



Hampton Herald



Embrace the possibilities

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March 2019

Interesting Facts About Daylight Savings

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1. Three terrorists were killed in 1999 when they forgot to set the timer on their bomb to account for Daylight Savings Time in Israel, which resulted in it exploding one hour too early, killing only three of them.

2. While Benjamin Franklin did first propose Daylight Savings, he meant it as a joke.

3. Arizona and Hawaii are the only two US states that don't observe Daylight Savings Time.

4. Daylight Savings doesn't actually save electricity.

5. In 2012, a guy in Ohio was arrested twice in one day, at the exact same time, due to Daylight Savings.

6. Arizona does not have Daylight Savings Time, but the Navajo Nation inside of the state does, but the Hopi Reservation inside the Navajo Nation does not.

7. DST costs the U.S. billions of dollars a year in disruptions to the airline and retail industry, TV ratings and the stock market.

8. A 2008 study found that the rate of suicides and heart attacks increase in the first few days after we "spring forward" for Daylight Savings.

9. In 1930, Stalin adopted Daylight Savings Time for Soviet Union, but he forgot to "Fall Back" and it stayed this way for the next 60 years.

10. Due to a rivalry between Minneapolis and Saint Paul, neither city could agree on a common daylight savings calendar. So in the mid 1960's those who were in Minneapolis were an hour ahead of those in Saint Paul for a few weeks each year.

11. Only 1/3 of the world observes daylight savings time

12. Daylight Savings Time activates at exactly 2 a.m., and that most government mandated bar closings occur at 1:59 to prevent an extra hour of drinking

13. Daylight Saving Time was extended to end after Halloween not because any energy is being saved, but because the candy industry wanted trick-or-treaters to be out longer.

14. Daylight saving time was originally introduced to cut coal consumption during World War I.

15. In Australia, Sydney, Melbourne and Adelaide participate in daylight saving, but Perth, Darwin and Brisbane do not.

16. India Standard Time is UTC +5:30 because there is no hour line running through the middle of the country and they don't observe daylight savings time.

Look for PVM on:



Activities

Maintenance Updates

- Work orders need to be put in to the office. You can either call, stop by the office or fill out a maintenance request form that is located on the rent drop box.
- Please do not park the front end of your vehicle over the curbs of the sidewalks and the islands. If you are over the curb, we cannot get our equipment though or clear the walks properly. This can cause icy spots on the walk that we can't get to. Once you move your car, someone can slip on the ice. Let's work together to keep everyone safe this winter season.
- Please be reminded that all trash belongs in bags. The bag needs to be tied securely and placed properly either down the chute or in the barrels. Do not place your trash bags, pizza boxes or beverage cups on the floor in either trash room. Only boxes that are too large, that may become lodged in the trash chute, should be placed neatly on the floor.
- A reminder that we cannot dispose of your large items in our trash dumpster. If you received a new item, please make arrangements to dispose of the old item with family or friends. Thank you for observing our policies.
- ***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.***

March Activities

Please join us in the month of March for:

- BINGO - Every Wednesday @ 5:00 pm
- Administrator's Updates Meeting – March 14th @ 11:00 am.
- Monthly Birthday Celebration – Monday, March 11th @ 6:00 pm
- Bookmobile – March 7th and March 28th from 5:15 pm – 6:15 pm.
- Movie Day – Monday, March 25th @ 2:00 pm.
- Wii Bowling – Every Thursday at 9:00 am.
- Lunch Bunch – Friday, March

15th and Wednesday, March 27th @ 11:30 am. The menu is always posted ahead of time. Please be sure to have your exact dollar amount needed which includes the food, 6% sales tax and \$1.50 for a tip.



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 wipe down the washers and empty the lint screens after each use.**

****Please do not touch other people's laundry or remove them from the machines.**

****You should not be leaving your laundry for extended periods.**

Bay City Happenings in March

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

March 16th 9:00 am – 3:00 pm

•Craft Show @ Handy Middle School • Come shop and support local vendors as well as support the 8th Grade class at Handy Middle School

Continued on pg. 4

Service Coordinator Corner

Elizabeth Brinker 989-892-6906

Service Coordinator's office is located on the 2nd floor inside the theater

Judging by the winds lately, March is definitely blowing our way! As usual, the St. Patrick's Day parade in Bay City looks like it might have some interesting weather. Don't forget that the time changes on March 10 this year. 'Spring forward, fall back' means that we will lose one hour of sleep that night. The first day of spring is March 20, 2019.

On **March 14th at 2pm & March 28th at 2:15p – 2:45p** we will have our Blood Pressure Clinics. Watch the places where I post about presentations (outside the theater room door, in the elevator, and on the door to the Community Room) for up to date information regarding weather cancellations, etc. **Please consider doing this one quick check on an area that can affect your life without you knowing...** 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!* There's always lots of fun conversation and laughter while we wait. On top of that, you get a ticket for coming down and doing something good for yourself!

Mel from The Care Team Home Health Care and Hospice will be presenting on **"Nutrition" on March 13th at 2pm in the Community Room.** It's amazing how much information is out there on nutrition and eating healthy of which I wasn't even aware. I continue to work on a Resource Binder which will be placed in the Library so that any of you might be able to look up contact information and resources when I am not available. I am still gathering information that I feel will be of use to all of you. If you have particular resources that you would like me to research, please let me know.



I will be in the office **all day on March 13th and March 27th (9a – 4p).** I will be out of the office **all day March 7th, 8th, 11th, and 25th.** 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.

Watch your calendar - we are getting closer and closer to spring!
Elizabeth

Continued from pg. 2

Programs (continued)

Celebrating March Birthdays

We will be celebrating March Birthdays in the community room on **Monday, March 11th at 6:00 pm**. Spencer Skorupski from Skorupski Family Funeral Home and Cremation Services has graciously agreed to host all of our birthday celebrations. His staff will bring the cake and some balloons! Please come by and celebrate with us!

- Sandy D..... 03/03**
- Leona Z 03/05**
- Darlene C 03/09**
- Sue A..... 03/23**



March 17th from 9:00 pm - 5:00 pm •The 65th Annual Bay City St. Patrick’s Day Parade•

Patrick’s Day Parade Queen’s float, marching bands, pipe bands, drum and drill teams and many creative floats. Mark Allen Sprygada, our 2019 Parade Marshal, will lead the parade to celebrate the Irish, our community and the beginning of spring. Our theme for 2019 is “Green since 1954”.

Saturday, April 13th at 7:00 pm Bay City State Theatre •The Beatles Vs The Rolling Stones-A Musical Showdown•

Two of the greatest bands of all time face off in a high-energy, adrenaline-pumping musical showdown. The Fab Four, represented by tribute band Abbey Road will engage in a barrage of hits against premiere Rolling Stones tribute band Satisfaction. It’s a face-off you won’t want to miss!

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



LEAVE A Legacy

Ways to make a Planned Gift

Support PVM during your lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

CONTACT US TO LEARN MORE

Without obligation, PVM Foundation would like to answer any questions you may have, call Paul Miller
248.281.2045 www.pvmnfgifts.org



Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

PVM STORE FEATURED ITEM

Great Warmth at a Great Price and a Variety of Colors!



Fleece Vest for Men & Women

VISIT WWW.PVMSTORE.ORG



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The Ins and Outs of Shipt, Part 1

For the last few months, I have been writing about my experience living life without a car. As you might recall, to get groceries I used the app-based service Shipt. This month, in case you might want to try it for yourself, I am going to write in more detail about how it works.

The first thing you'll need is a smartphone or other portable smart device such as a tablet. You'll also need internet access either through Wi-Fi or a cellular data plan and you'll need to have an email address. You will also need a major U.S. credit card, debit card or reloadable gift card, which will be kept on file and used to pay for your Shipt membership, any groceries you order, any delivery fees you may encounter and any tip you might decide to give your shopper.

Lastly, once you have all the above you'll need to get the Shipt app, which is free and can be downloaded from the App Store for iOS devices (i.e., Apple products) and from the Google Play Store for Android devices. Because Shipt works on both iOS and Android platforms, it really doesn't matter what brand of device you choose to use. After downloading the app, the next step is to create an account.

Creating an account involves entering your name, cell phone number, and email address into the Shipt app; entering the address to which you want your groceries delivered; entering your credit/debit/gift card information; and selecting a membership plan, either month-to-month (currently priced at \$14 per month) or yearly (currently priced at \$99 per year). Once you've created your account and purchased a membership, you can finally begin shopping, which I will walk you through in more detail in next month's column.





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Aging Well Attitude

Father time plays tricks on us. We look in the mirror and ask: “Where did the time go?” Over the years as director of the Michigan Office of Services to the Aging, an author, motivational speaker and now in my role with Presbyterian Villages of Michigan, I have been a long-time proponent of having an Aging Well Attitude. Just what is an Aging Well Attitude? In my definition it is a mindset which allows us to “Embrace the Possibilities” (our PVM motto) and look upon aging in a positive way. Yes, we will have some challenges as we age. However, it can be the best of times if we look for the positives. Now folks can live to see their grandchildren graduate and marry, and even experience the joy of welcoming great grandchildren into the world. They have a chance to take up interests and even second careers which allow them to follow their dreams and passions. Over the years I have observed several key components which many experts have noted. Simply utilizing the letters in the word AGE we can zero in on them:

A IS FOR ATTITUDE – Almost everyone I know who has aged well with longevity has displayed this trait. In other words, they do not let anything get them down. They look for the joy in life and help to create it for others no matter what may be going on in their lives. I remember from my motivational speaking days when a woman said she was getting very down due to some issues. Her husband told her to deal with what was going on but to look for the “blessing in disguise” and not let the situation zap the joy from her life. She replied that it was easy for him since that was always what he projected. To that he replied: “What makes you think it is easy for me? I work at it.”

G IS FOR GENETICS – Genetics does play a role. Chronic conditions and longevity which we inherit do impact our aging process. However, experts say that it only impacts 25-30% when it comes to the aging process. And no one gets dealt four aces in the deck. We all have issues to deal with. We can offset this impact by our life choices and engage in a Wellness lifestyle. I did get one ace in the deck since I have a paternal ancestor who lived to be 114 in the 1800’s! However, I also received a few lower cards just like everyone else.

E IS FOR EMBRACING AGING & EMBRACING LIFE – Sadly many people fear aging so much that they want to deny its existence. Many commercials tout: “Don’t give in to Aging. Defy It”. And many people do not want to tell anyone their age. I was once told by a dental assistant that there are thirty or forty somethings who get insulted if they ask them their age. This is not good news for them or for our society! I saw a good slogan: “Know your age and then forget it”. Do not dwell on it. First of all, it never works to try to deny any part of ourselves. It is not good for our self-esteem. Secondly, if we are truly engaged in life via volunteerism, enjoying our families and joining in with others we will have that Aging Well Attitude which can make these some of the best years of our lives.

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:

Please do not let in strangers. If they are not here to see you, then it is not your responsibility to let them in. There is a sign in the entry instructing them what to do to get in. They MUST be buzzed in. Your safety is our #1 concern.

Our designated smoking area is on the patio 25 feet from the building. This would be the area outside of the covered patio. Please make your visitors aware of our policies too. You are responsible for their actions as well as your own.

Negative gossip/conversations are unwelcome. The amenity rooms are for chatting and catching up with each other not making other people afraid of utilizing the rooms because of the negative chatter.

If you want to stop and chat positively, please do not stand in front of the laundry machines. Move your conversation to the lounge just outside the laundry room. Blocking the machines is discourteous to others who are trying to use them.

Remember to always be kind to one another. One simple act of kindness can go a long way. Help your neighbors and your friends if you see that they could use a helping hand. Offer some kind words of encouragement if you know that they are struggling with something in their lives.

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

Tomato Basil Salmon and Wild Rice with Balsamic Mushrooms



Ingredients

- 2 (6 ounce) boneless salmon fillets
- 1 tablespoon dried basil
- 1 tomato, thinly sliced
- 1 tablespoon olive oil
- 2 tablespoons grated parmesan cheese

Directions

- Preheat oven to 375° F. Line a baking sheet with a piece of aluminum foil and spray with nonstick cooking spray.
- Place the salmon fillets onto the foil, sprinkle with basil, top with tomato slices, drizzle with olive oil and sprinkle with parmesan cheese.
- Bake in the preheated oven until the salmon is opaque in the center and the parmesan cheese is lightly browned on the top, about 20 mins.



Ingredients

- 2 cups chicken broth
- 1 cup wild rice, rinsed
- 2 tablespoons extra-virgin olive oil
- 1 pound mixed fresh mushrooms (such as oyster, cremini and shitake), sliced
- Coarse salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 4 teaspoons balsamic vinegar

Directions

- Bring broth to a boil in a small pot.
- Add rice, and reduce to a simmer. Cover and cook until rice is just tender and almost all of the liquid has been absorbed, about 40 minutes.
- Remove from heat. Let sit, covered, 10 mins.
- Drain any excess cooking liquid if necessary. Fluff rice with fork.
- Meanwhile, heat oil in a large sauté pan over medium high heat. Add mushrooms, and cook 3 minutes (do not stir). Season with $\frac{3}{4}$ teaspoon salt, and stir. Continue to cook, stirring occasionally until mushrooms are tender and caramelized, 5-7 minutes. Reduce heat to low, and add butter and scallions. Cook until scallions are softened, about 1 minute. Turn off heat and stir in vinegar. Transfer rice to a serving bowl. Stir in mushrooms and season with salt and pepper.

March Word Search

archaeopteryx
bill
birds
bluebird
canary
cassowary
chicks
cockatoo
crane
crow
dodo
dove

duck
emu
falcon
goldfinch
flamingo
goose
gull
hawk
hen
hummingbird
ibis
kakapo

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Bird Word Find

kiwi
kookaburra
jay
junco
macaw
meadowlark
moa
mockingbird
mynah
nandu

nene
nest
oriole
ostrich
owl
parakeet
parrot
pigeon
plover
puffin
quail
quetzal

rhea
roadrunner
robin
sparrow
swan
tern
toucan
turkey
vulture
xenops
wings
woodpecker

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

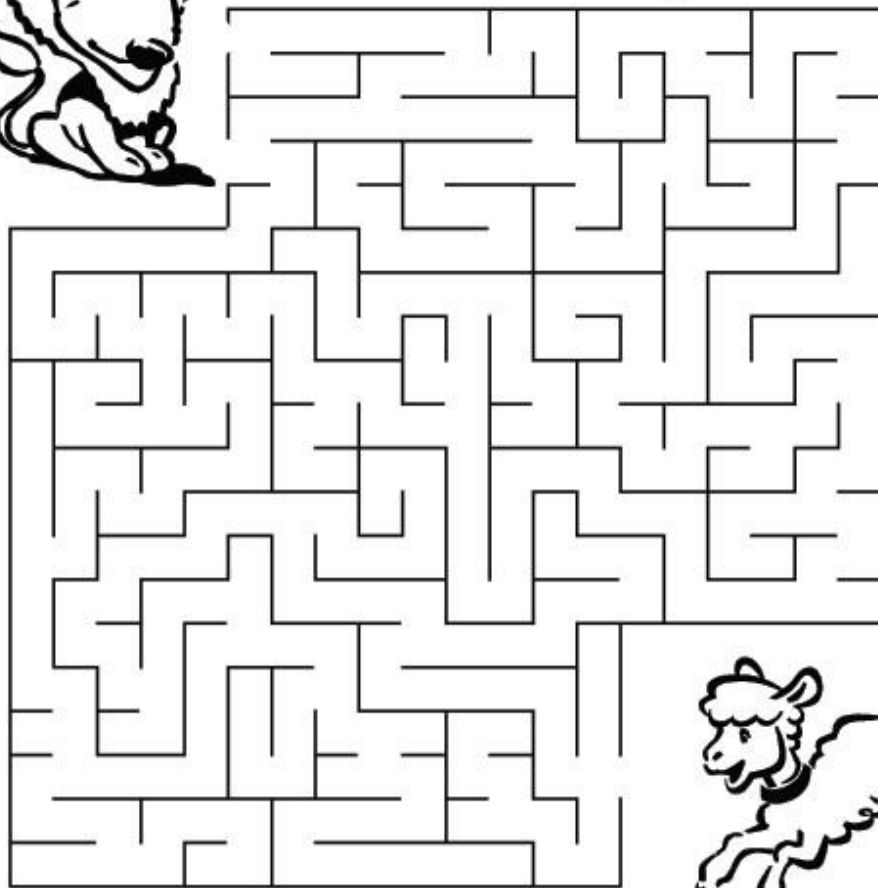
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March Maze

MARCH



comes in like a lion



goes out like a lamb

Laughter is the Best Medicine

Priceless Hangover

Marty wakes up at home with a huge hangover. He forces himself to open his eyes, and the first thing he sees is a couple of aspirins and a glass of water on the side table. He sits down and sees his clothing in front of him, all clean and pressed. Marty looks around the room and sees that it is in perfect order, spotless, clean. So is the rest of the house.

He takes the aspirins and notices a note on the table.

"Honey, breakfast is on the stove, I left early to go shopping. Love You!"

So he goes to the kitchen and sure enough there is a hot breakfast and the morning newspaper. His son is also at the table, eating. Marty asks, "Son, what happened last night?"

His son says, "Well, you came home around 3 AM, drunk and delirious. Broke some furniture, threw up in the hallway, and gave yourself a black eye when you stumbled into the door."

Confused, Marty asks, "So, why is everything in order and so clean, and breakfast is on the table waiting for me?"

His son replies, "Oh, that! Mom dragged you to the bedroom, and when she tried to take your pants off, you said,

"Lady, leave me alone! I'm married!"

Self-induced hangover -- \$100.00

Broken furniture -- \$2,000.00

Breakfast -- \$10.00

Saying The Right Thing While Drunk -- PRICELESS

Restricted Area

One morning the husband returns after several hours of fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, and reads her book.

Along comes a Game Warden in his boat. He pulls up alongside the woman and says, "Good morning, Ma'am. What are you doing?"

"Reading a book," she replies. "Isn't that obvious?"

"You're in a Restricted Fishing Area," he informs her.

"I'm sorry, officer, but I'm not fishing. I'm reading."

"Yes, but you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up."

"If you do that, I'll have to charge you with assault," says the woman.

"But I haven't even touched you," says the game warden.

"That's true, but you have all the equipment. For all I know you could start at any moment."

"Have a nice day ma'am," and he left.

Administrator Column

Resident Updates**Valentine's Dinner Celebration**

Thank you to everyone who was able to join us for a dinner celebration for our residents. Elizabeth, Dave and I were happy to be able to cook dinner for all of you. So many times it's easy to just throw something in the microwave for dinner without much thought behind it. Many of you have spent your entire lives cooking for your families and when it comes to cooking for yourselves, a good meal just seems to fall by the wayside. We really wanted to celebrate each of

you by giving you a nice sit down meal. We hope that you enjoyed the meal and the chance to get together with each other relaxing and chatting.

So many times we get caught up in things that are easy or we are in a hurry to get on to the next task. We need to take a step back and remember what truly matters and that's the love, companionship, friendship and kindness of other people. You are all appreciated by each other and by the staff here at The Village of Hampton Meadows. Stay tuned for our next exciting resident appreciation venture. We always have such a good time. Please consider joining in on the fun next time if you weren't able to join us this time.

Virtual Village Victory Cup

A friendly reminder that our competition is just around the corner. Those of you who would like to

participate, please join us for our practice sessions in May. Those of you who just want to join in on the fun, you are welcome ANY time. We get extra points for cheerleaders so just coming down to the event and cheering on your neighbors is helpful and we always love to see your smiling faces. ☺

For Your Convenience

We have added a shopping cart to the community room that was donated to us. It comes in handy for those of you who need a vessel to bring in your groceries. It is available all the time so you don't have to worry about what to do now after hours or on the weekends. Just be sure to put it back where you got it from so that it will be there for the next person.

Thanks again for all that YOU do. ☺

Stephanie Cooper
Administrator
The Village of Hampton Meadows

**Don't Miss the Bay County Library Bookmobile on
Thursday, March 7th AND March 28th from 5:15 PM – 6:15 PM (new time)**

Commodities are now being distributed at the Essexville Baptist Community Church, located at 1001 Main St., Essexville, MI 48732. Please contact the Mid-Michigan Community Action Agency if you have any questions or concerns.

Distribution time is from 1:30 pm until 2:30 pm.

Distributions dates are:	10/10/18,	11/14/18,	12/12/18,	1/9/19,	2/13/19,
	3/13/19,	4/10/19,	5/8/19,	6/12/19,	7/10/19,
	8/14/19,	9/11/19			

**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.



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

Embrace the possibilities