



Hampton Herald



Embrace the possibilities

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

May 2015

Featured Articles

Giving Matters pg. 5

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

The Senior Advocate pg. 7

Administrator's Column pg. 11



Look for PVM on:



Happy Mother's Day-Fun Facts

- ❖ In the vast majority of the world's languages, the word for "mother" begins with the letter M.
- ❖ In the United States alone, around 122 million phone calls are made to moms on Mother's Day.
- ❖ Carnations are very popular flowers for Mother's Day and are thought to be made from the tears of Jesus' mother (Mary) when she wept at his feet the day He was crucified.
- ❖ The most common flower for Mother's Day is the carnation; pink and red for mothers who are alive and white for those who have passed away.
- ❖ Approximately \$14 billion dollars is spent on Mother's Day.
- ❖ Mother's Day sees around one quarter of all flowers purchased throughout the year falling on this holiday.
- ❖ On May 9th, 1914, President Woodrow Wilson Declared Mother's Day a national holiday.
- ❖ 50 countries around the world celebrate Mother's Day.
- ❖ The most expensive flower in the world is the Shenzhen Nongke Orchid at \$248,912
- ❖ India celebrates Mother's Day in October for 10 days.
- ❖ In its early days, people observed Mother's Day by going to church and writing letters to their mothers. Eventually, sending cards and giving gifts and flowers were added to the tradition.
- ❖ In the former Yugoslavia, children would tie up their mother on Mother's Day. In order to be freed she had to pay them with treats.
- ❖ The writer of The Battle Hymn of the Republic, Julia Howe, tried to start a Mother's Day in 1872. It was an antiwar observance first held in 1872. It continued in Boston but after 10 years it had lost its popularity.
- ❖ Common gifts on Mother's Day include: flowers, dinner or lunch in a restaurant, jewelry, gift cards, clothing and treats such as a trip to a spa. Books, CDs, housewares and gardening tools are popular gifts as well.

Activities

Maintenance Updates

- It is that time of year again where we will be coming around and doing our semi-annual apartment inspections. **We will be conducting them on Tuesday, May 12th and Wednesday, May 13th beginning both days at 9:00 am. We will also be removing your screens during the inspections for the window washers who will be here on Thursday, May 14th.** Dave will come by and reinstall them for you Thursday and Friday.
- We will be conducting our announced **fire drill on Thursday, May 14th at 3:00 pm.** Please exit the building and gather in the middle section of the lot between the 2 islands. We will be taking head count there. If you are unable to descend the stairs from 2nd floor please gather on the top landing in the stairwells. Remember, in case of an actual fire; please feel the temperature of the door first to be sure it is safe to exit the building.
- When the alarm sounds and you exit your apartment, please leave your apartment door unlocked. This will assist us in going room to room and will also assist the fire department in the event of an actual fire when they are checking the rooms as well.

May Activities

Please join us in the month of May for:

- Every Sunday – Bingo @ 2:00 pm
- Every Tuesday – Dinner @ 4:00 pm
- Every Wednesday – Bingo @ 5:00 pm
- Administrator's Updates Meeting – May 14th @ 11:00 am
- Monthly Birthday Celebration – May 11th at 6:00 pm
- Bookmobile – May 21st from 2:00 pm – 3:00 pm
- Monthly pest control service – May 19th
- Resident Appreciation— Memorial Day Lunch— Wednesday, May 20th at 12:00 pm
- Followed by our Shining Star Celebration May 20th at 1:00 pm.
- Pneumonia Booster Shot Clinic – Wednesday, May 6th at 11:00 am presented by Walgreens.
- Intellicare – Low Vision Presentation – Wednesday, May 13th at 1:00 pm.
- Commodities recertification on Tuesday, May 19th from 9:00 am – 11:00 am.

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 p.m.
everyday**

Bay City Happenings in May

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 – Saturday May 7th – 9th •The Bay City Players Presents the Sound of Music•

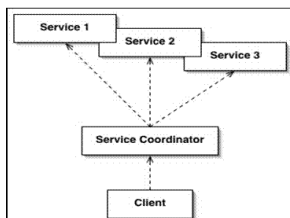
Each day beginning at 8:00 pm
Senior admission is \$20

Continued on pg. 3

Service Coordinator Corner

989-892-6906

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



We are actively seeking a Service Coordinator to assist you with your needs.

As in the past, please feel free to stop by the Administrator's office for any services and assistance that you may need in the meantime.

I have a list of resources and contacts available and can help you with any issue that you may be having. Please don't hesitate to ask.

We will be welcoming the Bay County Library Systems **Book Mobile**. They will be pulling up in the parking lot and **will be here every 3rd week from 2:00 pm until 3:00 pm beginning January 15th**.

I have posted the schedule on the bulletin board by the mailboxes for you to review.

You will need to have a Bay County Library System Library Card to be able to check out books from the Book Mobile. If you do not have a library card, please stop by the office. I have applications for you to fill out.

Continued from pg. 2

February 5th – December 17th
•Freeland Sports Zone Ballroom Dance and Lesson•
 Every Thursday
 7:00 pm – 10:00 pm
 Admission is \$10.00 per person.

Singles and couples welcome. Friendly atmosphere. Snacks and refreshments served. Large dance floor.

May 13th – May 14th
•Elvis Aaron Presley Matinee Dinner Show• Bavarian Inn Restaurant•

Admission \$40.00 per person, includes a hearty chicken plate luncheon, show and gratuity. Elvis Jr.'s talent as a musician entertainer is a gift to all who enjoy the works of his late father. His loving tribute to his father's works, as well as performing his own music will captivate each and every listener. Call and book your reservation today. Show times will take place daily at 11:00 am and 2:30 pm.

Continued on pg. 4

Programs (continued)

Continued from pg. 5

Celebrating May Birthdays

We will be celebrating May Birthdays in the community room on Monday, May 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!

- Darlene A05/02**
- Sally G05/07**
- Dorothy L05/17**
- Dorothy C05/25**
- Jean N05/29**



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



Grants Awarded to PVM Villages

Through the generosity of our many donors, the **PVM Foundation Grant Allocation Committee** was able to **award over \$73,000** so far this year to fund various Village projects and programs including:

- Funding to complete a Paved Service Road at **The Village of Sage Grove**
- Funding to complete the new Security Camera system at **The Village of Warren Glenn**
- Funding to complete the Gazebo at **The Village of Our Saviour's Manor**
- Funding for resident activities at **16 Villages**
- Community Living Room updates at **The Village of Rosebush Manor**
- Automated phone call system at **The Village of Spring Meadows**
- Signage replacement and updates at **The Village of Bethany Manor**

Projects like these and many others that are funded throughout the year are only possible through the support of donors, so **THANK YOU** for all you do for residents! If you have any questions about projects that the PVM Foundation funds, please call Avni Thomas at 248.281.2040.

Another event the PVM Foundation supports is the annual **Village Victory Cup**, being held on **Friday, June 26th** at the Ultimate Soccer Arenas in Pontiac. This senior Olympics-style competition brings nearly all the Villages together for a fun-filled and rewarding day. I hope to see each of you there competing or cheering on your teams!

If you have any questions or would like to share your thoughts, please contact me at 248-281-2040 or pvmfoundation@pvm.org. Thank you for all you do to support PVM!

Warm regards,
Paul J. Miller, CFRE

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.pvmgifts.org

Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION

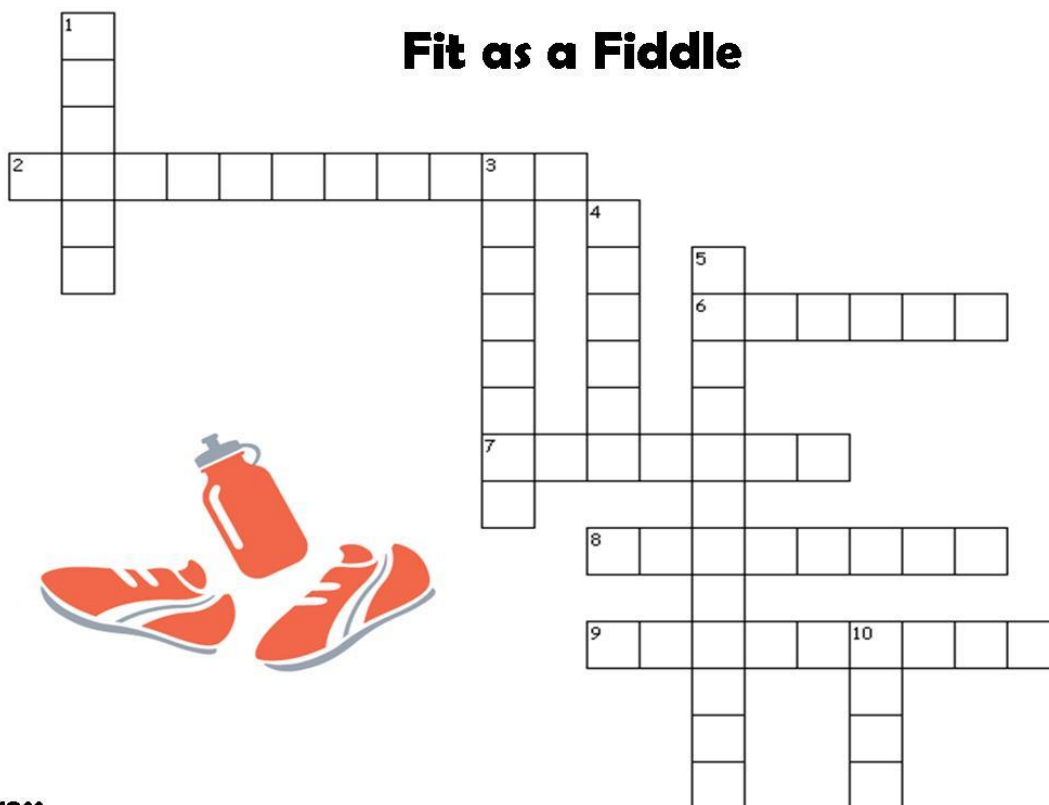


It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Wellness Crossword

Fit as a Fiddle



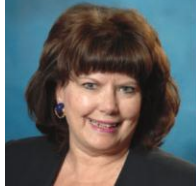
Across

- 2. Lace these up when you're about to head out for a run.
- 6. Exercise can give you this, which can help wake you up and help you stay positive throughout the day!
- 7. It's good to do this before being active, to loosen up those muscles!
- 8. This is an activity you can do in the water, and can be easy on the joints.
- 9. This is a machine that you can use to walk or run inside, and is great when the weather isn't permitting exercise.

Down

- 1. Grab one of these and have them come with you for a walk!
- 3. This is something you can do to keep your body healthy.
- 4. You should always speak with this person before becoming active.
- 5. This illness impacts the heart, and the risk of it can be reduced with exercise.
- 10. This is improved when you exercise, and leads to a more positive outlook.

Answers can be found in next week's newsletter!



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

May is Older Americans' Month

May is Older Americans Month. The Administration on Aging denotes this celebration as a way to draw attention to acknowledge the past and present older persons in our country. This year's theme is "Get Into the Act". When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived their life in poverty; and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month", the prelude to "Older Americans Month".

Every President since Kennedy has issued a formal proclamation for Older Americans Month asking that the entire nation pay tribute in some way to older persons in their communities. This is celebrated across the country through ceremonies, events, fairs and other such activities. Each of us can do something to honor our older Americans. If you are a senior who is blessed with mobility and good health reach out to another senior friend or neighbor who may not be as fortunate as you. If you are a family member, neighbor or friend of a senior find some special way to let them know that you appreciate what they have done through defending us or building the communities which we all now enjoy. We owe a debt of gratitude to our older Americans. Please join me in saying THANK YOU!

May Word Search

WORD SEARCH! SPRING CLEANING

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

WORD LIST

ATTIC
BACK YARD
BASEMENT
BOXES
BUCKET
CAR
CEILING
CLEAN
DRYER
FRONT YARD
GARAGE
GARBAGE
GLOVES
GUTTERS
LADDER
LAUNDRY
LAWNMOWER
MIRRORS
MOP
ORGANIZE
PAINTBRUSH
RAKE
SHED
SORT
SPONGE
VACUUM
WATER
WALLS
WASH MACHINE
WINDOW CLEANER

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



©2010 TIM HOLTRUP.

SPECIAL THANKS TO CALVIN HOLTRUP

www.cybercrayon.net

Wellspring Lutheran

Senior Living Services



Hope flows to seniors and their families

Aging brings with it great contrasts. It provides tremendous benefits as well as challenges. It can be a time of experiencing new adventures and deepening relationships. But it can also bring physical or memory challenges, loss of independence, and dramatic changes in ones living situations.

So how do you navigate these currents? When is it the right time to make a change in housing? Look for more support? If you're a daughter of an aging parent, how do you know the right way to intervene when you're worried about your loved one's safety?

At Wellspring Lutheran Services, we've learned a lot about serving seniors and their caregivers, based on 120 years of experience. A lot has changed in that time, but not our goal of making senior living a time of purpose and joy.

In response to your questions and needs, we provide a variety of options, including:

- [Affordable Housing](#)
- [Alzheimer's & Memory Care](#)
- [Assisted Living](#)
- [Independent Living](#)
- [Respite Care](#)
- [Short-term Rehabilitation](#)
- [Skilled Nursing](#)

We invite you to learn more about Wellspring Senior Living, and how we can help you live life to its fullest. Please also take advantage of our many Helpful Resources for seniors, caregivers and clinicians.

Laughter is the Best Medicine

- Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks' vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."
- In a Catholic school cafeteria, a nun places a note in front of a pile of apples, "Only take one. God is watching." Further down the line is a pile of cookies. A little boy makes his own note, "Take all you want. God is watching the apples."
- Just as she was celebrating her 80th birthday, our friend received a jury-duty notice. She called the clerk's office to remind them that she was exempt because of her age.
"You need to come in and fill out the exemption forms," the clerk said.
"But I filled them out last year," she replied.
"You have to fill them out every year."
"Why? Do you think I'm getting younger?"
- My husband was driving home from work when he was pulled over for not wearing a seat belt. Two days later—same ticket, same cop.
"So," the officer said, "have you learned anything?"
"Yes, I have," said my husband. "I've learned I need to take a different way home from work."

Homemade Single-Serve Microwave Macaroni and Cheese in a Mug

Ingredients

- 1 large mug (soup mug) or bowl
- Whole Grain Elbow Macaroni
- Water
- Cheddar Jack Shredded Cheese
- Splash of Milk

Directions

In a microwave safe mug or bowl, put 1/3 cup whole grain elbow macaroni and 1/3 cup + 1/4 cup water.

Microwave for six minutes, stirring at 4 minutes, 2 minutes and 1 minute.

The pasta should be cooked and there will be a tiny bit of thick pasta water in the bottom. Leave this.

Add a heaping 1/3 cup of shredded cheese. Return it to the microwave for 30 to 45 seconds to melt the cheese.

Stir well, adding a small splash of milk (maybe 2 teaspoons).

Administrator Column

Resident Updates



FRIENDS AND FAMILY CAMPAIGN UPDATE

Thank you to everyone for your participation in our Friends and Family Campaign. I will update all of you on totals as soon as the final numbers are in.

We have done a fantastic job fundraising this year and from the looks of it, we may be exceeding our goal!

We had our Penny Challenge

Fundraiser and were able to raise \$37.47 towards our campaign. First floor came out on top again this year with a total of \$19.40. Second floor finished with a -\$4.41. Although it's not so much about who won and who lost as it is about how much fun we had with the competition. Everyone who participated had lots of laughs and it was fun to watch the jars grow with pennies and silver.

We will be hosting a pizza celebration in June and everyone is invited to join us.

SHINING STAR CELEBRATION

Thank you to all of you who took the time to put in a nomination for Dave and me regarding the company wide PVM Shining Star award. Your kind words mean so much to us and we appreciate all

of you for making our jobs meaningful. We will be having our monthly Resident Appreciation Lunch on May 20th at 12:00 pm and that will be followed up by a celebration at 1:00 pm to thank you for allowing us to do what we do here for you and appreciating us for it. Come join us for all of the food, fun and laughs as we appreciate all of the things that make the Village of Hampton Meadows the best place to call home!

Have a wonderful spring everyone!

Stephanie Cooper
Administrator
The Village of Hampton
Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, May 21st
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
Administrator

989-892-1912

Service Coordinator

989-892-6906

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



The Village of
**Hampton
Meadows**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan
and Wellspring Lutheran Services

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

Embrace the possibilities