



# Hampton Herald



## Embrace the possibilities

700 North Pine Road • Bay City, Michigan 48708 • [www.pvm.org](http://www.pvm.org)

May 2017

### Featured Articles

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### Celebrate Older Americans' Month in May

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "**Age Out Loud,**" emphasizes the ways older adults are living their lives with boldness, confidence and passion while serving as an inspiration to

people of all ages.

This year, to celebrate Older Americans' Month at The Village of Hampton Meadows, I have decided to put together our first ever Senior Prom!

What a great way to "Age Out Loud" by dancing the night away to all of the music you know and love.

In addition to having a DJ on site to play the tunes we will "boogie" to, I will be providing dinner, dessert and refreshments.

Pictures will also be available upon request in case you want your own personal snapshot to capture your night to remember.

I anticipate the evening to be lots of fun, full of laughter with good friends. I can't wait to see all of your smiling faces there!

If you plan to attend, please RSVP to STEPHANIE (call or stop by the office) no later than May 12<sup>th</sup>. I will need to know how many people will be attending so that I can plan accordingly.

Thank you again for all that you do to make this a wonderful place for our residents to call home. ☺



Look for PVM on:



## Activities

## Maintenance Updates

- *The maintenance phone is for emergencies after hours, on holidays and on weekends ONLY.*
- The inspections went well overall. We had far less work orders this time than we've had in previous inspections. Thank you for reporting your work orders as they happen so that we can take care of things as soon as possible. Remember to clean the seals around your doors on your refrigerator and freezer. Many of them were full of food and dirt. If you keep them clean, your doors will seal better and it could save you on your energy costs. Also be sure to run your garbage disposal daily to keep it from freezing up from non-use. You can sharpen the blades by putting some ice cubes in it before you turn it on.
- *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.*

## May Activities

## Please join us in the month of May for:

- BINGO - Every Sunday at 2:00 pm and Wednesday at 10:00 am AND 5:00 pm
- Commodities – Friday, May 5<sup>th</sup> around 11:00 am
- Administrator's Updates Meeting – May 12<sup>th</sup> @ 11:00 am.
- Monthly Birthday Celebration – May 8<sup>th</sup> at 6:00 pm
- Bookmobile – May 4<sup>th</sup> and May 25<sup>th</sup> from 2:15 pm – 3:15 pm
- Monthly pest control service – May 21<sup>st</sup> @ 10:00 am
- Lunch Bunch – May 5<sup>th</sup> (Jimmy John's) and May 19<sup>th</sup> (TBD) @ 11:30 am
- Movie Day – Monday, May 8<sup>th</sup> and Monday, May 22<sup>nd</sup> @ 2:00 pm.
- Practice Sessions for the Virtual Village Victory Cup will be every Wednesday at 3:30 pm
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome.
- **Our Senior Prom will be Tuesday, May 23<sup>rd</sup> from 7-9 pm.** Dinner, refreshments and music will be provided. Please wear formal attire or the kind of clothing that you would wear when attending a wedding or a church service.

## 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 May

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**

**Thursday – Sunday, May 11-14 • 20<sup>th</sup> Anniversary of the Delta College Planetarium •**

Come celebrate the 20<sup>th</sup> year of the Planetarium in Downtown Bay City with special events and activities for all ages. Visitors of all ages can enjoy Dome360 mini-shows, hands on activities, solar observing, and presentations by Dr. Slime.

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## Service Coordinator Corner

Elizabeth Brinker 989-892-6906

Service Coordinator's office is located on the 2<sup>nd</sup> floor inside the theater

*It is so wonderful to look at all of the beautiful flowers; tulips, daffodils, and other early spring flowers are such a bright spot after the winter. Everything is getting so green - the trees and grass are beautiful!*

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. You might give me some warning if you're doing so, because I may need to get more 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, 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.

On **May 10<sup>th</sup> at 2:00 p.m.**, we will have "**Meeting Your Nutritional Needs as You Age**", which will include information on items that are for those who are **gluten and lactose intolerant**.

The **Blood Pressure Clinics will be on May 11<sup>th</sup> and 25<sup>th</sup> 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, May 17<sup>th</sup> at 2:00 p.m.**, we will have a presentation by Donna from the **Disability Services Resource Center** about what it is like to deal with different 'abilities': "**Try Being in My Shoes**". We will have snacks and water available.



**I will be out of the office on Friday, May 5<sup>th</sup> through Tuesday, May 9<sup>th</sup>, and again on Monday, May 22<sup>th</sup>, but will be in all day (9:00 a.m. – 4:00 p.m.) on May 10<sup>th</sup>, and 24<sup>th</sup>.** 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 May Birthdays

We will be celebrating May Birthdays in the community room on Monday, May 8<sup>th</sup> 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!

Darlene A .....	05/02
Sally G .....	05/07
Marge C .....	05/12
Dorothy L .....	05/17
Dorothy C .....	05/25
Jean N .....	05/29



*Continued from pg. 2*

**Saturday and Sunday, May 20 & 21•Urban Salvage Market’s Westside Vintage Fest•** First time ever in Veteran’s Park! A show dedicated to vintage, retro, hip and cool style of living. Several sales and food vendors available.

**May 11-21•My Fair Lady @ The Bay City Players•**

Some people think we are what we eat. Henry Higgins thinks we are who we sound like. And he is determined Eliza will sound like a lady—even if it kills her—or him, as the case may be. One of the most famous musicals ever written, MY FAIR LADY is an abundance of riches: wonderful characters, fantastic music, a captivating story, frolicking dances, winner of six Tony Awards including best musical. (*I Could Have Danced All Night, With a Little Bit of Luck, I’ve Grown Accustomed to Her Face*—just in case they may have slipped your mind.) Ages – mature 8 and up. **\*\*Senior Tickets \$20.00\*\***

### 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*



## AGE OUT LOUD! Michigan's Everyone's Aging but Who is Listening?

### *Be the wake-up call!*

Your backing and your voice = a variety of services, safe housing for a wide range of older adults and putting veterans first.

YOU and PVM: we're up against a cultural indifference to the elderly.

It sounds harsh, but it's true.

### **Think about it:**

***"Over the hill." "Senior moment." "Past your prime."***

Those are pretty rough words about older adults—and we hear them, or even say them without batting an eye.

**You have the power to change that indifference and make this state a great place to live at any age.** Every time you introduce someone new to PVM, or you make a gift, you're bringing aging out of the shadows. You're making it possible for you and your peers of all income levels, backgrounds and needs to **AGE OUT LOUD**. This month is Older American's Month, so **raise your voices and spread the word.**

### *World: listen up!*

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you!

Paul J. Miller, CFRE

***\*P.S. YOUR IMPACT: In 33 Michigan counties, there are now more older adults than school-aged children. HUGE when you consider that those older adults will stay as many kids grow up and move away.\****

*\*"The Age Wave: A Call to Action" Thomas B. Jankowski*

LEAVE A  
*Legacy*

Ways to make a Planned Gift

- > Make a bequest in your will
- > Start a Charitable Gift Annuity
- > Your Life Insurance Policy

Support PVM during your lifetime and beyond.

CONTACT US TO LEARN MORE

Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller  
248.281.2045 MyLegacy.pvmf.org

Presbyterian Villages OF MICHIGAN THE FOUNDATION



## MARK YOUR CALENDARS!

“Vee Eye See Tee Oh Are Why”\* is that your Village’s battle cry?

If you’re having a challenge deciphering the battle cry, try reading it again but this time read it out loud.

So, is it your Village’s battle cry? Is your Village ready for this year’s Village Victory Cup?

Scheduled for Friday, June 23<sup>rd</sup> this year’s event is being held at the Ford Community and Performing Arts Center in Dearborn.

At 11:00 am sharp, PVM Villages from across Southeast Michigan will gather together at this location to compete for the coveted Village Victory Cup travelling trophy. To ensure everyone has the energy they need to compete, lunch will be served from 11:15 – 11:45 am. The games themselves will begin promptly at noon.

If you’re not familiar with the Village Victory Cup, it consists of a series of competitive events that include a puzzle building competition, a walking race, a lip sync battle, a photo contest, a beanbag toss, a timed basketball shoot and more.

You earn points for your Village by simply coming to the event and cheering them on. You earn more points if you compete in the events and you earn even more points if you finish first, second, or third in an event. At the end of the day, the Village that scores the most points wins. To learn how you can join your Village’s team, contact your Administrator.

\*battle cry = Victory



## **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.*

## Fettuccine with Chicken, Mushroom and Sundried Tomato



### Ingredients

- Olive Oil
- 2 Chicken Tenderloins
- 3 medium mushrooms, sliced
- 1 small clove garlic, chopped
- ¼ lb. fettuccine (100g)
- 1 ½ tablespoons chopped sundried tomatoes
- 2 tablespoons Greek yogurt
- 1 tablespoon chopped parsley

### Directions

- Heat the oil in a small nonstick frying pan over medium heat.
- Add chicken, mushroom and garlic. Fry approximately 7 minutes until chicken is golden and cooked through.
- Meanwhile, bring a medium saucepan of salted water to a boil and add fettuccine.
- Cook for 8-12 minutes depending on the manufacturer's instructions.
- Add the sundried tomatoes and yogurt and 2 tablespoons of pasta cooking liquid.
- Drain the pasta and toss with the chicken mixture and parsley.

# May Word Search

**WORD SEARCH!**  
**YARD SALE**

FIND AND CIRCLE THE WORDS ON THE LIST... WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY  
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

<b>WORD LIST</b>	
ADVERTISING	Y E N V R P E T A I T O G E N
ANTIQUES	A L I T A P E S P J R M G G F
BALL	R I A H C S Y U R E I O N N R
BARGAIN	D I G N S O Z B I I N N I A A
BOOKS	S T R H T Z E U C S K E S H C
CANDLE	A B A L L I M R E N E Y I C S
CHAIR	L A B E L S Q B S G T G T D I
CHANGE	E S K E S G O U H I S L R G L
CLOTHES	L L M C L O T H E S I O E A V
COAT	D A B O O K S R L S C V V D E
COLLECTIBLES	N M L A O O O O F E K E D G R
COOKIES	A P K T T S K D R L S S A E W
DESK	C O L L E C T I B L E S E T A
DRESSER	F U R N I T U R E E D L N S R
FURNITURE	O M I R R O R E S S E R D W E
GADGETS	
GLOVES	
LABELS	
LAMP	
MIRROR	
MONEY	
NEGOTIATE	
PRICES	
PUZZLE	
RECORDS	
REEL	
ROD	
SCARF	
SHELF	
SIGNS	
SILVERWARE	
SUBURB	
TABLE	
TAPES	
TOOLS	
TOYS	
TRINKETS	
YARD SALE	

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# Laughter is the Best Medicine



## A Letter From Summer Camp

Dear Mom and Dad,

Our Scoutmaster told us to write to our parents in case you saw the flood on TV and are worried. We are okay.

Only one of our tents and 2 sleeping bags got washed away. Luckily, none of us got drowned because we were all up on the mountain looking for Adam when it happened.

Oh yes, please call Adam's mother and tell her he is okay. He can't write because of the cast. I got to ride in one of the search and rescue jeeps. It was neat.

We never would have found Adam in the dark if it hadn't been for the lightning. Scoutmaster Keith got mad at Adam for going on a hike alone without telling anyone. Adam said he did tell him, but it was during the fire so he probably didn't hear him.

Did you know that if you put gas on a fire, the gas will blow up? The wet wood didn't burn, but one of the tents did and also some of our clothes. Mat hew is going to look weird until his hair grows back.

We will be home on Saturday if Scoutmaster Keith gets the bus fixed. It wasn't his fault about the wreck. The brakes worked okay when we left.

Scoutmaster Keith said that with a bus that old you have to expect something to break down; that's probably why he can't get insurance.

We think it's a neat bus. He doesn't care if we get it dirty, and if it's hot, sometimes he lets us ride on the fenders.

It gets pretty hot with 45 people in a bus. He let us take turns riding in the trailer until the highway patrol man stopped and talked to us.

Scoutmaster Keith is a neat guy. Don't worry, he is a good driver. In fact, he is teaching Jessie how to drive on the mountain roads where there isn't any traffic. All we ever see up there are logging trucks.

This morning all of the guys were diving off the rocks and swimming out in the lake. Scoutmaster Keith wouldn't let me because I can't swim, and Adam was afraid he would sink because of his cast, so he let us take the canoe across the lake. It was great!

You can still see some of the trees under the water from the flood. Scoutmaster Keith isn't crabby like some scoutmasters.

He didn't even get mad about there not being any life jackets. He has to spend a lot of time working on the bus so we are trying not to cause him any trouble.

Guess what? We have all passed our first aid merit badges. When Andrew dived into the lake and cut his arm, we got to see how a tourniquet works.

Steven and I threw up, but Scoutmaster Keith said it probably was just food poisoning from the leftover chicken. He said they got sick that way with food they ate in prison.

I'm so glad he got out and became our scoutmaster. He said he sure figured out how to get things done better while he was doing his time.

By the way, what is a pedal-file? Do you use it on a bicycle?

I have to go now. We are going to town to mail our letters and buy some more beer. Don't worry about anything.

We are fine.  
Love, Your Son

## Administrator Column

## Resident Updates



### The Virtual Village Victory Cup (VVVC) is Coming!

The Virtual Village Victory Cup (VVVC) is coming in the early part of June so now is the time to start our practice sessions.

For those of you who are new to our village, the Virtual Village Victory Cup is sort of like Senior Olympics. The majority of our villages throughout PVM are

located in the Detroit area. Those villages get together at an arena and compete in a number of events to see whose village will reign supreme. For those of us who have villages too far to be able to make it to the big event, we are able to compete “virtually” meaning we can do the same events at our own village, submit our scores and have them compared against other villages who are also competing virtually. The scores from each village are tallied and winners are announced at a later date. There is an opportunity to win a gold, a silver or a bronze medal in each event.

Last year our residents were able to win 20 medals in all! It is a wonderful way to participate with your neighbors, to get in some light exercise and have a yummy pizza lunch with some good old fashioned laughs.

I have added practice sessions to the calendar every Wednesday in May at 3:30 pm. We will practice all of the events, including a new one that was added this year called

the Kick-A-Roo. I will also explain how to do the non-physical events like the Expression of Wellness, etc.

We always have such a fun time, please consider joining us.

We even get participation points for EVERYONE who comes down so even if you aren't able to do an event, we will get points for any cheerleaders that we have too.

Everyone who participates gets a Hampton Hornets t-shirt! Please join us for a practice session to learn more.

I hope you all have some free time to come down and see what the buzz is about. Everyone is welcome!

Have a wonderful May and feel free to stop by the office of you have any questions, concerns or need assistance in any way.

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

Don't Miss the Bay County Library Bookmobile on Thursday, May 4<sup>th</sup>  
AND Thursday, May 25<sup>th</sup> 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**

# Embrace the possibilities