



# Hampton Herald



## Embrace the possibilities

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

November 2015

### Featured Articles

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### Halloween Festivities



Thank you to everyone who came down to enjoy our Halloween Resident Appreciation Lunch. You were dressed up so wonderfully and we all had good food and even better laughs with friends and neighbors. Thank you for all that you do to make this such an amazing community.

Congratulations to Joann E. for being voted by the residents as the best costume!

I can't wait to see the costumes you'll come up with for next year! 😊

Look for PVM on:



Activities

## Maintenance Updates

- Please do not attempt to remove carpet stains on your own by hand. This can cause the stain to be “set” permanently. If you have spilled something, please pick up the bulk of it (if it is solid) and call down to the office to let us know right away to get a work order written up. We will need to know what the cause of the stain was so that we will know how to address the clean-up. Thank you for your continued cooperation in keeping your home beautiful.
- Be sure to always check your pockets before you put them in the washing machines. Forgotten items can become lodged in the equipment or the drain hoses which can cause a malfunction of the machine.
- There are now maintenance request slips available on top of the rent drop box for any NON-EMERGENCY work request after hours, on weekends or when the office is closed. Notes slid under the door can easily get lost, so please use these slips instead and place them in the rent drop box. We will write up a work order and come to make the repair as soon as possible. Thank you.

## November Activities

**Please join us in the month of November for:**

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Administrator’s Updates Meeting – Nov 15<sup>th</sup> @ 11:00 am
- Monthly Birthday Celebration – Nov. 9<sup>h</sup> at 6:00 pm
- Bookmobile – Nov. 5<sup>th</sup> from 2:00 pm – 3:00 pm
- Monthly pest control service – Nov. 16<sup>th</sup>
- Toys for Tots—ALL MONTH
- Intellicare – BINGO November 4<sup>th</sup> @ 10:00 am.
- Commodities will be here on November 6<sup>th</sup> around 11:00 am.
- Resident Council sponsored FREE catered Thanksgiving dinner with all of the fixings. Saturday, November, 21<sup>st</sup> at 5:30 pm. You must sign up on the sheet in the community room between Nov. 5<sup>th</sup> and Nov. 12<sup>th</sup>. There must be a count for those attending so please sign up if you want to attend.

## 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 p.m.  
everyday**

### Bay City Happenings in November

Bay City is host to several festivals and events each year. There are many different activities throughout our beautiful little town and the surrounding areas.

Here are a few:

#### DOWNTOWN BAY CITY

**Friday-Sunday November 6-8 • Holiday Open House Weekend •** Businesses all over Downtown hold open houses this weekend and have special events throughout the holiday season. Stroll through our beautifully decorated shops, enjoy special treats and look for the perfect gifts of the season.

*Continued on pg. 3*

## Service Coordinator Corner

Elizabeth Brinker 989-892-6906

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

*Happy Autumn! Are you enjoying the beautiful leaves on our trees in the parking lot? I love the sunshine through the leaves!*

As your new Service Coordinator, I am looking forward to meeting with all of you to update and complete the information for the Service Coordinator Program. I will be calling each one of you to request a time to meet – either in my office or your apartment. I appreciate your cooperation as I work on getting all of the necessary information to run the program.

I am posting my hours (**Monday-Thursday 2-5pm; Fridays I will be available by appointment only**) on the board outside the Theater room. You can feel free to contact me by phone at **989-892-6906**, or by stopping by, or if all else fails, you are certainly welcome to leave me a note in the lock box outside my office and I will get in contact with you. Although I haven't met all of you yet, I am looking forward to getting to know you and assist you in accessing resources and services that you may need.



**On November 4<sup>th</sup>, Terri from InTeliCare is coming to do "Diabetic Bingo" – combining the fun of Bingo with some new information.**

**The Bookmobile will be here on November 5<sup>th</sup> at 2:00 pm and Commodities are on Friday, November 6 at 11:00 am. Check the calendar for the Monthly Birthday Party, Resident Council Bake Sale, the Administrator Update meeting and of course, BINGO!**

*Thanksgiving* is right around the corner, as well.

Please fill out the *Service Coordinator Survey* as much as you can. As you have suggestions or subjects of interest, I will do my best to find people who can assist us in answering your questions and educating you in different areas.

Thank you for your patience with me as we journey this road together!

*Elizabeth*

*Continued from pg. 2*

**Sundays, November 12, 22, & 29**  
**Sundays in the City**

The six Sundays leading up to Christmas showcase all of the "one-of-a-kind" shops and eateries that Downtown has to offer. Holiday decoration, free horse-drawn carriage rides, strolling carolers, and holiday movies at the historic State Theatre.

**Friday, November 27**  
**•Santa's Arrival•**

Santa and Mrs. Claus arrive in Wenonah Park at 7:00 pm for a special performance before going to the planetarium to talk with all of the good little boys and girls.

**Saturday, November 28**  
**• Small Business Saturday •**

Celebrate your local small businesses by shopping small and supporting your own community. This special and every day event is all about shopping small business; owned and operated in your neighborhood by your neighbors.

*Continued on pg. 4*

**Programs (continued)**

*Continued from pg. 5*

## Celebrating November Birthdays

We will be celebrating November Birthdays in the community room on Monday, November 9<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!

**Maxine B .....11/15**



## 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

Celebrate PVM's 70<sup>th</sup> Anniversary at the Annual Gala and Support Seniors!



You can **positively impact** the lives of PVM residents and have a fun, memorable night by joining us at the 12<sup>th</sup> annual PVM Foundation Gala on Friday, November 13<sup>th</sup> at the beautiful COBO Center in Detroit!

We will pay tribute to PVM's 70<sup>th</sup> anniversary with a special theme of "**70 & Still Making Waves.**" The night's festivities include a cocktail reception, raffle prizes, dinner, a short program and entertainment by The Royce and Jenn Band. The Master of Ceremonies is **Regina Lawson**, resident at The Thome Rivertown Senior Apartments!

**When:** Friday, November 13, 2015

5:30 p.m. Sponsor & Patron VIP Pre-Reception

6:30 p.m. General Cocktail Reception & Raffle

7:30 p.m. Dinner, Program & Entertainment

**Where:** COBO Center, 1 Washington Boulevard, Detroit, Michigan 48226

**Cost:** **\$250 Individual Ticket\*** includes General Reception, Dinner & Program  
**\$375 Patron Ticket\*** includes Private VIP Pre-Reception, Prime Seating at Dinner & Program  
 (\*Estimated Fair Market Value: \$125/ticket)

Proceeds from the event will **directly benefit** the needs of 4,300 PVM residents and community seniors including:

- Quality senior housing
- Innovative services in technology, wellness and transportation
- And many other life-enhancing programs

For more information about the gala, call us at 248-281-2040 or visit [www.pvmfoundation.org/Gala2015](http://www.pvmfoundation.org/Gala2015). Thank you for supporting PVM residents and I hope to see you on November 13<sup>th</sup>!

Warm regards,  
Paul I. Miller, CFRE



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### How Much Do You Know About Thanksgiving?

In 1863, President Abraham Lincoln established Thanksgiving as an official national holiday. Since that time Americans across the country have gathered together with their family and friends to eat a lot of turkey, enjoy a little pie, watch a football game or two, and of course give thanks. This year, after you've loosened your belt and before you lapse into your traditional tryptophan coma, give your brain a little exercise. Take the quiz below to see just how much you know about Thanksgiving.

1. What cartoon character has appeared in the annual Macy's Thanksgiving Day parade as a giant helium filled balloon more than any other character?
  - a. Charlie Brown
  - b. Snoopy
  - c. Lucy
2. What year did the Detroit Lions first play a football game on Thanksgiving Day and who was their opponent?
  - a. 1927, New York Giants Bears
  - b. 1957, Cleveland Browns
  - c. 1934, Chicago Bears
3. What President issued the first official presidential turkey pardon?
  - a. George H.W. Bush
  - b. Harry S. Truman
  - c. Thomas Jefferson
4. In what year did Congress enact legislation that moved Thanksgiving from the last Thursday in November to the fourth Thursday in November?
  - a. 1941
  - b. 1962
  - c. 1919
5. What is the busiest day for domestic air travel in the United States?
  - a. The day before Thanksgiving
  - b. Thanksgiving Day
  - c. The day after Thanksgiving

Answers: 1. b, 2. c, 3. a, 4. a, 5. a

## PVM Store Offers Winter Goodies With Your Village Logo

By the PVM Marketing Department

As you may know, earlier this year the Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan e-commerce store as part of our year-long celebration of PVM's 70<sup>th</sup> Anniversary. Made possible via a grant from the PVM Foundation, the PVM store allows staff members, residents, board members, and their families the opportunity to purchase great PVM apparel and accessories complete with the village logo of their choice. Apparel options include shirts, sweatshirts, jackets, bags, hats, and all kinds of other essentials.

For the month of November, the PVM store is proud to run a special holiday promotion that will make giving the gift of PVM easy and affordable. All you have to do is visit the PVM store by typing [pvmstore.org](http://pvmstore.org) in your browser, choose the items you want to buy, and enter the coupon code "**PVMHappyHolidays10**" when checking out. If you've done it correctly, you'll receive 10% off of each item in your order.

Along with our current stock of awesome apparel, we've added all kinds of winter-themed goodies including hats, gloves, scarves, and other great items that'll make the perfect gift for the PVM employee, resident, or family member in your life.

Before you know it, the holidays will soon be upon us – so, what are you waiting for? Promote your PVM pride and spread some holiday cheer by doing this year's shopping at the PVM store.

To visit the PVM store, type [www.pvmstore.org](http://www.pvmstore.org) into your web browser. Enter the coupon code **PVMHAPPYHOLIDAYS10** to receive 10% off of your order placed before December 1<sup>st</sup>. Have suggestions for items you don't see in the store? Email us at [gdowney@pvm.org](mailto:gdowney@pvm.org) or tell your administrator.

PRESBYTERIAN VILLAGES OF MICHIGAN FOUNDATION  
*presents*

# 70 & STILL MAKING WAVES *gala*

**Sponsorship Packages Available!**

**Patron Tickets \$375**

**Individual Tickets \$250**

For more information, contact PVM Foundation at **248.281.2040**  
or visit [www.PVMFoundation.org/Gala2015](http://www.PVMFoundation.org/Gala2015)

**5:30 p.m.**  
VIP Pre-Reception & Raffle Preview  
(Sponsors & Patron Tickets only)

**6:30 p.m.**  
General Reception & Raffle

**7:30 p.m.**  
Dinner, Program & Entertainment

FRIDAY, NOVEMBER 13 • COBO CENTER, DETROIT

# November Word Search



## Thanksgiving Word Search

3



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

AMERICA  
COLONY  
COOK  
CORN  
ENGLAND  
FALL  
FAMILY  
FEAST  
FREEDOM  
GRAVY  
HARVEST  
INDIANS  
MAIZE  
MAYFLOWER  
PIE  
PILGRIMS  
PLYMOUTH  
PUMPKIN  
SAIL  
SETTLERS  
SICKNESS  
SQUASH  
STUFFING  
THANKSGIVING  
TURKEY  
YAMS

# Wellspring Lutheran

## Senior Living Services



### Hope flows to seniors and their families

Aging brings with it great contrasts. It provides tremendous benefits as well as challenges. It can be a time of experiencing new adventures and deepening relationships. But it can also bring physical or memory challenges, loss of independence, and dramatic changes in ones living situations.

So how do you navigate these currents? When is it the right time to make a change in housing? Look for more support? If you're a daughter of an aging parent, how do you know the right way to intervene when you're worried about your loved one's safety?

At Wellspring Lutheran Services, we've learned a lot about serving seniors and their caregivers, based on 120 years of experience. A lot has changed in that time, but not our goal of making senior living a time of purpose and joy.

In response to your questions and needs, we provide a variety of options, including:

- [Affordable Housing](#)
- [Alzheimer's & Memory Care](#)
- [Assisted Living](#)
- [Independent Living](#)
- [Respite Care](#)
- [Short-term Rehabilitation](#)
- [Skilled Nursing](#)

We invite you to learn more about Wellspring Senior Living, and how we can help you live life to its fullest. Please also take advantage of our many Helpful Resources for seniors, caregivers and clinicians.

## Laughter is the Best Medicine

### **WHEN I'M OLD, I'LL LIVE WITH MY KIDS**

When I'm old, I'll live with my kids,  
and make them so happy, just as they did.  
I want to pay back all the joy they've provided,  
returning each deed. Oh, they'll be so excited.  
(When I'm old and live with my kids)

I'll write on the wall with reds, whites and blues,  
and bounce on the furniture wearing my shoes.  
I'll drink from the carton and then leave it out.  
I'll stuff all the toilets, and oh, how they'll shout.  
(When I'm old and live with my kids)

When they're on the phone and just out of reach,  
I'll get into things like sugar and bleach,  
Oh, they'll snap their fingers and then shake their  
head,  
and when that is done, I'll hide under the bed  
(When I'm old and live with my kids)

When they cook dinner and call me to meals,  
I'll not eat my green beans or salads congealed.

I'll gag on my okra, spill milk on the table  
and when they get angry, run fast as I'm able.  
(When I'm old and live with my kids)

I'll sit close to the TV, thru the channels I'll click,  
I'll cross both my eyes to see if they stick.  
I'll take off my socks and throw one away,  
And play in the mud until the end of the day.  
(When I'm old and live with my kids)

And later in bed, I'll lay back and sigh.  
Thank God in prayer and then close my eyes.  
My kids will look down with a smile slowly  
creeping,  
and say with a groan. "She's so sweet when she's  
sleeping."  
(When I'm old and live with my kids)

© Copyright April 1991  
-- Joanne Bailey Baxter, Lorain, OH

## *Cider Glazed Roots with Cinnamon Walnuts*

### **Ingredients**

- 3 lbs assorted root vegetables  
(carrots, parsnips, rutabaga,  
turnips, etc.)
- 1 cup apple cider
- ¼ cup dark brown sugar
- ½ tsp. salt
- ¼ tsp. fresh ground pepper
- ½ cup chopped walnuts
- 1 tbsp. butter
- 1/8 tsp. ground cinnamon

### **Directions**

Preheat oven to 400°.

Whisk cider, brown sugar, ½ tsp. salt and pepper in a 9x13 baking dish until the sugar is dissolved. Add root vegetables and toss to coat. Cover the baking dish with foil.

Bake for 20 minutes. Uncover and stir the vegetables. Continue cooking, uncovered, stirring every 20 minutes or so, until the vegetables are glazed and tender, about 1 hour more.

Meanwhile, place walnuts in a small skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned. Remove from the heat and add butter, cinnamon and a pinch of salt. Stir until the butter melts and the nuts are coated. Spread out on a plate to cool slightly.

Transfer the vegetables to a serving dish and sprinkle with cinnamon walnuts.

## Administrator Column

## Resident Updates



### OUR RESIDENTS GIVING BACK TO THE COMMUNITY

I am so proud of all of you and your desire to give back to our community.

Every year, you organize a food drive to help the local homeless shelter. Donations each year always exceed expectations and your generous giving is appreciated by so many.

We will also again this year be collecting toys for the Toys for Tots Program. The box is located in the office for anyone who wants to bring in a new, unwrapped toy for donation. Please tell your families and friends too. We will have the box for the full month of November.

I am also looking into more information about how to go about gathering care packages for the troops over the holiday season. It was mentioned at the last Administrator's meeting and several of you were interested in helping in one way or another. I will forward information to you as soon as I learn more.

I just wanted to thank all of you for all of the hard work you do and for the kind hearts you have.

It is so commendable for you to want to give your time and gifts to others in need within our community. You should all be very proud of the work that you do and of the impact you make in the lives of others.

Together we can make a difference! 😊

Have a wonderful November everyone and have a safe and happy holiday!

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

Don't Miss the Bay County Library Bookmobile on Thursday, November 5<sup>th</sup>  
from 2:00 pm – 3:00 pm



**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



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**

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