

# **Embrace the possibilities**

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

May 2019

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## Friends and Family Campaign 2019

Our Friends and Family Fundraising has been going wonderfully this year and with the PVM Foundation extending the deadline; it gave us more days to build our resident activity fund! ©

We already have \$1,175, with more donations being tallied each and every day. Our final numbers should be in by the end of the month.

That also includes money that we have raised from our fundraisers too. I know that all of you have been anxiously awaiting the results of our fundraising efforts so here they are.

#### Drum roll please......

First off, we have our Spaghetti Dinner. We were fortunate enough to raise \$210 from our dinner towards our resident activity fund!

Now secondly comes our ice cream social and bake sale. We were able to raise a whopping \$201 from that event!

Thirdly, we had such a good response for our first spaghetti dinner that we decided to have another for those who weren't able to join us before. Spaghetti dinner # 2 raised another \$146!

#### We are on a ROLL!

Our fourth and final event is none other than the annual penny challenge. That is where we have floor against floor in some good old-fashioned friendly competition. It was first floor against second floor. The goal was to have the best overall score. Pennies count towards your floor's total and silver coins count against you which could set you back quite a bit if the right silver coins are used.

This year was a tough one for 2<sup>nd</sup> floor. They tried their hardest to climb an uphill battle against first floor but in the end, they were no match for the grand champions! Here is how the numbers broke down for this battle extraordinaire:

First Floor Pennies: \$25.66
First Floor Silver: \$9.05
First Floor Total Score: \$16.61

Second Floor Pennies: \$ 8.97 Second Floor Silver: \$14.85 Second Floor Total Score: \$-5.88

#### Penny Challenge total funds raised: \$58.53!

Thank you to everyone who participated! We had a lot of fun playing and all of the change is going to a good cause. Let's see what next year brings! Save your pennies!

#### Look for PVM on:







#### **Activities**

## **Maintenance Updates**

- Our spring fire drill went well. Thank you to everyone who participated and went to the right areas. We are hopeful that in the event of a real fire, our residents will know exactly what to do.
- If you need assistance adjusting your thermostat, please contact the office.
- A reminder that your trash should always be in bags that are securely tied. Please do not throw your trash on the trash room floor unless it is a broken down cardboard box that should be flat and up against the wall.
- Please remember to not park your cars over the curbs.
- Please do not leave food in the lawn for the animals. Food can attract unwanted pests and rodents.
- Thank you to those of you who keep your apartments and the areas outside of your apartments tidy. This is your home and it speaks volumes when you lend a helping hand to keep our building beautiful. ©
- 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 Wednesday @ 5:00 pm
- Administrator's Updates Meeting
   May 9<sup>th</sup> @ 11:00 am.
- Monthly Birthday Celebration –
   Monday, May 13<sup>th</sup> @ 6:00 pm
- Bookmobile –May 9<sup>th</sup> and May 30<sup>th</sup> from 5:15 pm – 6:15 pm.
- Movie Day Tuesday, May 28<sup>th</sup>
   2:00 pm.
- Wii Bowling Every Thursday at 9:00 am.
- Lunch Bunch Friday, May 10<sup>th</sup> and Tuesday, May 21<sup>st</sup>. 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 for a tip.
- Daniel Bryson, our piano and accordion entertainer, will be here on Wednesday, May 22<sup>nd</sup> at 12:00 pm in the game room.
- Every Wednesday this month at 11:00 am we will be practicing for the Virtual Village Victory Cup.
- Our Penny Challenge Pizza Celebration will be Friday, May 17<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.

# Frankenmuth Happenings in May

## Fridays, Memorial Day through Labor Day •Friday Fun Nights •

Every Friday, Memorial Day to Labor Day (May 24 – August 30), Main Street comes alive from 6-9pm with live music and street performers. Discover talented musicians from around the state as well as some local favorites. Face painting, balloon twisting and magicians, oh my! The lineup changes weekly, so be sure to check myfrankenmuth.org for what fun awaits along Main Street. Entertainment is free, but if you happen upon an act you enjoy, consider throwing them a few bucks to keep them coming back! Continued on pg. 4

## **Service Coordinator Corner**

Elizabeth Brinker 989-892-6906
Service Coordinator's office is located on the 2<sup>nd</sup> floor inside the theater

It's May! Thank goodness we are heading into warmer, sunnier days! I am so thrilled to be seeing the sun on a more regular basis, although today as I write this, it is raining.... \*oh, well!\* The flowers will soon be showing all over - some of the braver ones are already out and blooming! The trees are budding and I am looking forward to being able to enjoy the outdoors on a hammock (one of my favorite places on the weekends).

On May 9th at 2pm, we will have a Blood Pressure Clinic by Wellspring Lutheran Services, with the second clinic on May 23rd at 2pm by a new (to us) agency, A & D Health Care Professionals, Inc. Watch the places where I post about presentations (outside the theater room door and on the door to the Community Room) for up to date information regarding cancellations, etc. Please consider doing this one quick check on an area that can affect your life without you knowing... 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!

Mel from The Care Team Home Health Care and Hospice will be presenting on "Diabetic Recipes and Shopping Tips" on May 8th at 2pm in the Community Room. It's always a pleasure to have Mel come in and she offers some great information with handouts to take home. Come check it out!

A&D Home Health Professionals Inc. will be here on **Thursday, May 30<sup>th</sup> at 2:00 pm** to discuss and explain the **Medicaid Waiver Program** in better detail for you.



It is important to my position that I monitor when you are **out** of the building **to the hospital or emergency room**; please let me know, either when you are out, or at least notify me when you return. Remember that it is part of my position to assist you with services you may need after having spent time in the hospital or when returning from convalescing at a nursing home or even a family members' home. Feel free to call me if there is any way that I can assist.

I will be in the office all day on May 14<sup>th</sup> and 29<sup>th</sup> (9a – 4p). I will be out of the office all day on May 13<sup>th</sup>, May 27<sup>th</sup>, Memorial Day, and May 28<sup>th</sup>. 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.

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.

I will be contacting people for updates, so be watching your mailboxes for notes from me and please get back to me with your earliest available time as well as a couple of options.

Thank you -Elizabeth **Programs (continued)** 

# **Celebrating May Birthdays**

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

Darlene A	05/02
Sally G	05/07
Marge C	05/12
Dorothy L	05/17
Sr. Edith M	05/18
Julie R	05/22
Dorothy C	05/25
Jean N	05/29



#### Continued from pg. 2

May 24<sup>th</sup> and 31<sup>th</sup> 6:15 - 7:15 pm and May 27<sup>th</sup> 1:00 - 2:00 pm •Wine Tasting and Bracelet Making •

With the addition of Modern Craft Wine at Bead Haven we can now combine the two worlds for a perfect combination of jewelry making and wine tasting! For just \$20 you will get four large samples of wine and you'll choose one of the ten different styles of bracelets to make and take home! Great for a girls outing and even bachelorette parties! Grab your girlfriends for a special date with us! We can seat a max of 10 people. Experience the hottest trending wine in Michigan with Modern Craft's assortment of fruit infused wines as well as a collection of traditional wines. Call for your spot today! 989-652-3566.

May 25th - 26th •Frankenmuth Dog Bowl and Balloons over Bavarian Inn • The world's largest Olympicstyle festival for dogs includes dock and disc dog competitions, sheep herding demonstrations, wiener dog races, Rock N Roll K9s performances, agility competitions, a pet costume parade and contest and so much more!

# 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

### Did You Know There's a PVM Foundation?

The PVM Foundation raises money to support <u>your</u> wellbeing. Last year, PVMF raised funds for Village Victory Cup, resident activities and emergency resident assistance.

#### A few examples:



I'm so then file to you for the mency you gove one to get my glasses, It is so wonderful to be ask to she agains. I here a new heave of life, The glasses new terffic, moust pair I seem had and with the Up problem's I have, new thanks to you? I have may thing {Providing a new pair of glasses for an older adult who otherwise wouldn't be able to afford them.}



Residents from The Village of Oakland Woods at a Detroit Tiger's game.

{A trip to the ballpark or zoo for seniors at risk of isolation.}



Residents at Thome Rivertown Senior Apartments share a holiday meal.

{Dinner (and crucial socialization) to residents who may not be able to celebrate with family.}

But the need doesn't end there. We can't make these life-sustaining gifts possible without your help! Over 300 of your fellow residents gave from the heart last year to help all of us. Won't you join them? Make your contribution today. It's the gift that keeps on giving...right back to you. Questions, comments or concerns? Contact us at 248-281-2040 or <a href="mailto:pvm.org">pvmfoundation@pvm.org</a>.



# The Senior Advocate.

By Lynn Alexander, Senior VP & Chief Marketing Officer

## May is Older Americans Month

May 1st has been known for centuries as May Day and has celebrated at the beginning of spring with a dance around a Maypole. As a centerpiece for an ancient European spring festival, Maypoles are known for being colorful and festive while decorated with ribbons. Springtime is known for celebrating renewal.

Thus, it is quite appropriate that the month of May is also known as Older Americans Month in America. As older adults we have opportunities not afforded to our ancestors. We experience the joy of being with our grandchildren and great grandchildren. We can create legacies for our families and communities. We even get second chances and, in some cases, rekindled romances. Adventure calls as many travel around the world and volunteer for charitable causes.

The theme for Older Americans Month of 2019 is CONNECT, CREATE, And CONTRIBUTE. Connect with friends, family, and services that support participation. Create by engaging in activities that promote learning, health, and personal enrichment. Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks and lives.

We acknowledge the Administration for Community Living at the federal level for key information included in this message.





# It's Your Life. Live It Well.

By Tom Wyllie, Director of Wellness

# "Spring has Sprung! The Grass has Riz! Do You Know When the Village Victory Cup is?"

Believe it or not, it's that time of year again. It's time to get ready for the 14<sup>th</sup> Annual PVM Village Victory Cup. Like last year, we will be hosting this year's event at the Suburban Collection Showplace in Novi. The date is Friday, June 21, 2019.



For those of you who may be unfamiliar with this event, it is a fun-filled day of camaraderie and friendly competition between senior living communities that are part of the PVM family. You earn points for your community by participating in a variety of games that involve building puzzles, shooting baskets, throwing beanbags, kicking balls, walking fast, playing balloon volleyball, and this year, writing poetry. The community that earns the most points wins the travelling Village Victory Cup trophy, which currently resides at the Village of Westland.

For communities 100 or more miles from the PVM Home Office, rather than travel to Novi, you have the opportunity to participate in the Virtual Village Victory Cup. The games are the same (with the exception of balloon volleyball) and you play them at your community.

If you are interested in either of these events, ask your administrator how you can join your community's team. At a minimum, you'll enjoy some food, have some fun, and meet a few new people. Or, you might walk away with a gold, silver, or bronze medal and help contribute to your community bringing home the Village Victory Cup trophy or the coveted Spirit Award.

#### **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!" what matters

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

#### **Laundry Room Reminders:**

The hours of the laundry room are 8:00 am to 8:00 pm. That means that no one should be in there before 8:00 am "claiming" a washing machine early. That also means that you need to be out of the room by 8:00 pm.

The rules are made out of courtesy to the other residents who live nearby or below the laundry room.

You are always responsible to clean up after yourselves. Please check ALL of your pockets before you put your laundry in the machines. Throw away any tissues or papers before you put your clothes in to be washed.

Check the washers and dryers when you're done so that the next person has a clean machine free of used tissues, pet hair or anything else that can be left behind.

Be courteous of each other. It should not be someone else's chore to clean up after you.

Failure to be respectful of others and clean up after yourself can lead to removal of laundry room privileges.

Thank you for your continued consideration and cooperation.

## Pork Chops with Roasted Apples and Brussels Sprouts



**Ingredients** 

- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground red pepper
- 3 tablespoons light brown sugar, divided
- 2 teaspoons finely chopped fresh rosemary, divided
- 1 teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 4 (1-inch thick) bone-in, center cut pork chops
- 3 tablespoons plus 2 teaspoons olive oil, divided
- 3 tablespoons apple cider vinegar
- 1 Gala apple (8-9oz.) cut into ½ inch wedges
- 1 pound fresh Brussels sprouts, trimmed and cut in half
- Vegetable cooking spray

#### **Directions**

- Preheat oven to 425°. Stir together first 5 ingredients, plus one tablespoon brown sugar, 1 teaspoon rosemary, ½ teaspoon salt and ¼ teaspoon black pepper in a small bowl. Rub each pork chop with ½ teaspoon olive oil; rub both sides of each pork chop with brown sugar mixture (about 2 tsp. on each chop).
- Whisk together apple cider vinegar and remaining 2 tablespoons of brown sugar, 1 teaspoon rosemary. ½ teaspoon salt and ¼ teaspoon black pepper in a small bowl; slowly whisk in remaining 3 tablespoons olive oil until blended. Place apples, Brussels sprouts and ¼ cup vinegar mixture in a large bowl and toss to coat.
- Place pork chops in center of a lightly greased (with cooking spray) heavy-duty aluminum foil lined sheet pan; place apple mixture around pork chops.
- Bake at 425° for 12 minutes; turn pork chops over, and bake 10 to 14 minutes more or until a meat thermometer inserted in the thickest portion registers 140°. Transfer pork chops to a serving platter and cover with foil to keep warm. Stir apple mixture in sheet pan and spread into an even layer.
- Increase oven temperature to broil, and broil apple mixture 3 to 4 minutes or until browned and slightly charred. Transfer apple mixture to a medium bowl. Toss together apple mixture and remaining vinegar mixture. Season with kosher salt, and serve with pork chops.

# **May Word Search**

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# Dog Breed Word Search

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CHOW CHOW

COLLIE

DACHSHUND

DALMATIAN

GERMAN SHEPHERD

GREAT DANE

LHASA APSO

MALAMUTE

MALTESE

MASTIFF

PEKINGESE

POMERANIAN

POODLE

PUG

ROTTWEILER

R A N

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SCHIPPERKE

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SHIH-TZU

WEIMARANER



N N E

puzzles-to-psintcom

# May Puzzle

Sample from Brain Teasers for Young Scholars

#### O. I C!



Use letters (or a single letter) from the alphabet to phonetically form the answers to the following questions. Letters may **not** be used to **spell** a word. Only the spoken **sound** of a letter is allowed.

Example: These letters are what a person might say when he/she understands something for the first time. (Answer. O, I C.)

- These two letters mean to rot.
- These two letters are a companion to jealousy.
- This letter is the name of a large body of water.
  - This letter asks "For what purpose?"
  - These two letters describe the condition of having or doing too much.
- A nickname for Arthur or Artemus can be formed with these two letters.
  - \_\_7. These two letters name the type of doll given as a prize at a camival.
  - \_\_\_8. These letters describe a day experiencing frozen precipitation.
  - These two letters are a reaction to a bad smell.
  - This letter names a popular beverage served both hot and cold.
  - What two letters mean the opposite of full?
  - These two letters are the opposite of difficult.

The appropriate his age at the part of the control of the control

# Laughter is the Best Medicine

#### TWO PEANUTS

Two peanuts where walking down the road and one was a salted!

#### 600 STORY HOTEL

Tom, Dick and Harry went to a party. After the party they returned to the hotel. The hotel was 600 stories high.

Unfortunately for them, the elevator was not working. They made a plan for the first 200 stories, Tom will crack jokes.

The second 200 stories Dick will tell a happy story and lastly Harry will tell a sad story. They then started up the steps.

After 2 hours it was Harry's turn. He turned to the other two and said "Ok guys, here's my sad story. I forgot the keys downstairs."

#### BAD SPELLER

A woman was injured and her husband calls 911.

The operator asks, "Where are you at?"

The husband replies, "I'm on Eucalyptus Road."

The operator asks, "Can you spell that for me?"

"Uhhh, wellll... I'll just drag her over to Oak St. so you can you pick her up over there."

#### **TOOTSIE POP**

Someone saw a blonde eating a Tootsie Pop and asked her, "So, how many licks does it take to get to the center of a Tootsie Roll - Tootsie Pop?"

Without a thought, the blonde replied, "Beats me, but it took almost the whole day just to lick through the wrapper."

#### **COLLEGE FINALS**

At Duke University, there were four sophomores taking Organic Chemistry. They were doing so well on all the quizzes, midterms and labs, etc., that each had an "A" so far for the semester.

These four friends were so confident that the weekend before finals, they decided to go up to the University of Virginia and party with some friends there. They had a great time, but after all the hearty partying, they slept all day Sunday and didn't make it back to Duke until early Monday morning.

Rather than taking the final then, they decided to find their professor after the final and explain to him why they missed it. They explained that they had gone to UVA for the weekend with the plan to come back in time to study, but, unfortunately, they had a flat tire on the way back, didn't have a spare, and couldn't get help for a long time. As a result, they missed the final.

The professor thought it over and then agreed they could make up the final the following day. The guys were elated and relieved. They studied that night and went in the next day at the time the professor had told them. He placed them in separate rooms and handed each of them a test booklet, and told them to begin.

They looked at the first problem, worth five points. It was something simple about free radical formation. "Cool," they thought at the same time, each one in his separate room, "this is going to be easy." Each finished the problem and then turned the page.

On the second page was written: (For 95 points): Which tire?

A sloth calls the police to report that he was attacked and robbed by a gang of turtles. When the police ask him to describe the attack, he replies:

"I....Doooon't.....knoooow...
It... all... happened..... soooooo ... fasssst....."

#### **Administrator Column**

# **Resident Updates**



## 2019 Virtual Village Victory Cup

With our fundraising winding down, we are now getting ready to shift gears into practicing for our Virtual Village Victory Cup! For those of you who are new to our community, let me tell you about this fun event!

The Virtual Village Victory Cup (VVVC) is a friendly event where we can compete against other PVM

villages for the coveted title of Top Winner for the year. The top prize comes with a trophy that we can proudly display in the village for the entire year. We participate in fun, non-strenuous events where we tally our scores and send them to our PVM Wellness Director to be compared against the scores from the other villages. The village with the most points...wins!

Every year we have such a fun time practicing and participating. The day of the event we have a hearty lunch and then move right in to our events. We have a hoop shoot, a beanbag toss, a walking race, a timed puzzle event, a ball kicking event and then each year we have another event called "expression of wellness". We have done lip sync, dancing and this year will be poetry.

Even if you don't think that you can participate physically, we can always use some encouragement and some comradery. We also get points for participation and that can be something as simple as coming down and cheering everyone on.

If you want to stop down and see what it's all about, stop by on Wednesdays at 11:00 am this month while we are practicing. You'll see that it's not that hard at all and most of all....we have a TON of fun. Our actual recorded event will be held in June.

As for the rest of the month, we have A LOT of things on the calendar that you won't want to miss out on.

I hope that you all have an enjoyable Mother's Day and a safe and Happy Memorial Day!

Stephanie Cooper Administrator The Village of Hampton Meadows

# Don't Miss the Bay County Library Bookmobile on Thursday, May 9<sup>th</sup> AND May 30<sup>th</sup> from 5:15 PM – 6:15 PM (new time)

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.

Distribution time is from 1:30 pm until 2:30 pm.

Distributions dates are:

10/10/18, 3/13/19,

11/14/18, 4/10/19, 12/12/18, 5/8/19, 1/9/19, 6/12/19, 2/13/19, 7/10/19,

8/14/19,

9/11/19

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#### **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** 989-415-7974

NUMBER







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**