



# Hampton Herald



## Embrace the possibilities

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

February 2018

### Featured Articles

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### In February We Recognize....

- February 14<sup>th</sup> is Saint Valentine's Day
  - Saint Valentine was a Roman who was killed for his faith on February 14, 269 A.D. He had refused to worship pagan gods, and some stories say he was a priest who would marry young couples in secret who loved each other but who did not have parental permission. In 496, his 'saint day' was established. He is associated with love because he fell in love with the daughter of his jailer, and would pass notes to her. His final note, before he was executed, read 'from your Valentine'.
  - As with many holidays, the celebration of St. Valentine's Day became a mixture of the new Christian rites as well as the older pagan rites of that same time of year. St. Valentine's Day happened to fall on the Roman festival of Lupercalia. This festival was held each February to protect the villages from wolves, which would at this point be starving and cold and begin to make their village raids. During the festival of Lupercalia, the young men would draw the names of girls from a jar, to choose their partner for the day for any singing and dancing. These pairings would sometimes even lead to marriage as it was believed that they stayed paired until the following year's festival.
- February 19<sup>th</sup> is Presidents' Day
  - Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.
- February is Black History Month---Celebrate at SVSU
  - Dawn Hinton, SVSU professor of sociology, will lead a discussion on "Why We Celebrate Black History Month" at 7 p.m. on Thursday, Feb. 8 in the Alumni Lounge of Curtiss Hall. Her lecture will explore the motivation behind the creation of Black History Month.
  - The annual "Taste of Soul" lunch event offers traditional soul food and features recipes from African-American employees at SVSU. This year's event will take place from 11 a.m. to 1:30 p.m. on Wednesday, Feb. 21, in the Marketplace at Doan. Admission cost \$9.25. A complete menu will be available online at <https://svsu.campusdish.com/Commerce/Catalog/Menus.aspx?LocationId=1601>



LOOK FOR VISION.



## Activities

## Maintenance Updates

- 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.
- Be sure that all trash is properly bagged and tied before you put it down the chute or in the barrels. We have been getting trash not in bags and it is getting all over the floor and/or dumping out into the barrels. These kinds of messes are difficult to clean in the trash room. Especially in cold weather when the water we need to clean it up freezes. Thank you for helping to keep your home clean.
- *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.*

## February Activities

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

- BINGO - Every Sunday @ 2:00 pm and Wednesday @ 5:00 pm
- Commodities – Wednesday, February 14<sup>th</sup> @ 10:30 am
- Administrator's Updates Meeting – February 8<sup>th</sup> @ 11:00 am.
- Monthly Birthday Celebration – Monday, February 12<sup>th</sup> @ 6:00 pm
- Bookmobile – February 1<sup>st</sup> and February 22<sup>nd</sup> from 3:00 pm – 4:00 pm. **(new time)**
- Lunch Bunch – February 15<sup>th</sup> @ 11:30 am (Roma's)
- Movie Day – Monday, February 26<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.
- Elvis "68 Comeback Special will be playing in the theater on Monday, February 12<sup>th</sup> beginning at 10:00 am.
- Grief Support--Ongoing beginning Feb. 23<sup>rd</sup> @ 2:00 pm

## 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 February

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**

**Monday, February 12<sup>th</sup> 7-9 pm • Wine, Cheese and**

**Chocolate Tasting Event • 815**

Saginaw St. Bay City--Join us Monday February 12th at 7pm for the ultimate tasting event. 5 wines, 5 cheeses and 5 chocolate creations that will delight your senses. Artigiano and Artisanne have both teamed up to make this event a night to remember. Sign up now, space is limited. \$40 per person or come with another and the price is \$75/2. *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

*One month of the New Year already passed - where did it go? At least we are one month closer to spring, the flowers and green grass.... This month is the month of Valentine's, President's Day, 'Fat Tuesday' and Ash Wednesday starting the season of Lent; personally, my style leans toward Valentine's (chocolate) and Paczki's (well, glazed donuts in particular). Maybe we shouldn't examine this too closely.... ☺*

On **February 14<sup>th</sup> at 2pm**, Mel from SouthernCare will present on the topic of "Heart Health". The **Blood Pressure Clinics will be on February 8<sup>th</sup> at 2:00 – 3:00 p.m. and our second will be on February 22<sup>nd</sup> from 2:15 – 2:45 p.m.** 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!

The **Grief Support Group with Chaplain Don** will be meeting on the **fourth Friday afternoon at 2:00 p.m. starting February 23<sup>rd</sup>**. Come learn about ways to cope and recover your joy after loss (which can include spouse, family members, health, mobility, and others). This will be an ongoing group, with no set attendance requested/required. We are hoping that attendees will come several times in order to see what it is all about.

I will be in the office **all day on February 13<sup>th</sup> and 28<sup>th</sup> (9a – 4p)**. I will be out of the office **February 12<sup>th</sup> and 26<sup>th</sup>**. 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.

*Elizabeth*

Programs (continued)

## Celebrating February Birthdays

We will be celebrating February Birthdays in the community room on **Monday, February 12<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!

Ruth R ..... 02/26  
 Lin F..... 02/26



**A GIFT IN YOUR WILL**  
*can change the lives of seniors.*

Presbyterian Villages of Michigan is only able to provide the best quality of housing, programs and services to seniors throughout Michigan with the generous support of our donors.  
**Please consider a charitable bequest...**

**Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller**  
 248.281.2045  
 mylegacy.pvmf.org

**Saturday, February 25<sup>th</sup> • Michigan Law Enforcement Polar Plunge • Dow Bay Area YMCA.**  
 225 Washington Ave., Bay City, MI 48708  
 Registration begins at 11:00 am with the parade of costumes at 11:45 am followed by the plunge at 12:00 pm. Proceeds will benefit Special Olympics Michigan.

## 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*



## Older Adults Can THRIVE Because of Donors Like You!



**Love, Love, Love! ♥**  
**...and incredible donors like YOU.**

That's how **the world becomes a better place.**

That's how **MICHIGAN becomes the best place to live at any age.**

It's people like you, who selflessly, **LOVINGLY** give to a cause bigger than themselves.

**Thank you for your commitment to Michigan's older adults.**

♥ Happy Valentine's Day!

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE



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

By Tom Wyllie,  
Director of Wellness

### *Exercise as a Spiritual Practice*

We've all heard about the physical benefits of exercise, but did you know it can also be good for our souls? Though spirituality means different things to different people, at its core is a sense of connection to something greater than ourselves that fills us with awe and provides us with meaning and purpose. Cultivating that sense of connection requires practice, and one way to practice is through exercise.

As Dr. Stephanie Ludwig, Director of Spiritual Wellness for Canyon Ranch Wellness Resort so aptly put it, "to exercise is to move, and to move is to be alive. The more intentionally we move and experience the connection that is available through it, the more alive we become." The key is to move with intention.

Any form of movement (i.e., exercise) will do. The goal is to stay in the moment, to be and remain in the here and now. When you first start exercising you might notice a myriad of thoughts pop into your head. You might start thinking about all the things you still need to do or all the things you didn't do that you should have done. Rather than be in the present, you find yourself either dwelling on the past or planning for the future. When this begins to happen, shift your focus from your thoughts to the rhythmic movements of your body.

Focus on your breathing. Notice the rise and fall of your chest and abdomen as you breathe. Listen to the sound of the air as it enters and leaves your body. Feel the beating of your heart in your chest. Attend to the movement of your arms and legs and the placement of your hands and feet. Notice your surroundings. Hear the sounds. Smell the smells. See the sights. Know that because you are breathing and moving you are alive and well.

Over time, with regular practice you will begin to attain a heightened sense of awareness and achieve an unwavering connection to that which is greater than yourself whether for you it is nature, the universe, the sublime, the divine or God. Through exercise it is possible to experience a spiritual awakening. All it takes is a little practice.

## 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!":



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**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:

#### 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.*

## Sweetheart Cupcakes



### Ingredients

- 1 package (18.25 oz.) white cake mix
- 1 ¼ cup water
- 1/3 cup vegetable oil
- 3 egg whites
- 8 drops red food coloring
- 2 drops raspberry candy oil

### Directions

- Preheat oven to 350° F. Line a standard muffin tin with paper cupcake liners.
- Beat the cake mix, water, vegetable oil, and egg whites together on low speed for 30 seconds, then on medium for 2 minutes, until smooth. Fill cupcake liners 1/3 full with white batter; set aside.
- Stir 4 drops of red food coloring into the remaining bowl of batter to make the batter pink, stir in the raspberry oil. Pour 1/3 of pink batter into resealable plastic bag and set aside.
- Mix more food coloring into the remaining bowl of pink batter until it is an orange/red color and pour the batter into a resealable plastic bag. Cut a corner off of the bag, stick the open tip into the center of each cup of white batter and squeeze in about two tablespoons of red batter.
- Cut the corner off of the bag with the pink batter, stick the open tip into the center of the red batter and squeeze about 1 tablespoon pink batter into each cup.
- Bake the layered cupcakes in the preheated oven until a toothpick inserted into the center comes out clean. About 15-20 minutes. Cool completely before frosting.

## February Word Search

Valentine's Day: A Word Find  
www.DailyMesses.com

Spaces and punctuation are removed from words in the puzzle.



Amor  
Card  
Dear  
Gifts  
Letter  
Red  
Sweetheart

Arrow  
Chocolate  
Dinner  
Heart  
Love  
Ribbon  
Treats

Balloons  
Crush  
Envelope  
Hug  
Love  
Ring  
Valentine

Candlelight  
Cupid  
Flowers  
Jewelry  
Pink  
Romance  
White

Candy  
Darling  
Friends  
Kiss  
Poem  
Roses

## Laughter is the Best Medicine

### Police pull over a teenager

Police: Where do you live?  
 Teenager: With my parents.  
 Police: Where do your parents live?  
 Teenager: With me.  
 Police: Where do you all live?  
 Teenager: Together.  
 Police: Where is your house?  
 Teenager: Next to my neighbors' house.  
 Police: Where is your neighbors' house?  
 Teenager: If I tell you u won't believe me.  
 Police: Tell me.  
 Teenager: Next to my house.

### Short Jokes / One Liners

You want to hear a pizza joke? Never mind, it's pretty cheesy.

How do you make Holy water? Boil the hell out of it.

What kind of shoes do ninjas wear? Sneakers.

My friend recently got crushed by a pile of books, but he's only got his shelf to blame.

Why don't you ever see hippopotamus hiding in trees? Because they're really good at it.

What time is it when you have to go to the dentist? Tooth-hurtie.

Why can't a bike stand on its own? It's two tired.

Why didn't the lifeguard save the hippie?  
 Because he was too far out man!

Just went to an emotional wedding. Even the cake was in tiers.

When you get a bladder infection, urine trouble.

Pampered cows produce spoiled milk.

You know you're ugly when it comes to a group picture and they hand you the camera.

I never forget a face, but in your case I'd be glad to make an exception.

Did you hear about the new corduroy pillows? They're making headlines everywhere!

You're not fat; you're just... easier to see.

I want to die peacefully in my sleep, like my grandfather. Not screaming and yelling like the passengers in his car.

I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness.

Light travels faster than sound. This is why some people appear bright until you hear them speak.

If I agreed with you we'd both be wrong.

I'll be spontaneous when I get around to it.

## Administrator Column

## Resident Updates



I hope that everyone is enjoying another Michigan winter. It's already 2018! Oh my, how time has flown by this winter!

Spring is just around the corner and that means none other than birds chirping and flowers blooming!

I'm so excited for the weather to warm up and we can start seeing all of the beautiful trees and flowers again.

As the weather changes, the options for fresh fruits and vegetables changes too.

I have contacted the Project Fresh program about getting some of their coupons for our residents to exchange for free produce. I was told that they will be in touch with me in the spring regarding availability, so stay tuned for more information. I will definitely keep you posted as I have more information.

That also brings an opportunity to meet with Karen Parker again from the MSU Extension. She will be looking for people interested in participation in her nutritional cooking series again for 2018.

She will be visiting us on **Monday, February 12<sup>th</sup> at 2:00 pm** in the community room for a presentation on **Fats and Sugars**. Please stop down and join us for this presentation! We can then decide if enough people are interested to be able to continue with the cooking series.

Many of you may remember her from her last visit with us. She came by and showed us how to make some nutritious snacks that were also very tasty! It was a lot of fun and I hope that we are able to do that again for this year.

We will need a count of people who are interested so that she can bring the proper amount of supplies for everyone.

Please stop by my office before Thursday, February 8<sup>th</sup> to let me know if you are interested in attending Karen's presentations. Everyone is welcome but we do need a count. Thank you in advance and I look forward to seeing you there.

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

**Don't Miss the Bay County Library Bookmobile on  
Thursday, February 1<sup>st</sup> and 22<sup>nd</sup> from 3:00 PM – 4:00 PM (new time)**

\*\*\*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**

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