



Hampton Herald



Embrace the possibilities

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

January 2020

4th Annual Wii Bowling Tournament

Featured Articles

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Congratulations to our Wii Bowling Team!

After eight full weeks of game play, 4 wins and 2 losses, our bowling team came in second place in the tournament! There were 13 teams competing this year and to be #2 is a HUGE accomplishment!

Congratulations to all of our bowlers for a job well done!

Pat M.
Rose L.
Stephanie R.
Fran P.
Glenn M.

We are all so proud of you. Thank you for representing our village and giving the #1 team a serious run for their money. ☺

We will be back again next year and next time...that trophy will be ours!

That also reminds me that we aren't too far away from our Virtual Village Victory Cup events. Last year we participated in July so the 2020 event

is right around the corner. Soon we will be setting up the games so that we can begin practicing.

For those of you who are new to the village, our Virtual Village Victory Cup is where we participate in senior-oriented, Olympic style games. Mostly we just enjoy each other's company, have a good meal and have tons of fun! We do some laughing, we do some scoring and then when it's all tallied up...we even win some medals. ☺ The connection and bonding with each other is always the TRUE prize. For those of you who enjoy a good time, a great meal and a slight amount of physical activity, you should definitely stop down to check it out.

Practice days will be on the calendar as well as our actual scoring day. I can't wait to see all of you there!



Look for PVM on:



Maintenance Updates

- If you see an area in the parking lot that needs some salt, please let us know. The salt shakers that are near the exits are for the sidewalk ONLY. There is other salt that needs to be used for the parking lot.
- We cannot address work orders given to us second hand from other residents. If there is a problem in your apartment, you need to let us know right away. You can call, stop down to the office or fill out a maintenance slip.
- We cannot dispose of your large items in our trash. Please contact family members to handle their removal.
- If you need assistance with your thermostat, please contact the office.
- Please remember to tie your trash bags securely before disposing of them in the barrels or down the trash chute.
- Please remember that it is your responsibility to break your boxes down flat before placing them in the trash room floor.
- Remember to clean up after your pet.
- ***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.***

Please join us in the month of January for:

- BINGO - Every Wednesday @ 5:00 pm
- Administrator's Updates Meeting – January 15th @ 11:00 am.
- Monthly Birthday Celebration – Monday, January 13th @ 6:00 pm
- Bookmobile –January 16th from 5:15 pm – 6:15 pm.
- Wii Bowling – every Thursday Morning @ 9:00 am
- Lunch Bunch – is back on! Join us on Wednesday, January 29th at 11:30 am in the community room. We will be ordering pizza from Hungry

Howie's this time. The menu is always posted ahead of time on the office window. Please be sure to have your exact dollar amount needed which includes the food, 6% sales tax and \$1.50 tip IF the food gets delivered.

- Resident Appreciation Dinner – January 24th at 3:00 pm. Please sign up in the community room so that we will have an idea of how many to prepare food for.
- There will be some surveys coming out that I need you to fill out and return to me. Your opinion is helpful and necessary!

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 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

• **Indulge • February 9th 10:00 am – 5:00 pm** • A Downtown event full of life's special things: chocolate, giveaways, pampering, fashion, great dining and so much more. Whether you are looking for a day with friends out on the town, a romantic spa getaway or a day just for you. *Continued on pg. 4*

Continued from pg. 2

Programs (continued)

Celebrating January Birthdays

We will be celebrating January Birthdays in the community room on **Monday, January 13th at 6:00 pm**. Skorupski Family Funeral Home and Cremation Services has graciously agreed to host all of our birthday celebrations. The staff will bring the cake and some balloons! Please come by and celebrate with us!

Kay E	1/07
Joann E	1/08
Fran L	1/10
Janis C	1/21
Bob J	1/31

+



•Hot Chocolate Hop • Sunday, February 2nd, 11:00 am – 3:00 pm • Come on out and stay warm with an array of delicious drinks while shopping, dining and exploring Downtown Bay City! Meet your local entrepreneurs, enjoy the unique spaces the city has to offer & hop all along to all the warm spots! Bring the whole family to try them out and vote for your favorite!

•Chili Cook-Off • Saturday, February 29th 8:00 am – 5:00 pm •

•Bay City Polar Bear Plunge • Saturday, February 29th 11:00 am – 5:00 pm • Annual fundraiser for Special Olympics of Michigan. Includes Parade of Costumes and Polar Teams plunging for funds, plus special activities for all. Visit www.plungemi.com for more!

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



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

The 2020 US CENSUS

Once every ten years, the US Census Bureau does a complete population count, surveying every resident in the US. This count is mandated by the Constitution and requires reaching millions of households. Everyone who has established a residence in the US is counted, including individuals with work visas, international students, and unauthorized immigrants, but excluding temporary visitors such as tourists.

The 2020 Census will be the first time you can take the survey online. Most households will be contacted by mail with a unique code to fill out the survey online. The goal of the Census Bureau is to have these distributed between March 12-20th. Be sure to look for this document since it is very important that you respond. For every resident not counted thousands of dollars are lost to your geographic area. If you are not handy with internet usage ask a family member or friend to assist you. Make sure you are responding to the official document since scammers will try to send fake ones to access your information.

Just as every vote counts at election time, every survey counts?

(Information was provided by USA Facts)

Your Life. Your Legacy.

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

**Please consider a charitable bequest...
and leave a legacy.**

Presbyterian
Villages
OF MICHIGAN
THE FOUNDATION

For more information, call
Paul Miller at the PVM Foundation
248.281.2045
www.pvmgifts.org

*It's Easy to Give to
PVM Foundation!
Online at
pvmf.org/donate
Email
pvmfoundation@pvm.org
Call us at
248.281.2040
Or drop by and
say hi!*



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

A New Year's Resolution Solution

With the arrival of the New Year, like 100 million other Americans, you have probably made at least one New Year's resolution. Unfortunately, however, like most everyone else, by mid-April you will probably find that your resolutions are nothing but distant memories. So, why is it that as easy as resolutions are to make, they seem to be even easier to break?

Ask almost anyone that has made – *and broken* – a resolution and they will tell you that lack of will power was their downfall. But is failing at our resolutions really a matter of will power? Could it be that the problem isn't that we aren't mentally tough enough, but that we really haven't yet learned how to set realistic goals?

When it comes to learning how to set goals, behavioral experts recommend:

- Starting with something you **WANT** to do rather than something you think you should/need to do (e.g., being more physically active vs. eating less salt).
- Choosing something **ACTION** oriented rather than outcome oriented (e.g., walking vs. losing weight).
- Selecting something **MEASUREABLE** (e.g., walking a certain distance or for a certain amount of time vs. just walking).
- Selecting something **ACHIEVABLE** (e.g., walking 10 minutes/day, 3 times/week vs. walking 2 miles/day, 7 days/week).

As with any new skill, the more you practice it the better you will get at it. Before you know it, you will be setting and achieving goals with ease.

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:

The lobby and halls are not for socializing. If you want to catch up with your neighbor, invite them in for coffee. Meet each other in one of our beautiful amenity rooms. Chatting outside of the office is disruptive. It interferes with the confidentiality and privacy that all residents are entitled to. It also interferes with the staff's ability to concentrate on important reports or hear the person on the other end of the phone. Chatting in the hallway is disruptive to the people who are on the other side of the doors you are outside of. Remember to be courteous of one another.

When returning books to the library after you have borrowed one, please return it to the marked bottom shelf so that it can be refiled alphabetically by our volunteer librarian. Thank you.

Remember to always be kind to one another. One simple act of kindness can go a long way. Offer some kind words of encouragement if you know that they are struggling with something in their lives. Words can hurt. Please think before you speak. Sometimes what you say to others can really make an impact on them. A compliment or a kind gesture really goes a long way.

Easy Korean Beef Rice Bowls



Ingredients

- 4 cups cooked rice (about 1 1/3 cups uncooked), or use minute or instant rice
- 1 teaspoon sesame oil
- 1 pound extra lean ground beef
- 3 cloves garlic, finely minced or pressed
- 4 tablespoons low sodium soy sauce
- 1 tablespoon freshly grated ginger
- 3 tablespoons brown sugar
- A dash of sriracha hot sauce (optional)
- 1 cup carrots, cut julienne style (these can be purchased pre-cut in the produce section)
- Chopped green onions, toasted sesame seeds and red pepper flakes (optional)

Directions

- Prepare the rice according to the package directions
- Heat a large non-stick skillet over medium-high heat and add the sesame oil
- Add the ground beef to the hot skillet and brown until almost cooked through (about 6-10 minutes).
- Add the garlic, soy sauce, ginger, brown sugar, and sriracha to the skillet and stir well until a small amount of sauce forms.
- Add the carrots and cook for about 2 more minutes until the carrots soften slightly.
- Serve the beef mixture over rice and garnish with chopped green onions, toasted sesame seeds and a small sprinkling of red pepper flakes (garnishes optional).

DELICIOUS

January Word Search




Martin Luther King Jr.

- Alabama
- Assassination
- Brotherhood
- Change
- Civil rights
- Dream
- Equality
- Freedom
- Georgia
- Integration
- January
- Justice
- Minister
- Nobel
- Nonviolence
- Peace
- Rosa Parks
- Segregation
- Speech

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

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January Puzzle



		First Names				Cheeses				Pets			
		Alaina	Cayden	Esteban	Nadia	blue cheese	colby-jack	feta	gorgonzola	cat	hamster	parrot	pirhana
Flight Times	8:30am												
	10:00am												
	1:30pm												
	9:00pm												
Pets	cat												
	hamster												
	parrot												
	pirhana												
Cheeses	blue cheese												
	colby-jack												
	feta												
	gorgonzola												

Logic Puzzles

Presented by Puzzle Baron

Puzzle ID: M331WD

For hints, solutions and more puzzles, go to www.Printable-Puzzles.com!

Flight Times	First Names	Cheeses	Pets
8:30am			
10:00am			
1:30pm			
9:00pm			

1. The person whose flight departs at 9:00pm owns the cat.
2. The person whose flight departs at 8:30am doesn't own the pirhana.
3. The gorgonzola enthusiast is not Esteban.
4. The gorgonzola enthusiast doesn't own the pirhana or hamster.
5. The parrot owner will depart earlier than the hamster owner.
6. The cat owner is not Nadia.
7. The parrot owner loves feta.
8. Either the parrot owner or the pirhana owner is Esteban.
9. The hamster owner is not Nadia and doesn't like colby-jack.
10. Nadia will depart later than the feta enthusiast.
11. Of Alaina and Nadia, one loves blue cheese and the other will depart at 10:00am.

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Laughter is the Best Medicine

The Thief and the Parrot

Late one night, a burglar broke into a house that he thought was empty. He stealthily crept through the lounge and was stopped dead in his tracks when he heard a loud voice clearly saying, "Jesus is watching you!"

Silence returned to the house, so the burglar crept forward again.

"Jesus is watching you", the voice rang out again.

The thief stopped dead again. He was frightened out of his wits. Frantically, he looked all around. In a dark corner, he spotted a birdcage and in the cage was a parrot.

He asked the parrot, "Was that you who said Jesus is watching me?"

"Yes", said the parrot.

The burglar breathed a heavy sigh of relief and asked the parrot: "What's your name?"

"Ronald", said the bird.

"That's a stupid name for a parrot", sneered the burglar.

"What idiot named you Ronald?"

The parrot said, "The same idiot who named the Rottweiler Jesus."

A Little Prayer?

Teacher: Now, Sam, tell me frankly do you say prayers before eating?

Sam: No sir, I don't have to, my mom is a good cook.

Half Full or Half Empty?

To the pessimist, the glass is half empty. To the optimist, the glass is half full.

To the engineer, the glass is twice as big as it needs to be.

Common Sense?

During the heat of the space race in the 1960's, NASA quickly discovered that ballpoint pens would not work in the zero gravity confines of its space capsules. After

considerable research and development, the Astronaut Pen was developed at a cost of \$1 million. The pen worked in zero gravity, upside down, underwater, on almost any surface including glass and also enjoyed some modest success as a novelty item back here on earth.

The Soviet Union, when faced with the same problem, used a pencil.

The Difference Between Dogs and Cats

A dog thinks: Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me and take good care of me...THEY MUST BE GODS!!!!

A cat thinks: Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me and take good care of me....I MUST BE A GOD.



Administrator Column

Resident Updates



Administrator's News

Recertification Reminders and Updates

Over the past several months I have noticed that some of the banks that you are using are not as willing to fill out your asset verification forms as they once were. Several of the banks have been charging a fee for the completion of the form and some of them have even been deducting the fee from the resident's account without any notice. My guess is that more and more banks/credit unions will be following this trend as time goes by.

What I will need from you is to start saving your bank statements for your recertification. I will need the most recent 6 months for your checking accounts and the most recent one for your saving accounts. This will be needed for any and all accounts that you have at the bank and/or credit union. I know that many of you don't save them because you don't use them for anything so I wanted to be sure that I got you some notice to start saving them now. Your recertification always comes up sooner than you think. This can help to get the information that I will need and will help you to keep your money in your account where it belongs. 😊 Remember to respond to the First Reminder Notice that is given to you. Call the office and make an appointment to get your paperwork started. It may seem like a long way away but you would be surprised at how long I have to wait to get some forms back from the companies you do business with. Your recertification

is DUE to be completed one month before your actual anniversary date. Save things like statements or bills from your supplemental insurance companies showing what you pay them monthly. Save any verification you receive from your pensions. Be sure to find out from your insurance company if you have whole or term life insurance. Whole life must be counted. Not disclosing ALL assets and income is considered fraud and you could be fined, lose your housing or even go to jail for not reporting these things. It's better to report everything. We can sort through what's needed and what's not.

If you have any questions or concerns, please feel free to stop by the office.

Stay safe and warm. I hope all of you are enjoying a healthy and prosperous 2020! 😊

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

**Don't Miss the Bay County Library Bookmobile on
Thursday, January 16th from 5:15 PM – 6:15 PM**

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. Their number is 989-894-9060.

**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

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



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.



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Bay City, MI 48708**

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