



Hampton Herald



Embrace the possibilities

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

April 2015

Featured Articles

Giving Matters pg. 5

It's Your Life. Live it Well. pg. 6

The Senior Advocate pg. 7

Administrator's Column pg. 11

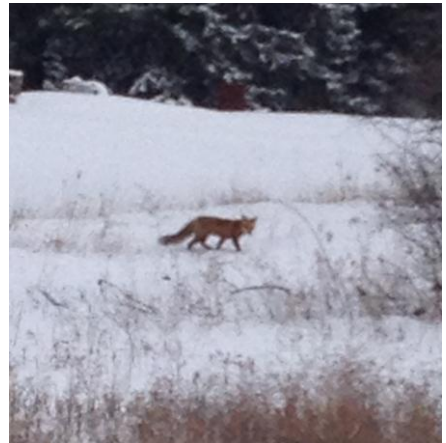
Country Living With City Convenience

Those of you who call The Village of Hampton Meadows home, know that we are very blessed to have such a wide array of wildlife surrounding us. Through the years we have had all kinds of furry and feathered visitors on our property. Sometimes, I have even been lucky enough to get a glimpse and maybe even take a picture! As the weather gets warmer, take some time to visit the patio and the new gazebo to enjoy the many wonders of nature that we have surrounding us. There is nothing more serene than time spent outdoors listening to the sounds of all of the animals and taking in a peek at them every now and again too. 😊 Please enjoy some of the pictures I was able to capture.

Robin



Fox



Deer



Dragonfly



Look for PVM on:



Activities

Maintenance Updates

- It will soon be time to begin cutting the grass again now that the weather is warming up. A reminder to please not park over the curb to the sidewalk or to the islands. We need to be able to mow the grass without obstruction. Thank you.
- A reminder that April and May are the months when we have a lot of activity at the village. We have annual inspections of the smoke alarm system, the sprinkler system, startup of the exterior sprinklers and many other things. You may see several contractors on site getting us ready for another season of warm weather. We will send out notices to you as usual and keep you informed if it pertains to the apartments. Please always feel free to stop by the office if you have any questions or concerns.
- We are also getting ready for our apartment inspections and our announced fire drill. Stay tuned for more information on these and other items as the come up. Have a wonderful Spring!

April Activities

Please join us in the month of April for:

- Every Sunday – Bingo @ 2:00 pm
- Every Tuesday – Dinner @ 4:00 pm
- Every Wednesday – Bingo @ 5:00 pm
-
- Administrator's Updates Meeting – Apr. 9th @ 11:00 am
- Monthly Birthday Celebration – Apr. 13th at 6:00 pm
- Commodities delivery – None for April
- Bookmobile – Apr. 9th and Apr. 30th from 2:00 pm – 3:00 pm
- Monthly pest control service – Apr. 21st
- Friends and Family Kick-Off Party—Hot Dog Lunch—Thursday, April 2nd at 12:00 pm
- Resident Council FREE Catered Easter Dinner – Saturday, April 18th at 5:00 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 p.m.
everyday

Bay City Happenings in March

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

Monday-Sunday, April 13th-19th •Downtown Restaurant Week•

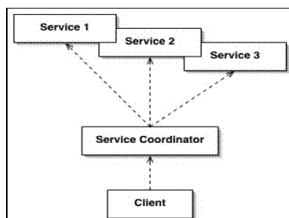
Visit participating Downtown restaurants and check out their Buy One, Get One Half Off specials!

Continued on pg. 3

Service Coordinator Corner

989-892-6906

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



We are actively seeking a Service Coordinator to assist you with your needs.

As in the past, please feel free to stop by the Administrator's office for any services and assistance that you may need in the meantime.

I have a list of resources and contacts available and can help you with any issue that you may be having. Please don't hesitate to ask.

We will be welcoming the Bay County Library Systems **Book Mobile**. They will be pulling up in the parking lot and **will be here every 3rd week from 2:00 pm until 3:00 pm beginning January 15th.**

I have posted the schedule on the bulletin board by the mailboxes for you to review.

You will need to have a Bay County Library System Library Card to be able to check out books from the Book Mobile. If you do not have a library card, please stop by the office. I have applications for you to fill out.

Continued from pg. 2

February 27th – April 19th •Dow Gardens Butterflies in Bloom• Colorful butterflies from around the world will be flying in the warm Dow Gardens Conservatory in Midland. Many fun events for this festival are being planned including late night Wednesdays. Crafts will be offered on weekends along with other special activities and tours. From 10:00 am – 4:15 pm daily. Admission \$5.00.

April 4th – April 25th• Animalopolis• Delta College Planetarium•

Animalopolis takes a lighthearted and imaginary look at a variety of animals including cheetahs that race like a Ferrari, bears that run their own fishing school, an operatic lion, scary crabs that hold a town hostage and even attempt to cuddle with children and much more. Every Saturday starting at 2:00 pm. Admission \$5.00.

Continued on pg. 4

Programs (continued)

Continued from pg. 5

Celebrating April Birthdays

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

Esther G04/09
Rebecca J04/24



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



Friends and Family Kicks Off; Consider Joining a Giving Society

April 1st will see the start of the annual **Friends & Family Appeal** to raise funds for your Village project and we are thrilled to offer **a match for eligible gifts received through April 30th!** The match will be based on the percentage each Village raises toward the cumulative Friends & Family (F&F) amount raised. So, the more funds your Village raises, the more matching dollars you'll receive!

Look for posters, flyers or ask your Village Administrator about your Village's fundraising goal and project this year. Please encourage your friends and family members to make a gift during the month of April and take advantage of the opportunity to make an **even bigger impact** on seniors!

You can make a gift in several ways (*match guidelines apply*):

- See the front desk or your Administrator for a donation envelope
- Go online at pvmfoundation.org and select the Village you want to support
- Call the PVM Foundation at 248-281-2040
- Mail your gift to: PVM Foundation,
26200 Lahser Road, Suite 300
Southfield, MI 48033

With the PVM Foundation's 21st Calvin, Sterling and Peterson Mission Maker Societies' Recognition Luncheon around the corner on June 8th at Comerica Park, I wanted to share with you a description of the donors who are members of these societies:

- **Peterson Mission Makers Society:** Donors who have made a multi-year pledge to PVM for \$1,000 or greater, and two years or longer.
- **Calvin Society:** Donors who have made a planned or deferred gift to PVM, such as inclusion in a will/estate Plan, insurance policy, or charitable gift annuity, to name a few.
- **Sterling Society:** Donors who have cumulatively given over \$50,000 to PVM.

If you are interested in learning more about our giving societies and how you can become a member, please contact me at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Write Your Worries Away

This month we have a guest columnist, Evan Martin, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program

Write Your Worries Away



Uncap that ballpoint pen, take out a crisp, clean sheet of paper, and tap into your thoughts! Keeping a daily journal can be an enjoyable way to record the events in your day, or put your thoughts down onto paper. It may not be obvious, but there are also health benefits to writing every day. A researcher named James Pennebaker from the University of Texas says that regular journaling can strengthen immune cells, which can lower your risk of getting sick! Here are a few other things that daily journaling can do for you.

- **Get to know yourself:** By writing down your thoughts and feelings every day, you will get a feel for what makes you happy, confident, and content. Once this is in place, you can focus on doing the things that make you happy more often.
- **Lower stress:** Writing about difficult emotions, such as anger and sadness, can calm you and help you stay in the present moment.
- **Solve problems:** When writing about issues you may be having, you have a higher chance of coming up with a solution.
- **Resolve disagreements:** Writing about any arguments or misunderstandings you may have with another person can help you see their point of view. Opening your eyes to what may have caused the disagreement can lead to resolving it.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Coming Soon: *The White House Conference on Aging*

Plans are under way for the 2015 White House Conference on Aging. This event is very important for older Americans because it helps create the foundation for public policy on all issues senior related. It also helps to promote the importance of renewing the Older Americans Act which assures funding for senior programs at the federal level.

The first White House Conference on Aging (WHCoa) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These have been viewed as catalysts for development of aging policy over the past 50 years. They support America's commitment to older Americans with programs such as Medicare, Medicaid, Social Security and other programs as recommended by the Older Americans Act.

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans well into the future.

As a senior citizen, you are a part of the fastest growing demographic in the country. We need to make sure that America's public policy acknowledges this as well as to shape policy around ever changing needs. As an example, more and more individuals want to remain at home and receive services. PVM, while keeping our commitment to quality housing, has included this desire in our programming for the future with adding new programs and services to do just that.

I will keep everyone informed as plans unfold regarding the WHCoa as well as the reauthorization of the Older Americans Act. We will be working alongside our associations and aging network partners to bring these to the attention of our leaders at the state and federal level. Stay tuned!

April Word Search

Rabbits: Domestic Breeds

QUVO WFX
 CHBJO DQLT
 EEJLZO EVQBW
 UYYHKIP CSXYPE
 WMVUEETXW POLISHHO
 UBHHHFHKPBS GGMOALASKA
 VGDKHWRPYNYYWW LPCXSILVERND
 KIYILIBZDVEX THURINGERQF
 TNHARLEQUIN SMOKEPEARLH
 MINISATINQ JAVIENNAFA
 OZTTAGLQSYA AHEJMQMGWOF
 UAAMERICANFUZZYLOPLMXT
 FNETHERLANDDDWARFJIN
 MJNRNLVJERSEYWOOLYSM
 WASAIIZYMFYBFBKEQH IPL
 LBLILAC AKAE MGSNASJ
 YBRLAXPA INNV IUPI LSGA
 RMI IEMLENL WSUGED G SUOROVIRQ
 DSHTOEPTTEHRHRFLORIDAWHITEMUBGT
 FUYIVRHINELANDEREPPNJGWBXIATEH
 ERSQIKTOJHAHAVANACALIFORNIANI
 JSCHECKEREDGIANTNUYDWARFHOTOTP
 BELGIANHAREEBEG TCHINCHILLAEV
 CXNIZNEWZEALAND JCDUTCHMRTPY
 ISAISSWISSFOXBEAEBLIONHEADIMA
 CINNAMONGW DFXQCDE ZDCLSAFP
 FTGBWDIWVO RHXHAXNA
 YJLHIAKEFU EU ZOWYGYWSK
 ERTCJFMO XH NVGMMAWS
 HBOOWYTPYCSSIBERIAN

ALASKA	CALIFORNIAN	HAVANA	PALOMINO	SWISS FOX
AMERICAN	CHECKERED GIANT	HIMALAYAN	POLISH	TAN
AMERICAN FUZZY LOP	CHINCHILLA	JERSEY WOOLY	REX	THRIANTA
AMERICAN SABLE	CINNAMON	LILAC	RHINELANDER	THURINGER
ANGORA	DUTCH	LIONHEAD	SATIN	VIENNA
ARGENTE	DWARF HOTOT	LOP	SIBERIAN	
BELGIAN HARE	ENGLISH SPOT	MINI REX	SILVER	
BEVEREN	FLEMISH GIANT	MINI SATIN	SILVER FOX	
BRITANNIA PETITE	FLORIDA WHITE	NETHERLAND DWARF	SMOKE PEARL	
BRITISH GIANT	HARLEQUIN	NEW ZEALAND	SUSSEX	

Wellspring Lutheran

Senior Living Services



Hope flows to seniors and their families

Aging brings with it great contrasts. It provides tremendous benefits as well as challenges. It can be a time of experiencing new adventures and deepening relationships. But it can also bring physical or memory challenges, loss of independence, and dramatic changes in ones living situations.

So how do you navigate these currents? When is it the right time to make a change in housing? Look for more support? If you're a daughter of an aging parent, how do you know the right way to intervene when you're worried about your loved one's safety?

At Wellspring Lutheran Services, we've learned a lot about serving seniors and their caregivers, based on 120 years of experience. A lot has changed in that time, but not our goal of making senior living a time of purpose and joy.

In response to your questions and needs, we provide a variety of options, including:

- [Affordable Housing](#)
- [Alzheimer's & Memory Care](#)
- [Assisted Living](#)
- [Independent Living](#)
- [Respite Care](#)
- [Short-term Rehabilitation](#)
- [Skilled Nursing](#)

We invite you to learn more about Wellspring Senior Living, and how we can help you live life to its fullest. Please also take advantage of our many Helpful Resources for seniors, caregivers and clinicians.

Laughter is the Best Medicine

ODD JOBS

A blonde, wanting to earn some money, decided to hire herself out as a handyman-type.

She started canvassing a wealthy neighborhood. She went to the front door of the first house and asked the owner if he had any jobs for her to do.

“Well, you can paint my porch. How much will you charge?”

The blonde said “How about 50 dollars?”

The man agreed and told her that the paint and other materials that she might need were in the garage.

The man’s wife, inside the house, heard the conversation and said to her husband, “Does she realize that the porch goes all the way around the house?”

The man replied, “She should; she was standing on it.”

A short time later, the blonde came to the door to collect her money.

“You’re finished already?” He asked.

“Yes,” the blonde answered, “and I had paint left over, so I gave it two coats.”

Impressed, the man reached into his pocket for the \$50.

“And by the way,” the blonde added, “It’s not a Porch, It’s a Ferrari.”

Tater-Topped Beef Casserole

Ingredients

- ½ lb. lean ground beef
- ¼ cup chopped onion
- 1 10 ounce can of peas
- 2/3 cup condensed cream of mushroom soup, undiluted
- ¼ cup 2% milk
- 2 cups frozen tater tots
- 1/3 cup shredded cheddar cheese

Directions

In a small skillet, cook beef and onion over medium heat until the meat is no longer pink: drain. Stir in soup, peas and milk.

Transfer to a shallow 1 quart baking dish coated with cooking spray. Top with tater tots.

Bake, uncovered, at 350° for 25-30 minutes, or until bubbly. Sprinkle with cheese. Bake 5 minutes longer or until cheese is melted.

Administrator Column

Resident Updates



that information with the people you know. You can share with them how wonderful this campaign is for us to get to know each other better and be able to get out and enjoy some activities outside of the village.

Even though our goal is \$2,350, we can surely raise much more than that and it will all go into the activity fund. Please let me know if you have any questions and see me if you need more envelopes to pass out.

Thank you so much for your assistance, enthusiasm and comradery. What an amazing family we have here!

*****An update regarding our Kick-Off party---We were able to raise**

\$149 during our hot dog sale for the resident activity fund!! Thank you so much to everyone for your support and for spreading the word to your families and friends about our wonderful cause. We truly appreciate everything you do.

I hope you are all enjoying the weather as it warms up. Again, if there is ever anything that you need assistance with, please don't hesitate to stop by the office. We are here to help. Have a wonderful spring and a Happy Easter to everyone!

**Stephanie Cooper
Administrator
The Village of Hampton
Meadows**

A reminder to everyone that April is our Friends and Family campaign. This year we continue to raise money for our resident activity fund. Our plans are to go on trips outside of the community and have money for entertainers to also come to us. All of you received this year's flyer and guidelines so that you can share

Don't Miss the Bay County Library Bookmobile on Thursday, April 9th and Thursday, April 30th 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
Administrator

989-892-1912

Service Coordinator

989-892-6906

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



The Village of
**Hampton
Meadows**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan
and Lutheran Homes of Michigan

**700 North Pine Road
Bay City, MI 48708**

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