



Hampton Herald



Embrace the possibilities

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

May 2018

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LET THE GAMES BEGIN!

The Virtual Village Victory Cup is right around the corner. I have added some dates on the May calendar so we can brush up on our event skills and get ready for another fun filled event.

Last year, the Village of Hampton Meadows took home the overall trophy for the Virtual event! 🏆🏆 Let's keep the trophy here in our house again this year!

The events will be the same as they were last year. There is the Hoop Shoot, the Beanbag Toss, the Puzzler, The Wellness Walk, the Kick-a-Roo and the Expression of Wellness.

This year, the theme for the Expression of Wellness is Dance! Dance! Dance! We will be coming up with an organized dance to 1950's

Rock and Roll. We can use music, costumes and props but they must all reflect the theme. Some of you have already been brainstorming on how we can showcase our village. We will discuss it in more detail on Wednesday, May 2nd. After that I have set aside time on Tuesdays to practice specifically for the Expression of Wellness. Wednesday will continue to be the day we practice for the other events.

Please stop down and join in the fun. We will need participants as well as cheerleaders. The more residents we get to join us, the more participation points we get and the better chance we have of keeping the trophy right here in our village. 😊

Look for PVM on:



Activities

Maintenance Updates

- If you have a work order and are in need of repair in your apartment, you **MUST** call or stop in to the administrative office. Do not stop Dave in the hall to report repairs. He is in process of working on another task. He completes work orders after they have been entered into the computer system. This helps keep the process organized and less chaotic. With limited staff, organization is the key to keeping things flowing smoothly. Be sure that you are also helping things flow smoothly by following work order policies. Thank you.
- Dave does not work in the office. Dave is in charge of the grounds, the janitorial and of course the maintenance. If the office door is closed, do not go to Dave to ask him questions that do not pertain to maintenance.
- ***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.***

May Activities

Please join us in the month of May for:

- BINGO - Every Sunday @ 2:00 pm and Wednesday @ 5:00 pm
- Commodities – Wednesday, May 9th @ 11:00 am
- Administrator's Updates Meeting – May 10th @ 11:00 am.
- Monthly Birthday Celebration – Monday, May 14th @ 6:00 pm
- Bookmobile – May 17th from 3:00 pm – 4:00 pm.
- Comm Rm Reserved May 13th
- Lunch Bunch – May 11th @ 11:30 am (Zef's Coney Restaurant)
- Lunch Bunch - May 22nd @ 11:30 am (Wanigans Eatery)
- Movie Day – Monday, May 21st @ 2:00 pm.
- VVVC Games Practice will be every Wednesday at 11:00 am
- VVVC Dance Practice will be every Tuesday @ 3:00 pm
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome to play or even to cheer on the bowlers.
- Office Closed Friday, May 18th, Friday May 25th and Monday, May 28th.
- Grief Support—Friday, May 25th @ 2:30 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 be sure to wipe down the washers and empty the lint screens after each use****

Bay City Happenings in May

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

May 19th and 20th 9:00 am – 3:00 pm • Urban Salvage Market's Westside Vintage Fest • A cool show dedicated to vintage, retro, hip and cool style of living. Takes place in Bay City's Veteran Memorial Park.

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

HELLO MAY! Thank goodness it's getting warmer, the flowers (early ones) are blooming and life is feeling brighter - could be the sunshine doing that! It's so nice to see the flowers (daffodils are so cheery) near the walkway as I come to work - they're beautiful!

On **May 10th at 2pm & May 24th at 2:15p – 2:45p** we will have our Blood Pressure Clinics. 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!* There's always lots of fun conversation and laughter while we wait. On top of that, you get a ticket for coming down and doing something good for yourself!

On **May 9th at 2pm**, Mel from SouthernCare will be presenting on **"Substance Abuse"** as discussed by the group at the April presentation. We will be talking about ways to protect your prescriptions from being taken as well.

The **Grief Support Group with Chaplain Don will be meeting on May 25th at 2:30 pm.** This group is for any type of grief: losing family members, friends, a loss in your health, mobility, or maybe the accumulation of too many losses. Come learn about ways to cope and recover your joy after loss. This will be an ongoing group, with no set attendance requested/required. Those who attend will be helping to decide the focus of the group. We are hoping that attendees will come several times in order to see what it is all about.

I will be in the office **all day on May 8th and 22nd (9a – 4p).** I will be out of the office **all day May 7th, 21st, 25th, and Memorial Day (May 28th).** You can always refer to the calendars posted on my office door, outside the Theater Room in the hall, and on the bulletin board near the cubbies downstairs.



Remember, you **get a "ticket" for each activity or presentation that you attend that Stephanie or I organize.** When you gather 10 tickets, come up to the Service Coordinator office and choose from the **"Goodie Shelf"** – there will be a variety of items, both male and female, and from practical like laundry soap, hand soap, toilet paper, or canned goods to fun like candy, nuts, or 'doo dads'. **I'm continuing to get new and different items so don't "assume" that you know what's there. 😊**
Thanks for your participation!

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 mail slot outside the Theater Room door; I will contact you as soon as I am able.

Enjoy the warmer, sunshine-y days and get some fresh air to blow all the cobwebs away! We all need to spend some time looking at nature (a flower, plants, the beautiful clouds in a blue sky) – it is such a pick-me-up!
Elizabeth

Programs (continued)

Celebrating May Birthdays

We will be celebrating May Birthdays in the community room on **Monday, May 14th 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!

- Darlene A 05/02**
- Sally G 05/07**
- Marty W 05/08**
- Marge C 05/12**
- Dorothy L 05/17**
- Dorothy C 05/25**
- Jean N 05/29**



Saturday, May 5th 5:30 pm - 11:00 pm • The Mitten State Music Revival • The Bay City Noon and Morning Rotary Clubs in partnership with the Historic Masonic Temple present The Mitten State Music Revival

22 Bands / 4 Rooms at the HISTORIC MASONIC TEMPLE. \$10

A full night of original and some cover music, from the best musicians from the Great Lakes Bay Region

THIS IS AN EVENT YOU WONT WANT TO MISS!

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



Engage to make Michigan the best place to live—at any age!

You're a rock star!



PVM is so lucky to have you reading this right now! You're out in your community doing great things.

You're volunteering, giving, advocating and so much more!

There is a place for your kind of engagement at PVM. You're needed by your community—you're needed by older adults.

Engage in any way, at ***any age!*** You are key to a healthy, happy Michigan!

Here are some ideas:

- Make a gift to your local PVM Village
- Volunteer for a project or event at your Village
- Call your elected representative to tell them to keep fighting for older adults

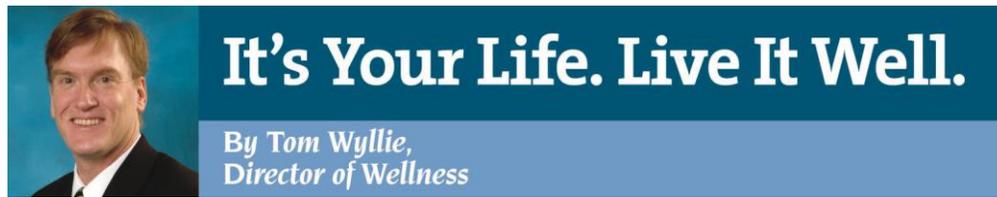
May is "Older Adults Month" and this year's theme is "Engage at Any Age!"

What are some of the ways you're currently engaged and what will you do in the future?

Please contact us at 248-281-2040 or pvmfoundation@pvm.org – we want to know!

Thank you!

Paul J. Miller, CFRE



It's Déjà Vu All Over Again

Yes indeed. It's that time of year again. Time to get ready for the annual Village Victory Cup scheduled for Friday, June 22nd!

This year's event will feature some of the same exciting tried and true games as years past such as the Beanbag Toss, the Hoop Shoot, the Wellness Walk, the Puzzler, and the Balloon Volleyball Tournament, and the Kick-a-Roo will be returning for the second consecutive year, but with a slight modification. And based on a barrage of requests from residents, new this year there will be a group dance competition. Also, because the event continues to grow, this year the Village Victory Cup will be held at a new location, the Suburban Collection Showplace Diamond Ballroom in Novi.

For the past 3 years, at the end of this fun-filled day of camaraderie and friendly competition the Village of Westland has emerged victorious. Can anyone dethrone these perennial champions? Does your Village have what it takes? Can you put together a winning team? Will your Village take home the cup? I suppose only time will tell and we will have our answers on June 22nd.

For more information about the Village Victory Cup and how you can register to represent your Village at this year's games, contact your Administrator. For Villages located 100 miles or more from the PVM Home Office (in Southfield), you have the opportunity to participate in the Virtual Village Victory Cup, which you can also learn more about from your Administrator.

Good luck Villages and may the odds be always in your favor!

– HELP SUPPORT THE PVM MISSION –

Is your Will up to date?

Have you moved?
Have your beneficiaries changed?

Now might be a good time to update your Will...and please consider leaving a legacy to PVM residents in your update.



For more information, call
Paul Miller at the PVM Foundation
248.281.2045
MyLegacy.pvmf.org





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Older Michiganian's Day

Spring is a time of celebration in most cultures. And what better experience to celebrate than that of being an Older Michiganian! Here is information on Older Michiganians Day coming up in Lansing along with registration information. You will enjoy the day if you decide to attend. PVM will be on hand and will post the event on our Facebook page if you would like to join in from a distance:

Save the Date

[Older Michiganian's Day](#) to be held on May 16, 2018 on the East Lawn of the Capitol Building in Lansing, MI.

Presented by the Area Agencies on Aging Association of Michigan and our Partners

Older Michiganian's Day (OMD) is an annual rally that takes place on the East Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials.

Interested individuals are invited to join this event to show their support for policies that support older adults. This free event provides the opportunity to speak with a unified voice to the Legislature expressing the concerns, challenges, and opportunities for older adults by the experts, older adults themselves and aging service providers.

This Event Features:

- A Rally on the East Lawn of the Capitol Building
- Keynote Speakers
- Group and Individual Meetings with your State Legislators

Older Michiganian's Day is planned by a group of organizations committed to advocating on behalf of the needs and interests of older adults across the state of Michigan. The steering committee is responsible for planning the annual event in Lansing, producing the advocacy platform which outlines legislative priorities, and developing an annual report card that states the achievements of the Governor and the Legislature in accomplishing recommended actions.

To learn more about Older Michiganian's Day, or to plan your trip to Lansing, please visit the "[Plan your Trip](#)" page for more information regarding how to register for this event.

For more information contact Linda Burghardt, Michigan Association of Area Agencies on Aging at (517) 886-1029 or by email at OMD@4ami.org. You may also contact your local Area Agency on Aging office by calling (231) 947-8920 or by email at info@aaanm.org.

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:

IF YOU ARE NOT FEELING WELL, PLEASE STAY HOME

The weather this year has had its share of ups and downs as well as the health of many of our residents. The respiratory flu, the stomach flu, sinus ailments and countless other germs have infiltrated our community.

Since we are inhabited by a very vulnerable population, please be considerate of others and stay in your apartment if you are not feeling well.

This can decrease the risk of infecting others around you. Touching door handles, elevator buttons or a variety of other things can spread the germs to others. Be mindful that even though you may feel well enough to go down to get your mail while you are sick, the people you come in contact with along the way may not have as good of an immune system as you do and could get very ill.

Please always be considerate of others.

Honey Garlic Shrimp Stir-Fry



Ingredients

- 6 cups stir fry vegetables
- ½ pound cooked shrimp
- ½ cup white wine
- 3 cloves garlic, minced
- 2 tablespoons honey

Directions

- Combine stir fry vegetables, shrimp, white wine, garlic and honey in a skillet over high heat.
- Cook and stir until mixture begins to simmer and shrimp are warmed through; about 10 minutes

BONUS RECIPE

Single Serve Carrot Cake in a Mug



Ingredients

- ¼ cup flour
- 1 Tbsp. sugar
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ½ tsp baking powder
- Dash of salt
- 1 Tbsp. coconut oil (melted)
- 1 Tbsp. milk
- ½ tsp vanilla
- 1 carrot grated

Directions

- In a microwave cup, combine all of the dry ingredients
- Stir in the melted coconut oil, milk and vanilla
- Finally stir in the grated carrot
- Microwave on high about 90 seconds (check after 1 minute)
- Top with vanilla yogurt or cream cheese frosting and pecans (optional)

May Word Search

Mother's Day

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

BREAKFAST
 FAMILY
 HEART
 MAMA
 MOMMY
 UNIQUE

CARING
 FLOWERS
 KISSES
 MAY
 MOTHER

CHILDREN
 FOREVER
 LOVE
 MOM
 SPECIAL



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May Bonus Word Search



See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2013

- | | | | |
|---------------|-------------|---------------|---------------|
| 1. Veterans | 5. Flowers | 9. Remember | 13. Ceremony |
| 2. Decoration | 6. Memorial | 10. May | 14. Sacrifice |
| 3. Day | 7. Service | 11. Americans | 15. Heroes |
| 4. Flags | 8. Honor | 12. Holiday | 16. Freedom |

Laughter is the Best Medicine

THE AUDIT

The IRS decides to audit Jim, and summons him to the IRS office. The IRS auditor is not surprised when Jim shows up with his attorney.

The auditor says, "Well, sir, you have an extravagant lifestyle and no full-time employment, which you explain by saying that you win money gambling. I'm not sure the IRS finds that believable."

"I'm a great gambler, and I can prove it," says Jim. "How about a demonstration?"

The auditor thinks for a moment and said, "Okay. Go ahead."

Jim says, "I'll bet you a thousand dollars that I can bite my own eye."

The auditor thinks a moment and says, "No way! It's a bet." Jim removes his glass eye and bites it.

The auditor's jaw drops.

Jim says, "Now, I'll bet you two thousand dollars that I can bite my other eye."

The auditor can tell Jim isn't blind, so he takes the bet.

Jim removes his dentures and bites his good eye.

The stunned auditor now realizes he has wagered and lost three grand, with Jim's attorney as a witness. He starts to get nervous.

"Want to go double or nothing?" Jim asks. "I'll bet you six thousand dollars that I can stand on one side of your desk, and spit into that wastebasket on the other side, and never get a drop anywhere in between."

The auditor, twice burned, is cautious now, but he

looks carefully and decides there's no way this guy can manage that stunt, so he agrees again.

Jim stands beside the desk but although he strains mightily, he can't make the spit reach the wastebasket on other side, so he pretty much gets it all over the desk.

The auditor leaps with joy, realizing that he has just turned a major loss into a huge win.

But Jim's attorney moans and puts his head in his hands.

"Are you okay?" the auditor asks.

"Not really," says the attorney. "This morning, when Jim told me he'd been summoned for an audit, he bet me twenty thousand dollars that he could come in here and spit all over an IRS official's desk and that you'd be happy about it."

FUNNY JOKE OF THE DAY

Myra was the church gossip. Though many disliked this, they feared her enough to keep silent.

But she made a mistake when she accused Bob of being a drunk after she saw his truck parked in front of the town's bar, saying, "Anyone seeing it knows what you were doing."

Bob stared at her for a moment and walked away. He didn't explain, defend or deny. He said nothing.

But that evening, Bob parked his pickup in front of Myra's house and left it there all night.

Administrator Column

Resident Updates



FRIENDS AND FAMILY UPDATE

Thank you to everyone for your support and for helping to get the word out on our Friends and Family campaign for 2018. Although it has come to a close for this year, the PVM Foundation is still tallying all of the generous contributions that were made on behalf of all of the seniors throughout the PVM family.

The last update I received about Hampton Meadows was that we had raised \$720 already towards our resident activity fund!

I know many of you are anxiously awaiting the results of the penny challenge too. Thank you to everyone who participated. We all had so much fun competing for the grand prize. As a reminder, even though the total amount for each floor was tabulated with a series of additions and subtractions: ALL of the proceeds were mailed in to the Foundation to go towards our campaign.

The final results are in:

A valiant effort was made by both floors. One floor had beaten the other floor in a landslide with the amount of pennies that were collected but in the end, it was the silver in the buckets that really made the decision as to how this contest was going to turn out.

Second floor was WAY ahead of first floor with a total penny donation of \$23.03 while first floor brought in \$16.96. First floor really put the whammy on second floor though with a silver donation of \$20.20 into

the second floor bucket. Second floor only returned the favor with \$8.75 of silver donated to the first floor bucket. After the addition and subtraction, the total amount each floor was left with was:

First Floor:	\$8.21
Second Floor :	\$2.83

The winner of the 2018 Penny Challenge is...FIRST FLOOR!

The total donation for our Friends and Family Campaign for this year was \$65.00! Now THAT'S a lot of change. 😊

Since everyone did such an awesome job and you all had so much fun.....the pizza party reward will be for everyone! Watch your calendars in June for when to join us in the community room.

Great job everyone! 😊

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on
Thursday, May 17th from 3:00 PM – 4:00 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. She can also recertify you right on site now at ANY food drop off date. ***

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