



Hampton Herald



Embrace the possibilities

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

December 2016

Featured Articles

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Our Resident's Trip to Frankenmuth

Thank you to everyone who was able to join us for another fun filled trip to Frankenmuth. The weather was great, (minus a few sprinkles), the food was amazing and the company and time spent with each other was beyond compare.

We started our adventure by heading to Zehnder's for lunch. Then we did some shopping on Main Street and in the Zehnder's lower level. Once we had our fill of that, we boarded the bus again and headed out to Bronner's CHRISTmas Wonderland for even more shopping. We laughed, shopped and everyone had a wonderful time.

We discussed possibly going to a different location on our next outing. I will be sending out a survey soon to get ideas for other locations and for ideas as to what kinds of activities you would like to participate in. Stay tuned and watch your cubbies for more information.



Look for PVM on:



Activities

Maintenance Updates

- *We have installed new signs for the parking lot. Please remind your family, friends and care providers to park in the farther spaces in the middle of the lot to allow the closest ones to be open for our residents. The only exception should be if your visitor has a handicapped sticker for their vehicle. Thank you for sharing with your guests to be considerate of our seniors.*
- *We have also changed two spaces to “loading zones” now. Please do not park in these spaces at any time. We need the area free to be able to off load supplies or other items. Thank you for your cooperation.*
- *Dave is finishing up the lights for the exterior of the building. We hope that you enjoy them as you are coming and going in the evening hours.*
- *As always, let the office know if you are in need of maintenance. If you need assistance with your thermostat or any other item, we are here to help. All work orders must be entered from the office for Dave.*
- *Dave cannot work on your personal items as per our corporate policy. He is here to maintain the building in which you live, inside and out but unfortunately, not your personal items. Although the office may be able to help you find the right repair person for your needs. Please contact Elizabeth or Stephanie for assistance with this.*

December Activities

Please join us in the month of December for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Commodities will be here on December 2nd around 11 am
- Administrator’s Updates Meeting – December 9th @ 11:00 am
- Monthly Birthday Celebration – December 12th at 6:00 pm
- Bookmobile – December 8th AND December 29th 2:00 pm – 3:00 pm
- Monthly pest control service – December 19th
- Lunch Bunch December 9th
- and December 20th. We will be having sandwiches from The Wanigan Eatery on Dec. 9th.
- Wii Bowling tournament against other villages—we had a lot of fun participating and competing for the Wii championship. We finished the tournament with a 1-2 record, but we put up a good fight. Special congratulations to those who participated. You all did an excellent job. Hopefully next year we do even better! 😊
- 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 December

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, December 4th, 11th and 18th

• **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!

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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

Be Kind - You don't know the issues someone else is battling!

I think of this quote at this time of the year because we have Residents who have various health issues, are estranged from family members, or lonely because they're missing their life partner.... It can especially painful at the Holiday time of the year when everyone is "supposed" to be happy. Please be especially nice to your neighbors this season - it's a gift that everyone can give!

We will have **Blood Pressure Clinics on December 8th and 22nd 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 **Tuesday, the 6th at 2:00 p.m.**, we will have a presentation regarding "Safety in the Winter Months".

On **Wednesday, the 14th at 2:00 p.m.** we will have a presentations that some of you have requested: "**Signs & Symptoms of Emphysema and COPD.**"

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, remember that **Open enrollment runs 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. **I can also assist you with applying for the Medigap subsidy if you qualify.** 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.

Finally, I'll leave you with this thought; I have it hanging in my office to remind me:

Before you speak - THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

We can all use a little more kindness - it's a gift we ALL can give!

Elizabeth

Programs (continued)

Celebrating December Birthdays

We will be celebrating December Birthdays in the community room on Monday, December 12th 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!

- Rose L 12/02**
- Marilyn M..... 12/03**
- Sue B 12/15**
- Pat L 12/17**
- Carol W..... 12/19**
- Mary Ann G 12/19**
- Diane B..... 12/21**
- Pat D 12/31**



Continued from pg. 2

The Village of Hampton Meadows Staff would like to wish Happy Holidays to all of our residents, their family members and friends. We hope that you are able to enjoy time spent with loved ones through this holiday season.

We also hope that you enjoy the beautiful decorations we have added inside and out for your viewing pleasure. The colorful lights are just so breathtaking at night. We hope that you are able to get a chance to enjoy them.

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

Rise to the challenge.

And join me in raising \$50K for seniors!

You can help seniors get \$50K—if YOU rise to the challenge and raise \$50K by December 31st, **doubling** your impact!

Think of what \$100,000 can do for residents! With your help, you can:

- **Transport** 1,000 residents on 4 special outings a year to local attractions like Belle Isle.
- Give 240 residents 1 year of **exercise classes** to stay fit and healthy.
- Support the **emergency needs** of over 300 residents in 1 year (up to \$300 each).
- Send over 400 residents to the **Village Victory Cup** each year for the next 5 years!

The challenge ends December 31, 2016. Please make your gift today and change the life of a senior who needs you!

Thank you for creating new possibilities for seniors and helping them thrive!

Happy holidays,

Paul J. Miller, CFRE

Join the \$50K Challenge!
And change the life of a senior who needs *You*

7 in 10 older adults, like David, will need long-term services and support in their lives. YOU can help!

Raise \$50K by Dec. 31, 2016—and PVM Villages will receive another \$50K, *doubling* your impact!

MAKE YOUR GIFT TODAY!

Mail: PVM Foundation, 26200 Lahser Rd, Suite 300, Southfield, MI 48033
Online: pvmf.org/challenge
Call: 248.281.2040



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

MESH: The Key To Healthy Aging

Last month I had the pleasure of attending a conference at which I heard world renowned geriatrician Dr. Bill Thomas speak about healthy aging. According to Dr. Thomas, the key to having what he refers to is a “good old age” can be summed up with the term: MESH, which stands for **M**ove, **E**at, **S**leep, **H**eal. As a practicing physician, Dr. Thomas has found that neglecting to do any of these four things can have dire consequences as we age. Over the next four months, I will devote a column to each of these four behaviors and explore what exactly Dr. Thomas means when he advises us to **M**ove, **E**at, **S**leep, and **H**eal.

The Merriam-Webster dictionary defines the word mesh as “to cause (things) to fit together or work together successfully.” Starting next month, we will begin to learn how these four things work together to help us age successfully. For those of you with access to a computer, follow this link for a sneak peek on what it means to move, which will be the subject of next month’s column: <http://changingaging.org/blogstream/the-best-health-advice-just-move/>

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 remind your friends and family to have your FULL address on any packages or mail that they may be sending to you (especially with the holiday season upon us). They should include your apartment number along with your address. If your apartment number is not on the mail, it may be returned to the sender.

Thank you to everyone who donated for our Giving Tuesday drive. Your support and generosity will help our residents continue to do things they enjoy such as travel, have get-togethers in the community room, have entertainers come to the village, have catered dinners for the holidays and so much more! We appreciate everything you do to help enrich the lives of our seniors.

*As a reminder to you regarding the staff and the holidays:
We are not allowed to accept gifts of any kind. If you would like to show your appreciation for what we do, please fill out the Service Excellence slip to the left. That is the best way to show us that what we did for you, truly mattered.*

Cinnamon Roll Waffles



Ingredients

WAFFLES

- 1 $\frac{3}{4}$ cups all-purpose flour
- 2 tablespoons granulated sugar
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 2 large eggs
- 2 cups buttermilk
- $\frac{1}{4}$ cup vegetable oil
- 1 teaspoon vanilla extract

CINNAMON TOPPING

- $\frac{1}{2}$ cup butter, melted
- $\frac{3}{4}$ cup brown sugar, packed
- 1 tablespoon ground cinnamon

CREAM CHEESE TOPPING

- 4 tablespoons butter
- 2 ounces cream cheese
- $\frac{3}{4}$ cup powdered sugar
- $\frac{1}{2}$ teaspoon vanilla extract

Directions

- To prepare the waffles: In a medium bowl, whisk together flour, sugar, baking powder, baking soda and salt. Make a well in the center of the mixture; set aside.
- In a separate bowl, whisk together eggs, buttermilk, oil and vanilla. Pour into the bowl with the dry ingredients. Stir just until moistened; batter will be slightly lumpy.
- Preheat a waffle iron and spray with nonstick spray. Pour batter into waffle iron grid and close the lid. Bake until waffles are completely done; follow your waffle iron's instructions. Use a fork to remove finished waffles. Repeat with remaining batter. Keep waffles warm until ready to serve (Placing in a 200 degree oven will do the trick).
- To prepare the cinnamon topping: In a medium bowl, mix butter, brown sugar and cinnamon. Scoop the filling into a small zip baggie and set aside.
- To prepare the cream cheese topping: In a medium, microwave safe bowl, heat butter and cream cheese for 30 to 60 seconds; just until melted. Stir together until smooth; whisk in powdered sugar and vanilla extract.
- When ready to serve, place waffle on plate, drizzle cinnamon topping, then drizzle cream cheese topping to taste. Serve immediately.

December Word Search

Winter Wonderland



"Winter Wonderland" was written in 1934 and has been recorded by more than 150 artists. This popular winter song does not mention Christmas in the lyrics and some singers substitute "circus clown" for "Parson Brown."

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

- SLEIGH BELLS
- RING
- LISTENING
- IN THE LANE
- SNOW
- GLISTENING
- BEAUTIFUL SIGHT
- HAPPY TONIGHT
- WALKING
- WINTER
- WONDERLAND
- GONE AWAY
- BLUEBIRD
- HERE TO STAY
- NEW BIRD
- HE SINGS
- LOVE SONG
- WE GO ALONG
- IN THE MEADOW
- CAN BUILD
- SNOWMAN
- PRETEND
- PARSON BROWN
- MARRIED
- NO MAN
- DO THE JOB
- YOU'RE IN TOWN



Come visit www.WordPuzzleHound.com for more fun word puzzles!
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Laughter is the Best Medicine



Weekly Workout

The Doctor told me, I should start an exercise program. Not wanting to harm this old body, I've devised the following:

Monday

Beat around the bush
Jump to conclusions
Climb the walls
Wade through the morning paper

Tuesday

Drag my heels
Push my luck
Make mountains out of mole hills
Hit the nail on the head

Wednesday

Bend over backwards
Jump on the Band Wagon
Run around in circles

Thursday

Advise the President on how to run the country
Toot my own horn
Pull out all the stops
Add fuel to the fire

Friday

Open a can of worms
Put my foot in my mouth
Start the ball rolling
Go over the edge

Saturday

Pick up the pieces!!

Sunday

Kneel in prayer
Bow my head in thanksgiving
Uplift my hands in praise
Hug someone and encourage them.

Whew! What a workout! It's enough to tire one out for a long time!!

Administrator Column

Resident Updates



SOCIAL SECURITY AND INSURANCES

As most of you are aware, the COLA (Cost Of Living Allowance) for Social Security has increased by 0.3%.

What this means is that the Social Security amounts that you receive each month will be increasing slightly beginning January 2017.

I also reviewed information on the Medicare website. I read that you MAY be seeing an increase in

your Medicare premium as well.

The 2017 Social Security award letters will be coming out soon. Please stop by the office when you receive yours so that I can make a copy of them for your recertification file. Even if your recertification is not in process right now, I will have the copy available in your file for when it is.

This award letter will let me know your new monthly income **and also** your new monthly Medicare premiums for part A, B, C & D (whichever ones you are enrolled in and IF the premium changed for you).

I know that many of you have also received a letter from Blue Cross stating that your monthly premium will be going up substantially. Most of you are applying for the subsidies to assist with the monthly premiums

to lower your payment.

If you haven't stopped by Elizabeth's office to see if you qualify for these subsidies, or filled out the paperwork to apply for them, I strongly encourage you to do so.

There are a lot of changes happening this year with other insurances as well. If you are unsure if it will affect your rent or if you have any questions about it, please feel free to stop by the office. I'm here to help.

I hope that you all have a wonderful holiday season!

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, December 8th
AND Thursday, December 29th

Resident Council Pre-Christmas Party

Thursday, December 8th @ 4:00 pm

Bring a **new, \$10.00, wrapped present** with you to the party if you want to participate in the fun. They will be having a "Chinese Auction" with the gifts. It will be lots of fun for everyone. Remember, if you don't bring a gift...you can't play the game. There will be light snacks and refreshments too. ☺

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

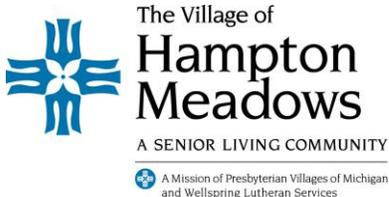
**EMERGENCY TELEPHONE
NUMBER** **989-415-7974**



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.



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