



# Hampton Herald



## Embrace the possibilities

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

June 2016

### Featured Articles

**Giving Matters** pg. 5

**It's Your Life. Live it Well.** pg. 6

**Administrator's Column** pg. 13

### Welcome Summer

We finally made it to the days when the temperature is warm, the breeze is refreshing, the birds are nesting and the grass is getting green again. We have been spending time this year adding more beautiful things to our property for you to enjoy. This year we added several trees which will all flower to add so much more color and cheer to the main drive. We are also going to be adjusting the flowered berm that we added last year. We gave it time to settle and now we can add the finishing touches. We have also added a new glider and bench to the south exit so that you can enjoy outdoor seating in an additional location. We will again be planting flowers and adding fresh mulch to our existing planted areas as well as adding new items....but you'll have to wait to be surprised. ☺

I will be planning some new activities as well as making arrangements for our trip to Frankenmuth while the weather is nice. We should enjoy every minute of summer while it lasts! Please feel free to stop by the office if you have any ideas or suggestions of things you would like to do for any

time of the year.

I hope that you all have a wonderful summer and enjoy your time spent with family and friends. I know that many of you will be out and about enjoying the weather, the happenings around town and barbecues with family and friends. Elizabeth and I will also be having adjusted summer hours so please check the calendar and the dates and times that she has posted outside of her office. We will be available to you during our office hours and we both will assist you with any item you need. If you need an appointment with either of us, just give us a call and we would be happy to set that up with you.

If you have any questions or concerns, always feel free to stop by either of our offices to discuss. We are here to help.

Have a wonderful June and enjoy that sunshine while it's here!



### Look for PVM on:



## Activities

## Maintenance Updates

- If you notice anything in need of repair in your apartment or within any of the common areas, please be sure to let us know right away. Remember that you are the ones who use things and see things regularly. We rely on your help as well to keep things repaired and maintained around here. This is your home and we want to be sure that everything is up and running smoothly for you. Please let us know if you notice that paper towels are out, TV channels are not working properly, light bulbs are burned out, benches are loose, the carpet in the hall has a new stain or any other item that you notice that could use some attention. We try to notice everything, but there are times when we overlook something and your help is always appreciated. Thank you for all that YOU do to make this place a great place to call home.
- Be sure to always place your trash in SEALED plastic bags before putting them down the chute or in the barrels.
- DO NOT put empty pizza boxes on the floor in either trash room. They could be attracting unwanted pests. Please put them in the barrels on first floor or fold them in half and put them down the chute on second floor.

## June Activities

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

- Every Sunday – Bingo @ 2:00 pm
- Every Wednesday – Bingo @ 10:00 am & 5:00 pm
- Commodities will be here on June 3<sup>rd</sup> around 11 am
- Administrator's Updates Meeting – June 9<sup>th</sup> @ 11:00 am
- Monthly Birthday Celebration – June 13<sup>th</sup> at 6:00 pm
- Bookmobile – June 2<sup>nd</sup> AND June 23<sup>rd</sup> 2:00 pm – 3:00 pm
- Monthly pest control service – June 20<sup>th</sup>
- Lunch bunch for June will be at 11:30 am on the 17<sup>th</sup>. We will be ordering from Jimmy John's.
- Wii Bowling every other Thursday @ 10:00 am June 9<sup>th</sup> and 23<sup>rd</sup>.
- Please check out the Service Coordinator's page for a list of upcoming presentations.
- Virtual Village Victory Cup Competition will be @ 1:00 pm June 21<sup>st</sup>.

## 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

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

## Bay City Happenings in April

Bay City is host to several festivals and events each year. There are many different activities throughout our beautiful little town and the surrounding areas.

Here are a few:

### **DOWNTOWN BAY CITY**

**Tuesdays in June, July & August • Tuesdays Movies in the Park** • Free family-friendly movies at the Shell in Wenonah Park.

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

**Wednesday, June 8 • Apps & Ales** • This event highlights all of our Downtown's delicious eateries and pubs. Enjoy a night full of great

*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

*As they say, be careful what you wish for.... It went from a cold spring to full-on HOT summer! Although I'm not complaining, I like it much better than snow and ice! I hope that you are all getting outdoors to enjoy the sunshine a little (going for a walk, or a ride) but remember to wear your sunscreen, sunburns are no fun!*

I had said last month in my article that I was going to put out a survey regarding a potential class: "A Matter of Balance", which "can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling." However, I have been unable to make a connection with the instructor, so it is on hold until I get the details worked out.

The Virtual Village Victory Cup is coming up – be watching for the practice sessions starting on June 1<sup>st</sup> in the Community Room. We want to practice so we do really well this year – maybe even more medals than last year!

Remember the Blood Pressure Clinics – the second (2:30 p.m., June 9th) and fourth (2:00 p.m., June 23rd) Thursdays this month. Stop down and get your blood pressure checked by a trained professional – they will write down your BP numbers each time. Monitoring your blood pressure helps you prevent problems.

On the first Thursday, (June 2<sup>nd</sup>), we will be having a presentation on the Medicaid Waiver Program at 2:00 p.m. in the Community Room led by Laurie from A & D Waiver. Please take advantage of this opportunity to learn more about this program – you may not need it now, but it might be very useful in your future.

On Wednesday, June 15<sup>th</sup>, there will be a presentation on COPD given by Mel from Southern Care. Please take advantage of these presentations



– they are very informative.

**My "Summer Hours" will be starting the week of June 6<sup>th</sup>.**

I will be in my office Mondays, Tuesdays, Wednesdays, and Thursdays from 1:30 – 6:30 p.m. Remember, you can always call (989) 892-6906 and request an appointment at any time – if I'm not here, leave a message and I will return your call as soon as I return. You can also leave me a message in the lockbox outside my office door.

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

*Elizabeth*

Programs (continued)

## Celebrating June Birthdays

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

**Sandy B.....06/05**

**MaryAnn F.....06/26**



*Continued from pg. 2*

appetizers, specialty brews and music in the streets as you visit each establishment!

**Saturday & Sunday, June 11-12 • Annual YWCA Riverside Art Festival** • Unique art and items of distinct craftsmanship by skilled artisans from throughout the state and beyond. Located throughout the Downtown streets and in Wenonah Park!!

**Saturday & Sunday, June 25-26 • River Roar** • Powerboat races takes place in the Saginaw River along the banks of Downtown Bay City. Bay City's known as one of the toughest courses in the circuit. You won't want to miss it!

## 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*



## *No Foundation Article This Month*

### **HAMPTON MEADOWS FRIENDS AND FAMILY CAMPAIGN UPDATE**

Thank you again to all of you who helped with our Friends and Family Campaign for 2016.

**The campaign has ended and the final results are in...**

**This year, with the help of our neighbors, friends, families, community and with the addition of PVMF matching funds we were able to raise \$2,222.31!**

Our goal was \$2,500.00, so that means that we are almost there! We still have not received word back from Buffalo Wild Wings as to how much they were able to fundraise for us, but I can let you know that information as soon as I have it too. What an amazing job all of you did to help us towards our goal of getting a stationary exercise bike for our residents' wellness needs.

Some of you had asked again about how the overall fundraising works. Hopefully this can help:

Every year, as the campaign approaches, there is information placed in your cubbies. It is also discussed at resident events as well as the Administrator's meeting and even gets added to the newsletters for a couple of months.

Every year we have a Friends and Family Campaign which has an entire month devoted to information and fundraising efforts towards a new project of your choosing. Each year the guidelines for the campaign may change and I keep you posted the month before so we know how to be prepared. We usually have an opportunity for matching funds from the PVM Foundation several times per year, including during our campaign.

Donations must be received by the Foundation and they must be clearly marked that they are for The Village of Hampton Meadows to be counted towards our project. If they are not marked, then the donation will go to the area of greatest need within the Foundation for the seniors who we serve as a whole.

During the campaign, there may be special incentives such as matching funding, special bonuses for new donors, etc. If you are ever concerned that your donation may not have made it to the Foundation, you can always feel free to stop by my office or give me a call. I can check into it for you.

Hopefully, since we are so close to our goal this year, we can get enough funding by year end to reach our goal and be able to have our new wellness equipment in place for the New Year. Let's keep our fingers crossed and keep sharing the word with people we know!



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

By Tom Wyllie,  
Director of Wellness

### *You Might Have More Power Than You Think!*

If you are among the nearly 1 in 3 adults over age 65 that own a smartphone or tablet, you have more computing power available to you than the Apollo 11 astronauts had on their way to the moon! While comparing a smartphone to a \$3.5 million NASA computer is like comparing apples to oranges, the important question to ask is are you putting all that power to good use? One way to do that is to start making use of some of the senior-friendly apps now available for smartphones and tablets. As of July 2015, there were 1.6 million apps available for Android devices and 1.5 million for Apple devices. That's a lot of choices! To save you some search time, below are 3 apps we thought may interest you:

**MediSafe** (free) – MediSafe is a virtual pillbox that helps you remember to take your medications in the right doses at the right times. As an additional safeguard, it allows you to set up alerts that notify family and friends when you forget to take a medication.

**EyeReader** (\$1.99) – EyeReader turns your smartphone into a magnifying glass. After activating the app, hold your smartphone's camera lens over any hard-to-read print. It will illuminate it using your phone's LED light and magnify it up to 5 times its original size.

**Wunderlist** (free) – Wunderlist is a simple to-do list/task manager designed to help you get things done. A key feature is the ability to share your to-do lists with others.

LEAVE A  
*Legacy*

Ways to make  
a Planned Gift

Support PVM during your  
lifetime and beyond.

- › Make a bequest in your will
- › Start a Charitable Gift Annuity
- › Your Life Insurance Policy

**CONTACT US TO LEARN MORE**

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



**Presbyterian  
Villages  
OF MICHIGAN**  
THE FOUNDATION

# Wellspring Lutheran

## Occupational Therapy

### Healing starts here

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

Here's a glimpse of our occupational therapy:

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

## Physical Therapy

### With you for the long haul

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

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

## Speech Therapy

### Committed to helping

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

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

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

## **SERVICE EXCELLENCE**

Just a reminder that the Service Excellence recognition slips are located to the right of the cubbies on the first floor. If you feel that any Hampton Meadows' employee has done something noteworthy for you or our community, please fill out a recognition slip for them. You can either put it in the suggestion box where they are located, in the drop box or you can give it to the Administrator directly.

It will then be forwarded along to a monthly drawing where we can be entered to win a prize. Thank you again for your continued support and assistance. Please let us know if there is anything that we can do to make your experience here at The Village of Hampton Meadows the best that it can be.

# Congratulations!

You are being recognized because  
"What you did mattered!"



*Thank you for what you did!*

Employee Name: \_\_\_\_\_

Person Recognizing Employee: \_\_\_\_\_

Date: \_\_\_\_\_

\*\* Please turn a copy of this card into Village Administrator or HR, for a drawing

**ACCOUNTABILITY • LISTENING • RELATIONSHIPS • RESPECT**



### Friendly Reminders:

*Please let the staff know if you are unable to work your thermostat and need assistance changing the temperature from heat to cool. We are here to help.*

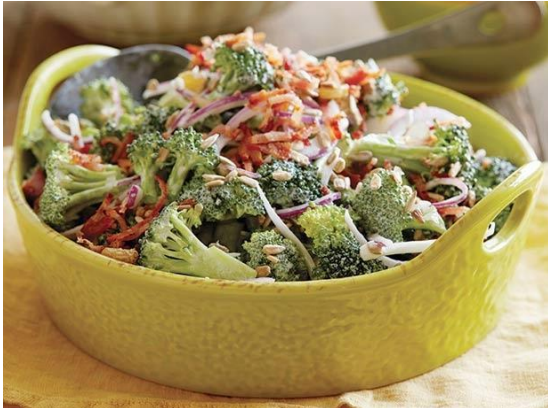
*Now that the weather is getting warmer, please remember to dress appropriately for the temperatures outside. A person can overheat quickly and too many clothes on, can certainly expedite that. We also have drinking water sources on both floors for your convenience. It is very important to keep hydrated year round. Your body needs water to stay healthy.*

*Check on your neighbor if you are concerned about them. If you haven't seen them in a while, stop and knock on their door. Being neighborly is free of charge and it can really make someone's day!*

*The designated smoking area is on the outside edge of the patio. There are no other areas designated for smoking. If there is a planned event happening in the community room, only then should you use the area by the south exit.*



## Creamy Broccoli Salad



### Ingredients

- 2 strips low-sodium bacon
- ½ cup ice cubes
- ½ medium red onion, thinly sliced
- ½ cup buttermilk
- 1/3 cup reduced-fat sour cream
- ¼ teaspoon finely grated lemon zest
- 1 tablespoon fresh lemon juice
- Kosher salt and freshly ground black pepper
- 6 ½ cups broccoli florets (about 1 pound), cut into bite sized pieces
- 1/3 cup golden raisins
- 2 tablespoons salted roasted sunflower seeds

### Directions

- Cook the bacon in a small non-stick skillet over medium-low heat until crispy, about 8 minutes. Transfer to a paper towel lined plate to drain. Reserve 1 teaspoon drippings for the dressing. Finely chop the bacon strips and reserve.
- Combine 1 cup water, the ice cubes and onions in a small bowl. Let the onions soak for 10 minutes while preparing the rest of the salad, and then drain and pat dry.
- Whisk the buttermilk, sour cream, lemon zest and juice, reserved bacon drippings, ¾ teaspoon kosher salt and pepper to taste in a large bowl. Add the broccoli, onions and golden raisins to the dressing. Toss well, cover and chill for at least 1 hour or up to 4 hours.
- Before serving, toss well and season with additional salt and pepper. Transfer to a serving dish and top with the chopped bacon and sunflower seeds.

# June Word Search

## Free Printable Word Search Puzzles

### Summer

Find and circle all of the summer words that are hidden in the grid.  
The remaining letters spell an additional summer item.

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

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON

[Did you enjoy this puzzle? Visit: http://www.puzzles.ca/wordsearch.html](http://www.puzzles.ca/wordsearch.html)

# June Puzzles



		First Names				Nicknames				Houses			
		Hope	Jonas	Miracle	Tyler	Lightning	Shades	Stretch	Wolfman	colonial house	country house	ranch house	victorian house
Days Off	Monday												
	Tuesday												
	Thursday												
	Friday												
Houses	colonial house												
	country house												
	ranch house												
	victorian house												
Nicknames	Lightning												
	Shades												
	Stretch												
	Wolfman												

## Logic Puzzles

Presented by Puzzle Baron

Puzzle ID: K631QQ  
 For hints, solutions and more puzzles, go to [www.Printable-Puzzles.com!](http://www.Printable-Puzzles.com!)

Days Off	First Names	Nicknames	Houses
Monday			
Tuesday			
Thursday			
Friday			

1. The person nicknamed Wolfman is not Jonas.
2. The owner of the victorian house isn't nicknamed Stretch and is not Hope.
3. Of the person nicknamed Stretch and Jonas, one lives in the colonial house and the other lives in the ranch house.
4. The owner of the victorian house has a day off later in the week than the person nicknamed Shades.
5. The person nicknamed Stretch is Hope.
6. The one who has Monday off is Tyler.
7. The one who has Tuesday off isn't nicknamed Stretch.
8. Either the one who has Thursday off or the one who has Friday off lives in the colonial house.
9. The person nicknamed Lightning is not Miracle.
10. Hope has a day off earlier in the week than the person nicknamed Lightning.
11. The owner of the ranch house isn't nicknamed Shades and is not Hope.

# Laughter is the Best Medicine

## Things My Mom Taught Me

### **MOM TAUGHT ME TO APPRECIATE A JOB WELL DONE**

"If you're going to kill each other, do it outside, I just finished cleaning!"

### **MOM TAUGHT ME RELIGION**

"You better pray that will come out of that carpet!"

### **MOM TAUGHT ME ABOUT TIME TRAVEL**

"If you don't straighten up, I'll knock you into next week!"

### **MOM TAUGHT ME LOGIC**

"Because I said so, that's why!"

### **MOM TAUGHT ME FORESIGHT**

"Make sure you wear clean underwear in case you're in an accident."

### **MOM TAUGHT ME IRONY**

"Keep laughing and I'll give you something to cry about!"

### **MOM TAUGHT ME ABOUT THE SCIENCE OF OSMOSIS**

"Shut your mouth and eat your supper!"

### **MOM TAUGHT ME ABOUT CONTORTIONISM**

"Will you look at the dirt on the back of your neck?"

### **MOM TAUGHT ME ABOUT STAMINA**

"You'll sit there until all that spinach is gone!"

### **MOM TAUGHT ME ABOUT WEATHER**

It looks like a tornado went through your room!"

### **MOM TAUGHT ME HOW TO SOLVE PHYSICS PROBLEMS**

"If I yelled because I saw a meteor coming toward you, would you listen then?"

### **MOM TAUGHT ME ABOUT HYPOCRISY**

"If I told you once, I've told you a million times- don't exaggerate!"

### **MOM TAUGHT ME ABOUT BEHAVIOR MODIFICATION**

"Stop acting like your father!"

### **MOM TAUGHT ME ABOUT ENVY**

"There are millions of less fortunate kids in this world who don't have wonderful parents like you do!"

And most of all.....

### **MOM TAUGHT ME THE CIRCLE OF LIFE**

"I brought you into this world, I can take you out!"



## Administrator Column

## Resident Updates



### Virtual Village Victory Cup

There is a competition down in the Detroit area for the villages that are closer to that location where they can compete against each other live and in person.

For those villages that are farther away, like Hampton Meadows, we are able to compete from our own site and submit the results over the internet. This allows all of the villages that are farther away to compete with each other as well and it allows us to have just as much fun as the other villages, but just from the comfort

of our own locations.

Last year we participated for the first time in the Virtual Village Victory Cup. We didn't know how it would go, or what to expect but our residents did amazingly well and we ended up walking away with 13 medals under our belt! We were off to a huge start! We definitely gave the other villages "a run for their money!"

This year, I hope to continue to keep our name on the map. I want to bring home just as many (if not more) medals to The Village of Hampton Meadows for all of our residents' hard work.

The games for this year are the same as last year with the addition of a lip sync competition as well. We get to get in a little exercise and most of all we get to

have fun for a few hours with our friends and neighbors!

I have put a sign-up sheet in the community room for those of you who would like to participate.

The events are not hard at all and provide lots of fun and laughs while we rack up the numbers for our team.

I hope that you will consider joining us.

### **Go Hampton Hornets!**

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

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



**Happy Father's  
Day!**

**June 19<sup>th</sup>**



**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



The Village of  
**Hampton  
Meadows**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan  
and Wellspring Lutheran Services

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

# Embrace the possibilities