



# Hampton Herald



## Embrace the possibilities

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

November 2016

### Featured Articles

**Giving Matters** pg. 5

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

**Puzzles and Fun** pg. 9-10

**Administrator's Column** pg. 11

### Check Out What's Happening at Hampton Meadows!

I hope everyone is enjoying the beautiful fall colors and the bright red that our maple trees have become.

I can't wait for us to go to Frankenmuth and enjoy a nice lunch and some leisurely shopping during this amazing fall weather. Please let me know if you are interested in joining us. There is limited seating and a head count is needed for lunch, so stop by the office at your earliest convenience to sign up.

We will again this year be a drop site for Toys for Tots. Please let your friends and families know that they are also welcome to bring their donations here, so that we can forward them on to the children of Bay County. What a wonderful charity and we always feel so tickled to be able to give back to our community in a big way. Thank you for everything that you do for our community here at our village and also for the community at large. Our residents are always helping in one way or another.

Daniel Bryson will be joining us

again this month for another installment of piano and accordion playing. He has also welcomed a beautiful baby girl to his family since his last visit to us so I can't wait to see if he brings along pictures of her for us to see. He will have CDs with him this time for sale too. He is singing all of the songs of yesteryear that so many of us enjoy. The CDs also make wonderful Christmas presents if you know of other people who may enjoy some good music to tap their foot along to at home or in the car. He will be selling them for \$10 each or 3 for \$25. Please join us in the game room on Monday, November 7<sup>th</sup> @ 11:00 am for a fun time.

NOTE: An appointment was excluded from this month's calendar...The podiatrist will be here for his regular visit on Monday, November 21<sup>st</sup> around 4:00 pm. If you are interested and haven't seen him before, please stop by my office or Elizabeth's office so that we can add you to the list.

Have a wonderful Thanksgiving!



Look for PVM on:



## Activities

## Maintenance Updates

- *The apartment inspections went well overall. Most people had minimal issues that were in need of correction. Thank you for all that you do to help keep Hampton Meadows looking its best.*
- *Dave will be working hard to get all of the work orders that he did have completed as soon as possible. Please be patient as he is coming around to the apartments taking care of the repairs needed.*
- *Please do not stop Dave in the hall with maintenance requests, to ask him office related questions about your file or your finances, to discuss any issues you are having with another resident or if you have any complaints.*
  - *All work orders must be reported to the office to be logged into in the work order system.*
  - *Dave does not handle office related matters including financial, information, complaints, house rules questions, mail related questions nor can he give you information on other residents.*
  - *Please respect your own privacy and the privacy of others by keeping personal information...personal.*
- *If you need assistance with your thermostat or any other item within your apartment, please make a work order at the office and Dave will come take care of it as soon as possible.*

## 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
- Commodities will be here on November 4<sup>th</sup> around 11 am
- Daniel Bryson – November 7<sup>th</sup> @ 11:00 am in the **game room**
- Administrator's Updates Meeting – November 10<sup>th</sup> @ 11:00 am
- Monthly Birthday Celebration – November 14<sup>th</sup> at 6:00 pm
- Bookmobile – November 17<sup>th</sup> 2:00 pm – 3:00 pm
- Monthly pest control service –

November 21<sup>st</sup>

- Due to the amount of food related activities we have scheduled for November, we will be cancelling the lunch bunch. It will resume on December 9<sup>th</sup>. We will be having sandwiches from The Wanigan Eatery.
- Wii Bowling tournament against other villages— please join us each week to cheer on our village team. Thursdays @ 9:00 am in the Community Room.
- Please check out the Service Coordinator's page for a list of upcoming presentations.

## 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 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** **Sundays, November 13, 20 & 27•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. Enjoy holiday decorations, free horse-drawn carriage rides, strolling carolers, and holiday movies at the historic State Theatre!

**Friday, November 25•Santa's Arrival•** Santa and Mrs. Claus arrive in Wenonah Park at 7:00 pm for a special performance before going to the Delta Planetarium to talk with all of the good little boys and girls.

*Continued on pg. 4*

## Service Coordinator Corner

Elizabeth Brinker 989-892-6906

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

*Gratitude - That's what November and the month of Thanksgiving mean to me - a reminder to be grateful for all of the things that I have... Food, Shelter, Clothing, enjoyable, fulfilling employment, interaction with other people, my health, family and friends, beautiful sunrise(s) as I'm driving to work,*

We will have a **Blood Pressure Clinic on November 10<sup>th</sup> at 2:30 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 **Wednesday, the 9<sup>th</sup> at 2:00 p.m.**, we will have a **presentation regarding "Hospice 101"**. There will be snacks.

There will be another presentation on **Tuesday, November 29<sup>th</sup> at 2:00 p.m.** regarding **"Ways to Combat Depression during the Holidays."** Come and learn about ways to help yourself and others.

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 started on October 15<sup>th</sup> and runs through December 7<sup>th</sup>**; 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. **I can also assist you with applying for the Medigap subsidy if you qualify.**



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 7<sup>th</sup>. If I can't be sure of the information that you are requesting, I have further assistance available that I can access.

The dates that I will be out of the office are November 14<sup>th</sup> – 28<sup>th</sup>: I will be back on November 29<sup>th</sup>. I hope that everyone has a wonderful Thanksgiving – I will, as always, be thankful for all of you!

*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.*

*Elizabeth*

Programs (continued)

Continued from pg. 2

# Celebrating November Birthdays

We will be celebrating November Birthdays in the community room on Monday, November 14<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



**Friday-Sunday, November 4-6**  
**•Holiday Open House Weekend•** Businesses all over Downtown hold an open house 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.

**Saturday, November 26 •Small Business Saturday•**  
Celebrate your local small businesses, owned and operated in your neighborhood by your neighbors.

## 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

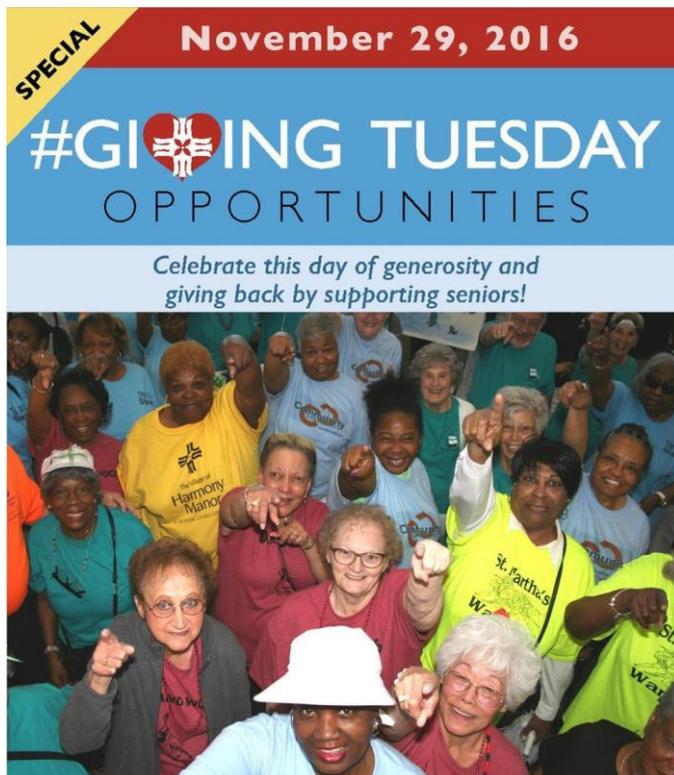
*For more details, contact Debbie Keyes at 989-893-7070*



# Giving Matters.

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

**Save the Date!**  
Giving Tuesday, November 29<sup>th</sup>



Two for one matching....one day ONLY.

**MAKE A GIFT on #GivingTuesday and triple your impact**

**OR**

**VOLUNTEER at a Village and help seniors thrive!**

[LEARN MORE](#)

[PVM Website](#)

[PVM Foundation](#)

[Locations](#)



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

By Tom Wyllie,  
Director of Wellness

### Answers to Fact or Fiction?

Below are the answers to the true or false statements published in last month's column.

1. **FALSE.** It is NOT very difficult for older adults to learn new things. It is well established that those who regularly practice their learning skills maintain their learning efficiency over their life span.
2. **FALSE.** Clinical depression DOES NOT occur more frequently in older than younger people. There is no evidence that depression occurs more often in older adults than younger groups, and it should not be considered a normal part of aging.
3. **FALSE.** Personality DOES NOT change with age. Particular traits in youth and middle age will not only persist but may be more pronounced in later life.
4. **TRUE.** Older adults DO have more trouble sleeping than younger adults do. They often experience sleep changes such as taking longer to fall asleep, frequent awakenings, daytime napping, and lighter sleep.
5. **TRUE.** Physical strength DOES decline in old age. However, research shows that weight bearing exercise, aerobics, and weight resistance can restore muscle strength, increase stamina, stabilize balance and minimize falls.
6. **FALSE.** Older people are NOT happier if they are allowed to disengage from society. There is substantial evidence that people who remain active and engaged have higher levels of function and happiness.
7. **TRUE.** Older persons DO take longer to recover from physical and psychological stress. However, older adults who have developed active and health lifestyles may be able to resist some of the negative effects of stress or illness.
8. **TRUE.** Most older adults DO consider their health to be good or excellent. Overall, most people over the age of 65 still rate their health positively.
9. **FALSE.** Older workers CAN work as effectively as younger workers. Research has identified characteristics of low turnover, less voluntary absenteeism and fewer injuries in older workers.
10. **FALSE.** Research DOES NOT show that old age truly begins at 65. Old age is a social construct. Meanings, definitions and experiences of aging vary across cultures and throughout history.

## 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 let people into the building if they are not here to see you.*

*This includes FedEx and UPS. Some residents may have perishable items being delivered that should not be left outside of their door. Now that the holidays are upon us, there is a greater chance for perishable gifts to be sent.*

*FedEx and UPS need to be ringing that particular resident's apartment just like any other visitor.*

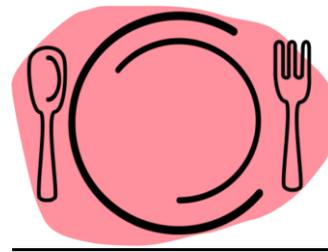
*They have door tags that they will leave in the entry to let the resident know when they will return if they were not able to reach them.*

*Please do not sign for other resident's packages unless you have not made prior arrangements to do so.*

*If you are expecting packages and did not receive them as anticipated, you will need to contact UPS, FedEx or the US Postal Service to have them track the missing package. This office cannot accept or receive your personal packages.*

# Turkey Bolognese

(for Thanksgiving Leftovers)



## Directions

- Ingredients**
- ¼ cup extra virgin olive oil
  - 1 onion, chopped
  - 4 garlic cloves, minced
  - 1 carrot, peeled and finely chopped
  - 1 celery stalk, finely chopped
  - 1 pound shredded, cooked turkey (preferably dark meat)
  - 3 cups marinara sauce
  - ¼ cup chopped fresh basil leaves
  - Salt and freshly ground black pepper
  - 1 pound spaghetti
  - Freshly grated parmesan cheese
- Heat the oil in a heavy large frying pan over medium heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the carrot and celery and sauté until the vegetables are tender, about 5 minutes. Add the turkey and sauté one minute. Add the marinara sauce. Decrease the heat to medium-low and simmer gently for 15 minutes to allow the flavors to blend, stirring often. Stir in the basil. Season the sauce, to taste, with salt and pepper.
  - Meanwhile, cook the spaghetti in a large pot of boiling salted water until just tender but still firm to bite, stirring often, about 8 minutes. Drain, reserving 1 cup of the cooking liquid. Add the pasta to the sauce and toss to coat, adding enough reserved cooking liquid to moisten as needed. Serve with the parmesan.

# 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

## Laughter is the Best Medicine



### **Turkey Tight End?**

A professional NFL team, the Philadelphia Eagles, had just finished their daily practice session when a large turkey came strutting onto the field. While the players gazed in amazement, the turkey walked up to the head coach and demanded to be given a chance to play at tight end.

Everyone stared in silence as the turkey caught pass after pass and ran right through the defensive line. When the turkey returned to the sidelines, the coach shouted, 'You're superb. Sign up for the season, and I'll see to it that you get a huge bonus.'

'Forget the bonus,' replied the turkey, 'What I want to know is, does your season go past Thanksgiving Day?'

### **Ode to Thanksgiving**

May your stuffing be tasty  
 May your turkey plump,  
 May your potatoes and gravy  
 Have nary a lump.  
 May your yams be delicious  
 And your pies take the prize,  
 And may your Thanksgiving dinner  
 Stay off your thighs!

### **What kind of music did Pilgrims listen to?**

Plymouth Rock!

### **Which side of the turkey has the most feathers?**

The outside!

### **Why do turkeys eat so little?**

Because they are always stuffed!

### **What did the turkey do in the Thanksgiving Day Parade?**

He played his drumsticks!

## Administrator Column

## Resident Updates



**Congratulations Fran P. for winning best costume!**

### Hampton Meadows Halloween Party

Thank you to everyone who participated in this year's Halloween Party! We had a wonderful time enjoying good food and even better company.

We had our annual Best Costume Contest voted on by all of the participants. This year's

winner for best costume was.....

Fran P. for her Queen of Hearts costume. Congratulations Fran!

Everyone put in a lot of effort with their costumes and I think that they were all spectacular. Thank you for coming down in costume and really getting festive and into the holiday spirit with us.

Our next trip will be to Frankenmuth coming up on November 8<sup>th</sup>. You must sign up to attend because there is limited seating.

If you have not done so, please stop by the office to see if there is still availability.

We had such a wonderful time a few years back, I know we can't wait to do it again. I will have pictures and updates of our trip for the December newsletter.

I hope that everyone is enjoying the fall weather. It will be winter soon so I will be passing out winter weather reminders and the snow policy again soon for this year. Please watch your cubbies for any updates that I may send out.

Please let the office know if you have had a substantial change in your out of pocket insurance rates this year. You should be reporting anything that changes your income by \$200 or more positively OR negatively. Stop by the office and I can help you sort through it all. We are here to help.

I hope that all of you have a wonderful Thanksgiving.

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

Don't Miss the Bay County Library Bookmobile on Thursday, November 17<sup>th</sup>

## Hampton Meadows Resident Council Free Catered Thanksgiving Dinner

Saturday, November 19<sup>th</sup> at 5:00 pm  
(you must be signed up to attend)



**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*

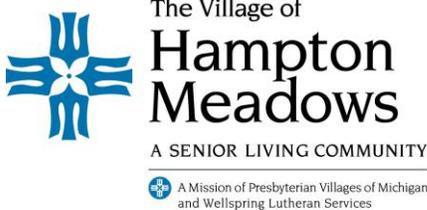
**EMERGENCY TELEPHONE  
NUMBER** **989-415-7974**



**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



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Bay City, MI 48708**

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