



# Hampton Herald



Embrace the possibilities

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

December 2017

## Featured Articles

**Giving Matters** pg. 5

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

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## December Observances

- December is National Tie Month
- December is Spiritual Literacy Month
- December is Universal Human Rights Month
- World Wildlife Conservation day is December 4<sup>th</sup>
- December 7<sup>th</sup> is Pearl Harbor Remembrance Day
- National Cotton Candy Day is December 7<sup>th</sup>
- UNICEF birthday is December 11<sup>th</sup>
- Hanukkah begins at sundown on December 12<sup>th</sup>
- Gingerbread House Day is December 12<sup>th</sup>
- December 15<sup>th</sup> is National Wear Your Pearls Day
- Clean Air Day is December 17<sup>th</sup>
- December 21<sup>st</sup> is the first day of winter
- December 21<sup>st</sup> is Crossword Puzzle Day
- Festivus is celebrated on December 23<sup>rd</sup>
- December 24<sup>th</sup> is Egg Nog Day
- Christmas is celebrated on December 25<sup>th</sup>
- Kwanzaa begins on December 26<sup>th</sup>
- December 26<sup>th</sup> is National Thank You Note Day
- Howdy Doody Day is December 27<sup>th</sup>
- December 28<sup>th</sup> is Pledge of Allegiance Day
- New Year's Eve is December 31<sup>st</sup>



Look for PVM on:



## Activities

## Maintenance Updates

- Please bear with us while Dave is out of the office. Many of you have offered to assist me which I am very appreciative of. Every little bit helps me so much! In the meantime, I have contracted for the lot and the walks to be cleared when it snows. They should be here to clear the walks first thing in the morning or when the storm has passed. We will work together to keep the walks as clean and safe as possible for all of you.
- Remember to dress appropriately for the weather. Wear your rubber soled boots and keep your skin covered.
- I have placed the salt containers at every entrance. If you notice an area that needs extra attention, please feel free to use the salt. If the containers get low, let the office know.
- I will be putting the snow policy in the cubbies soon for you to review about this coming snow season. Snow removal from the whole property flows much more smoothly when everyone works together.
- ***If you have a health emergency, you or your family members should press your personal help button or call 911.***
- ***If there is a fire emergency you should call 911.***
- ***If your smoke detector is going off because of burned food and it is after hours, please call 911 to let them know. The fire dept. will still respond to reset your alarm but they won't need to send the big truck and a slew of volunteers. Thank you for your continued cooperation.***

## December Activities

### Please join us in the month of December for:

- BINGO - Every Sunday @ 2:00 pm and Wednesday @ 5:00 pm
- Commodities – Wednesday December 13<sup>th</sup> @ 10:30 am
- Administrator's Updates Meeting – December 14<sup>th</sup> @ 11:00 am.
- Monthly Birthday Celebration – Monday, December 11<sup>th</sup> @ 6:00 pm
- Bookmobile – December 21<sup>st</sup> from 2:15 pm – 3:15 pm.
- Lunch Bunch – December 6<sup>th</sup> @ 11:30 am-Zef's Coney Restaurant
- Movie Day – Monday, December 18<sup>th</sup> @ 2:00 pm.
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome to play or even to cheer on the bowlers.
- Holiday Luncheon on December 13<sup>th</sup> at 12:00 pm. This meal will be provided by a resident's family to celebrate your kindness and friendship. Please stop by and join in the fun.

## 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**

**\*\*Be courteous of your neighbors and be sure to wipe down the washers and empty the lint screens after each use\*\***

### 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**  
**Thursday, December 9 at 3:00 pm** • State Theatre-Holiday Harmonies by the Sweet

**Adelines** • "Tri-City Chorus is a member of Border Lakes Region #2 of Sweet Adelines International (SAI), a non-profit worldwide ladies barbershop organization that performs four-part harmony music. Barbershop music is one of a few forms of music native to the United States. Admission \$15

*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

*Wow! I'm writing the December 2017 article - I can hardly believe that we are at the end of 2017 - where did it go??? There are not as many activities planned this month as I am sure that plenty of people will be visiting with friends and family and attendance will be down.*

**Thursday, December 7<sup>th</sup> is Pearl Harbor Remembrance Day** – one of the defining moments in our United States history. Please take a moment to remember our servicemen and women lost then, those lost since, and those who serve currently to keep us safe. Please thank veterans, or current servicemen, for their service; because of them we can enjoy all of the freedoms of living here!

On **December 13<sup>th</sup> at 2pm**, Mel from SouthernCare will present on the topic of "Grief & the Holidays". For those who have suffered losses, the holidays can be an especially difficult time as they remember happier times. There are strategies that can assist you in getting through, and even enjoying, the holiday season, friends and family.

Due to the Holidays, the **Blood Pressure Clinics will be on December 14<sup>th</sup> at 2:00 p.m. and our second will be on December 21<sup>st</sup> from (NEW TIME) 2:15 – 2:45 p.m.** Going forward, the second BP Clinic will always be at the 2:15-2:45 p.m. time with Katie from *Safe Hands, Warm Hearts*. Thank you to all that have taken advantage of having their blood pressure checked by a trained professional: it is good preventative care. Remember, *there is no cost and you don't even need to show your insurance information!* On top of that, you get a ticket for coming down and doing something good for yourself!

I will be in the office **all day on December 5<sup>th</sup> and 20<sup>th</sup> (9a – 4p)**. I will be out of the office **December 4<sup>th</sup>, 6<sup>th</sup>, 18<sup>th</sup>, and 26<sup>th</sup>-29<sup>th</sup>**. **The offices will be closed for Christmas day, December 25, and New Year's Day, January 1<sup>st</sup>, 2018.** Remember, you can always



refer to the calendars posted on my office door, outside the Theater Room in the hall, and on the bulletin board near the cubbies downstairs.

Remember, you **get a "ticket" for each activity or presentation that you attend that Stephanie or I organize**. When you gather 10 tickets, come up to the Service Coordinator office and choose from the **"Goodie Shelf"** – there will be a variety of items, both male and female, and from practical like laundry soap, hand soap, toilet paper, or canned goods to fun like candy, nuts, or 'doo dads'. **I'm continuing to get new and different items so don't "assume" that you know what's there.** 😊  
Thanks for your participation!

**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 mail slot outside the Theater Room door; I will contact you as soon as I am able.

*Have a very Merry Christmas and a Happy New Year! Enjoy the love of friends and family!*

*Elizabeth*

Programs (continued)

## Celebrating December Birthdays

We will be celebrating December Birthdays in the community room on **Monday, December 11<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!

Margie B .....	12/01
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



Our collection box has arrived! We will now be collecting new, unwrapped toys for the Toys for Tots program through the Marine Corps Reserve. The box is located in the leasing office. We will have the box available for toy donations during regular office hours. If you are able to donate, then please do. The toys are distributed to local children who are less fortunate and it helps bring a little joy into their lives during the holiday season. I will take donations regularly until the box is picked up on **December 8<sup>th</sup>**. Thank you in advance for your kindness, support and generosity.

**Sundays, November 26, December 3, 10 & 17 •Sundays in the City**• The four Sundays leading up to Christmas showcase all of the “one-of-a-kind” shops and eateries that Downtown has to offer. Enjoy holiday decoration, free horse-drawn carriage rides, strolling carolers and holiday movies at the historic State Theatre.

**Sunday, December 17<sup>th</sup> @ 1:00 pm •Sundays in the City Movie Double Feature •Bay City State Theatre:** Movies: It’s a Wonderful Life (1947) at 1:00 pm and White Christmas (1954) at 4:00 pm. Sponsored by: Edward Jones Food or Cash Donations are accepted and appreciated to Benefit Safe Harbor Kitchen.

## 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*



## PVMF Gala – November 17th!



## Will you remember your peers in your year-end giving?

Until no seniors need us, we need *you*.

### Picture this.

You're a healthy, working older adult close to retirement. Then one of your worst fears comes true. A car accident leaves you unable to work and you're forced to retire early. You now need an affordable home with your new, limited income.

### Where do you turn?

**It happened to Brenda. It may have even happened to you or someone you know.**

Without faithful donors, Brenda would've had nowhere to turn.

But, because donors made quality housing possible, Brenda's now thriving at a PVM community. She's living out the retirement she always hoped for but didn't think existed. Her schedule is filled with fitness classes, movies, arts and crafts, picnics and cultural trips—all the things she needs to age actively.

**Please be a hero for someone like Brenda and make your gift today.** You are needed now, more than ever!

Thank you for being a hero!

Paul J. Miller, CFRE

**\*P.S. You can make your gift by calling 248-281-2040 or by visiting [GiveToPVMF.org](http://GiveToPVMF.org) today!**



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

By Tom Wyllie,  
Director of Wellness

### *A Caroling We Should Go*



Whether you can carry a tune or not, it turns out that not only is singing good for the soul, it's good for the body and mind too. Research has shown that singing can be healthy for our hearts, lungs, and brains because it increases oxygen consumption, improves blood flow, and strengthens the muscles we use for breathing. It can also help us better manage stress and improve our mood because it reduces the levels of a stress hormone called cortisol circulating in our blood and increases the level of feel-good hormones called endorphins circulating in our brains. Singing may also strengthen our immune systems by elevating blood antibody levels, which are proteins produced by our bodies to fight infection and disease.

If done in a group, singing can improve our social lives and widen our circle of friends. And what better time than now - when the holiday season is in full swing - for some group singing. Why not get together with some friends and new acquaintances and spread some holiday cheer by caroling? According to the British Lung Foundation, due to the workout they give our hearts and lungs, if we include the following five songs in our caroling repertoire we'll maximize the health benefits: Silent Night, Winter Wonderland, White Christmas, When a Child Is Born, and Let It Snow. To learn more about the health benefits of singing visit <http://www.berkeleywellness.com/healthy-mind/stress/article/singing-good-medicine>.

## 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.

### Friendly Reminders:

#### QUESTIONS OR CONCERNS

*The Administrator's door is always open for questions, comments or concerns. There is also an Administrator's meeting that happens every month. This meeting is to inform you of any important information that may have happened after the newsletter was published; to keep you in the loop of what is happening at the village. Many of you have been getting misinformation from the halls and the laundry room lounge. Just be aware that if you want **accurate** answers, please stop by the office, attend the meetings and read your notices.*

#### LETTING STRANGERS IN

*Please remember to not let in people who are not here specifically to see you. Anyone who visits the property should be "buzzing" the person that they are here to see. That resident is responsible for their guest's entry. If someone is in the entry area when you are entering or exiting; use the side door. This building can only be as safe as YOU allow it to be. Be cautious of your surroundings.*

#### LOITERING IN THE LOBBY

*If you plan to chat for longer than a couple of minutes, please utilize the community room or the library for your socializing. Sitting in the lobby is disruptive to the other residents and is intrusive on the confidentiality protected in the office. Financial information, health concerns or any other private matters must remain private. Applicants should be able to inquire without having to speak loudly over the raucous in the lobby. Office staff needs to hear the person at the other end of the phone. Residents should also be able to enter or exit the building without answering to other residents about their whereabouts or what's in their bag. Always be courteous of others.*

## 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

## Freezer Oatmeal Cups



### Ingredients

- 3 Cups Chex Gluten Free Oats
- ¼ cup brown sugar
- 3 cups water
- 3 cups milk
- Pinch salt
- Assorted chopped fruit, nuts, chocolate chips or other toppings

### Directions

- Combine the oats, sugar, water, milk and salt in a large saucepan and bring to a boil.
- Reduce heat to medium and cook for 2-3 minutes or to desired consistency. Set aside to cool slightly.
- Spray two 12-cup muffin tins with cooking spray and set out toppings in bowls.
- Divide the cooked oatmeal between the muffin cups and top each with desired toppings.
- Cover with plastic wrap and place in the freezer for several hours, or until frozen.
- Once frozen, pop out of the muffin tins, loosening with a butter knife or small spatula, if necessary and wrap in sandwich bags or plastic wrap.
- Remove desired number of cups (one to three per serving) from the freezer the night before or day you plan to serve them.
- Warm in the microwave for 1-2 minutes (longer if still frozen), and stir in a little more milk if desired.

## December Word Search

### Great Backyard Bird Count Word Search

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

### Word List

binoculars	field guide	ornithology
birding	flight	owl
blackbird	flycatcher	pheasant
blue jay	goldfinch	robin
cardinal	goose	sandpiper
chickadee	habitat	sparrow
conservation	hawk	spotting scope
crow	heron	swallow
cuckoo	house finch	thrush
dove	hummingbird	turkey
duck	migration	warbler
eagle	nestling	woodpecker
eggs	nuthatch	
falcon	oriole	

## Laughter is the Best Medicine

### SKI HOLIDAY

Jack decided to go skiing with his buddy, Bob. They loaded up Jack's mini-van and headed north. After driving for a few hours, they got caught in a terrible blizzard.

They pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night.

"I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed," she explained. "I'm afraid the neighbors will talk if I let you stay in my house."

"Don't worry," Jack said. "We'll be happy to sleep in the barn. And if the weather breaks, we'll be gone at first light."

The lady agreed, and the two men found their way to the barn and settled in for the night. Come morning, the weather had cleared, and they got on their way. They enjoyed a great weekend of skiing.

About nine months later, Jack got an unexpected letter from an attorney. It took him a few minutes to figure it out, but he finally determined that it was from the attorney of that attractive widow he had met on the ski weekend.

He dropped in on his friend Bob and asked, "Bob, do you remember that good-looking widow from the farm we stayed at on our ski holiday up North?"

"Yes, I do."

"Did you happen to get up in the middle of the night, go up to the house and pay her a visit?"

"Yes," Bob said, a little embarrassed about being found out. "I have to admit that I did."

"And did you happen to use my name instead of telling her your name?"

Bob's face turned red and he said, "Yeah, sorry, buddy. I'm afraid I did. Why do you ask?"

"She just died and left me everything."

(And you thought the ending would be different, didn't you?)

### WISDOM COMES WITH EXPERIENCE

Dwayne is a strong young man at the construction site and he was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of one of the older workmen, George. After several minutes, George had had as much as he was willing to take. 'OK, Dwayne, why don't you put your money where your mouth is?' he stated thoughtfully. 'I will bet a week's wages that I can haul something in a wheelbarrow over to that outbuilding that you won't be able to wheel back.'

'You're on, old man,' Dwayne, the braggart replied, smirking. 'Let's see what you got.'

George, the old fellow, reached out and grabbed the wheelbarrow by the handles. Then, nodding to Dwayne, he said, 'All right. Get in.'

## Administrator Column

## Resident Updates



I hope all of you enjoyed a wonderful Thanksgiving holiday with your families and friends. I also hope that you were able to relax and enjoy the simple things in life. The things we should truly be thankful for.

This year we will again be having our annual holiday dinner in January. That way it gives everyone time to spend with their families during the Christmas season. We can all get together as things slow down again in January. We will have another dinner later on in the year for fun too.

Please keep an eye on your

calendars for days when the staff will be out of the office and also when the community room will be reserved. Please be considerate of your neighbors when they rent the community room and give them privacy to enjoy their family and friends. If you are a smoker, please use the exit at the south end of the building for smoking during the event.

A reminder about the library: One of our residents has been wonderful enough to volunteer her time to organize the library and keep everything looking nice on the shelves. If you borrow a book, please return it to the shelf labeled "return shelf" so that it can be put back into its proper place. It makes it easier for you to find what you're looking for later. ☺ Thank you for your continued assistance.

Please take the time to enjoy all of the wonderful things we have going on here at our Village for you to enjoy. Elizabeth and I work hard each and every day to provide you with the best possible experience. If you have any

suggestions for anything new or things that you may be interested in, please feel free to stop by and let either one of us know. We are always looking for fresh ideas for things that would be of interest to you.

Have a wonderful holiday season and enjoy time spent with the ones you love.

Be kind to one another and help your neighbors and friends when you can. They will certainly return the favor to you.



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

Don't Miss the Bay County Library Bookmobile on Thursday, December 21<sup>st</sup>  
2:15 PM – 3:15 PM

\*\*\*If you are not signed up for **COMMODITIES** and would like to be, please stop by and see Stephanie or Elizabeth. We can have the coordinator of the program meet with you right here at the village to get you signed up. You just need to provide a few simple items for verification and to determine eligibility. She can also recertify you right on site now at ANY food drop off date. \*\*\*

**CSFP**---The Commodity Supplemental Food Program- provides a free box of food to qualified senior citizens on a monthly basis.

**TEFAP**---The Emergency Food Assistance Program- provides a free box of food to qualified families and senior citizens quarterly.

**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.



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

# Embrace the possibilities