



Hampton Herald



Embrace the possibilities

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

July 2016

Featured Articles

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Column** pg. 13

Take the Independence Day Trivia Quiz

So, you think you're a good patriot? Try your hand at Spin Control's annual Independence Day Trivia quiz, which they offer each year as a holiday from politics. It has 13 questions, one for each rebel colony. Some are pretty easy, some a bit tougher. See what you can come up with....

1. We celebrate July Fourth as Independence Day because that's the day:

- A. Colonists tossed the tea in Boston Harbor;
- B. Patrick Henry declared "Give me liberty or give me death!";
- C. The Continental Congress approved the Declaration of Independence;
- D. The American Revolution ended.

2. Which of the following happened after the colonies declared their independence?

- A. George Washington took command of the Continental Army;
- B. The Minutemen fought British regulars at Lexington and Concord;
- C. The Battle of Bunker Hill;
- D. American troops spent a hard winter at Valley Forge.

3. When we set off fireworks to celebrate Independence Day, we're following a tradition that dates back to what country?

- A. Great Britain
- B. China
- C. Rome
- D. Greece

4. Where was the Continental Congress meeting when it declared independence?

- A. Washington, D.C.
- B. New York
- C. Boston
- D. Philadelphia

5. Which of the following phrases are NOT found in the Declaration of Independence?

- A. We the people of the United States. . .
- B. When in the course of human events. . .
- C. Life, liberty and the pursuit of happiness. . .
- D. Our lives, our fortunes and our sacred honor...

6. Who reportedly said "I have not yet begun to fight"?

- A. George Washington
- B. Nathan Hale
- C. John Paul Jones
- D. Benedict Arnold

7. Who was king when the colonies declared independence?

- A. George I
- B. George II
- C. George III
- D. George IV

8. The declaration lists a series of grievances the colonists had against the king. Which was NOT one of them?

- A. Imposing taxes without their consent;
- B. Suspending colonial legislatures;
- C. Sending lots of government officials to harass them;
- D. Ordering them to surrender their firearms.

9. Which of the following was NOT one of the original 13 colonies?

- A. New York
- B. New Jersey
- C. New Hampshire
- D. New Mexico

10. What southern city refused to celebrate July 4 for more than 80 years?

- A. Vicksburg
- B. Richmond
- C. Atlanta
- D. Chattanooga

11. During the American Revolution, the British supplemented their troops with paid soldiers from:

- A. France
- B. Germany
- C. Poland
- D. Russia

12. John Adams was George Washington's vice president. Thomas Jefferson was Adams' VP. Who was Jefferson's vice president when he was first elected?

- A. John Adams
- B. James Madison
- C. Aaron Burr
- D. Alexander Hamilton

13. How many colonies ratified the Declaration of Independence on July 4?

- A. 7, it only took a simple majority;
- B. 9, it took a two-thirds majority;
- C. 12, one colony held out;
- D. All 13.



Look for PVM on:



See the answers on page 4

Activities

Maintenance Updates

- *We have bird feeders that are located in the pine trees off of the north east side of the patio. These were added by residents (after approval by Hampton Meadows) so that all of you can enjoy nature in our beautiful country setting. Although it is a wonderful idea to offer a place for birds to eat so we can see them and enjoy them; this does NOT extend to other animals or other locations. We have seen upon occasion that residents are leaving food in the grass to feed birds, squirrels or otherwise. Although it is a very thoughtful gesture, we want to keep a safe distance from the animals and we certainly don't want to encourage any unwanted pests to come too close to the building. Unwanted pests that get comfortable near walkways and "human" areas, may cause a problem by having access to enter the building or getting too close to us. Please remember to put food in the bird feeders only.*
- *If the washing machines or dryers are not working, please contact the 800 number listed on them. We do not maintain or repair the machines.*
- *Be sure to address your work orders at the office during office hours. If it is after hours or the office is closed, please contact the emergency phone number. Please do not stop maintenance in the halls.*

July Activities

Please join us in the month of July for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Commodities will be here on July 1st around 11 am
- Administrator's Updates Meeting – July 14th @ 11:00 am
- Monthly Birthday Celebration – July 11th at 6:00 pm
- Bookmobile – July 14th 2:00 pm – 3:00 pm
- Monthly pest control service – July 18th
- Lunch bunch for July will be at 11:30 am on the 15th. We will be ordering from Roma's.
- Wii Bowling every other Thursday @ 10:00 am July 7th and 21st.
- Please check out the Service Coordinator's page for a list of upcoming presentations.
- Shining Star Celebration July 7th at 12:00 pm.
- Hampton Meadows Food Drive for Good Samaritan Rescue Mission—we will be collecting non-perishable food items during the beginning of August. Please check your August calendar for more details.

Announcements

Laundry Repair Contact Number: [1-800-521-9938](tel: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

Note: You can add more quarters to the dryer while it is running if you need more time to dry. 😊

Bay City Happenings in July

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

Tuesdays in June, July & August

• **Tuesdays Movies in the Park** • Free family-friendly movies at the Shell in Wenonah Park.

Wednesdays in June, July & August • **Wednesdays in the Park** • Young people's entertainment at lunchtime and concerts for all in the evening. All free!

Fridays, July and August • **Fridays at the Falls** • Free casual entertainment at the Third Street Waterfall Park starting at 6:00 pm.

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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

I hope that you're all enjoying the weather – it looks like a beautiful Independence Day weekend! Enjoy the beauty of Bay City's fireworks – they are amazing!

On July 7th (Thursday) at 2:00 p.m., we will have a presentation entitled “Spot A Stroke – FAST (Face, Arm, Speech, Time)” by The Care Team. Please come and learn about the signs of a stroke – none of us know when we might be with someone who has one, or experience one – it is always good to have prior knowledge of what it looks like.

On July 13th (Wednesday) at 2:00 p.m., we will have a presentation: “Myths & Facts: Substance Abuse and Prescription Drugs” by Mel from Southern Care. This is a presentation subject that has been requested by several residents and will be good information for those who have others coming in and out of their apartment who might have access to your medications as well as make you aware of the signs of substance abuse when it comes to prescribed medications.

We will have Blood Pressure Clinics on July 14th at 2:30 p.m. and again on July 28th at 2:00 p.m. – please come and take advantage of having your blood pressure checked by a trained professional. It is a good preventative measure, and should be monitored on a regular basis.

For those of you who have come to me with questions concerning Medicare and Medicaid and Healthcare Marketplace insurances, I will be training on them the end of July. Due to this training, I will be out of the office from July 22 – August 1. This is my advance warning, so contact me if you need assistance prior to the 22nd, otherwise I will see you and be happy to meet when I return.



Remember, I am on “Summer Hours”. I am in my office Mondays, Tuesdays, Wednesdays, and Thursdays from 1:30 – 6:30 p.m. **Because of the Independence Day Holiday, I will have adjusted hours:** on Tuesday and Wednesday I will be here 1:30 – 6:30 p.m. and on Thursday I will be here 1:30 – 5:30 p.m. Friday I will be off as is my usual Summer schedule.

And remember, due to the training on Medicare and Medicaid, I will not be here July 22 – August 1. **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 lockbox outside my office door.

On a related note – Remember that I am here to assist you to “Age in Place” or as someone recently called it – “THRIVE in Place” (stay in your home - happily) as long as you desire and can safely remain. Come talk with me if you're having difficulty with the things you need to do and we'll see how I can help!

Elizabeth

Programs (continued)

Celebrating July Birthdays

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

- Karen R 07/05**
- Jessie S..... 07/09**
- Barb T..... 07/17**
- Pat M..... 07/25**

Answers to the Trivia Quiz:

- 1 **C.** But it would not be correct to say it's the day the Continental Congress voted for independence. That actually happened July 2, but wording of the declaration was approved two days later.
2. **D.** The hard winter at Valley Forge was 1777-78. The other three happened in 1775, with Washington taking command of the Continental Army a year and a day before the declaration was signed.
3. **B.** The Chinese invented fireworks and were the first to use them to celebrate things.
4. **D.** The Continental Congress was meeting in Philadelphia. Boston and New York would have been too dangerous and Washington, D.C. didn't exist.
5. **A.** "We the people of the United States" is the beginning of the Constitution.
6. **C.** Jones reportedly said this while commanding the USS Bonhomme Richard in the battle with HMS Serapis. His ship sank but not before the Serapis was captured.
- 7.**C.** King George III, who was king for some 60 years, although during the last 10 he was suffering from a mental illness and his son was the actual ruler.
8. **D.** The declaration says nothing about disarming colonists, although it wasn't uncommon for British troops to seize guns and ammunition from them in attempts to put down "the rebellion."
9. **D.** New Mexico wasn't a British colony.
10. **A.** Vicksburg did not celebrate the Fourth of July for 81 years because on that day in 1863 the Confederate forces defending the city surrendered to Gen. Ulysses Grant after a long siege.
11. **B.** The Hessian troops were from what is now Germany.
12. **C.** Aaron Burr was the third vice president. But Jefferson and Burr didn't get along and he was dropped when Jefferson ran for his second term in 1804, the year Burr Alexander Hamilton in a duel.
13. **C.** 12 colonies voted for independence on July 2 and for the wording on July 4, but the New York delegation had to abstain because they didn't have the authority from their provincial congress to vote. That authority arrived about a week later and the congress passed a resolution so the final copy of the declaration was amended to say it was the unanimous declaration of the 13 states.

Scoring:

- 0-3: Union Jack
- 4-7: Yankee Doodle
- 8-11: Minuteman
- 12-13: Founding Father

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Friday – Saturday, July 8-9

•Cool City Car Show•

Friday night cruise. Saturday over 400 specialty vehicles, hot rods, antiques, customs and motorcycles throughout downtown.

Thursday – Sunday, July 14-17

•Tall Ship Celebration•

The celebration provides an opportunity to tour each ship, plus is filled with a wide variety of special events and activities for the entire family.

Thursday – Saturday, July 21-23

•Downtown Sidewalk

Days• Sidewalk Days has been a Downtown Bay City tradition for over 50 years! This event is all about great sales and food in a very special place.

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



You are a Superhero.

The power to reach the future is in your hands.

Dorothy Thurston, a resident at the Village of Westland is a hero whose legacy is having an impact today. Her Charitable Gift Annuity made it possible for the Village to purchase a big screen TV—a new social hub at Westland!

Dorothy's planned gift is a great example of how the legacy YOU leave will benefit seniors long into the future.

Just like in the comic books, heroes come in all shapes and sizes. And your gift can become anything from a TV to a **life-saving service**. The giving options are as unique as you are!

Here are just a couple of options:

- **Gifts that pay you income, like a Charitable Gift Annuity** – the donor makes a gift and, in return, receives fixed payments for life - as high as a 9% rate of return!
- **Gifts that benefit PVMF after your lifetime, like a Bequest** – Simplest and most popular planned gift, it's a provision in a will or trust allocating all or part of a donor's estate to PVM.

To learn how your legacy can brighten the future, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

P.S. Secure your tickets and sponsorships now! The countdown has begun! The 13th Annual Gala, "All That Jazz!" is Friday November 11—only 5 weeks away!



Wellspring Lutheran

Occupational Therapy

Healing starts here

Whether recovering from an illness, surgery or accident, your loved one may need additional assistance. Wellspring Lutheran Services offers occupational therapies to help people adapt, heal and reach their goals in recovery.

Here's a glimpse of our occupational therapy:

- Take advantage of strength and coordination exercises
- Learn adaptive techniques
- Work on simplifications and energy conservation
- Gain confidence in your abilities

Physical Therapy

With you for the long haul

For those facing a longer recovery, physical therapy may be needed. Wellspring Lutheran Services has a team of physical therapists to meet your needs. As a physical therapy patient, you can benefit from:

- Building strength, balance, coordination and endurance
- Increased walking stability, posture and positioning
- Improved pain management

Speech Therapy

Committed to helping

When illness or injury impact your ability to speak, we have a team of speech therapists who can help you navigate those challenges.

The Wellspring Lutheran Services speech therapy program can help you by:

- Improving speech and communication skills
- Teaching you to organize information to facilitate decision-making
- Providing important information on swallowing disorders, proper diet and other topics to maximize nutritional health and manage the disease process

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!"



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:

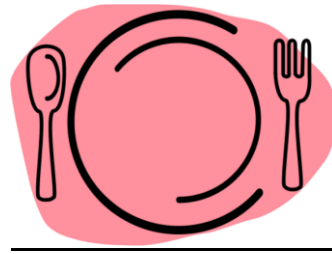
Please respect your neighbors' privacy and confidentiality and also the house rules, by not congregating in the lobby. Conversations in the lobby can be disruptive, loud and uninviting.

*Socializing with your friends and neighbors can happen in any of our **amenity rooms** and you are welcome to use them at any time.*

Please note that you do not need to put your rent payment into an envelope before placing it into the drop box. The box is locked and no one has access to it other than the Administrator.

*Join us in the Community Room for our **Shining Star Celebration on July 7th at 12:00 pm.** Many of you took the time to nominate us for a company-wide award and we want to take a few moments to share our appreciation with all of you. A light treat and beverages will be served.*

Tuna and White Bean Salad



Ingredients

- ½ cup olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon Italian seasoning
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 1 large cucumber, peeled, seeds removed, chopped
- 4 plum tomatoes, chopped
- ½ cup chopped red onion
- 2 tablespoons chopped fresh parsley
- 1 (15.5-ounce) can great northern beans, rinsed and drained
- 1 (12-ounce) can solid white tuna, drained well

Directions

- In a large bowl, whisk together olive oil, lemon juice, Italian seasoning, salt, and black pepper
- Stir in cucumber, tomato, onion, parsley and beans. Add tuna and toss gently until evenly coated. Serve immediately or refrigerate until ready to serve.

July Word Search



Independence Day

Find the hidden words within the grid of letters. **WSH6-3**

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

allegiance
 American flag
 American Revolution
 barbecues
 baseball games
 Charles River Esplanade
 Continental Congress
 democracy
 fireworks

founding fathers
 Freedom Festival
 fun fourth
 Great Britain
 Independence Day
 John Adams
 July
 Macy's Fireworks
 national anthem

national holiday
 patriotic
 Rainbow Gathering
 Red White and Boom
 Stadium of Fire
 Thomas Jefferson
 Yankee Doodle

July Puzzles

USA ROAD TRIP MAZE



Laughter is the Best Medicine

“Goodbye Mom”

A guy shopping in a supermarket noticed a little old lady following him around. If he stopped, she stopped. Furthermore she kept staring at him. She finally overtook him at the checkout, and she turned to him and said, "I hope I haven't made you feel ill at ease; it's just that you look so much like my late son." He answered, "That's okay."

"I know it's silly, but if you'd call out "Goodbye, Mom" as I leave the store, it would make me feel so happy." She then went through the checkout ... and as she was on her way out of the store, the man called out, "Goodbye, Mother." The little old lady waved and smiled back at him.

Pleased that he had brought a little sunshine into someone's day, he went to pay for his groceries. "That comes to \$121.85," said the clerk.

"How come so much? I only bought 5 items."

The clerk replied, "Yeah, but your Mother said you'd pay for her things, too."

Administrator Column

Resident Updates



New Property Additions

As many of you have noticed, we continue to add new things to the property to beautify it for you, our guests and our friends.

This year we have been blessed with a few amazing donations!

We have added a lighthouse to the berm along the main drive as you enter the property. This was **handcrafted** by a family member of one of our residents and was donated to us for all to enjoy. What a beautiful addition to our

property! It can be seen on the south side of the main drive.

We have also received a donation of a billiard table for your enjoyment as well. Dave is working hard on making some minor repairs to it and it will be upright and ready to use soon. We will have everything with it that you will need to compete against each other in friendly games where you can bond and have a little fun in your free time.

We have installed several new trees in the front of the property too. Some are to add additional color to the property and others are to replace some that we have lost through the years. All of them will flower and will add even more excitement, color and beauty!

We have changed the planting areas near the front door this

year as well. We have decided to go from our usual plantings of annual flowers to perennial flowers. These plants and flowers will come back every year and we can enjoy them for years to come. Keep watching as you see different shades of pink, purple, white and even some greenery to add to the colorings.

Everything we do here, we do with our residents in mind. We hope that you all enjoy the many things that we have added and continue to add for your pleasure.

Have a wonderful holiday and keep enjoying this beautiful Michigan weather!

Stephanie Cooper
Administrator
The Village of
Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, July 14th



Happy Independence Day
Everyone!

July 4th

**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