



Hampton Herald



Embrace the possibilities

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

January 2015

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First Presbyterian Church ~Hands and Feet Program~

A special thank you to all of the children who came by to help us out from the First Presbyterian Church's Youth Group. They are always so generous to spend their vacation time with us lending a helping hand.

They spend their Christmas vacation volunteering within the community and helping people who are in need, including the residents here at our village.

They were able to assist our residents with some chores that they weren't able to tackle on their own.

We also had so much fun in the community room eating pizza and playing games. It was nice to see the intergenerational interaction.

The kids played euchre with some of our residents, played games on the Wii, sang for us and kept us entertained with their laughter.

We are so thankful to be able to have them visit year after year.

We will also have helpers come by again in the summer so start thinking of projects that you may need help with. They can help you with just about anything. Their help is free of charge and they really enjoy what they do.

I hope that you will consider participating with them on their next visit too.



Look for PVM on:



Activities

Maintenance Updates

- A Reminder to not park your car over the curb and sidewalk. We need to be able to get the snow blower down the walk so that we can clear it completely. Any areas that are not accessible due to the fact that cars are in the way then can cause the area to not be fully cleaned and can potentially cause a hazard for our residents and customers.
- Please be sure that ALL trash is in a TIED bag before putting it down the trash chute or tossing it into the trash barrels. Tying your bags up can help with unnecessary messes and also can help prevent visits from unwanted pests. It will also help the staff from being exposed to unnecessary health hazards. Your assistance in keeping your home clean and sanitary is appreciated.
- Please report any maintenance concerns to the office so they can be properly written up on a work order. This is how we track work being done on the property and within your apartment. We can use this system to compare if there are any ongoing issues that may need minor changes or even system wide changes if necessary.

January Activities

Please join us in the month of January for:

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Dinner @ 4:00 pm
- Every Wednesday – Bingo @ 5:00 pm
-
- Administrator's Updates Meeting – Jan. 9th @ 11:00 am
- Resident Council Christmas Dinner – Saturday, Jan. 10th @ 5:00 pm
- MSU Extensions Nutrition Series will begin Jan. 8th @ 11:00 am and will continue for 6 weeks
- (Jan. 8, 15, 22, 29, Feb. 5, and 12.)
- Monthly Birthday Celebration – Jan. 12th at 6:00 pm
- Commodities delivery – Jan. 2nd around 11:00 am (time may vary)
- Bookmobile – Jan. 15th from 2:00 pm – 3:00 pm
- Monthly pest control service – Jan. 20th
- Wellspring Presentation – Jan. 22nd @ 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 p.m.
everyday**

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

Saturday, January 3rd • Soup and Sales •

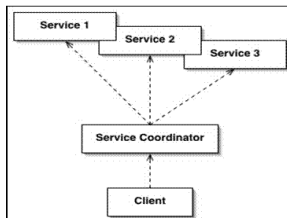
Downtown Bay City. This annual year-end sales event provides shoppers with the best of both worlds – great sales and great food! Free admission—All day event.

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Service Coordinator Corner

989-892-6906

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



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

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

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

Karen Parker with the MSU Extension will be here to begin her 6 week series on nutrition. She will be here every Thursday for 6 weeks **beginning on Thursday, January 8th at 11:00 am and running up to February 12th. All meetings will be on Thursdays at 11:00 am.**

Wellspring Lutheran will be here on **Thursday, January 22nd at 3:00 pm to do a presentation.** More information to follow.

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

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

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

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January 17th • Bay City State Theatre • Comedy Night with Rob Little and special guest, Kate Brind. 7:00 pm. Admission is \$22.00.

Jan. 23-25 and Jan. 29-Feb. 1 • Bay City Players: Vanya, Sonia, Masha and Spike • Thursday-Saturday 8:00 pm. Sunday 3:00 pm. Senior pricing: \$16.00.

January 21-26 • 24th Annual Zehnder's Snowfest • Enjoy a fun filled winter event for the whole family. This event includes snow sculpturing and ice carving competitions, children's area, fireworks, entertainment, warming tent and much more. Artwork is displayed all around Frankenmuth. Please visit the website for event times. www.zehnders.com

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Programs (continued)

Continued from pg. 5

Celebrating January Birthdays

We will be celebrating January Birthdays in the community room on Monday, January 12th 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!

- Maryanne N.....01/04**
- Kay E01/07**
- Jeanne A01/07**
- Joann E01/08**
- Fran L01/10**
- Anna R01/15**
- Gerry T01/17**
- Bob J01/31**



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



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

PVM Foundation Raises Most In Its History to Benefit Seniors

I am proud to share that in 2014, the PVM Foundation raised **over \$7.4 million** to benefit Michigan seniors, the most ever raised in a single year in its history!

This milestone could only be achieved through the support of many generous donors like you.

The \$7.4 million raised includes a \$5 million gift from the **Edward N. and Della L. Thome Foundation, Bank of America, N.A., Trustee** to name and complete the expansion of the Rivertown Neighborhood. The *Edward N. and Della L. Thome Rivertown Neighborhood* in Detroit is an innovative senior living community that delivers a full range of health and wellness services as well as affordable housing options for low-income seniors on one campus. The grant is the largest, single philanthropic gift received in the nearly 70-year history of PVM.

A large portion of the funds raised will also support two other major, transformative projects:

- The Health & Wellness Center at The Village of East Harbor, which will expand and combine the current rehabilitation room and wellness center into an 11,000 square foot state-of-the-art facility with the ultimate goal of reinventing healthy living.
- The Village of Hillside/Friendship Center Renewal Campaign, a project to rebuild and modernize the oldest buildings on the campus as well as to enlarge the community's senior center to serve more local seniors and keep local seniors living in the Harbor Springs area.

The remaining funds will support other, much-needed projects and programs across all the Villages including transportation, upgraded security cameras, landscaping enhancements, technology upgrades, patio furniture, fitness equipment, resident activities and more!

Thank you making 2014 a resounding success and I look forward to what 2015 will bring to the residents and seniors we serve. If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org. Best wishes for a happy New Year filled with good health, peace and joy!

Warm regards,
Paul J. Miller, CFRE

Make your money grow!

SUPPLEMENT OTHER RETIREMENT INCOME

...now or later!

UP TO 9% RETURN

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?

Presbyterian Villages OF MICHIGAN THE FOUNDATION

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



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Practice Mindful Eating

With the beginning of the New Year it is fun to bring new healthy habits into your lifestyle! Eating mindfully is a great way to enjoy your food while also experiencing the wonderful health benefits that it has to offer. Mindful eating can help you look and feel better, lose weight, improve your digestion, and appreciate even the smallest meal.

Here are some ways that *you* can practice mindful eating today:

- 1. Eat *before* your belly grows:** You can maintain healthy blood sugar levels by eating every 3 to 4 hours.
- 2. Avoid distractions:** Set aside your phone, turn off the T.V. or computer. Don't let distractions disturb *your* mealtime.
- 3. Take five:** Take five breaths before you begin eating. This will help calm your mind and body.
- 4. Tune into your body:** Notice how hungry you are. Are you bored, stressed out, satisfied, full, or empty?
- 5. Be observant:** Observe the full spectrum of colors, aromas, tastes, textures, and temperatures of your food.
- 6. Offer gratitude before your meal:** Thank whoever or whatever played a role in the creation of your meal.
- 7. Go slow:** Chew slowly and savor your food.
- 8. Eat with the intention of brining yourself health:** Food is medicine. Think about the nutrients and energy you are brining into your body and how it will affect your health.





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Conversations Take Us Where We Need to Go

Throughout our lives conversations with trusted advisors have shaped our decisions and outcomes. Over the holidays we often have more time to engage in thoughtful discussions.

Beyond the scope of who is doing the daycare pickup or what recipes will be a part of the tradition. Thus, many of us may have had conversations about the challenges of our health issues, whether for ourselves or a loved one. So I decided to refer to some basic principles from my book, Caregiver Tsunami. They cannot magically remove all challenges; but they can help us to deal with our situation more effectively and provide comfort and advice. Hope that you find them to be helpful:

TAKE DECISIVE ACTION - Don't wait until a loved one falls or is in dire straits. Act now!

BE VIGILANT - Watch out for worsening conditions or a domino effect with symptoms.

HOLD PEOPLE ACCOUNTABLE - Track practices and procedures of medical and other personnel.

MANAGE FAMILY RELATIONSHIPS - This is no time for sibling rivalry. Work together.

PRACTICE STRESS MANAGEMENT - Take care of you! Yoga and relaxation techniques can help.

CALL IN THE PROFESSIONALS - PVM staff, Area Agencies on Aging, Seniors Centers and other professionals can provide resource information to assist.

January Word Search

ITALIAN EATS

T	N	A	O	E	N	I	C	C	U	T	T	E	F	N
O	T	S	I	N	O	T	A	G	I	R	N	R	G	Z
L	O	I	G	O	I	I	S	I	H	C	C	O	N	G
I	R	A	O	R	A	C	T	R	I	S	O	T	T	O
V	T	G	O	T	A	N	C	T	G	E	L	A	T	O
E	E	O	E	S	T	L	G	U	E	S	R	I	T	I
S	L	R	C	E	T	U	O	A	P	H	I	C	C	T
O	L	A	M	N	E	P	I	Z	S	P	G	C	C	T
S	I	E	B	I	H	P	A	C	N	A	A	A	O	O
P	N	L	T	M	C	U	A	N	S	O	L	C	P	C
C	I	I	G	O	S	E	T	N	C	O	G	T	O	S
L	Z	Z	G	A	U	B	L	I	I	E	R	O	T	I
M	O	Z	Z	A	R	E	L	L	A	N	T	P	G	B
Z	A	T	T	A	B	A	I	C	I	C	O	T	A	P
N	N	L	B	A	T	A	R	O	S	E	T	T	A	U

AGLIO
CACCIATORE
GELATO
MINISTRONE
PANINO
RISOTTO
VERMICELLI

ASIAGO
CAPPUCCINO
GNOCCHI
MOZZARELLA
PIZZA
ROSETTA
ZITI

BISCOTTI
CIABATTA
GOGONZOLA
OLIVES
PROSCIUTTO
SPAGHETTI

BRUSCHETTA
FETTUCCINE
LASAGNA
PANCETTA
RIGATONI
TORTELLINI

January Logic Puzzle



	First Names				Soft Drinks				Wines			
	Amya	Darren	Samantha	Troy	cola	diet cola	grape soda	root beer	chardonnay	merlot	riesling	zinfandel
Vacation Dates	May 1											
	May 6											
	July 20											
	August 31											

	chardonnay	merlot	riesling	zinfandel
Wines				
	cola			
	diet cola			
	grape soda			
	root beer			

Logic Puzzles

Presented by Puzzle Baron

Puzzle ID: L498MS

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

Vacation Dates	First Names	Soft Drinks	Wines
May 1			
May 6			
July 20			
August 31			

1. Of the one who drinks diet cola and Amya, one specializes in riesling and the other left for vacation on May 1.
2. The wine enthusiast who specializes in merlot never drinks grape soda.
3. Either the wine enthusiast who specializes in riesling or the wine enthusiast who specializes in zinfandel is Samantha.
4. The wine enthusiast who specializes in merlot went on vacation after the wine enthusiast who specializes in zinfandel.
5. The one who drinks cola went on vacation before the one who drinks grape soda.
6. Troy didn't leave for vacation on August 31 and never drinks grape soda.
7. The vacationer who left on May 1 specializes in zinfandel.
8. The vacationer who left on May 6 loves to drink grape soda.

Laughter is the Best Medicine

A Perfect Marriage?

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of

money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."

Portabella Mushroom Crostini

Ingredients

- 2 ½ inch thick slices French baguette, sliced on a diagonal
- 1-2 tablespoons extra virgin olive oil, plus extra for toasting bread
- 2 portabella mushroom tops, finely diced
- 1 clove garlic, finely minced
- 1 tablespoon finely minced flat-leaf parsley
- Salt to taste
- Freshly ground black pepper
- 2 ounces fontina cheese

Directions

Preheat oven to 425°. Place bread slices on a baking sheet and brush one side of each slice with olive oil. Bake until just golden brown, about 5 minutes. Turn bread slices over and set aside. Heat 1 tablespoon olive oil in a medium sauté pan over medium heat. Add mushrooms and cook until softened, about 8 minutes. Add garlic and cook for another 1-2 minutes. Remove from heat and stir in parsley, salt and pepper. Divide mushroom mixture equally over bread slices, top with equal parts with fontina cheese. Return baking sheet to oven and bake bread slices until cheese is melted, about 5 minutes. Serve immediately.

Administrator Column

Resident Updates



I have always thought of all of you as a part of my family. It is so special that you wanted to recognize me in some way for the work that I have done throughout the years here at Hampton Meadows.

I just want all of you to know that I do what I do here for all of you. I enjoy coming into work each day and chatting with each of you and getting to know you better. Your smiles and stories brighten my day.

As our own Hampton Meadows family, we all come together in times of joy, sorrow and in times of assistance. We all work together wonderfully and that's what makes us such a great team.

Thank you so much from the bottom of my heart for the thoughtful gift that you presented to me for Christmas. It was so beautiful and I was truly touched by the sentiment and the lengths you went to, to make it possible. You are definitely an amazing group of people. 😊

I hope each of you know that you truly make a difference here.

Happy Holidays to you and your families. I hope you all have a wonderful time sharing laughter and time spent together with your loved ones.

Stephanie Cooper
Administrator
The Village of Hampton Meadows



Don't Miss the Bay County Library Bookmobile

Have a safe and happy New Year everyone! 😊

**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org

Office Numbers

Village Staff

Stephanie Cooper
Administrator

989-892-1912

Service Coordinator

989-892-6906

David Short
Maintenance

**EMERGENCY TELEPHONE
NUMBER**

989-415-7974



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org



The Village of
**Hampton
Meadows**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan
and Lutheran Homes of Michigan

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

Embrace the possibilities