



Hampton Herald



Embrace the possibilities

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

October 2016

Featured Articles

Giving Matters pg. 5

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

The Senior Advocate pg. 7

Puzzles and Fun pg. 10-11

Administrator's Column pg. 13



Share Where You Live With Family and Friends



Did you know that most of the events we host at our Village can be enjoyed by our residents AND their families and friends?

The presentations, the blood pressure clinic, the flu clinic and especially our Friends and Family fundraiser events.

You can invite family members to come by and cheer you on for the Virtual Village Victory Cup or attend the award ceremony.

We do have some events that are resident specific such as Resident Appreciation lunches, trips we may take and any special meals that we or the resident council may put on. But there are so many others that are open to visitors if you wish.

If you would like to bring a guest(s), please stop by the office and ask. We'd be happy to let you know if your guest can attend and we welcome your family and friends.

You can also feel free at any time to wander around the village and show it off to any visitors you may have. They can enjoy the patio, the gazebo or any other amenity room as long as you are with them. (We don't want anyone getting lost 😊)

Look for PVM on:



Activities

Maintenance Updates

- *October is the month for our semi-annual apartment inspections. We will be going to every apartment checking for any maintenance issues, bed bugs, changing your furnace filters, and cleaning your furnace coils to get it ready for the heating season. Please report any work orders just as you normally would. Don't wait until the inspection. Dave will have over 100 work orders generated from that alone so if he can space out the amount of work...he would appreciate it.*
- *We will also be removing your screens during the inspections. This is a chance for you to clean them while they are out. Dave will be coming by after the window cleaners have done their job to put them all back in for you.*
- *Please do not put full liquid containers (milk, orange juice, etc.) into the trash. Dump it down your drain or your toilet before disposing of the container. When the container breaks open in the compactor, it is making a huge mess that is 100% avoidable.*
- *We also have an unannounced fire drill coming in October. A fire can happen at ANY time so we want you to always be prepared.*
- *Thank you for your continued assistance and support.*

October Activities

Please join us in the month of October for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm

-
- **Commodities will be here on October 7th around 11:00 am.**
 - Administrator's Updates Meeting – October 6th @ 11:00 am
 - Monthly Birthday Celebration – October 10th at 6:00 pm
 - Bookmobile – October 6th AND 27th 2:00 pm – 3:00 pm

- Monthly pest control service – October 17th
- Lunch bunch for October will be at 11:30 am on the 21st.
- Wii Bowling every other Thursday @ 9:00 am October 13th and 27th.
- Game Day and Virtual Village Victory Cup Practice will be every other Thursday @ 2:00 pm October 6th and 20th.
- NOTE: Wii bowling and game day are on opposite Thursdays

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 October

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 October 16-20 •Downtown Restaurant Week

Visit participating Downtown restaurants and check out their buy one get one half off specials!

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

Well, it's starting to feel like Fall outside. Soon the leaves will be turning the beautiful colors for which Michigan is famous. School is back in session and the big yellow busses are often seen in the mornings and afternoons as you're out and about. I hope that you look forward to the change of seasons and Michigan's fall beauty.

On **October 7th (Friday) from 1:00 p.m. – 3:00 p.m.**, we will be having our fall **Health Fair**. There will be opportunities to gather information about providers and services offered, flu and pneumonia shots available (see the flyer in the elevator), and there will be prize drawings of items provided by those providers represented. There will also be snacks and water available.

We will have **Blood Pressure Clinics on October 13th at 2:30 p.m. and again on October 27th 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.

On **Tuesday, the 18th at 2:00 p.m.**, we will have a **presentation regarding PACE (Program for All-Inclusive Care for the Elderly)** by Jeri Darby from the Great Lakes Bay PACE Program. This is a program that could assist you as you “age-in-place” through the many services they offer. Your family members are also welcome to attend. There will be snacks.

For those of you who have come to me with **questions concerning Medicare and Medicaid**, as well as Part D prescription coverage and Medigap insurances, I have now completed the first of the on-going training regarding these programs. **Open enrollment will be starting on October 15th and run through December 7th**; call my office or leave a note in my mailbox (outside my office door) if you would like to meet with me to either evaluate whether there is a better plan available for you, or just review your current coverage to be sure that it will be



adequate for you over the next year.

Remember, each year all plans can change their coverage, so it is a good idea to review the latest information each year during this time period in case you would like to change plans.

Catch me earlier rather than waiting if you would like to review your Medicare, etc. coverage as I will be out of the office some during the month of November and then Open Enrollment closes on December 7th. If I can't be sure of the information that you are requesting, I have further assistance available that I can access.

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.

*Remember that I am here to assist you to “Age in Place” or as someone recently called it – “**THRIVE in Place**” (stay in your home - happily) 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

Programs (continued)

Continued from pg. 2

Celebrating October Birthdays

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

Aileen B.....	10/08
Fran P.....	10/13
Joyce V.....	10/17
Richard L.....	10/19
Helen F.....	10/20
Marlene L.....	10/25



October 7-9 and October 14-16
•The Bay City Players Present•Monty Python’s Spamalot• Synopsis: If comic Danny Kaye had married England’s Queen Elizabeth, the result would have been...Spamalot, the fun-filled winner of a Tony as Broadway’s best musical of the year. Actually, it is the movie *Monty Python and the Holy Grail* set to music and dance. It has the Knights of the Round Table and the lady of the Lake with her Laker Girls (rah!rah!rah!), and a killer rabbit, and sassy Frenchmen, and the list goes on. This bright new musical is intended only for audiences with a sense of humor who want to have a good time. All grouches please stay home.

Tickets: Seniors \$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



Giving Matters.

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

Seniors reap what YOU sow!

Sow seeds of opportunity at the PVMF Gala next month!

The air is crisp. The leaves are changing and time is running out to get your Gala ticket!

It's amazing! You can **change a life** by spending a Friday night at COBO Center.

You care about the needs of Michigan seniors. You want to see your parents, your family members—your peers **thrive**.

You can help by coming to the party or—
you can **sponsor a resident's ticket!**

There'll be great jazz, a raffle, a few surprises—AND—**every single ticket sold** has a direct benefit to Michigan seniors.

Harvest this opportunity by visiting PVMF.org/Gala2016 or calling 248-281-2040 today!

PVMF's 13th Annual Gala – All That Jazz!
November 11 at COBO Center

See you there!

Warm regards,
Paul J. Miller, CFRE





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Fact or Fiction?

When it comes to getting older, a lot of people have a lot of opinions on what to expect but how much of it is true? Below are some statements taken from the “Facts on Aging Quiz” first developed by renowned gerontologist Dr. Erdman Palmore in 1977 and revised by Dr. Linda Breytspraak and Lynn Badura of the University of Missouri-Kansas City in 2015*. Do you know which ones are true and which ones are false? I’ll publish the answers in next month’s column. If you just can’t wait until then, you can view all the statements and answers by typing this URL into the address bar of your favorite web browser: <http://aging.umkc.edu/wp-content/uploads/2015/10/Facts-on-Aging-Quiz.pdf>

- T F It is very difficult for older adults to learn new things.
- T F Clinical depression occurs more frequently in older than younger people.
- T F Personality changes with age.
- T F Older adults have more trouble sleeping than younger adults do.
- T F Physical strength declines in old age.
- T F Older people are happier if they are allowed to disengage from society.
- T F Older persons take longer to recover from physical and psychological stress.
- T F Most older adults consider their health to be good or excellent.
- T F Older workers cannot work as effectively as younger workers.
- T F Research has shown that old age truly begins at 65.

*Breytspraak, L. & Badura, L. (2015). Facts on Aging Quiz (revised; based on Palmore (1977; 1981)). Retrieved from <http://info.umkc.edu/aging/quiz/>



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Being Affirmed Brings Such Joy

I think for most of us being affirmed by noted experts is a joyful experience. This just happened to me the other day upon reading the September 26, 2016 issue of Time Magazine. For years I have led the charge on the notion of embracing aging. The aging process is going to occur no matter what our response is. We can either deny it, defy it or embrace it. I have found it sad that so many folks choose to be in denial. Plastic surgeons can tell you that the quest for The Fountain of Youth is surging. Yet, aging is much like everything else in life. If we have a positive attitude we create a far better life experience for ourselves. So imagine the joy I felt upon reading the Time article which was headlined with “How and social ties affect the way you age”. In it author Mandy Oaklander mirrors many of the messages my business as Your Aging Well Advisor has promoted over the years.

She reflects studies which suggest that some of the best ways to make the most of our extra years include to: Embrace technology; Have family be there for each other; Lighten up and enjoy a sense of humor; Set goals and take risks, Expect the best with a positive attitude; and my favorite, Welcome Aging.

Indeed this new longevity which many of us have been granted is providing opportunities our ancestors could only dream about. The chance to hold a great grandchild in our arms, be there for a grandchild’s graduation or wedding, launch a business at middle age, travel around the world or volunteer at something we have always wanted to become involved with are just a few of the many life experiences we now hold dear.

We can take a cue from the popular saying: “Do not regret growing older. It is a privilege denied to many.”, by Edith Wharton. Embrace Aging and Enjoy the world!

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 flu shot and pneumonia clinic will be paired with a health fair this year. There will be vendors here for you to stop by their table and see what exciting things they have to offer. Please stop by the community room to get your vaccinations and to enjoy beverages and I believe there will also be an opportunity to enter a raffle too.

Join us on Friday, October 7th from 1:00 pm until 3:00 pm.

Please join us for ANY of the events on the calendar. None of the activities are for specific groups; they are for everyone. If the community room has been rented by one of our residents for a family event, that will be noted on the calendar. Now that winter is coming, we will be adding more activities again so feel free to stop by at any time.

Healthy Whole Wheat Pumpkin Chocolate Chip Pancakes



Ingredients

- 1 cup whole wheat flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon nutmeg
- Pinch of cloves
- ½ cup pumpkin puree
- 1 tablespoon pure maple syrup
- 1 egg
- 1 teaspoon vanilla extract
- ¾ cup unsweetened vanilla almond milk, plus more if necessary to thin the batter
- 1/3 cup chocolate chips
- Coconut oil or butter to grease the skillet

Directions

In a large bowl, whisk together flour, baking powder, salt cinnamon, ginger, nutmeg and cloves. In a separate large bowl, combine pumpkin puree, maple syrup, egg, vanilla and almond milk until smooth and well combined. Add dry ingredients to wet ingredients and mix until just combined. If the batter looks too thick, add a splash more milk. Fold in chocolate chips.

Lightly coat a large nonstick skillet or griddle with butter or cooking spray and place over medium heat. Drop batter by ¼ cup onto skillet and spread out a bit with a spoon.

Cook until bubbles appear on top, about 2 minutes. Flip cakes and cook until golden brown on the underside, 2 minutes. Wipe skillet clean and repeat with more coconut oil (or butter) and remaining batter. You may need to reduce the heat after the second batch to prevent burning. Makes 6 pancakes.

**To reduce sugar in this recipe, reduce the chocolate chips to ¼ cup and use mini chocolate chips to ensure a little bite of chocolate in every forkful.

October Word Search



HALLOWEEN WORD SEARCH

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

COSTUME
CANDY
PUMPKIN
PARTY
MOON
BOO

TRICK OR TREAT
SPOOKY
JACK-O-LANTERN
HAUNTED
BLACK CAT
SPIDER
BAT

GHOST
MUMMY
VAMPIRE
FRANKENSTEIN
WITCH
ZOMBIE

USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR TO FIND THE ANSWER:

WHAT DID THE LITTLE VAMPIRE SAY IN THE HAUNTED HOUSE?

_____! ☺

www.florassippjgirl.blogspot.com



October Puzzles



	First Names				Nicknames				Instruments			
	Alivia	Annabelle	Eli	Sasha	Cueball	Stretch	Tiny	Wolfman	flute	guitar	piccolo	trombone
Wedding Years	1925											
	1936											
	1941											
	1966											
Instruments	flute											
	guitar											
	piccolo											
	trombone											
Nicknames	Cueball											
	Stretch											
	Tiny											
	Wolfman											

Logic Puzzles

Presented by Puzzle Baron

Puzzle ID: P807ZJ
 For hints, solutions and more puzzles, go to
www.Printable-Puzzles.com!

Wedding Years	First Names	Nicknames	Instruments
1925			
1936			
1941			
1966			

1. The musician who plays the trombone is Alivia.
2. The musician who plays the piccolo is not Annabelle.
3. Either the musician who plays the flute or the musician who plays the piccolo has the nickname Wolfman.
4. Annabelle isn't nicknamed Stretch and did not marry in 1936.
5. The person nicknamed Tiny is not Alivia.
6. The musician who plays the trombone isn't nicknamed Cueball.
7. The person married in 1941 has the nickname Tiny.
8. Of the musician who plays the piccolo and Alivia, one got married in 1936 and the other has the nickname Stretch.
9. The musician who plays the guitar is not Annabelle or Eli.
10. The musician who plays the flute is not Eli.
11. The person nicknamed Cueball got married before the person nicknamed Wolfman.
12. The musician who plays the piccolo isn't nicknamed Wolfman or Tiny.
13. Annabelle got married after the person nicknamed Cueball.

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Laughter is the Best Medicine

Short Story – Old Age is a Gift I Have Decided

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometimes despair over my body - the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, or my loving family for less gray hair or a flatter belly. As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avant-garde on my patio. I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 am, and sleep until noon? I will dance with myself to those wonderful tunes of the 60's, and if I, at the same time, wish to weep over a lost love.. I will I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old!

I know I am sometimes forgetful. But there again, some of life is just as well forgotten, and I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. I can say 'no', and mean it. I can say 'yes', and mean it

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day

Today, I wish you a day of ordinary miracles. Author: Unknown

Administrator Column

Resident Updates



Thursdays are now always a game day!

Whether you are interested in playing the Wii or you enjoy the games we did for the Virtual Village Victory Cup, we will always have something happening in the community room on Thursdays. Thursday morning at 9:00 am join in for some fun Wii bowling. Then on the following Thursday, in the

afternoon at 2:00 pm, join us for the hoop shoot, the bean bag toss, paper airplane throwing and even putting together a puzzle to increase our speed. We will also have other games available if you choose such as Yahtzee too.

Game day and Wii playing will alternate Thursdays but every Thursday will be some sort of fun activity so please stop down and join in.

If you have any other ideas of activities that you would like to participate in, please stop by the office with you suggestions. We always welcome fresh ideas and we are willing to try new projects or activities to get our residents to join in the fun.

I hope all of you are enjoying this beautiful fall weather.

A reminder that we are here to help.

If you need assistance with your thermostat now that the weather is cooler, just stop by the office so we can put in a work order.

We can help you adjust your thermostat to a temperature that is comfortable for you.

Always let me know if there is anything that you need assistance with. Dave, Elizabeth and I will do our best to help and if we aren't able to, we will find someone who can. Your comfort is our goal!

Stephanie Cooper
Administrator
The Village of
Hampton Meadows

**Don't Miss the Bay County Library Bookmobile on
Thursday, October 6th AND Thursday, October 27th**

**Did you know that the bookmobile can get just about any book
for you that you wish?**

**If they don't have it with them, they can find it and bring it with
them the next time. You can also request books online and be
sure that they bring it with them at their next visit.**

**You can also get so much more than just novels.
Stop by the bookmobile 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

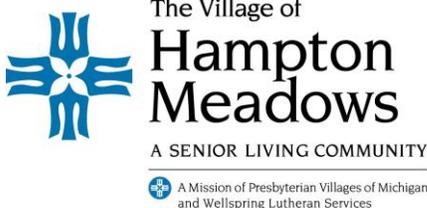
**EMERGENCY TELEPHONE
NUMBER** **989-415-7974**



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



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Bay City, MI 48708**

Embrace the possibilities