



Hampton Herald



Embrace the possibilities

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

February 2016

Featured Articles

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What a Wonderful Holiday Dinner!

The holiday dinner this year was on Saturday, January 9th and it was provided to us from the resident council fund.

All of you raise money throughout the year with bake sales, lunches and other fundraisers. It is so nice to see that those funds are turned back into such wonderful events for all of you to enjoy.

The meal was free of charge to the residents who attended. We feasted on roast beef, scalloped potatoes, hot German potato salad, green bean casserole, fruit salad, rolls and carrot cake for dessert. It was so delicious! The caterers did a fabulous job providing that scrumptious food and taking such good care of us.

Thanks again to the resident council funds for allowing all of us to enjoy a meal "on the house".

Just a reminder to all of you, every resident is automatically a member of the resident council. Each year, there is an election to elect officers to hold the positions of President, Vice-President, Secretary and Treasurer.

If you are interested in participating, you just need to come down to the meetings held on the 2nd Thursday of each month at 6:00 pm. Everyone has the right to vote on what is presented for approval and everyone's vote counts. Nothing can be put into place without a majority vote.

If you would like to participate in a particular activity, mention it at the meeting. You may find that there are many other residents interested in the same thing! 😊

The resident council was created to bring unity among the residents. It allows all of you to come together to create new activities, projects, fundraisers and new ways to volunteer our time within the community. How can we give back to others in the area? How can we go out into the community to share with them all of the wonderful things that The Village of Hampton Meadows has to offer?

Consider joining the meetings to offer fresh ideas and to socialize with you friends and neighbors.

Positivity creates productivity.



Look for PVM on:



Activities

Maintenance Updates

- Please remember to tie your trash bags securely before putting them in the barrels or down the chute. As we have to pull the dumpster away from the compactor, trash may then fall out onto the floor if not properly bagged. This is unsanitary, unsafe and can cause unwanted pests. Help us to help you keep your home clean.
- Be sure to break your boxes down flat before you stack them neatly on the floor in the trash room. Do not put boxes or large items in the chute from 2nd floor. They can get stuck and it can cause permanent damage the compactor.
- Please make other arrangements to dispose of large items for trash. We do not have the facilities to be able to dispose of furniture or otherwise.
- Be sure to report vinegar flies to the office so that we can take care of them right away before it becomes a larger issue for you and/or your neighbors.
- Thank you for your continued assistance in keeping the parking lot clear of snow and ice. Moving your cars as directed is the best way to assist us with the clean-up. Your cooperation is appreciated.

February Activities

Please join us in the month of February for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Administrator's Updates Meeting – Feb. 11th @ 11:00 am
- Monthly Birthday Celebration – Feb. 8th at 6:00 pm
- Bookmobile – Feb. 18th from 2:00 pm – 3:00 pm
- Monthly pest control service – Feb. 15th
- Commodities will be here on February 5th around 11 am
- We will be having a

presentation regarding keeping hydrated on Wednesday, Feb. 10th @ 2:00 pm.

- Are you interested in a low impact exercise class? We will have a presentation on Wednesday, Feb. 17th @ 11:30 am.
- **Daniel Bryson, musical entertainer – Thursday, Feb. 25th @ 10:00 am**
- We will also be having someone do a presentation on proper handwashing techniques and how to keep the germs at bay on Thursday, Feb. 25th @ 2:00 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**

Bay City Happenings in February

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

Here are a few:

DOWNTOWN BAY CITY

Saturday, February 13th • Indulge •

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

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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

February is the month of LOVE - Valentine's Day and Romance! But, really, we all should remember the Love in our lives - our friends, family, neighbors, social group members, etc. It is important to everyone's well-being to have relationships - connections to others...and not just the romantic kind of relationship! Love is a grandchild giving you a big hug; a new Great Grandchild born; a wedding of your niece; dinner out with your neighbor, or hearing from an old friend on the phone. All of these make us feel connected and not alone and that is very important to staying independent, but not isolated and lonely.

On February 10th at 2pm we will have a presentation on "Dehydration" with Melissa. She will talk about ways to prevent dehydration, how to recognize dehydration in yourself or someone else, and what to do if you realize you are dehydrated. She will be



bringing snacks as well as water to keep us **hydrated!**

On February 25th at 2pm we will have a presentation on "Hand Washing" with Deb. This presentation will focus on maintaining our health by proper and frequent hand washing and how to properly wash our hands for the best benefit. I believe that there will be door prizes...

I am still working on getting the Blood Pressure Clinic up and running. I'm hoping to have blood pressure checks weekly - please let me know if you have opinions or concerns about time and day for these.

I'm wishing everyone a lot of love this February - from my home to yours!
Elizabeth

PS - Stop up and see me sometime. I will be starting to contact all of you individually over the next few months. See you soon!

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Saturday, February 27th • Bay City Polar Bear Plunge •

First time in Downtown Bay City at the Dow Family Y! Fundraiser for Special Olympics includes Parade of Costumes and Polar Teams plunging for funds, plus special activities for all.

Saturday, February 27th • Polar Bear Chili Cook-Off •

Another first for Downtown Bay City! This is the perfect event to go with the Polar Bear Plunge! Warm up after your plunge or stay warm, enjoying the fun, watching the teams of plungers, the parade of costumes and all of the special activities!

For information on activities at the Bay City State Theatre...please check out their website at:
www.statetheatrebaycity.com



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Programs (continued)

Continued from pg. 5

Celebrating February Birthdays

We will be celebrating February Birthdays in the community room on Monday, February 8th at 6:00 pm. Spencer Skorupski from Skorupski Family Funeral Home and Cremation Services has graciously agreed to host all of our birthday celebrations. He will bring the cake and some balloons! Please come by and celebrate with us!

Ruth R02/26
Lin F02/26



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



\$50K Matching Gift Challenge!

Gifts through December 31st are eligible to be matched, dollar for dollar, **doubling** the impact of your gift!

Growing older doesn't mean life has to slow down. In fact, donors make new opportunities possible for PVM residents and community seniors every day. This holiday season, we are asking you to make a gift and brighten the life of a senior.

The funds raised will help seniors in the following ways:

- Resident **emergency needs**, known as Benevolence
- Social **activities** and field trips
- Reliable **transportation** to appointments or outings
- **Technology** upgrades (computers, phone systems, Internet, etc.)
- **Wellness** classes, like fall prevention; equipment and walking paths
- Facility **improvements** (community room, beauty shop, wellness center, etc.)

Double the impact of your gift today by seeing the front desk or your Village Administrator for a donation envelope. You can also go online at PVMFoundation.org or call us at 248-281-2040.

On behalf of PVM and all those we serve, thank you for making life even brighter for a senior this holiday season! Happy holidays!

Warm regards,
Paul J. Miller, CFRE

Gifts through Dec. 31st can be matched, dollar for dollar, doubling the impact of your gift!

Have you donated to the PVM Foundation this holiday season? Your gift will help seniors get emergency financial care, reliable transportation, wellness classes and much more!

\$50K Matching Gift Challenge	
<i>Double the Impact of Your Gift</i>	
\$50	\$100
\$100	\$200
\$250	\$500
\$500	\$1,000
\$1,000	\$2,000

To Make a Gift:
See the front desk or your Administrator for a donation envelope, log onto PVMFoundation.org or call the PVM Foundation at 248.281.2040.

Thank you for making life even brighter for a senior this holiday season!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Did You Know?

If you are among the 500,000 plus Americans who undergo open heart surgery each year, then you have Dr. Daniel Hale Williams to thank for it. Defying conventional wisdom and against all odds, Dr. Williams successfully stitched together a tear in the heart lining of a young stabbing victim, which by today's standards would be considered routine. What makes this operation remarkable is that it took place in 1893! Anesthetics were primitive, there were no antibiotics, and blood transfusion had yet to be perfected.

Despite the risk, Dr. Williams opened the victim's chest and performed the surgery. Unlike his predecessors, however, he used early antiseptic methods to cleanse the repaired wound before re-closing the chest. Fifty-one days later the victim left the hospital infection free, and lived another 20 years. Until that time, patients who had their chests surgically opened died days later usually from massive infection. Thanks to Dr. Williams' pioneering surgical techniques and use of antiseptics, no longer was open heart surgery considered to be an automatic death sentence.

In addition to being the first physician to successfully perform open heart surgery, Dr. Williams founded Provident Hospital in Chicago, the nation's first interracial hospital and nurse training school. He was also the first African American physician to be inducted into the American College of Surgeons. This February, as we celebrate both Heart Health Month and Black History Month we owe Dr. Williams a debt of gratitude for making the seemingly impossible possible and saving countless lives as a result.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

The Latest on the Aging of America

NEWS FLASH! Our society is getting older! I call this a news flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.

The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.

About one in every seven, or 14.1% of the population, is an older American.

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

There were 67,347 persons aged 100 or more in 2013.

Older women outnumber older men at 25.1 million older women to 19.6 older men.

Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is: www.iog.wayne.edu.

Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.

So to all of our readers, and especially women, please take this information to heart and take action to secure your financial future. It is the best gift you can give to yourself and loved ones.

Wellspring Lutheran

Senior Living Services



Geriatric Care Management

At Wellspring Lutheran Services, we've been caring for seniors for over 100 years. Throughout that time, we've come to understand that each senior has different needs. That's why we take a tailored approach to senior care. A Wellspring Lutheran Services geriatric care manager will work with individuals and families to help navigate what can sometimes be rough waters.

Geriatric care management uses a whole-person approach to caring for seniors who may be facing challenges in day-to-day living. Through education and advocacy, Wellspring's geriatric care managers provide answers for families — which helps them make informed decisions that ensure quality care and an optimal life for loved ones.

The **geriatric care manager** is a specialist in issues related to aging and elder care, who provides personalized support to older individuals and their families. The geriatric care manager works closely with the client's primary health care provider to develop a plan that works with each family.

GENTLE REMINDERS

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.

Do not socialize outside of the office in the lobby. Please be sensitive of your neighbors and respect their privacy by moving your conversations to the library or the community room. Confidentiality is important for everyone. Thank you for your continued cooperation.

Please do not let strangers into the building. If the visitor is not here to see you, they MUST buzz whomever they are here to see; including either of the staff offices. Our building can only be as secure as you allow it to be.

It takes more muscles to frown than it does to smile. Smile at a passerby. It could make all the difference in how their day ends up.

Be kind to one another.

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



February Puzzles

7		2					3	6
8				2		7		
3				9	6			
			4					
						4	2	3
	6		3		2		1	
4			1		5	2		
6	1							4
	3	5		4	7		9	

Sudoku Puzzle #K976KE
Presented by Puzzle Baron

Rated: Easy

Sudoku Puzzle #H997AU
Presented by Puzzle Baron

Rated: Medium

				3	1		8	
				5		7		
	7			2			5	1
	6							
		8	6		2	9		
2			3		7			
	4					2	6	
						8		
5	2						1	

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February Word Search

US Presidents Word Search

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

Washington	Taylor	Harrison	Eisenhower
Adams	Fillmore	Cleveland	Kennedy
Jefferson	Pierce	McKinley	Johnson
Madison	Buchanan	Roosevelt	Nixon
Monroe	Lincoln	Taft	Ford
Adams	Johnson	Wilson	Carter
Jackson	Grant	Harding	Reagan
Van Buren	Hayes	Coolidge	Bush
Harrison	Garfield	Hoover	Clinton
Tyler	Arthur	Roosevelt	Bush
Polk	Cleveland	Truman	Obama

Laughter is the Best Medicine

FUNNY SIGNS FOR FUNNY TIMES

On a Plumber's truck:

"We repair what your husband fixed."

On a Plumber's truck:

"Don't sleep with a drip. Call your Plumber."

At a Tire Shop in Milwaukee:

"Invite us to your next blowout."

On a Plastic Surgeon's Office door:

"Hello. Can we pick your nose?"

At a Towing company:

"We don't charge an arm and a leg. We want tows."

On an Electrician's truck:

"Let us remove your shorts."

On a Fence:

"Salesmen welcome! Dog food is expensive."

On a Maternity Room door:

"Push. Push. Push."

At an Optometrist's Office:

"If you don't see what you're looking for, you've come to the right place."

On a Taxidermist's window:

"We really know our stuff."

In a Podiatrist's office:

"Time wounds all heels."

Outside a Muffler Shop:

"No appointment necessary. We hear you coming."

In a Veterinarian's waiting room:

"We'll be back in 5 minutes. Sit! Stay!"

In a Restaurant window:

"Don't stand there and be hungry, Come on in and get fed up."

Sausage and Potato Pockets

Ingredients

- ½ pound mushrooms, thinly sliced
- ½ pound new potatoes, thinly sliced
- 6 oz. fully cooked sausage links, thinly sliced
- 2 tablespoons olive oil
- Kosher salt and black pepper
- 10-oz package frozen, chopped spinach, thawed and squeezed dry
- 4 oz. Gruyere or cheddar cheese, shredded (1 cup)
- 1 pound whole grain or whole wheat pizza dough, at room temp
- Flour for the work surface

Directions

Preheat oven to 400°. In a rimmed baking dish, toss the mushrooms, potatoes, and sausage with the oil and ½ teaspoon each salt and pepper. Roast, tossing once, until the potatoes are tender, 20 to 25 minutes. Let cool. Transfer to a bowl, and fold in the spinach and Gruyere.

Divided the dough into 6 pieces and on a lightly floured surface, pull and roll each into a 6 inch round. Dividing evenly, spoon the spinach mixture onto one side of each round (about 2/3 cup per round), leaving a ½ inch border. Dot the border with water, fold the dough over to form a semicircle, and press firmly to seal. Crimp if desired. Place the pockets on a parchment lined baking sheet, cut several slits in each and bake until golden brown, 20-25 minutes.

Administrator Column

Resident Updates



Fran P. as our Hampton Meadows Resident Ambassador at the Annual PVM Foundation Gala!



The Dinner Entertainment

Our Annual PVM Foundation Gala was held on November 13th at the COBO Conference Center in Detroit. Everyone had a wonderful time with amazing food, great company, splendid music and plenty of good times to be had.

Fran P. was the winner of our drawing for an all-inclusive trip to join us for the party and to represent Hampton Meadows on the 70th anniversary of PVM. Fran did an amazing job and I

couldn't have been happier to spend some time with her outside of the office laughing and enjoying one another's company.

The gala raised \$320,090 (from the gala alone) toward resident emergency needs, innovative services and wellness programs for residents and seniors throughout the state.

If you would like more information about the PVM Foundation, you can visit our website at www.pvm.org or you can stop by the office any time and see the Administrator.

Have a wonderful February everyone!

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, February 18th from 2:00 pm – 3:00 pm



**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

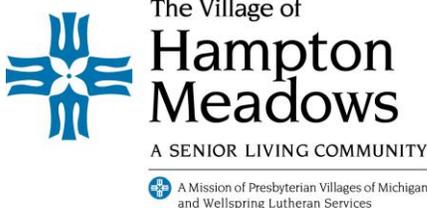
**EMERGENCY TELEPHONE
NUMBER** **989-415-7974**



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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