



Hampton Herald



Embrace the possibilities

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

August 2018

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The Ice Cream Truck is Coming!

I scream, you scream, we all scream for ICE CREAM!!



I am excited to share with you that we will now be having the ice cream truck come to us from TummyAche Candy for the month of August!

Every Thursday evening at 5:00 pm beginning August 2nd we will have a personal visit from the ice cream truck to our village.

She will pull up in the lot and you can go out and get whatever kind of ice cream that your heart desires.

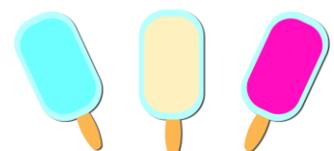
I'm sure that she will have all of your favorites that you remember from when the ice cream truck came down your road when you were young.

****Pricing will vary depending on what you purchase.**

I hope all of you enjoy this little trip down memory lane and really get out there and enjoy this new service in August. It should be a lot of fun!

With 5 Thursdays in August you can try 5 different things or get what you love 5 times this month. ☺

Look for PVM on:



Activities

Maintenance Updates

- If you notice something in the building is in need of repair, please let us know. If it is an emergency and it is after hours please call the emergency phone. This is your home. We want everything to be in its best condition. We are not here 24 hours a day so we rely on you to let us know if there is anything out of the ordinary that you notice. Let's work together as a team to keep Hampton Meadows looking nice for you and your guests when they come to visit you.
- Please remember to not let people into the building if they are not here to see YOU. Even if you recognize them as someone else's visitor. You don't know if they are a welcome guest this time. Please help keep our community and residents safe.
- *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.*

August Activities

Please join us in the month of August for:

- BINGO - Every Sunday @ 2:00 pm and Wednesday @ 5:00 pm
- Commodities – Wednesday, August 8th @ 10:30 am
- Administrator's Updates Meeting – August 9th @ 11:00 am.
- Monthly Birthday Celebration – Monday, August 13th @ 6:00 pm
- Bookmobile – August 9th AND August 30th from 3:00 pm – 4:00 pm.
- Movie Day – Monday, August 27th @ 2:00 pm.
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome to play or even to cheer on the bowlers.
- Office Closed Thursday, August 2nd, Monday, August 6th, Monday August 13th, Tuesday, August 14th, Friday, August 24th and Friday, August 31st.
- August 15th @ 2:00 pm Mel – Cleaning Tips and Hacks
- August 28th from 2:00 pm – 4:00 pm Miracle Ear will be here for hearing aid checks
- I am working on scheduling a boat ride on the Princess Wenonah still yet this month. Stay tuned for more info.

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 August

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

August • Tuesday Movies in the Park • Wenonah Park. Movies begin at dusk around 9:15 pm.

August 7:00 pm – 9:00 pm • Wednesdays in the Park • Concert Series at Wenonah Park.

August • Fridays at the Falls • Third Street Waterfall Park starting at 6:00 pm.

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Service Coordinator Corner

Elizabeth Brinker 989-892-6906

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

It's the last month of summer! Enjoy these days - in Michigan we get all of the seasons, but not always as long as we'd like. This is the month of Back to School sales, cookouts and camping, and the "Dog Days" of summer. We will have a variety of programs along with our Blood Pressure Clinics - come and check them out!

On **August 9th at 2pm & August 23rd 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 **August 15th at 2pm, Mel from SouthernCare** will be presenting Cleaning Tips and Hacks. She will be presenting different types of natural/homemade cleaning ideas and "hacks" (easy, unusual ways to do things).

Chaplain Don will be coming here for the Grief Support Group quarterly from now on. His next visit will be on October 26th. Please consider attending this group if you have tough situations in your present or past-life experience as these can impact how we feel and process future situations in our lives. Chaplain Don covers a variety of issues around Grief – including loss (of people, things, or situations) as well as any issues surrounding grief that you might have.

On **August 28th at 2pm, Lynn from Miracle Ear** will return to offer free hearing screenings as well as free hearing aid batteries; she will also be bringing snacks. Come check it out and get your hearing aid batteries. I will be in the office **all day on August 14th and 29th**



(9a – 4p). I will be out of the office **all day August 13th, and 27th.** 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!

Thank you for your patience with my time off last month. **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 summer weather while it's here - seems like it changes seasons faster and faster...

Elizabeth

Continued from pg. 2

Programs (continued)

Celebrating August Birthdays

We will be celebrating August Birthdays in the community room on **Monday, August 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. His staff will bring the cake and some balloons! Please come by and celebrate with us!

Jamie D 08/14
Ellie J 08/18
Faye G 08/21



August-Thursdays 10:00 am – 4:00 pm • Downtown Bay City Farmer’s Market • Jefferson Street at Center Ave.

Saturday, August 18th • Art Clash Bash • Free Event!! Live Art, Food Trucks, & Music wrapped up into one event a Wenonah Park Downtown Bay City!! See Artists create Masterpieces right before your very eyes that you can take home that day. Proceeds for the event support Do-All, Inc. and programs that assist individuals with a disability to be part of their community.

Saturday & Sunday, August 11th & 12th 9:00 am – 3:00 pm • Urban Salvage Market and Antique Show
 • A collection of antiques, collectibles, architectural, industrial and modern. You'll find a wide variety of items re-purposed, recycled and re-imagined.

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

You Have the Power to Leave an Amazing Legacy!



Betty honored her happy home, friends and family by leaving a gift in her will.

A retired teacher, Betty left a gift in her will to help build the Karl & Frieda Kleemann Chapel at The Village of East Harbor and provide stained-glass windows.

Before her passing, Betty said she always believed in the PVM mission to serve older adults. She was delighted to honor her parents and a dear friend through the gift in her will.

Betty wanted to give back to her “happy home for these many years.” She wanted to make sure her gift would help future residents—people she’d never know! And she did! Today the chapel is a place where seniors of all faiths can gather, and Betty’s legacy shines!

Anyone can leave a bequest. **You have the power to answer future prayers today!** To learn more, contact us at 248-281-2040 or pvmfoundation@pvm.org, or visit mylegacy.pvmf.org.

Warm regards,
Paul J. Miller, CFRE



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Victory is in the Air!

This month we have a special guest columnist, Kelli McDonald. Kelli recently graduated from Oakland University and she is interning with PVM this summer!

And the winner is...Westland! Congratulations to the Westland Stars for a big sweep to win the 2018 Village Victory Cup for the 5th time! This year was the closest competition with only a five point difference between the Stars and the Pirates from East Harbor!



Big congratulations to the residents of Oakman Manor "for taking home the Spirit Award. Sporting "Straight Outta Oakman Manor" t-shirts, they wowed the judges with their contagious team spirit, loud cheers, and incredible sportsmanship!



We also can't forget about our Virtual Village Victory Cup winners! Congratulations to the Village of Spring Meadows for winning the 2018 Virtual Village Victory Cup and the Village of Sage Grove for winning the Spirit Award with their amazing cheers during each event! Congratulations to all of the Villages for participating!



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Keep the Fun in Summer

I wish for all of our readers a fun and interesting summer. A chance to play on a beach with our grandchildren, check out one of the many summer novels, and enjoy walks in the nice weather are hallmarks of this beautiful season. Let's make sure to keep it fun by adhering to some tips on safety. There is nothing worse than a trip to the emergency room to zap the joy out of our fun! Here are some things to keep in mind:

- Avoid peak periods of sun when the heat index is extreme.
- Use sunscreen when you are out and about, even for a short time.
- Find some shady areas to sit at which can still allow you to join in the fun. A beach umbrella has prevented many a sunburn.
- Hydrate well by drinking lots of water.
- Make sure you stock up with groceries and water in case of a power outage.
- If you have an extended power outage don't try to be a hero. Stay with friends or relatives or go to a cooling center until the power is back on. Local officials/government can guide you as to where to go.
- Make sure to notify emergency contacts as to your safety. Our loved ones worry about us if they cannot reach us. Make sure their numbers are up to date with Village personnel so they can be reached.
- Regarding water safety, keep your eyes on anyone in the water at all times. Use life preservers. A tragic accident can happen in an instant.
- Food safety is also key. Do not let food sit out in hot temperatures. Have a way to keep things cool.

Let's KEEP THE FUN IN SUMMER! ENJOY!

A GIFT IN
YOUR WILL

*can change
the lives
of seniors.*

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.

Please consider a charitable bequest...

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

248.281.2045
mylegacy.pvmf.org



**Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION**

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.

Friendly Reminders:

Our Service Coordinator is here to assist with setting up your personal services. That could be housekeeping assistance, medication assistance, transportation assistance, etc. Anything that can help you to remain independent here; in your home, for as long as possible. Although she is not here to provide those services personally, she is able to make suggestions or help you sort through anything that may seem confusing or complicated.

The Administrator oversees the processes of the entire community. Making sure that the paperwork is done properly for HUD, that the building is in proper condition, that the residents' needs are being met to the best of our ability, that you all have a pleasant experience here in your home environment and that you are following the guidelines presented by our corporate office.

The Maintenance Tech is here to keep the building and all of its equipment running properly. He maintains your apartments and the building as a whole, as well as tending to the grounds. He does not work in the office and cannot assist you with anything other than repairs.

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

Tomato and Sausage Risotto



Ingredients

- 1 can (28 ounces) diced tomatoes in juice
- 1 tablespoon olive oil
- $\frac{3}{4}$ pound sweet or hot Italian sausage, casings removed
- 1 small onion, finely chopped
- Coarse salt and ground pepper
- 1 cup Arborio rice
- $\frac{1}{2}$ cup dry white wine
- 1 bunch flat-leaf spinach (10-14 ounces), washed well, tough stems removed, chopped (about 7 cups)
- $\frac{1}{2}$ cup grated parmesan cheese, plus more for serving
- 2 tablespoons butter

Directions

- In a small saucepan, combine tomatoes (with their juice) and 3 cups water. Bring just to a simmer; keep warm over low heat.
- In a medium saucepan, heat oil over medium heat. Add sausage and onion; season with salt and pepper. Cook, breaking up sausage with a spoon, until sausage is opaque and onion has softened, 3-5 minutes.
- Add rice; cook, stirring until well coated, 1-2 minutes. Add wine; cook, stirring until absorbed, about 1 minute.
- Add about 2 cups hot tomato mixture to rice; simmer over medium-low heat, stirring occasionally, until rice is creamy and just tender, about 25 minutes total (you may not have to use all of the liquid).
- Remove pan from heat. Stir in spinach, parmesan and butter; season with salt and pepper. Serve immediately (risotto will thicken as it cools), and sprinkle with additional parmesan, if desired.

August Word Search

Word Search Puzzle #V313FF

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

Adequately	Fable	Patented	Stare
Beefy	Faultier	Pikes	Tally
Belie	Genie	Plant	Theist
Brings	Inverts	Pulse	Thereon
Cadet	Isles	Purple	Whens
Chided	Lever	Recite	Widening
Cults	Limps	Regard	Wives
Dapper	Mares	Rends	
Discover	Menace	Saucepan	
Divines	Musket	Sickened	
Earshot	Nappy	Skirts	
Engages	Outgrown	Sleek	

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August Bonus Crossword

Crossword #CZR438T6

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
17			18						19				
20								21					
			22			23	24	25					
26	27	28	29		30					31	32	33	
34					35					36			
37				38				39	40	41			
42				43	44	45	46		47				
48			49	50					51				
			52						53				
54	55	56						57		58	59	60	61
62					63	64	65						
66					67					68			
69					70					71			

Across

- 1. Time ____ half
- 5. Pellet weapon
- 10. Make ____ stop (break on the track)
- 14. Swordfight or gunfight
- 15. "First Blood" figure
- 16. Majeste start
- 17. Affects
- 19. ____ Kross
- 20. NBA stat
- 21. Scrawny
- 22. Light and airy
- 26. A Chan portrayer
- 30. High-spirited
- 34. Try to bite, like a pup
- 35. Slackens
- 36. Gibbon species
- 37. Zigzag ski race
- 39. Mexican state
- 42. Nosh
- 43. "He's as snug as ____ in..."
- 47. Yearly observance: Abbr.

48. Knickknack

- 51. Close-knit group
- 52. "Touch of Evil" star
- 54. Male model Lanzoni
- 57. Sees red
- 62. Farm-related prefix
- 63. Jumpy
- 66. Calf meat, to Collette
- 67. "____ Joe's"
- 68. Faux (abbr.)
- 69. Keys pressed to exit systems
- 70. "I Still See ____" ("Paint Your Wagon" song)
- 71. Multivolume Brit. references

Down

- 1. Sarah McLachlan song
- 2. Habit wearers
- 3. Dict. listings
- 4. "____ want for Christmas..."
- 5. Football's Favre
- 6. Wailer of Irish folklore
- 7. Automotive initials
- 8. With "r," a yokel
- 9. Refusals
- 10. Base, frequently
- 11. Lima's locale
- 12. "Groove ____ the Heart" (Deee-Lite ditty)
- 13. Trial
- 18. Not surprised by
- 21. Eight pts.
- 23. Fall off
- 24. "Ay, there's the ____"
- 25. Other
- 26. First occurrence, as of a symptom
- 27. Purple flower
- 28. Choose ____ (decide which way to go)
- 29. Ending with inter or pater
- 31. Addax's bigger cousin
- 32. Opposite of zenith
- 33. Treasure ____
- 38. Protective spray
- 40. Perfumed packet
- 41. With "Ae," a State Farm competitor
- 44. Food preservative abbr.
- 45. Former USSR member (abbr.)
- 46. Teahouse hostesses
- 49. Hateful
- 50. Padre's hermano
- 53. Jai alai basket
- 54. Number-one pick
- 55. Mellows, as wine
- 56. Bric-a-____ (knickknacks)
- 58. Rush, for one
- 59. Philosopher David
- 60. Author Bagnold
- 61. Bilko et al., for short
- 63. Snicker syllable
- 64. Den end?
- 65. VW model

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Laughter is the Best Medicine

Think Gas Prices are High?

You Think A Gallon Of Gas Is Expensive? Here are some comparisons to make you think and put things in perspective.

- *Diet Snapple 16 oz. \$1.29 ---> \$10.32 per gallon
- *Lipton Ice Tea 16 oz. \$1.19 ---> \$ 9.52 per gallon
- *Gatorade 20 oz. \$1.59 --->\$10.17 per gallon
- *Ocean Spray 16 oz. \$1.25 ---> \$10 per gallon
- *Brake Fluid 12 oz. \$3.15 ---> \$33.60 per gallon
- *Vick's Nyquil 6 oz. \$8.35 ---> \$178.13 per gallon
- *Pepto Bismol 4 oz. \$3.85 ---> \$123.20 per gallon
- *Whiteout 7 oz. \$1.39 ---> \$25.42 per gallon
- *Scope 1.5 oz. \$0.99 ---> \$84.48 per gallon
- *Evian water 9 oz. for \$1.49 and ---> \$21.19 per gallon.

So, the next time you're at the pump, be glad your car doesn't run on water, Scope, Whiteout, or worse yet, PEPTO BISMOL or NYQUIL!

Just a little humor to help ease the pain of your next trip to the pump.

YOU KNOW YOU'RE GETTING 'MARVELOUSLY MATURE' WHEN...

- You and your teeth don't sleep together.
- Your try to straighten out the wrinkles in your socks and discover you aren't wearing any.
- At the breakfast table you hear snap, crackle, pop and you're not eating cereal.
- Your back goes out but you stay home.
- When you wake up looking like your driver's license picture.
- It takes two tries to get up from the couch.
- When your idea of a night out is sitting on the patio.
- When happy hour is a nap.
- When you're on vacation and your energy runs out before your money does...
- When you say something to your kids that your mother said to you and you always hated it.
- When all you want for your birthday is to not be reminded of your age.
- When you step off a curb and look down one more time to make sure the street is still there.
- Your idea of weight lifting is standing up.
- It takes longer to rest than it did to get tired.
- Your memory is shorter and your complaining lasts longer.
- Your address book has mostly names that start with Dr.
- You sit in a rocking chair and can't get it going.
- The pharmacist has become your new best friend.
- Getting "lucky" means you found your car in the parking lot.
- The twinkle in your eye is merely a reflection from the sun on your bifocals.
- It takes twice as long - to look half as good.
- Everything hurts, and what doesn't hurt - doesn't work.
- You look for your glasses for half an hour and they were on your head the whole time.
- You sink your teeth into a steak - and they stay there.
- You give up all your bad habits and still don't feel good.
- You have more patience, but it is actually that you just don't care anymore.
- You finally get your head together and your body starts falling apart.
- You wonder how you could be over the hill when you don't even remember being on top of it.

Administrator Column

Resident Updates



Virtual Village Victory Cup Results

We had a wonderful time at our Virtual Village Victory Cup award ceremony on July 26th.

We munched on snacks while everyone anxiously awaited the final tally of how our village stacked up against the other villages who participated virtually.

Now that the results are in, we are sad to say that we did not get the overall points needed this year to keep the trophy here at our village. ☹️ But.....

Even though we didn't get the overall points nailed down, we still had some AMAZING results to share with all of you.

The wellness video for this year was themed "50s Dance." We had to come up with a choreographed dance to 50's music. After the video was recorded, I played it in the lobby and many of you got a chance to see the final product. It was just adorable! Everyone had so much fun participating and it was even a good workout with all of the practicing that they did!

We found out at the awards ceremony that our village got **FIRST PLACE** for our video submission!! How exciting!! All of our participants brought home a gold medal for their participation in the dance video!

That's not even all of our accomplishments for the event either!

Out of all of the events that we participated in for the day, our residents took home 15 medals!

Out of those 15 medals, we took home 10 GOLD, 3 SILVER and 2 BRONZE.

Everyone did a phenomenal job!

Next year we hope to see many more of you down here to join in the fun. Even if you can't participate in the events, you can certainly cheer everyone else on. Just a few more people down here as cheerleaders would have helped us win the entire event and keep the trophy here in our village.

Let's make sure that next year we bring it back!

Thanks again to everyone who did participate. YOU are the reasons why this is such a wonderful event. Your hard work continues to pay off year after year. I am so proud of you and all of your accomplishments! 😊

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on
Thursday, August 9th AND 30th 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

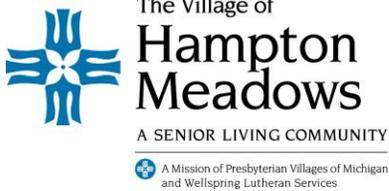
**EMERGENCY TELEPHONE
NUMBER** **989-415-7974**



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