



Hampton Herald



Embrace the possibilities

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

September 2017

Featured Articles

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Look for PVM on:



Autumn Fun Facts

Birds

- The distance some birds travel every year when they migrate is really unbelievable. The Arctic Tern journeys about 11,000 miles each way for its annual migration; that's like going all the way across the United States about three and a half times!
- In order to know which way to go when they fly south, birds use a variety of techniques such as the position of the sun or the stars, and big landmarks like lakes, rivers, or mountains!
- When flying south for winter, the Bar-Headed Goose flies as high as 28,000 feet to go over the Himalayas, which is the height of almost 80 American football fields stacked up along their tallest length!

Amazing light shows

- In addition to the brilliant colors of fall leaves, the autumn equinox signals another colorful spectacle — the aurora borealis, also called the Northern Lights. Besides the lengthening of nights and cool evening weather, which are great for stargazers, autumn truly is "aurora season," according to NASA. That's because geomagnetic storms are about twice as frequent as the annual average during the fall. [[Aurora Photos: Northern Lights Dazzle in Night-Sky Images](#)]
- Particles that get discharged from the sun during such geomagnetic storms zip toward Earth at breakneck speed. As the particles slam into Earth's magnetic field, they bump into atoms and molecules of oxygen, nitrogen and other elements. The result? Dazzling light shows, with hues most commonly of pink, green, yellow, blue, violet and occasionally orange and white — depending on what elements the particles collide with.

Standing an Egg

- There are only two days of the year when you can stand an egg on end. One of these days falls on the first day of autumn. To do this you will need an egg. It does not have to be hard-boiled. Place the egg on a hard flat surface on its largest end. Carefully pull your hands away and it should remain upright. This can only be done on the spring and fall equinox.

Monarch Butterfly

- Monarch butterflies, meanwhile, make autumn a migratory season, flying south from America to the relative warmth of Mexico and parts of California. Traveling at speeds of between 12 and 25 miles per hour (that's just shy of Usain Bolt's average 27.8 mph footspeed), they are the only insect that migrates up to 2,500 miles for nicer weather.

Activities

Maintenance Updates

- GARBAGE DISPOSAL TIPS:
 - Please use them daily so that they continue to work properly.
 - Do not put your food TRASH in it. It is only for the miniscule waste leftover on your plate.
 - Leftovers should be thrown away in the trash.
 - Be sure to run ice cubes through it periodically. It helps to keep the blades sharp.
 - Put a few citrus peels in it. The peel and the citrus oil will help clean it and keep it smelling fresh.
 - There are foaming cleaners that you can buy at Meijer. They will also help to keep your disposal clean.
 - A CLEAN garbage disposal will help to not give a breeding ground for drain flies. The rubber gasket can be removed. You should keep it clean as well as the basin underneath it in the disposal.
- ***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 that it is only burned food. 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.***

September Activities

Please join us in the month of September for:

- BINGO - Every Wednesday at 5:00 pm
- Commodities – Friday, September 1st @ 10:30 am
- Administrator's Updates Meeting – September 21st @ 11:00 am.
- Monthly Birthday Celebration – August 14th at 6:00 pm
- Bookmobile – September 7th and 28th from 2:15 pm – 3:15 pm
- Lunch Bunch – September 8th and 26th
- Movie Day – Monday, September 25th @ 2:00 pm.
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome to play or even to cheer on the bowlers.
- Presentation about Cold and Flu Season on Wednesday, September 13th at 2:00 pm.
- Be sure to check your cubbies regularly. This is where you get updates on the inspections, fire drills, the parking lot progress, vacation/training schedules for the staff, etc.
- In order to be kept up to date, you should read what is provided and attend the monthly admin. meeting.

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 September

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 and Sunday, September 30 and October 1 • MI Made Marketplace • First Annual FREE festival style marketplace featuring Made in Michigan wares and eats. Vendors will line the street as well as food trucks in Downtown Bay City.

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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

Hello, I want to take a moment to thank everyone who took their time to write a referral for me to the Core Value Awards or filled out the HUD Service Coordinator annual survey. Thank you for your time and all the kind comments that you shared with me. I love being the Service Coordinator here and thoroughly enjoy knowing all of you! Now, on to the normal information:

On **Wednesday, September 13th at 2:00 p.m.** Mel from SouthernCare will be here to talk about Cold and Flu Season. I know it's hard to believe, but it's coming up soon.

I will be out of the office on Friday, September 1st through Thursday, September 7th, Monday, September 11th, and Monday, September 25th, but will be in on Friday, September 8th, Tuesday, September 12th, and Wednesday, September 27th, ALL DAY (9:00 a.m. – 4:00 p.m.). Remember, 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.

The **Blood Pressure Clinics will be on September 14th and 28th at 2:00 p.m.** Lately we have had great participation and even our blood pressure nurses are commenting on how much they enjoy talking with all of you. 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 top of that, you get a ticket for coming down and doing something good for yourself!

We are considering having an ongoing **Grief Support Group** meet here which would be for the Residents (if we have enough interest) or possibly open to the public (if we don't have enough interest here). *Watch for more information coming soon.*

Thank you to those who have come up and turned in tickets; I have heard that some of you are saving



them up to get the bigger items. Remember, you can now **get a “ticket” for each activity or presentation that you attend that Stephanie or I organize.** When you gather 10 tickets, you will be able to 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 have been given some ideas for other items that Residents would like to see; if you have an idea, let me know. The selection will change regularly with some larger items for those who gather more tickets. **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.

Please take advantage of the presentations and activities - we all have a lot of fun when we get together! Have a great day, everyone!
Elizabeth

Continued from pg. 2

Programs (continued)

Celebrating September Birthdays

We will be celebrating August Birthdays in the community room on **Monday, September 11th 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!

Kim P 09/15
Barbara Ta 09/17
Shirley K..... 09/20
Mary R 09/22
Mary H 09/29



Thursday, September 21 • Downtown Bay City Wine Walk • An evening event that showcases all of Downtown Bay City’s fantastic eateries and pubs. Enjoy a night full of wine sampling, food and music in the streets as you visit each establishment.

Friday-Sunday, September 22-24 • River of Time • Travel back in time to when the pioneers settled in Bay City, along with re-enactments of many other times in history. This is a wonderful lesson in history that both young and old enjoy!

Thursday-Sunday, September 28-October 1 • Hell’s Half Mile Film & Music Festival • Enjoy four days of independent films, shorts, documentaries, animation, foreign language and student films. Plus...the best in original live music, art shows and 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



Goodbye Summer; Hello Fall! Seeds sewn years before are bearing fruit.



Almost nothing is more satisfying than seeing hard work and preparation pay off. This time of year in Michigan, we get to see (and enjoy) the hard work and prep of farmers—*it's cider mill season!*

The harvest season has long been celebrated. It's when the planting, the tending, the chasing off of deer ☺... become so very worth it.

The season is also a great metaphor for a planned gift, **such as a gift in your will.** Just like a farmer, you can choose the seed you sew and know that it will grow into beautiful fruit.

By doing the hard work now—speaking to your loved ones about your wishes, drawing up the papers, thinking about what comes next after your death—**you can create a bountiful harvest** which will survive long into the next “season.”

Learn how you can leave a gift in your will and start planning at MyLegacy.pvmf.org. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!
Paul J. Miller, CFRE

***P.S. Want to volunteer with the PVM Foundation? Call us at 248-281-2043!**



Aging Well Is In!

How exciting it is to report that a major magazine is echoing my message of many years. The term anti-aging is out, and the notion of aging well is in! Allure Magazine has announced in its latest issue that they are making a resolution to stop using the term anti-aging. They state, "Changing the way we think about aging starts with changing the way we talk about aging."

I have said that embracing aging is the way to go. Denying anything about ourselves is a futile task. Ponce de Leon never found that Fountain of Youth, and never will we.

Of course we want to be our best, but obsessing over age robs us of the joy in life. And as they say, it beats the alternative! Now is the time to enjoy every moment and rejoice in our longevity as well as second chances, creating a legacy and appreciating all that has been given to us. Enjoy life!



**LEAVE A
Legacy**

*Help support
the PVM
Mission during
your lifetime
and beyond.*

**CONTACT
US TO
LEARN MORE**

WAYS TO MAKE A PLANNED GIFT

- [> Bequest in your will](#)
- [> Charitable Gift Annuity](#)
- [> Life Insurance](#)



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

SMOKE ALARMS

Remember that if your smoke alarm goes off because you have burned your food and it is after hours; please call 911 to let them know that it is just burned food so they won't send the entire department.

EMERGENCY PHONE NUMBER

Be sure that you also keep the emergency number in your purse or wallet. That way it will be available in the event that you lock yourself out of the building. If the office is closed during regular work hours please call the emergency phone with work orders. Otherwise, if it is a weekend or a holiday, this number should only be called for emergency purposes such as no heat or A/C, a leak, plugged toilet, etc.

RESIDENT COMPLAINTS

If you want to file a complaint about another resident or if you observe someone not abiding by the house rules or lease, you MUST put your complaint in writing. I will not be able to address your concerns at all unless I have something in writing. It should contain your name as well as your complaint, the date and the time of the occurrence.

Caramel Apple Pork Chops



"Warm, spicy, and sweet, this wonderful fall recipe is a guaranteed favorite for kids, and is great with smashed potatoes and buttered green beans."

Ingredients

- 4 (3/4 inch) thick pork chops
- 1 teaspoon vegetable oil
- 2 tablespoons brown sugar
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 2 tablespoons unsalted butter
- 2 tart apples – peeled, cored and sliced
- 3 tablespoons pecans
- Salt and pepper to taste

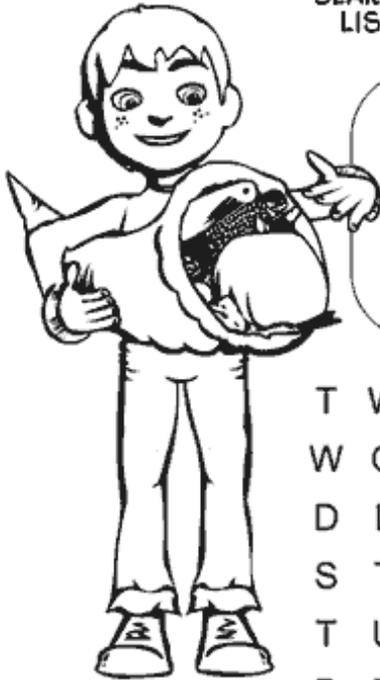
Directions

- Preheat oven to 175°. Place a medium dish in the oven to warm.
- Heat a large skillet over medium-high heat. Brush chops lightly with oil and place in hot pan. Cook for 5-6 minutes, turning occasionally, or until done. Transfer to the warm dish, and keep warm in the preheated oven.
- In a small bowl, combine the brown sugar, salt and pepper, cinnamon and nutmeg. Add butter to skillet, and stir in brown sugar and apples. Cover and cook until apples are just tender.
- Remove apples with a slotted spoon and arrange on top of chops. Keep warm in the preheated oven. Continue cooking sauce uncovered in skillet, until thickened slightly. Spoon sauce over apples and chops.
- Sprinkle with pecans.

September Word Search

Harvest Fruit & Vegetables Search

SEARCH THE PUZZLE TO FIND AND CIRCLE THE WORDS IN THE WORD LIST. WORDS IN THIS PUZZLE ARE HIDDEN ACROSS AND DOWN.



APPLE
BEANS
BEETS
BROCCOLI
CABBAGE
CARROTS
CAULIFLOWER

CELERY
CORN
EGGPLANT
FIGS
GRAPES
ONIONS
PARSNIPS

PEARS
PEPPERS
POTATO
PUMPKIN
SQUASH
TURNIP
YAMS

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

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Laughter is the Best Medicine

23 Words of Wisdom

1. A day without sunshine - --is like night!
2. On the other hand - - -you have different fingers.
3. 42.7% of all statistics - - are made up on the spot!
4. 99% of lawyers give the rest a bad name.
5. Remember, half the people you know are below average!
6. He who laughs last - - - thinks slowest.
7. Depression is merely anger without enthusiasm.
8. The early bird may get the worm, but the second mouse gets the cheese in the trap!
9. Support bacteria! They're the only culture some people have.
10. A clear conscience is usually the sign of a bad memory!
11. Change is inevitable - - - except from vending machines!
12. If you think nobody cares, try missing a couple of payments.
13. How many of you believe in psycho-kinesis? Raise my hand!
14. O.K.! So what's the speed of Dark?
15. When everything is coming your way, you're in the wrong lane!
16. Hard work pays off in the future! Laziness pays off NOW!
17. How much deeper would the oceans be without sponges?
18. Eagles may soar, but weasels don't get sucked into jet engines!
19. What happens if you get scared half to death - - twice?
20. Why do psychics have to ask you for your name?
21. Inside every older person is a younger person wondering - - "What the heck happened"?
22. Just remember - - If the world didn't suck, we would all fall off!
23. Light travels faster than sound! That's why some people appear bright - - - until you hear them speak!

Silly One Liner

If I refuse to go to the gym does that count as resistance training?

Administrator Column

Resident Updates



I hope everyone had a wonderful summer and was able to enjoy all of the wonderful things that Michigan weather has to offer.

With the fall season coming in, I want to remind you of a few things.

If you need assistance setting your thermostat back to heat for the cooler days to come, please call down to the office. I can write a work order and Dave or I would

be happy to assist you with that.

Also, we will be conducting our fall inspections, window washing and fire drill coming up soon. We will be sending notices out to everyone letting you know when the inspections and window washing will be. The fall fire drill will be unannounced. You should always be prepared for a fire because it can happen at any time of the day or night. Please be sure to exit your apartment, go to the nearest stairwell and if you are able to descend the stairs, please go to the center of the lot. This is safely out of the way of the fire and the emergency workers. If you are not able to descend the stairs, please remain in the stairwells. Firemen will be there to get you in case of a real fire.

Please be prepared and let us know if you have any work orders that need to be addressed. It's much easier for

Dave to do the work orders continuously throughout the year than to have over 100 of them to do at inspection time. He is here to keep your apartment working in proper condition. All work orders should be called in to the office so that they can be entered into to work order system.

The parking lot should be completed soon. The problem areas are being watched, noted and a repair plan is in place to be sure that we can resolve the major drainage issues before the final layer is laid. Please bear with us during this time of observation.

I hope that all of you have a safe and happy holiday!

Stephanie Cooper
Administrator
The Village of Hampton Meadows

**Don't Miss the Bay County Library Bookmobile on Thursday, September 7th
AND Thursday, September 28th 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. 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.



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Bay City, MI 48708**

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