't want the activities to end due to lack of participation or volunteers.

As always, if you have any questions at all, please stop by the office. I'd be happy to assist you.

Mushroom Marsala Pasta Bake



Ingredients

- ½ pound (8 ounces) pasta of your choice, such as ziti or twisty shape.
- 1 tbsp. olive oil
- ¾ pound fresh mushrooms, sliced
- 1 small to medium yellow onion, halved and sliced thin
- Salt and freshly ground black pepper to taste
- ¼ cup dry marsala wine
- 3 tbsp. unsalted butter
- 3 tbsp. all-purpose flour
- 1 ½ cup stock or broth
- ½ cup finely grated parmesan cheese
- 4 ounces mozzarella, cut into small cubes
- 3 tbsp. chopped fresh flat leaf parsley

*For a variation: you can also add cooked chicken to the dish, when you mix everything together, before you bake it

Directions

- Cook the pasta: bring a pot of well salted water to a boil. Add pasta and cook until al dente, about 1 to 2 minutes before perfect doneness. Drain and set aside.
- Heat oven to 400°.
- Make the sauce: Reheat your empty pasta pot over high heat. Add oil and once it's hot, add mushrooms and cook until they've begun to brown and glisten, but have not yet released their liquid.
- Reduce heat to medium-high; add onions, salt and pepper and sauté together until the liquid the mushrooms give off is evaporated. Add Marsala and cook mixture, stirring, until it has almost or fully evaporated (depending on your preference.) Add butter, stir until melted.
- Add flour, and stir until all has been dampened and absorbed. Add stock, a very small splash at a time, stirring the whole time with a spoon. Make sure each splash has been fully mixed into the butter/flour/mushroom mixture, scraping from the sides and bottom. Repeat until all stock has been added.
- Let mixture simmer together for 2 minutes, stirring frequently; the sauce will thicken. Remove pan from heat.
- Assemble and bake dish: If you're cooking in an oven-safe dish, add cooked pasta and stir until combined. (If you're not cooking in an oven-safe dish, transfer the mixture to a 2 quart baking dish.)
- Stir in half the parmesan, all of the mozzarella and two tbsp. of the parsley until evenly mixed. Sprinkle the top with remaining parmesan.
- Bake for 25-30 minutes, until edges of pasta are golden brown.
- Sprinkle with reserved parsley and serve hot.

February Word Search

AMOUR
BRIDAL
CANDY
CARD
CHAPERONE
CHOCOLATE
DINNER
EAT OUT
EYES
FLOWERS
HEARTS
HIS
HUG
IN LOVE
JOY
JADE
JEWEL
LOVE
MARRIAGE
MINE
PAY
POETRY
PROPOSE
RED
RED ROSES
RING

RSTR
SUEVOLNI
GLOVEWEUIS
HISPANSEYES
AUOJLOCADRAC
REGCERINNDAN
YUMINESPAYILE
ESATPROCKONR
CSHIAOERWMIG
ULNHBTEKATIC
PECSREDROSESE
SASYILRYDINN
SCUDIDLNEDPI
TRAAVENGLS
LOGLWSPE
EYELI
OJE
JP

RING
JNEODIME
FJADEMRTSA
SMYAE EANNES
GBRMNCLDNREU
FROTSOCUPCID
LEUOUCUSTRAEH
OMLAETSS
ADTNOUP
CYATWAPRI
TROP
R
PI
LS
PE
LI
JE
P

ROCK
ROMANCE
RUSH
SECRET

SURPRISE
VALENTINES
WEDDING
YES

February Bonus Puzzle

Pet Adoption Mix-Up Logic Puzzle

Cindy, Lisa and Tanya Chalmers, three very responsible girls, loved animals and wanted to care for their own pets. Their parents agreed that they were finally old enough to adopt one pet each and drove them to the pet center to pick out the pets they wanted to adopt.

After playing with many dogs, cats and rabbits, each girl decided to choose a different type of pet from the others and their parents filled out adoption papers for each pet. When they were finished, the attendant said that the pets would be delivered to their home the next day after the paper work had been processed.

Minutes after the Chalmers family left the pet center, a mischievous parrot flew over to the stack of adoption papers and started shredding the papers with his sharp claws. The attendant gasped and ran over to rescue the papers, but found them in pieces.

"Oh no!" the attendant moaned, "I do not want to disappoint those wonderful girls. I guess I'll have to try to piece this information together so the pets can be delivered tomorrow like I promised."

With much of the paper shredded to bits, here is all of the information the attendant had to work with.

1. The girl who adopted the dog did not name it Tutu.
2. Lisa's pet, who she named "Fluffy," is not the type of animal that hops.
3. Rex, who is not a dog, was adopted by Tanya.
4. The rabbit was not adopted by Cindy.

Can you help the attendant figure out which pet each girl chose and the name of each pet? Use the chart below to help make your deductions. Put an "X" in the grids that are false. Put a dot or a checkmark in each grid that is true.

		Pet's Name			Pet		
		Fluffy	Rex	Tutu	dog	cat	rabbit
Name	Cindy						
	Lisa						
	Tanya						
Pet	dog						
	cat						
	rabbit						

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Laughter is the Best Medicine



Funny Tale of a Lost Senior Citizen

When I went to lunch today, I noticed an old man sitting on a park bench sobbing his eyes out. I stopped and asked him what was wrong.

He told me, "I have a 22 year old wife at home. She rubs my back every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground coffee."

I continued, "Well, then why are you crying?"

He added, "She makes me homemade soup for lunch and my favorite biscuits, cleans the house and then watches sports TV with me for the rest of the afternoon."

I said, "Well, why are you crying?"

He said, "For dinner she makes me a gourmet meal with wine and my favorite dessert and then we cuddle until the small hours."

I inquired, "Well then, why in the world would you be crying?"

He replied, "I can't remember where I live."

Picking Lemons Is Easy

Sally Winters wanted to earn some money so she applied for a post in a Florida lemon grove which seemed eminently suitable but Sally was concerned that she might be over qualified for the job.

"Look Miss Winters," said Archie, the foreman, seriously "have you any actual experience in picking lemons?" "Well, as a matter of fact, yes," came Sally's reply and she added confidently, "I've been divorced three times."

Old Memories

Two elderly people are living in a retirement home near Biloxi, he was a widower and she a widow, had known each other for a number of years. One evening there was a community supper in the big arena in the Clubhouse. The two were at the same table, across from one another. As the meal went on, he took a few admiring glances at her and finally gathered the courage to ask her, "Will you marry me?"

After about six seconds of "careful consideration," she answered "Yes. Yes, I will!" The meal ended and, with a few more pleasant exchanges, they went to their respective places. Next morning, he was troubled. "Did she say "yes" or did she say "no"?" He couldn't remember.

Try as he might, he just could not recall. Not even a faint memory. With trepidation, he went to the telephone and called her. First, he explained that he didn't remember as well as he used to.

Then he reviewed the lovely evening past. As he gained a little more courage, he inquired, "When I asked if you would marry me, did you say "Yes" or did you say "No"?"

He was delighted to hear her say, "Why, I said, "Yes, yes I will." and I meant it with all my heart."

Then she continued, "And I am so glad that you called, because I couldn't remember who had asked me."

Administrator Column

Resident Updates



As we head into a new year, I am trying to continue to keep things different and new as far as parties and activities go.

We have a fun activity happening this month to celebrate Random Acts of Kindness Day that is celebrated on February 17th. Watch your cubbies for rules and suggestions on how to play. There will be a possibility of winning prizes so I hope everyone will want to join in and have fun participating.

Dave and I will also be continuing

with our monthly Resident Appreciation celebration. This month will have an Italian theme. Please join us in the community room on Monday, February 27th at 12:00 pm for a taste of some Italian pasta dishes. The best part is enjoying a nice meal with your friends and neighbors.

Please be sure to stop by your cubby and check it just as often as you check your mail. I put information in them quite regularly. That way you don't miss out on an event or something happening in the building that may affect you.

Thank you to everyone who participated in Movie Day. Since it was such a success we will be continuing it monthly. For those of you who enjoy a good movie, a few laughs or even a good cry every now and then, stop by and join in the fun. I will be passing

out fresh popped popcorn to those who attend.

Please also be sure to join us for the Administrator's meeting each month. This meeting keeps you up to date on everything that is happening around the building. Things that may have come up since the newsletter was printed, reminders about things that were on the calendar and an open discussion with you as to what kinds of ideas, questions or concerns that you may have. It's another way to be sure that you are always up to date on the latest happenings in the village in which you live.

Please let me know if there's anything I can help you with.

Happy Valentine's Day everyone.

Stephanie Cooper-Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, February 9th
****NEW TIME FOR 2017 **2:15 PM – 3:15 PM**

***If you are not signed up for **COMMODITIES** and would like to be, please stop by and see Stephanie or Elizabeth. We can have the coordinator of the program meet with you right here at the village to get you signed up. You just need to provide a few simple items for verification and to determine eligibility. ***

CSFP---The Commodity Supplemental Food Program- provides a free box of food to qualified senior citizens on a monthly basis.

TEFAP---The Emergency Food Assistance Program- provides a free box of food to qualified families and senior citizens quarterly.

**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