



Hampton Herald



Embrace the possibilities

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

November 2017

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November Fun Facts

- November is National Beard Month.
- November is one of 4 months in the Gregorian calendar that has 30 days.
- The Gettysburg Address was given in November 1863.
- President Polk and President Harding were both born on November 2nd, but 70 years apart.
- Winston Churchill was born November 30, 1874.
- The Berlin Wall began to come down on November 9, 1989.
- On November 5th, 1935, Parker Brothers introduced the game Monopoly to the world.
- On November 5th, 1959, the National Football League was formed with only 8 teams: Houston Oilers, New York Titans, Buffalo Bills, Boston Patriots, Los Angeles Chargers, Dallas Texans, Oakland Raiders and Denver Broncos.
- On November 18th, 1963, Bell Telephone Company introduced the push button phone to the public.
- World War I was ended on the 11th day of the 11th month, at 11:00 pm, in 1918.

Look for PVM on:



Activities

Maintenance Updates

- Most of our fall tasks have wrapped up for the season and overall, things went very well. Thank you to everyone who was here and participated in the fire drill. We were able to exit the building, get a head count and get the all clear on the building in less than 10 minutes! Just remember to always be prepared because a fire can happen at any time.
- I also wanted to thank everyone for another excellent inspection. It seems that most of you have been reporting your work orders as they happen which helps Dave out a lot and it helps us to keep our building in tip top shape year round.
- We are still in conversations with the asphalt company to get the final layer done on the parking lot before the weather turns cold. Thank you again for your patience. With some minor adjustments and trying to work around the rain it has been challenging but we hope to get it completed in the next week or two. Hang in there, it's almost done! 😊
 - ***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 that it is only burned food. 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.***

November Activities

Please join us in the month of November for:

- BINGO - Every Sunday @ 2:00 pm and Wednesday @ 5:00 pm
- Commodities – Wednesday November 8th @ 10:30 am
- Administrator's Updates Meeting – November 10th @ 11:00 am.
- Monthly Birthday Celebration – none for November
- Bookmobile – November 9th and 30th from 2:15 pm – 3:15 pm.
- Lunch Bunch – November 17th @ 11:30 am-Jimmy John's
- Movie Day – Monday, November 20th @ 2:00 pm.
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome to play or even to cheer on the bowlers.
- Town Hall Meeting regarding the travel across Pine Road to Meijer. November 9th at 1:00 pm. Be sure that you RSVP to Elizabeth or Stephanie. Seating will be limited.

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 be sure to wipe down the washers and empty the lint screens after each use****

Bay City Happenings in November

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

Friday-Sunday, November 3-5 • Holiday Open House Weekend • Businesses all over Downtown hold an Open House this weekend, and have special events throughout the holiday season. Stroll through our beautifully decorated shops, enjoy special treats and look for the perfect gifts of the seasons.

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

*OK, Ladies and Gentlemen, it is now officially FALL. The trees in the parking lot are beautiful again this year and the temperatures are much cooler. We have a busy calendar for November; some of which are still being confirmed, so **keep your eyes open for the flyers about upcoming activities!***

On **Sunday, November 5th Daylight Savings Time ends ("FALL BACK")**, so remember to reset your clocks on Saturday evening before you go to bed and we will all wake up feeling more rested for the 'extra' hour of sleep that we get! *****SMILE*****

On **November 8th at 2pm**, Mel from SouthernCare will present on Hospice. Remember that Hospice is not just the last 'hours' of your life, but can assist in making your last months, or even years (depending on your diagnosis) comfortable and assist you in walking through the next season of your life.

On **November 9th at 1pm**, Mayor Kathi Newsham and Commissioner John Davidson will be back with other officials from Hampton Township, Bay City, etc. Please plan on attending; you are also welcome to invite family and friends who might be interested, especially those at our neighboring buildings. Please RSVP to Elizabeth or Stephanie if you plan to attend.

The **Blood Pressure Clinics will be on November 2nd or 16th (date to be confirmed) at 2:00 p.m. and our second will be on November 30th from (NEW TIME) 2:15 – 2:45 p.m.** Going forward, the second BP Clinic will always be at the 2:15-2:45 p.m. time with Katie from *Safe Hands, Warm Hearts*. 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!* On top of that, you get a ticket for coming down and doing something good for yourself!



I will be out of the office on Monday, November 6th, and from Friday, November 17th through Tuesday, November 28th. I will be in the office **all day on November 29th (9a – 4p)**. Remember, 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.

*Have a wonderful Thanksgiving!
May you all feel the love of friends
and family. Thank you for the
blessing that all of you are in my life!
Elizabeth*

*Continued from pg. 2***Programs (continued)**

Celebrating November Birthdays

As strange as it may sound....we have no one recognizing a birthday for the month of November. We have quite a few coming up in December so we will take a month off from the birthday celebration and resume again in December.

No Birthdays to display for November



Our collection box has arrived! We will now be collecting new, unwrapped toys for the Toys for Tots program through the Marine Corps Reserve. The box is located in the leasing office. We will have the box available for toy donations during regular office hours. If you are able to donate, then please do. The toys are distributed to local children who are less fortunate and it helps bring a little joy into their lives during the holiday season. I will take donations regularly until the box is picked up on December 8th. Thank you in advance for your kindness, support and generosity.

Sundays, November 26, December 3, 10 & 17 • Sundays in the City • The four Sundays leading up to Christmas showcase all of the “one-of-a-kind” shops and eateries that Downtown has to offer. Enjoy holiday decoration, free horse-drawn carriage rides, strolling carolers and holiday movies at the historic State Theatre.

Friday, November 24 • Santa’s Arrival • Santa and Mrs. Claus arrive in Wenonah Park at 7:00 pm for a special performance before going to the Delta Planetarium to talk with all the good little boys and girls.

Saturday, November 25 • Small Business Saturday • Celebrate local small businesses by shopping small and supporting you own community. This special day is all about supporting and shopping at small businesses, owned and operated in your neighborhood by your neighbors.

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



PVMF Gala – November 17th!



PVMF Gala—November 17th!

**Come join the fun Friday, November 17th at
The Henry Ford Museum of American Innovation!**

PVMF's 14th annual gala will kick off at 7:00 PM and feature a fabulous strolling dinner, candy-flavored cocktails, raffle and other FUN surprises!

It's always a better party when your friends are there! **We hope you can join us to celebrate the sweetness of life at any age!**

The best part?! By attending this benefit for the 5000+ older adults served by PVM, you'll help make Michigan a ~~better~~ **the best** place to live at any age! We hope to see you there!

Join the Fun! Book your Sponsorships & Tickets:

\$375 Patron Ticket* Strolling Dinner & Program, Name recognition in event program

\$250 Individual Ticket* includes Strolling Dinner & Program

(*Estimated Fair Market Value: \$125/ticket)

Learn more about how to attend at pvmf.org/Gala2017. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Thank you!
Paul J. Miller, CFRE

***P.S. Do you want to volunteer with the PVM Foundation—maybe even for the gala? Call us at 248-281-2043!**



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Have You Laughed Today?

This month we have a special guest columnist, Caitlin Hempton. Caitlin is a student at Oakland University in their Wellness, Health Promotion, & Injury Prevention program who is interning with PVM.

There is something intrinsically human about laughing. Regardless of nationality, race, religion or creed, if someone in a crowd starts laughing, most of the crowd will end up laughing. It is built into us. It is pretty straight forward to discuss how laughter brings joy and happiness to our lives, but thanks to research inspired by Norman Cousins, and his book *Anatomy of an Illness*, we now know that laughter can actually make you healthier. Laughter has been shown to reduce or prevent stress, improve immune function, reduce pain and can even improve your cholesterol! How often do you get to hear that something you already enjoy doing will make you healthier?

Unfortunately, laughter doesn't always come to us when we need it most, such as during stressful times or when we are in pain. However, you can use humor to create laughable moments in even the direst of times. The trick is to hone and master the skill of humor so that you can tap into it when you need a good laugh. Yes, humor can be taught and trained. The next time someone tells you a joke try and guess what the punch line will be. If you're watching a funny TV program try and figure out what will happen next.


Here is training exercise for you to work on. Try and guess the missing punch line of the joke using just the hint.

I never wanted to believe that my Dad was stealing from his job as a road worker. But when I got home, all the _____ were there. (Hint: What would a road worker steal from work?)

(Answer: Signs)

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Key Features

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%



Presbyterian Villages OF MICHIGAN

Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller

248.281.2045 MyLegacy.pvmf.org



The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

LET'S GET RID OF VOICEMAIL WEARINESS

SIGNS OF SCAMS

The Office of the Michigan Attorney General has shared some signs that a call you receive is likely from someone attempting to scam you and/or steal your identity.

They fall into 3 categories:

URGENT/SECRET

Pressure to act immediately.

Limited term: act now language.

Told to keep the contact a secret.

Designed to frighten you into action.

BELIEVABLE

Claims to be from government or law enforcement.

Claims to be calling to fix a problem with your account, computer, government benefits, or related to something in the news.

The contact has some of your personal information already.

MONEY/PERSONAL INFORMATION

Requires a wire transfer, prepaid credit card, or any personal information.

Remember - No need to be polite. Simply hang up the phone. Be a smart and savvy senior!

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:

QUESTIONS OR CONCERNS

*The Administrator's door is always open for questions, comments or concerns. There is also an Administrator's meeting that happens every month. This meeting is to inform you of any important information that may have happened after the newsletter was published; to keep you in the loop of what is happening at the village. Many of you have been getting misinformation from the halls and the laundry room lounge. Just be aware that if you want **accurate** answers, please stop by the office, attend the meetings and read your notices.*

LETTING STRANGERS IN

Please remember to not let in people who are not here specifically to see you. Anyone who visits the property should be "buzzing" the person that they are here to see. That resident is responsible for their guest's entry. If someone is in the entry area when you are entering or exiting; use the side door. This building can only be as safe as YOU allow it to be. Be cautious of your surroundings.

LOITERING IN THE LOBBY

If you plan to chat for longer than a couple of minutes, please utilize the community room or the library for your socializing. Sitting in the lobby is disruptive to the other residents and is intrusive on the confidentiality protected in the office. Financial information, health concerns or any other private matters must remain private. Applicants should be able to inquire without having to speak loudly over the raucous in the lobby. Office staff needs to hear the person at the other end of the phone. Residents should also be able to enter or exit the building without answering to other residents about their whereabouts or what's in their bag. Always be courteous of others.

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

Turkey, Mushroom and Bacon Puff Pastry Pockets



Ingredients

- 1 package (17.3 oz.) Pepperidge Farm® Puff Pastry Sheets, thawed
- 4 slices bacon
- One 8 ounce package sliced mushrooms, roughly chopped
- 3 green onions, sliced
- ½ cup heavy whipping cream
- 1 ½ teaspoons Dijon mustard
- Salt and pepper to taste
- 1 ½ cups chopped or shredded cooked turkey
- 1 cup shredded Swiss cheese
- 1 large egg, whisked with 1 tablespoon water

Directions

- Preheat oven to 400°. Line a baking sheet with parchment paper or a silicone mat.
- In a medium skillet, cook the bacon until crispy. Remove to paper towels to drain, and then crumble. Remove all of the bacon fat from the skillet except for 1 tablespoon.
- Add the mushrooms and onions to the skillet and sauté over medium heat until softened. Stir in cream, Dijon and salt/pepper. Cook until reduced slightly and thickened. Set aside to cool a bit.
- Assemble the pastries. Cut each sheet of puff pastry into 4 equal squares. Divide the mushroom mixture between 4 squares. Top with turkey, bacon and Swiss cheese.
- Roll out each of the remaining Puff Pastry squares so they're a little bit larger (or just use your fingers to press and stretch them). Place the second piece over the top of each with filling. Use a fork to seal the edges to form "pockets".
- Brush each square with egg wash and use a knife to poke a few slits in the top for steam to escape while baking.
- Bake for 20 minutes, or until golden brown. Serve immediately.

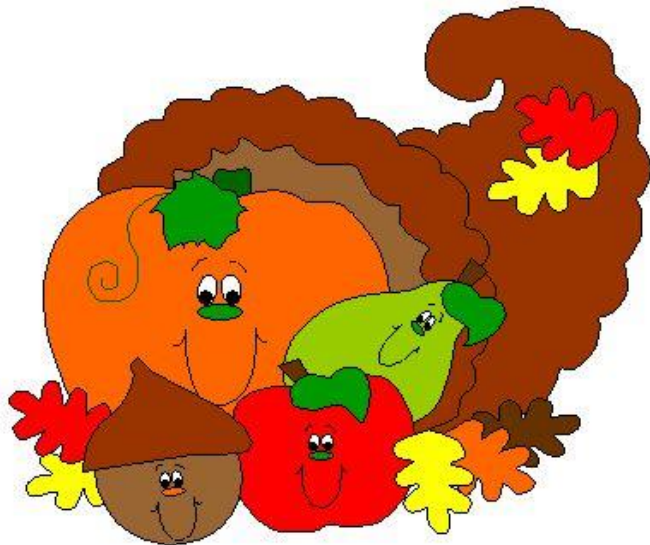
November Word Search

Thanksgiving Word Search

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

cook
 corn
 dinner
 fall
 family
 feast
 food
 gravy
 harvest

maize
 pilgrims
 pumpkin
 relatives
 settlers
 squash
 stuffing
 thanks
 turkey



November Sudoku Puzzle

		1	4					
	2	4		7			6	
	5			9	6			
4		7	6		3	2		
					8		7	
		5			9			
			2	5		6	1	
	7			8				3
	1	2					9	5

Sudoku Puzzle #Y126OV
Presented by Puzzle Baron

Rated: Easy

Sudoku Puzzle #Z515SC
Presented by Puzzle Baron

Rated: Medium

7		3			5	9		
		4		8				
2	6							5
	7	1				6		4
		8	3	6			9	
		6		9		5		
			7			2		
4	3	7	2					
					9	3		

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Laughter is the Best Medicine

How I Got an Ostrich

A man walked into a restaurant with a full-grown ostrich behind him.

The waitress asked them for their orders.

The man said, "A hamburger, fries and a coke."

She turned to the ostrich. "What's yours?" she asked the ostrich.

"I'll have the same," said the ostrich.

A short time later the waitress returned with the order. "That will be \$9.40, please." And the man reached into his pocket and pulled out the exact change for payment.

The next day, the man and the ostrich came again and the man said, "A hamburger, fries and a coke."

The ostrich said, "I'll have the same."

Again the man reached into his pocket and paid with exact change.

This becomes routine until the two entered again. "The usual?" asked the waitress.

"No, this is Friday night, so I will have a steak, baked potato and a salad," said the man.

"Same," said the ostrich.

Shortly the waitress brought the order and said, "That will be \$32.62."

Once again the man pulled the exact change out of his pocket and placed it on the table.

The waitress could not hold back her curiosity any longer. "Excuse me, sir. How do you manage to always come up with the exact change in your pocket every time?"

"Well," said the man, "several years ago I was cleaning the attic and found an old lamp. When I rubbed it, a Genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there."

"That's brilliant!" said the waitress. "Most people would ask for a million dollars or something, but you'll always be as rich as you want for as long as you live!"

"That's right. Whether it's a gallon of milk or a Rolls Royce, the exact money is always there," said the man.

The waitress asked, "What's with the ostrich?"

The man sighed, paused and answered, "My second wish was for a tall chick with long legs who agrees with everything I say."

Funny Joke of the Day

Diane buys a hundred goldfish. There are so many of them that she decides to keep them in her bathtub.

One day she invites her friend over to see all her beautiful goldfish. Lauren is impressed, and says, "They surely are beautiful, but what do you do when you want to take a bath?"

Diane replied, "Simple. I just blindfold them!"

Administrator Column

Resident Updates



Thank you to the Hampton Meadows Jets for their participation in this year's Wii Bowling tournament. Although they didn't take the grand prize, they will continue to practice in hopes of being able to bring that tournament trophy home to our village next year. Thank you ladies for all of your hard work, dedication to our team, our village and each other. You came down every week and gave it your best effort. You are all winners in our book!

We couldn't be happier that so many of you were able to join us for our annual Halloween Party. The chili kept us warm and our friends and neighbors kept us in good spirits.

Those of you who dressed in costumes looked marvelous and even those of you who weren't able to find just the right costume to wear; we are so thankful that you were able to come join us in the fun. Congratulations to Fran P. for winning the best costume! She was dressed up in all spiders and couldn't have worn it better!

In the evening I had so much fun passing out candy to the neighborhood children. Mostly treats, a few tricks but a ton of laughter. Here is a picture of my vampire costume once I added makeup and a black wig:



It always makes me smile when I see all of the adorable kids in their Halloween costumes each year.

A reminder that the community room is available for you to rent for the holidays or for any other special occasion. It has a lot of space to move around in and saves the bother of trying to squeeze everyone into your apartment. The fee is \$30 and the deposit is \$50. If there are no damages after your rental then the deposit will be returned. We still have some dates still left around the holidays so if you are interested, please stop by the office and we can see what will work for you.

Happy Thanksgiving to all of you and your loved ones. There are so many things to be thankful for each and every day. Always count the blessings that you already have. Enjoy time spent with family and friends. Be kind to one another and help each other when you can. You never know when 5 minutes of your time can mean a lifetime of minutes to someone else.

Stephanie Cooper
Administrator
The Village of Hampton Meadows

Don't Miss the Bay County Library Bookmobile on Thursday, November 9th
AND November 30th 2:15 PM – 3:15 PM

***If you are not signed up for **COMMODITIES** and would like to be, please stop by and see Stephanie or Elizabeth. We can have the coordinator of the program meet with you right here at the village to get you signed up. You just need to provide a few simple items for verification and to determine eligibility. She can also recertify you right on site now at ANY food drop off date. ***

CSFP---The Commodity Supplemental Food Program- provides a free box of food to qualified senior citizens on a monthly basis.

TEFAP---The Emergency Food Assistance Program- provides a free box of food to qualified families and senior citizens quarterly.

**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