

# Hampton Herald

Embrace the possibilities

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

January 2018

## Featured Articles

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## Welcome 2018 Winter Olympics!

- The 2018 Winter Olympics (XXIII) will kick off in February this year in PyeongChang, South Korea.
- This is the first time South Korea will host the Winter Olympics.
- The only other time South Korea has hosted the Olympics was for the Summer Games in Seoul in 1988.
- A total of 89 teams have qualified.
- Ecuador, Eritrea, Kosovo, Malaysia, and Singapore are scheduled to make their Winter Olympics debut.
- The Winter Olympics will feature 102 games in 15 sports.
- The sports for this year's Winter Olympics will be:
  - Alpine skiing, Biathlon, Bobsleigh, Cross-country skiing, Curling, Figure skating, Freestyle skiing, Ice hockey, Luge, Nordic combined, Short track speed skating, Skeleton, Ski jumping, Snowboarding, Speed skating,



Look for PVM on:



## Activities

## Maintenance Updates

- Remember to dress appropriately for the weather. Wear your rubber soled boots and keep your skin covered.
- I have placed the salt containers at every entrance. If you notice an area that needs extra attention, please feel free to use the salt. If the containers get low, let the office know.
- Consumers Energy will be here to replace some of the bulbs belonging to the property on **Monday, January 8<sup>th</sup> starting at 9:00 am**. We will enter your apartment if you are not home to make this upgrade.
- *If you have a health emergency, you or your family members should press your personal help button or call 911.*
- *If there is a fire emergency you should call 911.*
- *If your smoke detector is going off because of burned food and it is after hours, please call 911 to let them know. The fire dept. will still respond to reset your alarm but they won't need to send the big truck and a slew of volunteers. Thank you for your continued cooperation.*

## January Activities

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

- BINGO - Every Sunday @ 2:00 pm and Wednesday @ 5:00 pm
- Commodities – Wednesday January 10<sup>th</sup> @ 10:30 am
- Administrator's Updates Meeting – January 11<sup>th</sup> @ 11:00 am.
- Monthly Birthday Celebration – Monday, January 8<sup>th</sup> @ 6:00 pm
- Bookmobile – January 11<sup>th</sup> from 3:00 pm – 4:00 pm. **(new time)**
- Lunch Bunch – January 12<sup>th</sup> (Wanigans) and January 31<sup>st</sup> @ 11:30 am
- Movie Day – Monday, January 22<sup>nd</sup> @ 2:00 pm.
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome to play or even to cheer on the bowlers.
- Consumers Energy Monday, January 8<sup>th</sup> beginning at 9:00 am. Tim will be accompanying them.

## 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 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**

**The first Saturday in**

**January • Soup and Sales •**

**Celebrate the New Year by DINING in one of Downtown Bay City's great restaurants and pubs! SHOP in our unique shops and boutiques! EXPLORE what we have to offer for ARTS, MUSIC and CULTURE ... There is always something NEW and FRESH going on in Downtown Bay City!**

*Continued on pg. 4*

## **ZEHNDER'S SNOWFEST 2018 SCHEDULE OF EVENTS JANUARY 24 - 29**

*All Scheduled Outdoor Activities and Events May Be Changed Due to Weather Conditions!*

### **Wednesday, January 24**

- ☐ World Class Snow Carving Teams Continue to Work Throughout the Day on Double & Single Block Competitions in Zehnder's Parking Lot
- ☐ Children's Snow Sculpting at Frankenmuth Riverplace
- ☐ State of Michigan Snow Sculpting Begins at 6 p.m. in Bavarian Inn Restaurant's Parking Lot
- 10 a.m. – 4 p.m. Michigan's Favorite Apple Recipe Contest  
Featuring Pasta, Desserts and Sandwich Categories

### **Thursday, January 25**

- ☐ World Class Snow Carving Teams Continue to Work Throughout the Day on Double & Single Block Competitions in Zehnder's Parking Lot, Public Voting Begins
- ☐ Children's Snow Sculpting at Frankenmuth Riverplace
- ☐ High School Snow Sculpting Competition Begins at 9 a.m. at Frankenmuth Riverplace
- ☐ State of Michigan Snow Sculpting Continues Throughout the Day  
In Bavarian Inn Restaurant's Parking Lot
- ☐ Dueling Piano Luncheon at 11:30 a.m.  
*Enjoy a Chicken Luncheon in Zehnder's Main Dining Room and then be entertained by the Dueling Pianos. Tickets \$40. Call 800-863-7999, ext. 450 for reservations.*

### **Friday, January 26**

- ☐ The Collegiate Alumni Ice Carving Challenge 11 a.m. – 3 p.m.  
The first of a two-event team challenge. Double-block individual ice carving competition at Edwin L. Zehnder Park.
- ☐ Professional Ice Exhibition
- ☐ World Class Snow Carving Teams Continue to Work Throughout the Day on Double and Single Block Competitions, Public Voting Continues.
- ☐ State of Michigan Snow Sculpting Continues Throughout the Day, Public Voting Begins
- ☐ High School Snow Sculpting Competition Continues 9 a.m. – 5 p.m. at Frankenmuth Riverplace  
Located in Zehnder's Parking Lot next to the Large Ice Display Tent
- ☐ Collegiate Ice Carving "Under the Stars" Competition begins between 6 and 7 p.m.  
At Edwin L. Zehnder Park.

### **Saturday, January 27**

- ☐ The Collegiate Alumni Ice Carving Challenge 9 a.m. – 2 p.m.  
The second of a two-event team challenge.
- ☐ World Class Single & Double Block, and State Snow Sculpting Concludes at 10 a.m.
- 2:00 p.m. World Class Single & Double and State Snow Sculpting Awards  
(\$5.00 Cover Charge after 6 p.m. – Children 12 and under Free)  
Located in Zehnder's Parking Lot next to the Large Ice Display Tent
- ☐ National Collegiate Ice Carving Competition begins at 3 p.m. in  
Edwin L. Zehnder Park
- ☐ Annual Fireworks Display – 6:45 p.m.

### **Sunday, January 28**

#### **All Ice and Snow Sculptures Completed for Public Viewing**

- ☐ U.S. National Collegiate Ice Carving Competition 8:30 – 11:30 a.m.

### **Monday, January 29**

#### **26th Annual Chef's Hot Food Competition and Tasting**

6 – 8:30 p.m. Zehnder's Restaurant

*Sponsored by ACF Flint/Saginaw Valley Chapter*

Programs (continued)

## Celebrating January Birthdays

We will be celebrating January Birthdays in the community room on **Monday, January 8<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!

- Vicki S** ..... 01/01
- Maryanne N**..... 01/04
- Kay E** ..... 01/07
- Joann E** ..... 01/08
- Fran L** ..... 01/10
- Janis C** ..... 01/21
- Bob J** ..... 01/31



### January 26 - February 4 • Bay City Players Presents—Calendar Girls •

Directed by Susan Craves. Simple enough – six women want to raise money for a new sofa in their hospital waiting room. Now, how do they do that? Well, there are all these hot men calendars out there, why not? Who cares if they may not be the hottest of women? The press latches on to the idea. The community can hardly wait. Success looms on the horizon until some hidden feelings surface amongst the women and “respectable” community members step in. Very funny, very loving, and very moving. A cheerful feel-good play: perfect for the heart of a Michigan winter. Admission \$20

## 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*



## Older Adults Can THRIVE Because of Donors Like You!



This is what Thriving looks like!

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**  
mylegacy.pvmf.org

Going to the mall to return gifts today?...Or grocery shopping? Take a look around while you're there. **Who** do you see?

It's probably a lot of older adults.

Almost 20% of the state's population is 65 or older. Michigan has moved from the **30<sup>th</sup> oldest state** in the USA to the **10<sup>th</sup> oldest**.

### **So what?**

More older adults mean **the services YOU help provide are more important than ever.**

Through your support of PVM, you prevent loneliness and isolation by making it possible for residents to attend social events & outings. You provide essential services and enhance the lives of people all over Michigan!!!

You strengthen the economy by keeping seniors active in their communities. **You're the reason that ~~PVM residents~~ Michiganders can thrive as they age.**

Thank you for caring and THANK YOU FOR GIVING!!

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



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

By Tom Wyllie,  
Director of Wellness

### *Ten Tips for Improving Brain Health*

This new year why not resolve to improve the health of your brain? Below are 10 tips from the Alzheimer's Association for doing just that.

- 1) BREAK A SWEAT.** Engage in regular exercise that elevates your heart rate and increases blood flow to your brain such as brisk walking.
- 2) HIT THE BOOKS.** Take a class online or at a local community center. Formal education at any age helps reduce your risk of cognitive decline and dementia.
- 3) BUTT OUT.** Quit smoking. Smoking increases your risk of cognitive decline.
- 4) FOLLOW YOUR HEART.** Take care of your heart. Keeping your heart healthy by controlling your weight and lowering your blood pressure is also good for your brain.
- 5) HEADS UP.** Wear a seat belt in the car, a helmet when riding a bike, and take steps to prevent falls. Brain injury increases your risk of cognitive decline and dementia.
- 6) FUEL UP RIGHT.** Eat healthy. A diet low in fat and high in fruits and vegetables, such as the Mediterranean diet may reduce your risk of cognitive decline.
- 7) CATCH SOME ZZZ'S.** Get a good night's sleep. Inadequate sleep can cause problems with memory and thinking.
- 8) TAKE CARE OF YOUR MENTAL HEALTH.** Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns, all of which increase your risk of cognitive decline.
- 9) BUDDY UP.** Pursue meaningful social activities. Staying socially engaged supports brain health.
- 10) STUMP YOURSELF:** Challenge your mind by engaging in activities that force you to think such as learning a new language, playing a musical instrument, writing with your non-dominant hand, or playing strategy games. Challenging your mind provides short and long-term brain benefits.



## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### Very Clever Credit Card Scam

This is very clever. I would probably fall for it if not warned. Give this wide distribution. This scam is actually very clever. Just when you thought you'd heard it all. Be very careful out there! Beware of people bearing gifts.

The following is a recounting of the incident from the victim:

Wednesday a week ago, I had a phone call from someone saying that he was from some outfit called: "Express Couriers." (The name could be any courier company). He asked if I was going to be home because there was a package for me that required a signature.

The caller said that the delivery would arrive at my home in roughly an hour. Sure enough, about an hour later, a uniformed delivery man turned up with a beautiful basket of flowers and a bottle of wine. I was very surprised since there was no special occasion or holiday, and I certainly didn't expect anything like it. Intrigued, I inquired as to who the sender was.

The courier replied, "I don't know, I'm only delivering the package."

Apparently, a greeting card was being sent separately. (The card has never arrived!) There was also a consignment note with the gift.

He then went on to explain that because the gift contained alcohol, there was a \$3.50 "delivery/verification charge," providing proof that he had actually delivered the package to an adult (of legal drinking age), and not just left it on the doorstep where it could be stolen or taken by anyone, especially a minor.

This sounded logical and I offered to pay him cash. He then said that the delivery company required payment to be by credit or debit card only, so that everything is properly accounted for, and this would help in keeping a legal record of the transaction.

He added, "Couriers don't carry cash to avoid loss or likely targets for robbery."

My husband, who by this time was standing beside me, pulled out his credit card, and 'John,' the "delivery man," asked him to swipe the card on a small mobile card machine with a small screen and keypad. Frank, my husband, was asked to enter his PIN number and a receipt was printed out. He was given a copy of the transaction.

The guy said everything was in order, and wished us good day.

To our horrible surprise, between Thursday and the following Monday, \$4,000 had been charged/withdrawn from our credit/debit account at various ATM machines.

Apparently the "mobile credit card machine," which the deliveryman carried now had all the info necessary to create a "dummy" card with all our card details including the PIN number.

Upon finding out about the illegal transactions on our card, we immediately notified the bank which issued us a new card, and our credit/debit account was closed.

We also personally went to the Police, where it was confirmed that it is definitely a scam because several households had been similarly hit.

**WARNING:** Be wary of accepting any "surprise gift or package," which you neither expected nor personally ordered, especially if it involves any kind of payment as a condition of receiving the gift or package. Also, never accept anything if you do not personally know or there is no proper identification of who the sender is.

Above all, the only time you should give out any personal credit/debit card information is when you yourself initiated the purchase or transaction!

## 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



## Cinnamon Apple Pork Chops



### Directions

- In a large skillet, heat one tablespoon butter over medium heat. Add pork chops; cook 4-5 minutes on each side or until thermometer reads 145°. Meanwhile, in a small bowl, mix brown sugar, cinnamon, nutmeg and salt.
- Remove chops. Keep warm. Add apples, pecans, brown sugar mixture and remaining butter to pan, cook and stir until apples are tender. Serve with chops.

### Ingredients

- 2 tablespoons butter, divided
- 4 boneless pork loin chops (4 oz. ea.)
- 3 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon salt
- 4 medium tart apples, thinly sliced
- 2 tablespoons chopped pecans



QuotesIdeas.com

# January Word Search

# HAPPY NEW YEAR

## WORD SEARCH

f m i d n i g h t a s d b n m d y c v z q w t e g r h s  
 i a v b o b n m d y c v z q w g a m e s d b n m o c h n  
 r j k l i c v r e f l e c t i o n a b d m d y c a s o x  
 e q w t s b n m c i l s q m f b n t e f a s d h l w u c  
 c n m d e y c v z q w s d n r e s o l u t i o n s m r h  
 r a b d m m j a n u a r y e i y c v o n s c v e b n g h  
 a s q m a m d y c v w t e w e n m d y c o m s w t w l a  
 c i t e k v z q w l s i b y n a h e d m d s m y q m a c  
 k n m c e i l s q c j k l e d d m o v w t t u e b m s n  
 e b n t r c v y c o e s i a s w t e p m a r h a c d s f  
 r h a t s z q w s t e l o r d e q w t e y e d r c v o a  
 s n m d y i e m s i b l e s c v w t e t m a u s z q v m  
 g e a s t o e d w k l t w b i u p s t r a m a e l z c i  
 o x i b l d v w t s i e m a r m a k l a o e t v v y s l  
 b c f i r e w o r k s s u b m a s i d g r d e q w z y  
 l h g s d c q m d a s d h y c v t p n i z s p w r k m d  
 e n e q m e n m d y a a e q m d y e y t d y a m e s r d  
 t a w t e r k a s i y c j w t e w d m i z q d n s h q m  
 a c w k l a t e t h m d y c o b c v o o l s g w o o t e  
 o e d f a t h e r t i m e h e e m d m n v y o m l r m c  
 a z q w s i t w a s d h v g y c o m s q w s t m v n n t  
 z q a s d o n h a p p y i m d y c v w t e o c v e s g p  
 l s y w j n b n t h i n c p k m d y c o m s d e q m d k  
 v y e m t s k e m g n h o l i d a y o g d t w t j w k n  
 q w k s g b q m d i a s t k s m d y c o c v p j n t s m  
 t e a d m c p j n b n m d y s e a s t o e d w k l u d p  
 h o p c q w t g w c v s q m d s t w k c h e e r s j o q  
 t t i m e s s q u a r e c v w t p t s j e q m g s d w c

midnight  
 noisemakers  
 decorations  
 party  
 New Years Eve  
 Father Time  
 family  
 friends

resolutions  
 countdown  
 new beginnings  
 goals  
 toast  
 New Years baby  
 holiday  
 fireworks  
 cheers

horns  
 celebrate  
 streamers  
 games  
 January  
 goblet  
 firecrackers  
 kiss  
 hats

fun  
 reflection  
 resolve  
 hope  
 hourglass  
 Times Square  
 tradition  
 happy

www.everythingcharts.com  
 © Everything Charts 2012

# January Word Search



		First Names				Film Genres				Directions			
		Alexandria	Ashlyn	Esmeralda	Thomas	documentary	romance	sci-fi	silent	northwest	southeast	southwest	west
Days Off	Monday												
	Tuesday												
	Wednesday												
	Thursday												
Directions	northwest												
	southeast												
	southwest												
	west												
Film Genres	documentary												
	romance												
	sci-fi												
	silent												

## Logic Puzzles

Presented by Puzzle Baron

Puzzle ID: I995HQ

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

Days Off	First Names	Film Genres	Directions
Monday			
Tuesday			
Wednesday			
Thursday			

1. The romance film buff has a day off earlier in the week than the person who lives west of city hall.
2. The person who lives northwest of city hall has a day off later in the week than Esmeralda.
3. The one who has Tuesday off is Thomas.
4. The person who lives southwest of city hall doesn't enjoy silent films and is not Ashlyn.
5. The one who has Wednesday off loves watching sci-fi films.
6. Either the person who lives west of city hall or the person who lives southeast of city hall is Esmeralda.
7. The documentary film buff is not Esmeralda.
8. Of the person who lives northwest of city hall and Thomas, one has Thursday off and the other loves watching romance films.
9. The silent film buff is not Ashlyn.
10. The person who lives southeast of city hall doesn't enjoy romance films.
11. The one who has Monday off doesn't enjoy silent films.

## Laughter is the Best Medicine

### **EXERCISE FOR PEOPLE OVER 50**

*Begin by standing on a comfortable surface, where you have plenty of room at each side.*

*With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.*

*Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags.*

*Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm now at this level.)*

*After you feel confident at that level, put a potato in each of the sacks!*

### **THE COMPUTER SWALLOWED GRANDMA**

*The computer swallowed grandma.  
Yes, honestly it's true!  
She pressed 'control' and 'enter'  
and disappeared from view.*

*It devoured her completely;  
the thought just makes me squirm.  
She must have caught a virus,  
or been eaten by a worm.*

*I've searched through the recycle bin  
and files of every kind;  
I've even used the Internet,  
But nothing did I find.*

*In desperation, I asked Jeeves  
My searches to refine.  
The reply from him was negative,  
not a thing was found 'online.'*

*So, if inside your 'Inbox',  
My Grandma you should see,  
Please 'Copy', 'Scan', and 'Paste' her,  
and send her back to me.*

### **HEARING BETTER NOW**

*An elderly man was having hearing problems  
and went to see a specialist. The doctor fitted  
him with some hearing aids that brought his  
hearing back to full strength.*

*After a few weeks the man came back to make  
sure the new equipment was working  
properly, which it was.*

*The hearing specialist said, "It all seems  
perfect. Your family should be delighted you  
can hear everything now."*

*"Oh no," the man responded. "I haven't told  
any of them. I just sit quietly, listening  
carefully. I've changed my will four times."*

## Administrator Column

## Resident Updates



### RECERTIFICATION REMINDERS

Your recertification notices are sent out approximately four months in advance of your actual lease renewal date.

The reason for this is:

- 1) You may have a lot of medical expenses that need to be verified
- 2) Your verifications may need to be mailed out of state which takes longer to get there and back
- 3) You may need to wait until

Your bank statement comes to clarify an income discrepancy

- 4) You may need time to gather all of your check stubs from your current employer
- 5) You may need to wait until you get your Social Security Award Letter to verify your income for the upcoming year.

Please do not delay the processing of your paperwork by waiting until a few days or even a couple of weeks before your recertification is due. By delaying your paperwork, you could be risking having to pay the increased rent amount without receiving a 30 day notice of the increase.

You could also have to pay the market rent for the apartment if your recertification is not processed in time.

Last but not least, you could risk losing your housing here by not completing your recertification paperwork in a timely manner.

To ensure that you have enough time to get everything completed before it is due, please respond to the first notice you receive. Call or stop by the office to make an appointment as early as possible. It is always better to have your paperwork completed weeks ahead of time than a day too late. Information that you should gather and bring with you:

- 1) Your SS award letter for the CURRENT year
- 2) Pension statement
- 3) Your most recent Blue Cross bill/statement
- 4) The names of any NEW out of pocket medical expenses from the previous year
- 5) Know if your life insurance policy is whole or term life

If you have any questions, always feel free to call or stop by the office for assistance.

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

**Don't Miss the Bay County Library Bookmobile on Thursday, January 11th  
3:00 PM – 4:00 PM (new time)**

\*\*\*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