



Hampton Herald



Embrace the possibilities

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

May 2016

Friends and Family Campaign 2016

Featured Articles

Giving Matters pg. 5

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

The Senior Advocate pg. 7

Administrator's Column pg. 13

Thank you to everyone who has helped us with the fundraising for our Friends and Family Campaign for 2016. We are so grateful to everyone who has donated, shared our story with their family and friends or who has helped us with any of our fundraising events.

It was so nice being able to share some time with your families during our fundraisers. We all had a wonderful time!

We hosted a spaghetti dinner and also a banana split making event. Both of which brought in an amazing donation to our cause. With both events combined, we were able to send \$210.00 to the PVM Foundation towards our goal of a stationary exercise bike. Way to go everyone! Woo hoo! Every donation gets us closer to our goal.

I haven't heard the final results yet from what we have raised for the entire campaign, or what we have received as matching funds, but I AM sure that we had a great time again this year participating in all of the

events. I will keep you posted as soon as I know more.

Thank you again to all of our donors, our residents, our families, our friends and the staff for all that you do to make The Village of Hampton Meadows a wonderful place to call home. ☺



Look for PVM on:



Activities

Maintenance Updates

- Please remember to tie your trash bags securely. Please do not throw them in the trash barrels or down the chute open. This causes a mess and can lead to pest infestation. Please help us to help you keep your community clean.
- If you have LARGE boxes, please be sure to break them down flat and place them on the floor in the trash rooms. Pop boxes and pizza boxes can go down the chute. Please do not leave pizza boxes on the floor. This can attract unwanted guests. You can fold them in half and they should slide nicely down the chute. Do not rip up boxes and leave the pieces on the floor. It is fine to rip them up into small pieces but you can then throw them down the chute as well.
- Let us know when something in your apartment is not working properly. We are here to help you and Dave is here to make repairs no matter how big or small. If you have a work order, call or stop by the office so that it can be logged into the computer. From there, it will be distributed to Dave for completion. Please do not stop him in the halls and make a work request. He will not be able to begin the request until it has been logged properly through the office. Thank you for all of your help keeping the process running smoothly.

May Activities

Please join us in the month of May for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Commodities will be here on May 6th around 11 am
- Administrator's Updates Meeting – May 12th @ 11:00 am
- Monthly Birthday Celebration – May 9th at 6:00 pm
- Bookmobile – May 12th 2:00 pm – 3:00 pm
- Monthly pest control service – May 16th
- Lunch bunch for May will be at 11:30 am on the 13th and 27th. On May 13th we will be getting Bare Bones BBQ.
- Wii Bowling every other Thursday @ 10:00 am May 12th and May 26th.
- Please check out the Service Coordinator's page for a list of upcoming presentations.
- The community room has been reserved on May 7th and May 8th for private events.

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

BUFFALO WILD WINGS FUNDRAISER

As part of our Friends and Family Campaign, Buffalo Wild Wings will be contributing to our project! The fundraiser will be Sunday, May 22nd. You just dine in or order take out, present a coupon, (distributed soon in your cubbies and available at the office), and they will donate 20% of your purchase back to us! Available only at the Wilder Rd. BWW. Please help us by passing coupons to your friends and families.

This fundraiser takes place on a Sunday. So many of our friends, families and even we are at the local restaurant supporting our favorite sports team anyway so why not make your dollars count towards a worthwhile project? Please see the office for more details or to help distribute flyers.

Continued on pg. 3

Service Coordinator Corner

Elizabeth Brinker 989-892-6906

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

Well, the majority of you missed out on a wonderful presentation on Life Planning by Kari from Wellspring Lutheran Services, however, if you are interested in some information, you can stop by the Service Coordinator office and I will give you copies of part of the information. It was a very good presentation.

I am going to be putting out another survey – this time it is regarding a potential class: “A Matter of Balance”, which “can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.” I will be attaching the brochure regarding the class to the survey, but will ask that you return the survey by Tuesday, May 10. **A drawing will be made of the returned surveys for a prize.**

The Blood Pressure Clinic is up and running – the first, second and fourth Thursday's generally, although I had to schedule the third one in May on the 25th (Wednesday) instead. Please take advantage of this opportunity to get your blood pressure checked by a trained professional – they will write down your BP numbers each time. Monitoring your blood pressure helps you prevent problems. So, for May, the Blood Pressure Clinics are on the 5th, 12th, and 25th.

On Monday, April 9th, I will be in a webinar all afternoon and therefore, unavailable. On Tuesday, May 10th, I will be here 1:30 – 5:30 p.m. as usual, but on Wednesday and Thursday, May 11th and 12th; I will be adjusting my hours to 2:00 p.m. – 5:30 p.m. On Fridays I am (usually) in the office, but prefer to take only appointments or issues of serious concern as I spend that afternoon on paperwork. Remember, 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.

On Tuesday, May 10th, at 2:00 p.m., Rick Pike from Mid-Michigan Health will be here to talk about “Prescription Medications: Do's and Don'ts”. On Wednesday, May 18th, at 2:00 p.m., Melissa from Southern Care will be back to talk about “Signs & Symptoms of Neurological Diseases: Stroke, Parkinson's, Huntington's, ALS, etc.” And finally, The Care Team will be bringing us a presentation on “Adult Children and Their Roles” at 2:00 p.m. on May 26th. It's going to be a busy month! Related to the presentations, I am going to implement a points program where you can earn prizes for attending presentations – details will be in your mailboxes soon.

On a related note - Remember that I am here to assist you to “Age in Place” - (stay in your home) as long as you desire and can safely remain. Come talk with me if you're having difficulty with the things you need to do and we'll see how I can help!

Elizabeth

Continued on pg. 4

Programs (continued)

Continued from pg. 5

Celebrating May Birthdays

We will be celebrating May Birthdays in the community room on Monday, May 9th 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 A05/02**
- Sally G05/07**
- Marge C05/12**
- Dorothy L05/17**
- Dorothy C05/25**
- Jean N05/29**



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



Together, *MAY* We Make Michigan a Better Place to Age!

You, our donors, are transforming the lives of seniors by giving in all sorts of ways, and through gifts large and small. Giving is a deeply personal experience, and I'd like to let you know about a couple of ways you can support the mission of PVM, in a way that's right for you and your family.

The legacy you leave behind can change—or even *save* a life—and help Michigan seniors thrive for years to come! With a little planning, anyone can make a huge impact. Options exist for all personal circumstances and interests while ensuring your family's financial security. Two of the most common choices include:

- **Gifts that *pay you* income, like a Charitable Gift Annuity** – a simple agreement where the donor makes a gift to PVM and, in return, receives fixed payments (as high as a 9% rate of return!) for life.
- **Gifts that benefit residents beyond your lifetime, like a Bequest** – the simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM.

With the PVM Foundation's 22nd Calvin, Sterling and Peterson Mission Maker Societies Luncheon around the corner on June 6th at the Masonic Temple, I wanted to share with you a description of our giving societies. Maybe one of these societies offers the right giving option for you!

- **Peterson Mission Makers Society:** Donors who have made a pledge commitment to PVM of \$1,000 or greater for 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 \$50,000 or more to PVM.

For more information about PVM's planned giving opportunities and giving society membership, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

We are so grateful for donors like *you* who have taken a personal interest in the future of Michigan seniors. Thank you for your support!

Warm regards,
Paul J. Miller, CFRE

P.S. Save the Date: The PVM Foundation's 5th Inspire Possibilities Breakfast is May 13! Learn more at IPBreakfast2016.eventbrite.com



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Game On!

Don't look now, but June is just around the corner and you know what that means. The 11th Annual Village Victory Cup will soon be here. Scheduled for Friday, June 24th it will once again be held at Ultimate Soccer Arenas in Pontiac, just south of the Village of Oakland Woods. Word on the street is that several Villages have been practicing for quite some time now. They've been testing out their best paper airplane designs; trying out new cookie recipes; wearing down the carpet in the hallways with all the walking they've been doing; putting puzzles together faster than ever before; hitting the bull's-eye more often than not with their beanbag tossing; and doing their best Michael Jordan imitation shooting baskets. We've also heard that several Villages have their eyes set on taking home the coveted Spirit Award this year.

Will the Village of Westland successfully defend their title and capture the Victory Cup for the third time in four years? Will the Village of Our Saviour's Manor win the Spirit Award an unprecedented three years in a row? You never know. But one thing we do know is that there will be plenty of action June 24th at Ultimate Soccer Arenas. If you haven't already done so, to be part of the action contact your Administrator. The deadline for Villages to sign up is June 10th.

For Villages located 100 miles or further from the PVM Home Office we will once again be conducting the Virtual Village Victory Cup. Contact your Administrator for details.

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION

2015 **FRIENDS & family**

April
1-30

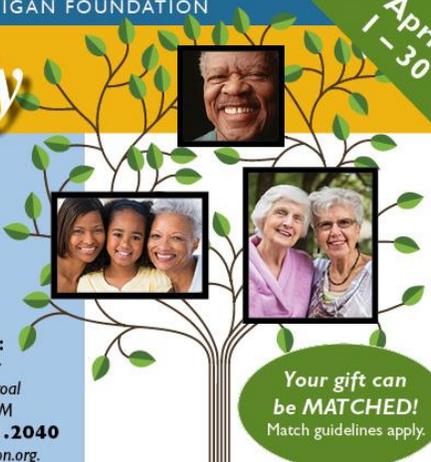
Help PVM Villages raise funds for projects and programs to enhance the lives of seniors.

Your gift today will change the lives of seniors for years to come!



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

TO MAKE A GIFT:
See your Administrator for your Village's fundraising goal and project, or call the PVM Foundation at **248.281.2040** or visit www.pvmfoundation.org.



Your gift can be **MATCHED!**
Match guidelines apply.

Wellspring Lutheran



Bringing hope and healing

Wellspring Lutheran Services offers a free two-night, three-day camp for children and teens, age 6-17. It's called Camp Hope and it's designed for kids who have experienced the death of someone they love.

Grief is a normal response to death, and children grieve differently from adults. Children grieve in spurts, and express their grief using art and play. Camp Hope is set up according to the child's age and developmental level. Campers are placed in groups according to their age, and participate in activities to help bring healing to their hurts.

Camp Hope provides a safe place for children and teens to interact with peers who have experienced similar losses. Campers can express their feelings of grief, learn coping skills and most importantly, begin a healthy healing process.

Camp Hope provides a safe place for children and teens to interact with peers who have experienced similar losses. Campers can express their feelings of grief, learn coping skills and most importantly, begin a healthy healing process. There is no charge to attend Camp Hope because Wellspring Lutheran Services receives grants and generous donations to help fund the camp each year.

It doesn't matter how long ago the loved one died. What matters is how the child is dealing with the death and the relationship the child had with the deceased. Children can have a grief reaction to a death that happened many years before. Because of the significant missing role of the loved one, the child may have a delayed grieving period as they come to understand how the absence affects their life.

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:

Please do not remove things or put things in cubbies that do not belong to you. The cubbies are where we can get information to our residents about upcoming events. We want to be sure that everyone is getting their information and having a chance to participate. If you don't want the item in your cubby, please dispose of it properly.

How wonderful that one of our residents has helped to organize the library! The books are now listed alphabetically by author and by interest. (Hobbies, self-help and crafts are on the bottom shelf of the 2nd and 3rd bookcases). There is a bare shelf as well. This is where you can put books that you are either donating or returning after you have read them. Our volunteer will put them back with the others in order. We have received many donations through the years from residents, families and the Bay County Library!

Please stop down and enjoy them. Don't forget to bring them back when you're done for someone else to enjoy. 😊

Maple Nut Sweet Potato Casserole

By: Everyday Diabetic Recipes



Ingredients

- 1 (29 ounce) can sweet potatoes, drained
- ½ cup egg substitute
- 1 teaspoon maple extract¹⁻²
- ¼ cup chopped pecans
- ¼ cup quick-cooking oats²
- 2 tablespoons light brown sugar
- 1 tablespoon all-purpose flour²
- 2 tablespoons light butter, softened

Directions

- Preheat oven to 350°.
- Coat an 8 inch square baking dish with nonstick cooking spray.
- In a large food processor, blend together the sweet potatoes, egg substitute, and maple extract until smooth.
- Spread the mixture evenly in the baking dish.
- In a small bowl, combine the remaining ingredients (except the cooking spray) until crumbly.
- Sprinkle evenly over the top of the potato mixture.
- Spray the top of the mixture with the nonstick cooking spray.
- Bake for 30 to 35 minutes, or until the top is golden. Serve immediately.

¹ Although the maple flavor is nice in here, if you don't have maple extract on hand, you can always substitute sugar-free maple syrup.

² To make this recipe gluten-free, use nonstick cooking spray with no flour added, gluten-free extract, Irish oats and tapioca flour instead of all-purpose.

May Word Search

WORD SEARCH! SPRING CLEANING

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

WORD LIST

ATTIC
BACK YARD
BASEMENT
BOXES
BUCKET
CAR
CEILING
CLEAN
DRYER
FRONT YARD
GARAGE
GARBAGE
GLOVES
GUTTERS
LADDER
LAUNDRY
LAWNMOWER
MIRRORS
MOP
ORGANIZE
PAINTBRUSH
RAKE
SHED
SORT
SPONGE
VACUUM
WATER
WALLS
WASH MACHINE
WINDOW CLEANER

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



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SPECIAL THANKS TO CALVIN HOLTROP

www.cybercrayon.net

May Puzzles

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

Sudoku Puzzle #B456YI
Presented by Puzzle Baron

Rated: Easy

SUBADDO PYRAMID *Medium*

Each orange triangle connects a set of three numbers. Two numbers must add or subtract to equal the third. All numbers must be between 1 and 12 and no number can be repeated in a horizontal row.

© Engaged Learning

Laughter is the Best Medicine

Now That I'm Older and Wiser

- There's always a lot to be thankful for if you take time to look for it. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt.
- If you can't be kind, at least have the decency to be vague.
- A penny saved is a government oversight.
- The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends.
- The easiest way to find something lost around the house is to buy a replacement.
- He who hesitates is probably right.
- If you can smile when things go wrong, you have someone in mind to blame.
- The sole purpose of a child's middle name is so he can tell when he's really in trouble.
- Living on earth is expensive, but it does include a free trip around the sun.
- Birthdays are good for you; the more you have, the longer you live.
- Ever notice that the people who are late are often much jollier than the people who have to wait for them.
- If ignorance is bliss, why aren't more people happy?
- If Wal-Mart is lowering prices every day, how come nothing is free yet?
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- Don't cry because it's over; smile because it happened.
- A truly happy person is one who can enjoy the scenery on a detour.
- Happiness comes through doors you didn't even know you left open.
- Once over the hill, you pick up speed.
- I love cooking with wine. Sometimes I even put it in the food.
- If not for STRESS I'd have no energy at all.
- Whatever hits the fan will not be evenly distributed.
- Everyone has a photographic memory. Some just don't have film.
- I know God won't give me more than I can handle. I just wish He didn't trust me so much.
- You don't stop laughing because you grow old. You grow old because you stop laughing.
- Dogs have owners. Cats have staff.
- We cannot change the direction of the wind... but we can adjust our sails.
- If the shoe fits.....buy it in every color (YES!)
- Have an awesome day, and know that someone has thought about you today.

Administrator Column

Resident Updates



Here are 9 fast facts about Memorial Day, a holiday honoring American soldiers who made the ultimate sacrifice for their country:

- Even though numerous communities had been independently celebrating Memorial Day for years, [the federal government declared Waterloo, N.Y.](#) the official birthplace of Memorial Day. Waterloo first celebrated the holiday on May 5, 1866.
- Memorial Day was celebrated on May 30 for decades, but in 1971, [Congress established Memorial Day as the last Monday in May and a federal holiday.](#)

- Memorial Day originally honored [military personnel who died in the Civil War \(1861-1865\).](#)
- Roughly 620,000 Americans died in the Civil War — making it the deadliest war in American history. [About 644,000 Americans have died in all other conflicts combined.](#)
- President Bill Clinton signed the National Moment of Remembrance Act on Dec. 28, 2000, designating 3 p.m. local time on Memorial Day as a [National Moment of Remembrance.](#)
- It wasn't always Memorial Day — [it used to be known as Decoration Day.](#)
- Red poppies are known as a symbol of remembrance, and [it's a tradition to wear them to honor those who died in war.](#)
- Even though Memorial Day began as a holiday honoring Union soldiers,

- [some states still have Confederate observances.](#) Mississippi celebrates Confederate Memorial Day on the last Monday of April, Alabama on the fourth Monday of April, and Georgia on April 26. North and South Carolina observe it on May 10, Louisiana on June 3 and Tennessee calls that date Confederate Decoration Day. Texas celebrates Confederate Heroes Day on Jan. 19 and Virginia calls the last Monday in May Confederate Memorial Day.
- The crowd that attended [the first Memorial Day ceremony at Arlington National Cemetery](#) was about the same size as those that attend today's observance: about 5,000 people.

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, May 12th



Happy Mother's Day!

May 8th



**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



The Village of
**Hampton
Meadows**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan
and Wellspring Lutheran Services

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

Embrace the possibilities