



# Hampton Herald



Embrace the possibilities

700 North Pine Road • Bay City, Michigan 48708 • [www.pvm.org](http://www.pvm.org)

March 2017

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## THE BAY CITY RECYCLABLES ARE BACK!



The Bay City Recyclables are back!

This traveling comedy group is in association with the Bay City Players (the oldest continuously operating community theater in MI.)

It is a group of traveling senior citizens just like you, who go to locations where other seniors hang out to entertain them for an hour or so. They sing and have comedy skits.

Everyone has a wonderful time when they come through. For those of you who have seen them before, spread the word about your experience and

encourage others to join us. Invite your family and friends.

For those of you who are new to the building since their last visit, please stop by and check them out. You'll really have a great time laughing and spending time with your neighbors.

They will be stopping by to entertain us on Tuesday, March 21<sup>st</sup> at 3:00 pm.



Look for PVM on:



## Activities

## Maintenance Updates

- ***The maintenance phone is for emergencies after hours, on holidays and on weekends ONLY.***
- *All maintenance requests should be placed at the office during office hours. Do not stop Dave in the halls with your maintenance needs as all work orders need to be logged properly in our computer system.*
- *Smoking should be in the designated smoking area to the far edge of the patio ONLY. Please inform your visitors of our policy. They are also required to abide by our house rules while they are visiting you; or you can be in violation of your lease. We are finding a lot of butts in the lot, on the walk, in our drainage stones and many areas where they should not be. This is your home. Please have your visitors respect your home too and help keep it looking nice for everyone.*
- *If you have burned your food, your smoke detector is going off, there is NOT a fire AND it is after office hours—call 911 to let them know so that they don't send the whole fire department here to reset your alarm. They will send just a few to check on you and do the reset.*
- ***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.***

## March Activities

### Please join us in the month of March for:

- BINGO resumes in March!  
Every Sunday at 2:00 pm  
and Wednesday at 10:00 am  
AND 5:00 pm
- Commodities will be here on  
March 3<sup>rd</sup> around 11 am
- Administrator's Updates  
Meeting – March 9<sup>th</sup> @ 11:00  
am.
- Monthly Birthday Celebration –  
March 13<sup>th</sup> at 6:00 pm
- Bookmobile – March 2<sup>nd</sup> AND  
March 23<sup>rd</sup> 2:15 pm – 3:15  
pm
- Monthly pest control service –  
March 17<sup>th</sup>
- Lunch Bunch March 10<sup>th</sup>
- (J.R.'s Center Road Bar for  
Fish Dinners) and March 24<sup>th</sup>  
(TBD) @ 11:30 am
- Movie Day – Monday, March  
27<sup>th</sup> @ 2:00 pm.
- Friends and Family Kick Off  
Party, Friday, March 31<sup>st</sup> @  
12:00 pm
- Wii Bowling every Thursday at  
9:00 am. Everyone is  
welcome. The more the  
merrier!
- The Bay City Recyclables,  
Tuesday, March 21<sup>st</sup> @ 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**

**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 March

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**

**Sunday, March 19th**

### **•St. Patrick's Day**

**Parade**• A very special parade down historic Center Avenue, ending at Wenonah Park. Join us for this annual celebration of everything Irish!

*Continued on pg. 4*

## Service Coordinator Corner

Elizabeth Brinker 989-892-6906

Service Coordinator's office is located on the 2<sup>nd</sup> floor inside the theater

*Spring is getting closer all the time; every day of warmer weather is one day closer to Spring's arrival!*



Stephanie and I want to recognize those of you who make time in your schedules to attend presentations and activities that we organize. To do so, you will now be able to **get a "ticket" for each activity or presentation that you attend that Stephanie or I organize.** When you gather 10 tickets, you will be able to 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, or toilet paper to fun like candy, nuts, or 'doo dads'. The selection will change regularly with some larger items for those who gather more tickets.

We will begin giving tickets on March 1<sup>st</sup>.

Due to the interest in the topic and the great interaction, we will be continuing our presentation on **"Positive and Negative Stress Wellness" at 2:00 p.m. on March 8<sup>th</sup>.** Remember, even the good things in life (a new grandchild, an increase in income, or other "good" things) can also cause stress as they cause our current situation to adjust and change. Change can be very difficult. Feel free to join us even if you weren't able to attend the first session – we'll give you the handouts.

Our **Blood Pressure Clinics will be on March 9<sup>th</sup> and 23<sup>rd</sup> at 2:00 p.m.** 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 **Wednesday, March 22<sup>nd</sup> at 2:30 p.m., "Reminisce"** with Deb will be back. She comes once a month on the Fourth Wednesday at **2:30 p.m.** to talk about how things used to be and reminisce about things we all remember.... Come join us for a good way to work those memory muscles! It was a great group this last time – lots of memories and laughter shared by all.

**I will be out of the office on Monday, March 13<sup>th</sup>, Monday, March 20<sup>th</sup> and Monday, March 27<sup>th</sup>, but will be in all day (9:00 a.m. – 4:00 p.m.) on March 1<sup>st</sup>, 14<sup>th</sup>, and 29<sup>th</sup>.** For those of you never here in the afternoon, make your appointments to meet with me earlier in the day on these dates.

**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. I will contact you as soon as I am able.

*Please take advantage of the presentations and activities – we work hard to find things interesting to bring to you. Let me know if you have particular interests.*

*Elizabeth*

Programs (continued)

## Celebrating March Birthdays

We will be celebrating March Birthdays in the community room on Monday, March 13<sup>th</sup> 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 C ..... 03/09



Continued from pg. 2

**Wednesday, March 8<sup>th</sup> @ 6:00 pm • The Adult Spelling Bee at the State**

**Theatre** • The Literacy Council of Bay County presents their annual spelling bee. \$5.00 General Admission

**Saturday, March 25<sup>th</sup> @ 7:30 pm • Reed Recording Company 10<sup>th</sup> Anniversary Concert at the State Theatre** • Featuring:

Mike Robertson, Don Zuzula, JD Dominowski, Donny Brown, Laurie Middlebrook, Joe Sullivan, Stephan Colarelli, Brian Carson, Roscoe Selly, Nick Piazza. \$12.00 General Admission

## 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*





## Saving More Than Daylight Your legacy can change a life

Each spring, we go through the cycle of losing an hour. Even if it's gained back in the fall, it's just not easy to swallow an hour lost. Time. What a concept. It's an asset, a limit—but, most of all, ***it's a gift.***

The amazing thing is, with your legacy, you have the power to use that gift. You can reach through the years and touch a loved one, a stranger in need, or an entire organization.

The gift you leave behind can become a roof over a senior's head, a new piece of fitness equipment, or a life-saving service.

***Spring forward—and into action this March.*** The PVM Foundation has an all-new planned giving website to guide you. It will ask you simple questions to make time, and your gifts, work for you.

Visit [mylegacy.pvmf.org](http://mylegacy.pvmf.org) for more information.

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,  
Paul J. Miller, CFRE

A GIFT IN  
YOUR WILL  
*can change  
the lives  
of seniors.*

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...**

**Without obligation, PVM  
Foundation would like to  
answer any questions you may  
have. Please call Paul Miller**  
**248.281.2045**  
[www.pvmgifts.org](http://www.pvmgifts.org)

**Presbyterian  
Villages  
OF MICHIGAN  
THE FOUNDATION**



## It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

### “S” STANDS FOR SLEEP

In December, I introduced you to MESH. It's an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal and is what renowned geriatrician Dr. Bill Thomas refers to as the key to healthy aging. According to Dr. Thomas, neglecting to do any one of these things can negatively impact our health. This month we will focus on the “S” (sleep).

According to Dr. Thomas, we shouldn't accept unrestful, unsatisfactory sleep as a natural consequence of aging, because it's not. Everyone needs sleep. Sleep is nature's way for us to recharge. While we sleep, our bodies repair the damage done to our cells during the day; our brains reset their connections that enhance memory and learning; and our immune systems release substances that fight disease and infection. Without quality sleep, our bodies won't adequately heal; our memories and thinking will suffer; and we will become much more likely to get sick.

According to the National Sleep Foundation (NSF), adults age 65 and older need between 7 to 9 hours of sleep per night. To help us get the sleep we need, the NSF recommends we do the following:

- Establish a regular bedtime and bedtime routine to signal our bodies it's time for sleep;
- Avoid caffeine and nicotine close to bedtime since they tend to promote wakefulness;
- Avoid alcohol close to bedtime because it tends to disrupt sleep during the latter part of the night;
- Limit daytime napping to 30 minutes or less to avoid disrupting our natural sleep-wake cycle;
- Do at least 10 minutes of aerobic exercise per day to promote higher quality sleep; and
- Create a cool, dark, comfortable sleeping environment free of distraction to make it easy to both fall and stay asleep.

For more tips and other information on sleep, visit [www.sleepfoundation.org](http://www.sleepfoundation.org).



## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### HERITAGE AND LEGACY

With the upcoming St. Patrick's Day holiday I have been thinking about the importance of heritage and legacy. Creating this sense of belonging in a family is one of the greatest gifts we can give to ourselves and also to our children and grandchildren. My parents were officers in their local genealogy organization for thirty years. The members called my dad "Mr. Perfect" since he had perfect audits for his entire tenure. They took great pleasure in tracing not only their own roots but also in helping many others to find theirs. The club also published several books which are utilized by libraries far and wide. Their love of genealogy rubbed off on their family and friends. We took great pride in finding that our ancestors included Daniel and Noah Webster, as well as an ancestor who lived to be 114 years of age in the 1800's! Of course, our cadre of ancestors also includes a horse thief. Every family has its issues!

Lifelong learning has long been touted as an essential part of Aging Well. And it is a very enjoyable way to spend one's time. Many Michiganders do not realize that a treasure trove of genealogy is housed right in Lansing via the Library of Michigan. Its mission is "to guarantee the people of this state and their government one perpetual institution to collect and preserve Michigan publications; conduct reference and research and support libraries statewide." If you would like to get involved in genealogy or have other research needs, check out their website at [www.michigan.gov/library](http://www.michigan.gov/library) or call their reference desk at (517) 373-1300 from the hours of 8AM to 5PM Monday – Friday and 10AM to 4PM on Saturday. Better yet, take your children and grandchildren with you. Create a lasting legacy. Enjoy!

## **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 community room is available to rent for your family/personal gatherings. Please stop by the office for more information or to make your reservation today.*

*Stop down and join us for any of our monthly events. Even if you don't choose to participate with the event, you could just come down and chat with the other residents. Every event is open to our residents and we would love to see your smiling face.*

*If anyone is interested in volunteering their time to put on other events please stop by the office and let me know.*

*We can always use extra hands and a few of the ladies can use a night off as well. Let's all pitch in to help the building out as a whole.*

*We have so many wonderful things to do around here and we don't want the activities to end due to lack of participation or volunteers.*

*As always, if you have any questions at all, please stop by the office. I'd be happy to assist you.*



## Irresistible Irish Soda Bread



### Ingredients

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1/3 cup white sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 egg, lightly beaten
- 2 cups buttermilk
- ¼ cup butter, melted

### Directions

- Preheat oven to 325° F.
- Grease a 9x5 inch loaf pan.
- Combine flour, baking powder, sugar, salt, and baking soda.
- Blend egg and buttermilk together, and add all at once to the flour mixture.
- Mix just until moistened.
- Stir in butter.
- Pour into prepared pan.
- Bake for 65-70 minutes, or until a toothpick inserted in the bread comes out clean.
- Cool on a wire rack.
- Wrap in foil for several hours, or overnight, for best flavor.

### BONUS RECIPE

#### Fabulous Fried Cabbage



### Ingredients

- 2 teaspoons butter
- 1 (15 ounce) can chicken broth
- 1 head cabbage, cored and coarsely chopped
- One pinch of salt and pepper to taste

### Directions

- Bring the butter and chicken broth to a boil in a large skillet.
- Reduce heat to low and add the cabbage.
- Cover and cook over low heat to steam the cabbage for about 45 minutes, stirring frequently, or until cabbage is tender and sweet.
- Season with salt and pepper and serve.

# March Word Search

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

UPHOLD  
 NOURISH  
 FAMILY  
 MARRIAGE  
 DISCIPLE  
 JESUS  
 CHRIST  
 WOMAN  
 FASTING  
 FAITH  
 LEARNING  
 STUDY  
 SCRIPTURES  
 PATIENCE  
 KINDNESS  
 FORGIVENESS  
 PRINCIPLES  
 PARENTS  
 GRANDPARENTS  
 RESPONSIBILITY  
 VIGOROUSLY  
 ENGAGED  
 BLESSING

*Happy St. Patrick's Day!*

# March Bonus Puzzle

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

Sudoku Puzzle #Z954QS  
Presented by Puzzle Baron

Rated: Challenging

Sudoku Puzzle #U650NI  
Presented by Puzzle Baron

Rated: Super Difficult!

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

Copyright © Puzzle Baron February 24, 2017 - Go to [www.Printable-Puzzles.com](http://www.Printable-Puzzles.com) for Hints and Solutions!

# Laughter is the Best Medicine



## Story of a Smithsonian Exhibit

The story behind the letter below is that there is this guy in Newport, Rhode Island named Scott Williams. What he does is dig things out of his backyard and then send them to the Smithsonian Institute. Scott labels his exhibits with scientific names, insisting that they are actual archaeological finds.

Anyway... here's the response from the Smithsonian Institution.

**Dear Mr. Williams,**

Thank you for your latest submission to the Institute, labeled '93211-D, layer seven, next to the clothesline post... Hominid skull.'

We have given this specimen a careful and detailed examination, and regret to inform you that we disagree with your theory that it represents conclusive proof of the presence of Early Man in Charleston County two million years ago. Rather, it appears that what you have found is the head of a Barbie doll, of the variety that one of our staff, who has small children, believes to be 'Malibu Barbie.'

It is evident that you have given a great deal of thought to the analysis of this specimen, and you may be quite certain that those of us who are familiar with your prior work in the field were loath to come to contradict your findings. However, we do feel that there are a number of physical attributes of the specimen which might have tipped you off to its modern origin:

1. The material is molded plastic. Ancient hominid remains are typically fossilized bone.
2. The cranial capacity of the specimen is approximately 9 cubic centimeters, well below the threshold of even the earliest identified proto-hominids.
3. The dentition pattern evident on the skull is more consistent with the common domesticated dog than it is with the ravenous man-eating Pliocene clams you speculate roamed the wetlands during that time. This latter finding is certainly one of the most intriguing hypotheses you have submitted in your history with this institution, but the evidence seems to weigh rather heavily against it. Without going into too much detail, let us say that:

1. The specimen looks like the head of a Barbie doll that a dog has chewed on.
2. Clams don't have teeth.

It is with feelings tinged with melancholy that we must deny your request to have the specimen carbon-dated. This is partially due to the heavy load our lab must bear in its normal operation, and partly due to carbon-datings notorious inaccuracy in fossils of recent geologic record.

To the best of our knowledge, no Barbie dolls were produced prior to 1956 AD, and carbon-dating is likely to produce wildly inaccurate results.

Sadly, we must also deny your request that we approach the National Science Foundation Phylogeny Department with the concept of assigning your specimen the scientific name *Australopithecus spiff-arino*. Speaking personally, I, for one, fought tenaciously for the acceptance of your proposed taxonomy, but was ultimately voted down because the species name you selected was hyphenated, and didn't really sound like it might be Latin.

However, we gladly accept your generous donation of this fascinating specimen to the museum. While it is undoubtedly not a Hominid fossil, it is, nonetheless, yet another riveting example of the great body of work you seem to accumulate here so effortlessly. You should know that our Director has reserved a special shelf in his own office for the display of the specimens you have previously submitted to the Institution, and the entire staff speculates daily on what you will happen upon next in your digs at the site you have discovered in your Newport back yard.

We eagerly anticipate your trip to our nation's capital that you proposed in your last letter, and several of us are pressing the Director to pay for it. We are particularly interested in hearing you expand on your theories surrounding the trans-positating fillifitation of ferrous ions in a structural matrix that makes the excellent juvenile *Tyrannosaurus Rex* femur you recently discovered take on the deceptive appearance of a rusty 9-mm Sears Craftsman automotive crescent wrench.

Yours in Science, Harvey Rowe Chief Curator-Antiquities



## Administrator Column

## Resident Updates



### Resident Appreciation Lunch

What a wonderful time we had at the Resident Appreciation Lunch! Our theme was "Italian Day" and we feasted on lasagna, spaghetti and fettucine alfredo!

Dave and I enjoy spending time with all of you, getting to know you better and visiting with you outside of our work roles. It gives us all a chance to laugh, share stories and eat good food with friends and neighbors.

Thank you to all of you who came down to celebrate each other.

We also surveyed those of you

who were there and you had a lot of great ideas for what types of food to have for our upcoming appreciation days as well.

Stayed tuned for more exciting monthly celebration lunches.

### Friends and Family Update-

For our 2017 Friends and Family Campaign fundraiser this year we will be fundraising to increase the amount in our resident activity fund.

We began the fund a few years ago and it has helped us to be able to travel to Frankenmuth, have a Hawaiian Luau, have our monthly appreciation dinners and so much more. We want to raise money this year to be able to add to our account which in turn adds to all of the fun things that we can do and participate in here at our village.

Please share this exciting news with all of your friends and family to let them know about all of the

fun things we do and plan to do with the money that we raise.

Thank you to all of our residents for all that you do in support of our community, each other and the staff.

Our Village, Our Community, Our Home.

We will be having our **Friends and Family Kick-Off Party on March 31<sup>st</sup> at 12:00 pm** in the community room. We will

celebrate our residents, their families and friends with food and fun for everyone!

Have a wonderful St. Patrick's Day and a great start to a new spring season.

As always, if there is anything that I can help you with, please feel free to call or stop by.

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

Don't Miss the Bay County Library Bookmobile on Thursday, March 2<sup>nd</sup> AND March 23<sup>rd</sup>

\*\*\*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](http://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](http://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