



Hampton Herald



Embrace the possibilities

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

April 2017

Featured Articles

Giving Matters pg. 5

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

The Senior Advocate pg. 7

Puzzles and Fun pg. 10-12

Administrator's Column pg. 13

Train Yourself to be More Positive in 5 Steps--by Dani DiPirro

Step One: Believe a Positive Attitude is a Choice

This step was hard to take at first. I thought that people were either positive or negative (and I was in the latter category). I used to blame my negativity on all kinds of outside forces—fate, experiences, parents, relationships—but never really stopped to think that I could *choose* to be positive. Teaching myself that positivity is a choice has been one of the greatest things I've ever done for myself. Now when I find myself in a bad situation, I know that it's up to me to find the good, to be positive regardless of what's happening around me. I no longer point fingers and place blame. I realize that everything happens how it happens, and it's up to me to choose how I want to feel about it. I am in control of my attitude, and no one can take that away from me.

Step Two: Rid Your Life of Negativity

If you want to live a positive, joyful life, you cannot be surrounded by negative people who don't encourage your happiness. As a negative person, I attracted negative people. When I decided to make the change to live a more positive life, I had to rid my life of the most negative influences in it. No one is perfect—and perfection isn't the goal when it comes to positivity—but there were people in my life who were consistently negative, who constantly brought me down, and I had to stop spending so much time with them. This, as you can imagine, wasn't easy. It can hurt to distance yourself from people—even when you know they aren't good for you or your current lifestyle.

In addition to removing negative influences from my, I also had to get rid of some of my own negative

behaviors, such as drug and alcohol abuse. I had to take a step back and examine which behaviors were good for me and which were not. I learned to focus on the positive things I was doing—such as working on my blog and cultivating new, positive relationships—and let go of the negative ones. This process was not easy and, to be honest, is still ongoing, but I know this: It's hard to live a positive life when negative people and behaviors continually pull you down.

Step Three: Look For the Positive in Life

In every person, in every situation, there is something good. Most of the time it's not obvious. We have to look. And sometimes we have to look *hard*. The old me was content to sit back and just glance around. If I saw negative, I went with that feeling. I didn't want to look harder or think too much about the good. I found it much; much easier to sit back and just accept what I saw (which was usually the bad). Now, when I'm faced with a difficult or challenging situation, I think to myself, "What is good about this?" No matter how terrible the situation might seem, I always can find something good if I take the time to think about it. Everything—good and bad—is a learning experience so, at the very least, you can learn from bad experiences. However, there's usually even more to it than that. If you really take the time to look, you will usually find something good, something genuinely positive, about every person or situation.

Continued on page 13...



Look for PVM on:



Activities

Maintenance Updates

- ***The maintenance phone is for emergencies after hours, on holidays and on weekends ONLY.***
- *April is our Spring inspection month. Dave and I will be stopping by every apartment checking for any maintenance issues, bed bugs, health and safety concerns and housekeeping. Dave will also be changing your furnace filters and cleaning your air conditioning coils to get them ready for the warmer temperatures to come. We will be removing your screens during your inspection. Once the windows have been professionally washed, Dave will put your screens back in.*
- *Please always be sure to call down to the office with your work orders so that they can be taken care of promptly. If you call them in when they happen, you cut down on the amount of damage that is done and you also cut down on the amount of work that Dave needs to do after the inspections are done. The inspections typically generate over 100 work orders so if you have anything that needs to be fixed, let us know now, so that Dave can get a jumpstart on it.*
- ***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.***

April Activities

Please join us in the month of April for:

- BINGO - Every Sunday at 2:00 pm and Wednesday at 10:00 am AND 5:00 pm
- Commodities for April were here at the end of March
- Administrator's Updates Meeting – April 13th @ 11:00 am.
- Monthly Birthday Celebration – April 10th at 6:00 pm
- Bookmobile – April 13th from 2:15 pm – 3:15 pm
- Monthly pest control service – April 21st @ 10:00 am
- Lunch Bunch April 21st @ 11:30 am
- Movie Day – Monday, April

- 24th @ 2:00 pm.
- Friends and Family Campaign will run the full month of April
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome.
- First Floor Inspections – Tuesday, April 11th beginning at 9:00 am
- Second Floor Inspections – Wednesday, April 12th beginning at 9:00 am
- Window washers will be here in the morning on Thursday, April 13th. Dave will be back around after they are done so that he can put the screens back in. Please let Dave install them, to be sure they are in properly.

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 April

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
Friday and Saturday, April 7th-8th•Welcome Spring Open House Weekend• Downtown Welcomes Spring with Open Houses all over town. Enjoy the true signs of spring with beautiful new ideas and products for the home, fashions to lift your spirits and a bounty of dining options. A great time of the year to get out of the house and stroll historic Downtown Bay City!

Continued on pg. 4

Service Coordinator Corner

Elizabeth Brinker 989-892-6906

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

It's sunny outside as I write this, but it's still a bit nippy to be lounging out in the sun... ☺



For those who didn't catch it prior:

Stephanie and I want to recognize those of you who make time in your schedules to attend presentations and activities that we organize. To do so, you will now be able to **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, or toilet paper to fun like candy, nuts, or 'doo dads'. The selection will change regularly with some larger items for those who gather more tickets. Let us know what you think.

As you requested, this month we will be having a presentation on **"Tips and Tricks for Getting a Restful Nights' Sleep" at 2:00 p.m. on April 12th**. One of the best things that we can do to assist our bodies in dealing with health issues or chronic conditions is to get a proper nights' sleep. Come learn what you can do that will help this process.

Our **Blood Pressure Clinics will be on April 13th and 27th at 2:00 p.m.** 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!

On **Wednesday, April 26th at 2:30 p.m.**, **"Reminisce"** with Deb will be back. She comes once a month on the last Wednesday at **2:30 p.m.** to talk about how things used to be and reminisce about



things we all remember.... Come join us for a good way to work those memory muscles! She leads a great discussion with things that we can all relate to from each of our past.

I will be out of the office on Monday through Wednesday April 3, 4 and 5; again on April 10th and Monday, April 24th, but will be in all day (9:00 a.m. – 4:00 p.m.) on April 11th, and 26th. For those of you never here in the afternoon, make your appointments to meet with me earlier in the day on these dates. My schedule/calendar is posted on my office door, in the hall outside the theater and by the mailboxes.

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 new 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 work hard to find things interesting to bring to you. Let me know if you have particular interests.

Elizabeth

Programs (continued)

Celebrating April Birthdays

We will be celebrating April Birthdays in the community room on Monday, April 10th 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!

Barb C 04/08
Esther G 04/09



Continued from pg. 2

Friday, April 7th @ 7:00 pm – 10:00 pm • Michigan State University Science Festival at the Delta Planetarium •

Live presentations in the digital dome theater about stargazing, telescopes, and hot topics in astronomy. Included will be hands-on activities for children and a telescope workshop. Programs will make use of the Dome360 theater, lobby, and exhibit areas. Weather permitting; audiences can explore the real sky from the planetarium’s rooftop observation deck beginning at 9:00 pm.

Saturday, April 22nd from 9:00 am – 3:00 pm • Bay City Recreation Area-Wetland Wake-Up Day •

Celebrate Earth Day in a unique way! Learn about migratory birds, butterflies, hibernating herps and how to improve wildlife habitat in your own backyard. In addition, a number of family-focused activities will take place, including a migratory bird kite clinic and kite fly-up, guided spring birding and wildflower hikes, live animal programs 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



Saving More Than Daylight Your legacy can change a life

Why does Friends & Family campaign matter?

Giving to your local Village = residents' power to choose.

Friends and Family is a time when residents can look around and say, "What is the number one thing we need?" Sometimes it's funds for **resident activities combating isolation**.

Sometimes it's **technology upgrades tools to stay connected**.

Always, it's something important to the residents that can't be done by the Village alone. Residents **can't do it without you**. Below are the PVM residents' wish lists:

Resident Activities

The Village of Hampton Meadows
The Village of Harmony Manor
The Village of Holly Woodlands*
The Village of Mill Creek
The Village of Oakman Manor
The Village of Sage Grove
The Village of St. Martha's
The Village of Warren Glenn

Technology Upgrades

The Village of Our Saviour's Manor
The Village of Peace Manor
The Village of Westland
The Village of Redford

Rainy Day Fund –

The Village of Rosebush

Exercise Equipment for the Health & Wellness Center – The Village of East Harbor

Outdoor Furniture or Enhancements

The Village of Oakland Woods
Perry Farm Village
The Village of Spring Meadows

Visit PVMF.org to see more and to learn how YOU can help.

If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,

Paul J. Miller, CFRE

** and Community Space Enhancements*



“H” STANDS FOR HEAL

In December I introduced you to MESH, which is an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. It was coined by renowned geriatrician Dr. Bill Thomas and is what he considers to be the key to healthy aging. This month I will focus on the last letter: “H” (Heal).

Contrary to what he was taught to believe in medical school, Dr. Thomas’ vast experience working with older adults has led him to conclude that healing does not come from doctors, rather it comes from patients themselves. Dr. Thomas acknowledges that doctors prescribe medicine, provide compassionate care, and give good counsel (all of which are helpful) but they don’t actually heal.

Instead, he believes healing comes from within. It happens when after suffering a serious injury or illness we move forward and define a new normal for ourselves. It happens when we reject the “tragedy narrative” with its paralyzing and debilitating focus on loss and begin to create and tell a new story; a story of love, growth, and possibility. And it happens when we return to living life with meaning and purpose; when there is something in our lives that matters more than our own problems or physical ailments.*

In sum, if we weave these four things (move, eat, sleep, heal) into the fabric of our lives, Dr. Thomas believes we will create a structure that supports our desire to live a full, productive, and meaningful life; in essence to live life well.

**To learn more about how purpose and meaning impact our health and wellbeing visit www.dungbeetle.org.*


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
www.pvmgifts.org



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

SCHEMES, SCAMS AND SWINDLES

I have said for many years that for every dollar you make there are thousands of swindlers lining up to steal it from you! If only people used their cleverness for good, the world would be a better place. However, since that is not likely to happen, we need to protect ourselves and out-manuever these scoundrels. Here are some of the latest issues and what to do about them:

CAN YOU HEAR ME? - In this gambit, when you answer the phone a voice on the other end will ask: "Can you hear me?" Do not answer. **HANG UP IMMEDIATELY!** What they will do if you answer "Yes" is tape record your voice and use it to scam you by acting as if you are saying yes to a number of false transactions. Some savvy consumers have gotten to the point (me included) where we monitor calls on Caller ID and don't pick up for any number we do not recognize. If the call is important enough and legit, the person can leave a message for you.

FamilyTree.Now - This is a search site that gives information about you and your family members. Although the original intent of this site was most likely innocent and helpful in nature, it has been reported that it is being used for nefarious purposes by bad people. There is an opt out. Go to the site, get your information and then go to the privacy section. They will tell you how to opt out. Don't let these scoundrels ruin you financially. Be clever in a good way to offset their cleverness for evil. **PROTECT YOURSELF!**

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:

The community room is available to rent for your family/personal gatherings. Please stop by the office for more information or to make your reservation today.

Stop down and join us for any of our monthly events. Even if you don't choose to participate with the event, you could just come down and chat with the other residents. Every event is open to our residents and we would love to see your smiling face.

If anyone is interested in volunteering their time to put on other events please stop by the office and let me know.

We can always use extra hands and a few of the ladies can use a night off as well. Let's all pitch in to help the building out as a whole.

We have so many wonderful things to do around here and we don't want the activities to end due to lack of participation or volunteers.

As always, if you have any questions at all, please stop by the office. I'd be happy to assist you.

Asparagus Turkey Stir Fry



Ingredients

- 2 teaspoons cornstarch
- ¼ cup chicken broth
- 1 tablespoon lemon juice
- 1 teaspoon soy sauce
- 1 pound turkey breast medallions, cut into ½ inch strips
- 1 garlic clove, minced
- 2 tablespoons canola oil, divided
- 1 pound fresh asparagus, trimmed and cut into 1 ½ inch pieces
- 1 jar (2 ounces) sliced pimentos, drained

Directions

- In a small bowl, combine the cornstarch, broth, lemon juice and soy sauce until smooth; set aside.
- In a large skillet or wok, stir-fry turkey and garlic in 1 tablespoon oil until meat is no longer pink; remove and keep warm.
- Stir-fry asparagus in remaining oil until crisp-tender. Add pimentos. Stir broth mixture and add to the pan; cook and stir for 1 minute or until thickened. Return turkey to the pan; heat through.

Nutritional Facts

1-1/4 cups: 205 calories, 9g fat (1g saturated fat), 56mg cholesterol, 204mg sodium, 5g carbohydrate (1g sugars, 1g fiber), and 28g protein.

Diabetic Exchanges: 3 lean meat, 1-1/2 fat, 1 vegetable.

April Word Search

Spring Training



BASEBALL
 CATCHER
 GRAPEFRUIT LEAGUE
 OUTFIELD
 PRESEASON
 ROSTER
 STATISTICS

BATTING PRACTICE
 CLUBHOUSE
 INNINGS
 PITCHER
 REGULAR SEASON
 SPRING TRAINING
 TRY OUTS

CACTUS LEAGUE
 EXHIBITION GAME
 OPENING DAY
 POSITION
 ROOKIE
 STARTING ROLE
 UNIFORMS

Keep Your
 Brain
 Sharp!



www.craniumcrunches.com

April Bonus Puzzle



		First Names					Competitions					Sports				
		Alayna	Caden	Kaitlin	Lilly	Pedro	100m hurdle	400m relay	long jump	pole vault	shotput	baseball	billiards	bowling	curling	football
Places	first															
	second															
	fifth															
	eighteenth															
	nineteenth															
Sports	baseball															
	billiards															
	bowling															
	curling															
	football															
Competitions	100m hurdle															
	400m relay															
	long jump															
	pole vault															
	shotput															

Logic Puzzles

Presented by Puzzle Baron

Puzzle ID: F073DF

For hints, solutions and more puzzles, go to www.Printable-Puzzles.com!

Places	First Names	Competitions	Sports
first			
second			
fifth			
eighteenth			
nineteenth			

- Of Alayna and Caden, one came away with the gold in the pole vault competition and the other came in eighteenth place.
- The athlete who won the 100m hurdle competition is not the bowling or curling star.
- Lilly finished after the bowling star.
- Either the person in eighteenth place or the person in nineteenth place came away with the gold in the shotput competition.
- The football star came away with the gold in the pole vault competition.
- Caden finished before the athlete who won the 400m relay competition.
- The baseball star is Kaitlin.
- The athlete who won the shotput competition finished before the baseball star.
- The 5 people were the athlete who won the 400m relay competition, Alayna, the person in fifth place, the bowling star, and the athlete who won the shotput competition.
- The person in second place is not Pedro.

Laughter is the Best Medicine



Great Truths About Life

GREAT TRUTHS ABOUT LIFE THAT LITTLE CHILDREN HAVE LEARNED:

1. No matter how hard you try, you can't baptize cats.
2. When your Mom is mad at your Dad, don't let her brush your hair.
3. If your sister hits you, don't hit her back (They always catch the second person).
4. Never ask your 3-year old brother to hold a tomato.
5. You can't trust dogs to watch your food.
6. Don't sneeze when someone is cutting your hair.
7. Never hold a Dust-Buster and a cat at the same time.
8. You can't hide a piece of broccoli in a glass of milk.
9. Don't wear polka-dot underwear under white shorts.
10. The best place to be when you're sad is Grandpa's lap.

GREAT TRUTHS ABOUT LIFE THAT ADULTS HAVE LEARNED:

11. Raising teenagers is like nailing Jell-O to a tree.
12. Wrinkles don't hurt.
13. Families are like fudge . . . mostly sweet, with a few nuts.
14. Today's mighty oak is just yesterday's nut that held its ground.
15. Laughing is good exercise. It's like jogging on the inside.
16. Middle age is when you choose your cereal for the fiber, not the toy.

GREAT TRUTHS ABOUT LIFE THAT OLD PEOPLE HAVE LEARNED:

1. Growing old is mandatory; growing up is optional.
2. Forget the health food. I need all the preservatives I can get.
3. When you fall down, you wonder what else you can do while you're down there.
4. You're getting old when you get the same thrill from a rocking chair that you once got from a roller coaster.
5. It's frustrating when you know all the answers, but nobody bothers to ask you the questions.
6. Time may be a great healer, but it's a lousy beautician.
7. Wisdom comes with age, but sometimes age comes alone.

THE FOUR STAGES OF LIFE

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.

Administrator Column

Resident Updates



Continued from page 1:

Step Four: Reinforce Positivity in Yourself

Once I started thinking more positively, I realized I had to reinforce these thoughts and behaviors in myself so they would stick. As with any sort of training, the more you practice, the better you get—and, yes, you can practice being positive. The best and easiest way to do this is to be positive when it comes to who you are. Tell yourself you're awesome. Tell yourself you look good. Tell yourself you

did a great job at work or raising your kids or whatever it is you do.

Be honest with yourself, but do your best to look for the good. And, whatever you do, *don't* focus on the negative. It's okay to not like everything about yourself, but don't focus on what you don't like. We all have positive attributes, and it's up to you to remind yourself of them every day.

Step Five: Share Positivity with Others

Not only do you need to be positive with yourself for this training to really take effect, but you need to be positive with others. You have to share your wealth of positivity with the world.

The best way I've found to do this is quite simple and basic: Be nice to other people, no matter what. Tell someone s/he looks nice today. Tell someone s/he did a great job on that presentation.

Tell your parents or children (or both!) how much you love them and how great they are. When someone is feeling down, do what you can to cheer him or her up. Send flowers. Write notes. Don't gossip. Be kind to all living things.

All of these things sound basic enough, but for someone like me, they didn't come easily.

I never wanted to see the good in myself and, therefore, didn't want to see it in

others either. I used to be critical and condescending. Now I strive to be encouraging and supportive. I try not only to treat others as I would like to be treated, but I also try to consider how *they* would like to be treated. People appreciate positivity, and the more you share it with others, the more you are practicing it your own life. When you start feeling like the idea of being a positive person is daunting, remind yourself that all it takes is one small step in the right direction to move yourself toward a more positive attitude.

Believe in yourself and remember the most important lesson of all: A positive outlook is a choice that you can always make.

~~~~~  
These are great words to live by.

Remember, you don't know each other's background. Someone who may appear well on the outside may be dealing with other issues on the inside. Be positive, be kind, be uplifting and help each other out. The simplest thing to you may mean the world to someone else.

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

Don't Miss the Bay County Library Bookmobile on Thursday, April 13<sup>th</sup>  
\*\*NEW TIME FOR 2017                      \*\*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](http://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](http://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**

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