



Hampton Herald



Embrace the possibilities

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

January 2016

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Thank You for Celebrating the Holidays with Us at the Resident Appreciation Brunch!



We had such a wonderful time at our Resident Appreciation Holiday Brunch! Thank you all so much for coming down and enjoying a meal with us while we chatted, laughed and enjoyed some time together as one big Hampton Meadows family.

We were also excited to have a very special guest join us for brunch. Mr. George Millush Jr., the board chair for PVM, was able to stop by and spend some time with us for the holidays. He was so gracious to help us serve the food and take care of all of you throughout the meal. A big thank you goes to him for his help that day, and for his service on the PVM board.



Thank you again for all of you making the event so enjoyable. Dave and I don't always have as much time during the day to spend with each of you as we would like, so we look forward to these events to be able to sit, chat and relax with all of you and get to know each of you a little better each time.

We had a great time and we look forward to the next one! ☺

Look for PVM on:



Activities

Maintenance Updates

- We have been so lucky to have been able to hold off the snow to this point, but it seems that Mother Nature is still going to give us a winter. Please be sure to refer to your snow policy that was published as to what to do in the event of a snowfall. If you have any questions or concerns, please stop by the office.
- The snow policy requires ALL cars to move as directed. If you do not move your car, you could be subject to a violation.
- Reminder: please do not park over the curb. We need to get the snow blower down the walks to clear ALL of the snow and ice. We cannot clean the walks completely if your car is parked improperly.
- Please remember to tie your trash bags securely before putting them in the barrels or down the chute. As we have to pull the dumpster away from the compactor, trash then may fall out onto the floor if not properly bagged. This is unsanitary, unsafe and can cause unwanted pests. Help us to help you keep your home clean.

January Activities

Please join us in the month of January for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Administrator’s Updates Meeting – Jan. 14th @ 11:00 am
- Monthly Birthday Celebration – Jan. 11th at 6:00 pm
- Bookmobile – Jan. 7th and Jan. 28th from 2:00 pm – 3:00 pm
- Monthly pest control service – Jan. 19th
- Commodities will be here on January 8th around 11:00 am.
- Roundtable with Mayor Kathleen Newsham – Jan. 5th @ 2:00 pm
- Wellspring Lutheran Services will be here to do a presentation on “Asking for Help” – Jan. 14th @ 3:00 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**

Bay City Happenings in January

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

Saturday, January 16th • Comedy Night with Rob Little •

Venue: Bay City State Theatre

Address: 913 Washington Ave.

Time: 7:00 pm

Cost: \$22

Watch Rob in action, and you’ll agree that he is one of the very best stand-up comedians in country. For more info: visit www.statetheatrebaycity.com

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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

*Happy New Year to All!
I can't believe that it's
2016 in two days - I have
just gotten used to
writing 2015! One of my
goals in 2016 will be to
meet all of you and get to
know you better! If you
need assistance:*

My hours (**Monday-Thursday 2-5pm; Fridays I will be available by appointment only**) are on the board outside the Theatre room (remember that my office is through the Theatre room – if the office door is shut, I am occupied), but you can always feel free to access the Theatre room. You can call **989-892-6906** to set up an appointment for a time that will work for you. You can also leave me a note in the lock box outside my office and I will get in contact with you. Although I haven't met all of you yet, I am looking forward to getting to know you and assist you in accessing resources and services that you may need.

What kind of presentations would you like to see that will get us through the January - March cold spell?

On January 5th, we will be hosting a Roundtable with the new **Mayor of Bay City**,



Kathleen Newsham. This was a re-schedule due to our late December nasty weather! The presentation will be at 2pm in the Community Room. Residents may feel free to invite family members who might be interested as well, but **remember to call my office (989) 892-8906 in order to reserve seats as we have limited seating.**

She will be speaking on the direction that she sees Bay City going and issues that concern/involve seniors. Bring your questions as I am sure that she will welcome your input and we will have a lively conversation! I am working on a presentation for the middle of January as well and am working on arranging to bring in Blood Pressure Clinics on a regular basis. Please contact me if you have ideas for possible presentations; I will welcome your input!

Thank you to those who have expressed concern about my travel back and forth to work – I appreciate your concern and am very thankful for my all-wheel drive vehicle! Be careful outdoors – dress warmly and walk carefully!

See you soon –

Elizabeth Brinker

Service Coordinator

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Saturday, January 23rd • Frank Vignola & Vinny Raniolo Live and in Concert•

Frank Vignola is one of the most extraordinary guitarists performing before the public today. His stunning virtuosity has made him the guitarist of choice for many of the world's top musicians. Vinny Raniolo is best known for his accompanying skills and is a very high demand rhythm guitarist.

Every Sunday, Friday and Saturday, January 15th– 24th • Always...Patsy Cline•

Time: Sunday 3:00pm
Friday and Saturday 8:00 pm

Venue: Bay City Players

Address:
1214 Columbus Ave.

Cost: \$20 for seniors

The show combines humor, sadness and reality. It offers fans who remember Cline while she was alive a chance to look back, while giving new fans an idea of what seeing her was like and what she meant to her original fans.

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Programs (continued)

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Celebrating January Birthdays

We will be celebrating January Birthdays in the community room on Monday, January 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. He will bring the cake and some balloons! Please come by and celebrate with us!

- Maryanne N.....01/04**
- Kay E01/07**
- Jeanne A01/07**
- Joanne E01/08**
- Fran L01/10**
- Anna R01/15**
- Gerry T01/17**
- Bob J01/31**



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



\$50K Matching Gift Challenge!

*Gifts through December 31st are eligible to be matched, dollar for dollar, **doubling** the impact of your gift!*

Growing older doesn't mean life has to slow down. In fact, donors make new opportunities possible for PVM residents and community seniors every day. This holiday season, we are asking you to make a gift and brighten the life of a senior.

The funds raised will help seniors in the following ways:

- Resident **emergency needs**, known as Benevolence
- Social **activities** and field trips
- Reliable **transportation** to appointments or outings
- **Technology** upgrades (computers, phone systems, Internet, etc.)
- **Wellness** classes, like fall prevention; equipment and walking paths
- Facility **improvements** (community room, beauty shop, wellness center, etc.)

Double the impact of your gift today by seeing the front desk or your Village Administrator for a donation envelope. You can also go online at PVMFoundation.org or call us at 248-281-2040.

On behalf of PVM and all those we serve, thank you for making life even brighter for a senior this holiday season! Happy holidays!

Warm regards,
Paul J. Miller, CFRE

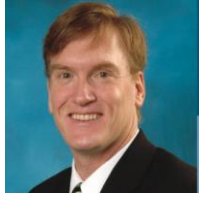
\$50K Matching Gift Challenge	
Double the Impact of Your Gift	
\$50	\$100
\$100	\$200
\$250	\$500
\$500	\$1,000
\$1,000	\$2,000

Gifts through Dec. 31st can be matched, dollar for dollar, doubling the impact of your gift!

Have you donated to the PVM Foundation this holiday season? Your gift will help seniors get emergency financial care, reliable transportation, wellness classes and much more!

To Make a Gift:
See the front desk or your Administrator for a donation envelope, log onto PVMFoundation.org or call the PVM Foundation at 248.281.2040.

Thank you for making life even brighter for a senior this holiday season!



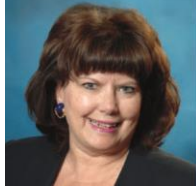
It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Train Your Brain to be More Positive – Take the 21 Day Challenge!

Harvard educated psychologist Shawn Achor has found that positive people lead healthier and happier lives and that in just 21 days you can train yourself to be more positive. Here's what to do:

1. **The 3 Gratitudes.** Each day write down 3 new things you are grateful for and why. Be specific. Instead of writing "I am grateful for my family", write "I am grateful for my son Bob because he calls me every Friday and makes me laugh".
2. **The Doubler.** Each day write down one meaningful moment you experienced within the past 24 hours. Record as much detail as you can. It will cause your brain to "relive" the moment thus doubling the positive experience.
3. **The Fun Fifteen.** Each day engage in 15 minutes of physical activity. If it's been awhile since you've been active, start with 2 minutes and work your way up to 15. Consult with your doctor first in case there are certain activities you shouldn't be doing. Otherwise, do what you enjoy.
4. **Meditation.** Each day set aside 2 minutes to train your brain to focus better. Close your eyes and concentrate only on your breathing. Think of nothing else.
5. **Conscious Acts of Kindness.** Each day send a letter/email to someone in your social circle thanking them. Be specific. For example, "I want you to know how thankful I am to have you as a friend. Whenever I feel down, you know just the right thing to say to cheer me up".



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Stay Healthy by Following the Four Basic Steps of Food Safety

With the upcoming holidays I would like to share important information from the Oakland County Health Division:

Hot foods should be kept at 140 degrees Fahrenheit or warmer. On the buffet table, keep hot foods hot with chafing dishes, slow cookers and warming trays. Cold foods should be kept at 40 degrees Fahrenheit or colder. Keep foods cold by nesting dishes in bowls of ice and replenishing ice as it melts. Otherwise, use smaller serving dishes and exchange with cold dishes of food from the refrigerator at least every two hours.

Here is a look at the Health Division's four basic steps of food safety in detail:

Clean

- Wash hands with soap and warm water for at least 20 seconds before and after handling food.
- Keep food preparation surfaces clean.
- Rinse fruits and vegetables under running water and use a brush to remove any dirt so bacteria cannot spread from the outside in.
- Avoid washing meats, poultry, or eggs.

Separate - Don't Cross Contaminate

- Secure meats, poultry or seafood in plastic bags to keep the juices contained.
- Wash all plates, utensils and cutting boards that held raw meat, poultry or seafood before reusing for perishable or cooked food.
- The juices of raw meat or poultry should never come in contact with cooked meat or other ready-to-eat foods.

Cook

- Meat, poultry, and seafood should be cooked for a long enough time at a high enough temperature to kill harmful bacteria that can cause foodborne illness.
- To check the temperature of a turkey, stick the thermometer into the inner most part of the thigh and wing and into the thickest part of the breast. Turkey's should be cooked according to package directions or at a minimum when internal temperature reaches 165 degrees Fahrenheit.
- Bring sauces, soups and gravies to a rolling boil when reheating them.

Chill

- Refrigerate foods and leftovers within two hours of serving to avoid bacterial growth. Cold foods should be stored at 40 degrees Fahrenheit or below.
- Defrost foods in the refrigerator, under cold running water, or in the microwave. Cook foods thawed under cold running water or in the microwave immediately.

Typical symptoms of foodborne illness include stomach pain, vomiting and diarrhea. Symptoms are not usually long-lasting in healthy people, but foodborne illness can be severe and even life-threatening to older adults, infants, young children, pregnant women, or people with HIV/AIDS, cancer or any condition that weakens the immune system.

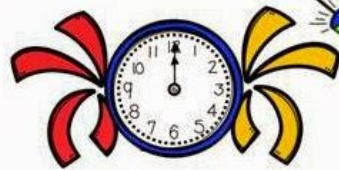
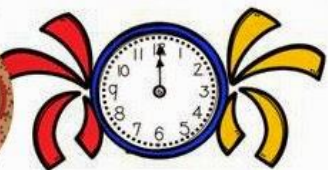
January Word Search



New Year's Celebrations Around the World

N	O	I	S	E	P	J	A	T	C	I	T	O	K	P	L	A	T	E	S	E	L
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TRADITIONS	CELEBRATIONS	FOOTBALL	MIDNIGHT	PARADES
BELLS	FIREWORKS	JANUARY	NOISE	SUITCASE
GRAPES	CLOCK	GOOD LUCK	COSTUME	DRAGON
HAPPINESS	NEW YEAR	PLATES	FAMILY	FRIENDS
DATE	SYMBOL	WHIPPED CREAM	BLACK EYED PEAS	RING CAKE



Wellspring Lutheran

Senior Living Services

Safe in Touch

Keeping you connected

Wellspring Lutheran Services offers Safe-In-Touch, a suite of services including medication management, health monitoring and home activity monitoring that helps seniors maintain independence and comfortably remain in their own homes. It's the solution you need to monitor their condition and be assured they continue to live a happy and healthy lifestyle.

Medication Management: *The right medicine and dose, all at the right time every day*

Wellspring Lutheran Services' in-home medication management solution eases the stress of monitoring and following complex prescription regimes. Working with your physician and pharmacist, medication is coordinated by a Wellspring Lutheran Services nurse who comes to your home, reviews prescriptions, fills the dispenser and then checks regularly to make certain the medication is taken properly.

TeleHealth: *It's almost like having a live-in nurse*

Just five minutes a day can ensure reliable monitoring of blood pressure, pulse, weight change, glucose and oxygen levels, and more. After answering a series of questions related to their symptoms, clients are guided through the vital sign data collection. Once the patient audibly answers the questions, data is transmitted to the Wellspring Lutheran Services office, where our professional clinicians, in consultation with the client's physician, review the daily information and respond accordingly. Early detection of warning signs may help prevent more serious problems. If you can talk with a friend, you can use TeleHealth.

Home Monitoring System: *Stay connected wherever you are*

Help ensure your aging or special-needs loved one stays independent and safe — and you'll help avoid potential emergencies before they happen. The all-new BeClose system monitors daily activity 24/7 with small wireless sensors in the home that constantly communicate with a private web page – and sends notifications to you via e-mail, phone or your mobile device. You'll receive real-time answers to these and other questions:

- Did Mom get out of bed this morning?
- Did Dad take his morning walk?
- Is Grandma remembering her medication?
- Is Grandpa fixing regular meals?

Benefit from the peace of mind you will have with BeClose.

Laughter is the Best Medicine

Church Bulletin Bloopers

*Ladies Bible Study will be held Thursday morning at 10. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.

*The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday morning.

*The pastor will preach his farewell message, after which the choir will sing, "Break Forth Into Joy."

*Remember in prayer the many who are sick of our church and community.

*The eighth graders will be presenting Shakespeare's Hamlet in the church basement Friday at 7 p.m. The congregation is invited to attend this tragedy.

*Thursday night Potluck Supper. Prayer and medication to follow.

*Weight Watchers will meet at 7 p.m. at the First Presbyterian Church. Please use large double door at the side entrance.

*The Lutheran Men's group will meet at 6 PM. Steak, mashed potatoes, green beans, bread and dessert will be served for a nominal fee.

*Don't let worry kill you, let the church help.

*This being Easter Sunday, we will ask Mrs. Lewis to come forward and lay an egg on the altar.

*Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

*Bertha Belch, a missionary from Africa will be speaking tonight at Calvary Memorial Church in Racine. Come tonight and hear Bertha Belch all the way from Africa.

*The ladies of the church have cast off clothing of every kind and they may be seen in the church basement Friday.

*Announcement for a National PRAYER and FASTING Conference: "The cost for attending the Fasting and Prayer conference includes meals."

*Miss Charlene Mason sang "I will not pass this way again" giving obvious pleasure to the congregation.

*Next Sunday is the family hay ride and bonfire at the Fowlers'. Bring your own hot dogs and guns. Friends are welcome! Everyone come for a fun time.

*During the absence of our Pastor, we enjoyed the rare privilege of hearing a good sermon when J.F. Stubbs supplied our pulpit.

*The church will host an evening of fine dining, superb entertainment, and gracious hospitality.

*This evening at 7 P.M. there will be a hymn sing in the park across from the Church. Bring a blanket and come prepared to sin.

*"Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands."

Honey Mustard Baked Salmon

Ingredients

- One tablespoon wholegrain mustard
- Two tablespoons honey
- One tablespoon lemon juice
- ½ teaspoon lemon rind, grated
- 1 salmon fillet

Directions

Pre-heat oven to 220°.

In a small bowl mix together mustard, honey, lemon juice and rind.

Rub the honey mixture over the flesh of the salmon fillets and place in an ovenproof dish.

Bake for 5 minutes or until cooked through.

Administrator Column

Resident Updates



I hope all of you are enjoying the holidays with family and friends.

As we begin another year, let's take time to reflect on the past year and all of the wonderful things that we have experienced along the way.

(Great friends, thoughtful neighbors, loving families, good health, etc.)

As some of you prepare to make New Year resolutions, maybe there are things our staff at Hampton Meadows can help you with.

Maybe some of you would like to be healthier for the new year. Maybe you would like to start a wellness routine.

Maybe you want to learn how to knit/crochet/needlepoint.

Maybe your resolution is to learn something new every day.

Maybe you want to get to know the other residents better or participate in our community events more.

Whatever it is, the staff here may be able to help.

Our Service Coordinator could set up a presentation on healthy lifestyle habits you could adopt.

The Administrator could organize a low impact exercise program with an instructor or someone who could come in and show us how to do something new.

We have a wide range of contacts within the community and we could connect you with what it is you are looking for or need help with.

Just stop by either of our offices and we would be more than happy to help you with your resolutions or any other matter you need assistance with.

I hope all of you have a wonderfully Happy New Year!

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, January 7th and Thursday, January 28th from 2:00 pm – 3:00 pm



**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