



Hampton Herald



Embrace the possibilities

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

January 2017

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Happy New Year: Fun Facts

*Here are facts from [WalletHub](#), the [Huffington Post](#) and other sources to help get you in the mood for 2017:

About half of Americans won't go out for New Year's Eve this year.

The most popular cities to go to for New Year's Eve are Orlando, Florida, New York City and Honolulu.

In Spain, revelers wear red underwear on New Year's Eve for good luck. They also eat a dozen grapes at midnight.

Colombian tradition dictates that people put three potatoes under their bed — one peeled, one normal and one half-peeled — and draw one out without peeking. The more skin on your chosen potato, the more money you'll have in the new year.

The ball didn't drop in Times Square in 1942 and 1943 because of World War II.

On New Year's Eve, Russians typically eat Olivier salad, which is made from potatoes, carrots, eggs, meat, peas, pickles and mayonnaise.

In Japan, you may hear bells ringing 108 times just before midnight. This represents the number of earthly temptations Buddhists believe that keep people from happiness. The ritual helps people overcome the desires in the New Year.

About 8,000 babies will be born on New Year's Day.

Two-thirds of Americans will make a New Year's resolution, but only a fraction of them will keep it.

The most common resolutions involve staying healthy, losing weight, spending less money, traveling more and reading more.

In Brasstown, North Carolina, residents drop a possum instead of a ball at midnight. But organizers note on their website that "the opossum is not actually 'dropped,' it is lowered with great care" because "we treat our little friend with respect, hold him in awe, and do not inflict any injury or traumatize God's creature of the night."



Look for PVM on:



Activities

Maintenance Updates

- *Please do not park your car over the curb. It makes it difficult to get the snow blower down the walkway to clear the sidewalk completely. When the snow melts from your car and slides off onto the walk, it creates a snow pile that freezes and makes icy areas on the sidewalk.*
- *Thank you to all of you for reporting work orders as soon as they come up. Any repair that is left unattended can certainly get worse over time so the sooner we can make the repairs...the better.*
- *If there are any areas that need extra salting, please make the office aware and we will take care of it as soon as possible. If you notice an area that needs salt and the staff is not available, feel free to use any of the shakers that are located inside, next to each door. Let the office know when the shakers are getting close to empty.*
- *Be sure to always wear your rubber soled boots and shoes when walking outside. They can help your feet have better traction in the snow and ice.*
- *With the holidays behind us, many of you may have received gifts to replace items in your household. Please remember that we cannot dispose of large items here on site. Please ask your family members to dispose of them properly on a location off of the property.*

January Activities

Please join us in the month of January for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Commodities will be here on January 6th around 11 am
- Administrator's Updates Meeting – January 12th @ 11:00 am
- Monthly Birthday Celebration – January 9th at 6:00 pm
- Bookmobile – January 19th 2:15 pm – 3:15 pm
- Monthly pest control service – January 20th
- Lunch Bunch January 13th and January 27th. We will be having lunch from D'Angelo's on January 13th.
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome. The more the merrier!
- Please check out the Service Coordinator's page for a list of upcoming presentations.
- If you have any other items of interest, please stop by the office and let me know. We are always looking for new ideas to bring some adventures and experiences to you.

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

Note: You can add more quarters to the dryer while it is running if you need more time to dry. ☺

Bay City Happenings in January

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 **2017 Calendar Unavailable**

•**Stay Tuned**• More exciting adventures will be happening in Downtown Bay City soon. I'll let you know as soon as I have more information.



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Service Coordinator Corner

Elizabeth Brinker 989-892-6906

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

It's 2017!!! What do you want in this New Year?

Do you have things on your "Bucket List" that you want to accomplish this year? Are there changes that you would like to make - remember all change most effectively begins with ourselves - there is very little we can do to change others! The illustration that most effectively shows this for me is this...

We say that we need to get our "ducks in a row" meaning that we need to get our things/ideas/projects/responsibilities in order...sometimes we need to remember that some things are NOT our "duck" - that neighbor who continues to make choices that will limit their mobility, or the person that refuses everyone's offers of assistance, or the relative that calls and makes you feel responsible for their money issues/as if you should rescue them.... Those are not **your** ducks - we need to take care of our own life/responsibilities **first** - we can't help others when we are depleted!!!

Related to taking care of our own "ducks" is the need for people to be careful about how they discuss others.... We will be having a presentation on "**Coping and Re-Directing Negative Gossip (Bullying)**" on **January 11th at 2:00 p.m.** There will be door prizes. Please come to hear ways to discourage negative gossip and re-direct conversations that you might find yourself part of in your day-to-day.

We will have **Blood Pressure Clinics on January 12th and 26th at 2:00 p.m.** - please come and take advantage of having your blood pressure checked by a trained professional. It is a good preventative measure, and should be monitored on a regular



basis. Someone asked me recently - **No, there is no cost and you don't even need to show your insurance information!**

On **Wednesday, January 25th**, we will have a new Monthly Social Activity meeting - "**Reminisce**" with Deb. She will be coming once a month on the Fourth Wednesday at **2:30 p.m.** to talk about how things used to be and reminisce about things we all remember.... Should be a lot of fun and a good way to work those memory muscles!

On **Tuesday, January 31st at 2:00 p.m.** there will be a presentation on "**Diabetes Medication Information**" with snacks and door prizes. Come and listen to the presentations - you can always learn something new!

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 lockbox outside my office door.

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 January Birthdays

We will be celebrating January Birthdays in the community room on Monday, January 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!

Vicki S	01/01
Maryanne N.....	01/04
Kay E	01/07
Jeanne A	01/07
Joann E	01/08
Fran L	01/10
Gerry T	01/17
Bob J.	01/31



Frankenmuth: Zehnder's Snowfest January 25-30

World Snow Carving Championships & State of Michigan Snow Sculpting Competition--**JANUARY 25 - 28**

Snowfest Warming Tent--**JANUARY 25 - 29**

Dueling Pianos Snowfest Luncheon--**JANUARY 26 at 11:30am & 1:30pm**

Children's Activities--**JANUARY 27 - 29**

Ice Carving Exhibitions--**JANUARY 27 - 30**

Snowfest Annual Fireworks Display--**JANUARY 28 at 6:45PM**

Continued from pg. 2

**•THE BAY CITY PLAYERS
PRESENT• January 27-29 &
February 3-5**

Act One

Comedy. Mature 12 and up.

Directed by Mike Wisniewski – ACT ONE is the story of Moss Hart's first big break into show business. This a look at Moss as the insecure Jewish young man with his quirky, funny family and hectic friends, as he makes that first move through the door of opportunity straight into success!! Funny, touching, and a beautiful look at an immigrant family and the American dream. Ages – mature 12 and up.

Senior Ticket: \$16.00

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



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

Michigan, We're Not Getting Any Younger

Going to the mall to return gifts today?...Or grocery shopping...To the office? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Over the past 17 years, Michigan has moved from the **30th oldest state** in the USA to **10th oldest**.

So what?

So, an aging population means **the services YOU help provide to seniors are more important than ever.**

Through your support of PVM, make a healthy Michigan possible.

You strengthen the economy by keeping seniors active in their communities. **You are the reason that ~~PVM residents~~ Michiganders can thrive as they age.**

Thank you for your continued dedication to Michigan's older adults!

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

Warm regards,

Paul J. Miller, CFRE



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

PVM Recognized as Best Managed Non-Profit

I am pleased to report that Crain's Detroit Business has selected PVM as The Best- Managed Nonprofit for 2016. PVM received the honor "For tackling the complexity of meshing an affordable senior community with increased access to health care and related services for seniors in the surrounding neighborhood and collaborating at high levels to do it..." The Edward N. and Della L. Thome Rivertown Neighborhood, near Detroit's east riverfront, was the driving force behind this award due to innovation and challenges which were met along the way by PVM and its partners. United Methodist Retirement Communities and Henry Ford Health System also deserve much credit for making this campus a success.

PVM, throughout its 71 year history, has been known for innovation and collaboration. All of our thirty villages represent what PVM is all about in providing service excellence and a commitment to "embracing the possibilities" that life has to offer at any age. Congratulations to all on receiving this prestigious award. We will transport this same innovative spirit into 2017 and beyond. Happy New Year to all!



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

“M” Stands For Move

Last month I introduced you to MESH, what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. As you might recall, it's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. According to Dr. Thomas, neglecting to do any one of these things can have dire consequences as we age. This month we will focus on what it means to move.

I bet most of you have heard the phrase “use it or lose it”. It happens to be particularly true for the human body. Though our bodies are designed for movement, if we don't move them our muscles, bones, heart, lungs, and even our brains will weaken and begin to function poorly. Fortunately, the opposite is also true. If we become and remain physically active our muscles, bones, heart, lungs and brains will strengthen and begin to function better. And the good news is that we don't have train like Olympic athletes to reap the benefits.

All we need to do is get up off the couch and take a little stroll. If we did this four times a day for just 5 minutes at a time we would do ourselves a world of good. If walking isn't your thing, dance instead. Put on some music and move to the groove! The cool thing about dancing is that it can be done sitting or standing and can actually be done with or without music. And for the kind of dancing I'm talking about, there are no rules other than you need to move your entire body: arms, legs, head, and torso.

If it's been awhile since you've cut the rug (or engaged in any other type of regular physical activity), before you start inviting your neighbors over for regular dance parties it would wise to first check with your health care provider to make sure everything is o.k. Once you get the green light, whether you dance, walk, attend exercise classes, use the Village fitness center, or do some other form of physical activity the important thing to remember is to move. Choose to move! Your future-self will be glad your current self-made that choice.

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:

Thank you to everyone who is moving their cars as needed during the recent snowstorms.

Remember that if you don't know what to do, please refer to your snow policy.

Everyone has been moving their cars to the far area of the lot before the storm comes which leaves the upfront spaces clear to be plowed first. This is working VERY well as long as we can get everyone's participation.

Once the storm is over and the plows have come through, please move your vehicle to a cleared space. This allows the spaces/areas you were parked in to now be cleared. Do not move your car to another snow covered space/area as this does not help in trying to remove the snow from the lot completely.

We want the parking lot to be as free of snow as possible so that it can be as safe as possible for you and your guests.

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

Easy One-Pan Taco Skillet



Ingredients

- 1 pound lean ground beef
(Ground turkey can also be used)
- 1 (8.8 ounce pouch) Uncle Ben's ready rice long grain and wild
- $\frac{3}{4}$ cup water
- 1 (1.25 ounce) package taco seasoning
- $\frac{1}{2}$ cup frozen whole kernel corn, thawed
- 1 cup shredded white cheddar cheese
- 2 green onions, sliced (optional)
- 1 (12 ounce) bag tortilla chips (optional)

Directions

- Heat a large non-stick skillet over medium heat. Cook ground beef, crumbling as it cooks, until browned, about 8 minutes. Drain liquid from the pan. Add water and taco seasoning to beef.
- Cook rice according to package directions. Add cooked rice to beef mixture; stir in corn. Increase heat and bring to a boil. Simmer until liquid is absorbed, about 7 minutes, stirring constantly. Remove pan from heat.
- Sprinkle in the cheese and mix to incorporate. Top with green onions if desired. Serve with tortilla chips.

Try it with this BONUS recipe too!



Tomatillo Guacamole

Ingredients

- 6-8 tomatillos, husked and coarsely chopped
- $\frac{3}{4}$ cup coarsely chopped fresh cilantro leaves
- 1 avocado, halved, pitted, peeled and diced
- $\frac{1}{2}$ onion, coarsely chopped
- $\frac{1}{2}$ jalapeño, coarsely chopped with seeds
- 2 cloves garlic, smashed and quartered
- Juice of one lime
- 1 teaspoon ground cumin
- 1 teaspoon salt

Directions

- Combine the tomatillos, cilantro, avocado, onion, jalapeño, garlic, lime juice, cumin and salt in a food processor or blender and pulse until combined.

January Word Search

WINTER WORD SEARCH



Created by
Sue Lindlauf
Grand Forks Herald
2010

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

- See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.
- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

Laughter is the Best Medicine



Diet for the New Year

'Twas the week after Christmas,
and all through the house
nothing would fit me,
not even a blouse.

The cookies I'd nibbled,
the eggnog I'd taste
at the holiday parties
had gone to my waist.

When I got on the scales
there arose such a number!
When I walked to the store
(less a walk than a lumber).

I'd remember the marvelous
meals I'd prepared;
the gravies and sauces
and beef nicely rared,

The wine and the rum balls,
the bread and the cheese
and the way I'd never said,
"No thank you, please."

As I dressed myself
in my husband's old shirt
and prepared once again
to do battle with dirt---

I said to myself,
as I only can
"You can't spend a winter
disguised as a man!"

So--away with the last
of the sour cream dip,
Get rid of the fruit cake,
every cracker and chip.

Every last bit of food
that I like must be banished
"Till all the additional
ounces have vanished.

I won't have a cookie-
-not even a lick.
I'll want only to chew
on a long celery stick.

I won't have hot biscuits,
or corn bread, or pie,
I'll munch on a carrot
and quietly cry.

I'm hungry, I'm lonesome,
and life is a bore---
But isn't that what
January is for?

Unable to giggle,
no longer a riot.
Happy New Year to all
and to all a good diet!



Administrator Column

Resident Updates

Happy Holidays to Everyone!

My how time is flying by! It seems like it was just Halloween and now we are already into another year! Spring should be coming up right around the corner.

I want to thank all of you who had taken the time give us Christmas cards. It was very thoughtful and the handwritten notes inside were priceless. It is nice to read your kind words, encouragement and praise for the jobs that we do for you here at the Village of

Hampton Meadows. I was touched by each and every one. It is a wonderful reward to hear how much we are appreciated and cared for. All of you should know that without you, we couldn't do what we do so we are just as thankful for YOU. To see smiling faces every day and know that what we are doing is making a difference in someone else's life is priceless to us too.

Please let us know if there is anything that you need help with. Stop by my office or Elizabeth's office and we will do the best we can to get you what you need to continue to live and thrive in your home. We are here to help.

I've got some exciting things planned for the upcoming months so stay tuned for more information. I will be getting a survey out in January to see what kinds of things you would like to

participate in. Now that the holidays are coming to a close and many of you are settling back into your regular routines, we can look into adding some more fun things to do right here at home.

Let's start by bringing back Movie Day! Please join us in the theater on the 2nd floor at 2:00 pm January 24th for a movie played on the big screen TV.

I hope all of you had a wonderful Christmas and I wish you peace, good health and prosperity in the New Year ahead.

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, January 19th
 **NEW TIME FOR 2017 **2:15 PM – 3:15 PM

Resident Council Catered Christmas Dinner

Saturday, January 7th

You must sign up to be able to attend. Please see Esther or Rose for more information.

**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

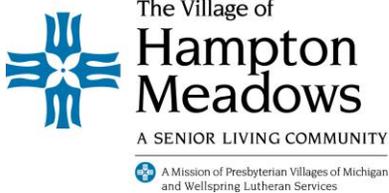
**EMERGENCY TELEPHONE
NUMBER** **989-415-7974**



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.



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

Maybe money CAN grow on trees...\$

WHEN YOU PLANT A CHARITABLE GIFT ANNUITY WITH PVM! \$

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM? Investments starting at just \$2,500.

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

Embrace the possibilities