



# Hampton Herald



## Embrace the possibilities

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

March 2018

### Featured Articles

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### The Bay City Recyclables Are Back!



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 friends and neighbors.

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.)

The Recyclables will be stopping by to entertain us on **Tuesday, March 20th at 3:00 pm.**

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.



Look for PVM on:



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

## Activities

## Maintenance Updates

- Spring inspections are on the way! We will be checking for repairs, cleanliness and we will be changing your furnace filters. Please be sure that there is no furniture in front of your furnace closet door. You should not be blocking your cold air return at all and we cannot be responsible to move your personal items.
- Be sure that all trash is properly bagged and tied before you put it down the chute or in the barrels. We have been getting trash not in bags and it is getting all over the floor and/or dumping out into the barrels. These kinds of messes are difficult to clean in the trash room. Especially in cold weather when the water we need to clean it up freezes. Thank you for helping to keep your home clean.
- *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.*

## March Activities

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

- BINGO - Every Sunday @ 2:00 pm and Wednesday @ 5:00 pm
- Commodities – Wednesday, March 14<sup>th</sup> @ 11:00 am
- Administrator's Updates Meeting – March 8<sup>th</sup> @ 11:00 am.
- Monthly Birthday Celebration – Monday, March 12<sup>th</sup> @ 6:00 pm
- Bookmobile – March 15<sup>th</sup> from 3:00 pm – 4:00 pm. **(new time)**
- Lunch Bunch – March 9<sup>th</sup> @ 11:30 am (Grampa Tony's)
- Movie Day – Monday, March 26<sup>th</sup> @ 2:00 pm.
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome to play or even to cheer on the bowlers.
- Bay City Recyclables will be here to entertain you on Tuesday, March 20<sup>th</sup> @ 3:00 pm.
- Grief Support--Ongoing. March 23<sup>rd</sup> @ 2:00 pm
- Karen Parker will be here every Monday for 5 weeks (beginning 2-12-18) doing healthy recipes for your to have and enjoy.

## 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**  
**Thursday, March 8<sup>th</sup> 5-8 pm** • **The Great Taste of Frankenmuth** • The Frankenmuth Noon Rotary Club will hold the 27<sup>th</sup> Annual Taste of Frankenmuth event. Approximately 25-30 Frankenmuth area food and beverage vendors will serve up their finest cuisine! A raffle will also be held. Tickets are \$20 per person.

*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

*Well, we're headed towards the great Bay City holiday - St. Patrick's Day! I don't think that I will be in town for the parade, but I hear that it's a great time!*

On **March 8<sup>th</sup> at 2pm & March 22<sup>nd</sup> at 2:15p – 2:45p** we will have our March Blood Pressure Clinics. Thank you to all that have taken advantage of having their blood pressure checked by a trained professional: it is good preventative care. Remember, *there is no cost and you don't even need to show your insurance information!* On top of that, you get a ticket for coming down and doing something good for yourself!

On **March 14<sup>th</sup> at 2pm**, Mel from SouthernCare will be presenting on "**Healthy Eating**" as requested by the group at February's Heart Health presentation.

The **Grief Support Group with Chaplain Don** will be meeting on the **fourth Friday afternoon at 2:00 p.m. on March 23<sup>rd</sup>. Please RSVP by the Wednesday before (March 21<sup>st</sup>) to Elizabeth or my phone.** No one came to the first meeting in February, although Chaplain Don brought really great cookies, and I don't want him to make an unnecessary trip again. This group is for any type of grief: losing family members, friends, a loss in your health, mobility, or maybe the accumulation of too many losses. Come learn about ways to cope and recover your joy after loss. This will be an ongoing group, with no set attendance requested/required. Those that attend will be helping to decide the focus of the group. We are hoping that attendees will come several times in order to see what it is all about.

I will be in the office **all day on March 13<sup>th</sup> and 28<sup>th</sup> (9a – 4p)**. I will be out of the office **March 5-7 and all day March 12<sup>th</sup> and 26<sup>th</sup>**. You can always refer to the calendars posted on my office door, outside the Theater Room in the hall, and on the bulletin board near the cubbies downstairs.



Remember, you **get a "ticket" for each activity or presentation that you attend that Stephanie or I organize.** When you gather 10 tickets, come up to the Service Coordinator office and choose from the "**Goodie Shelf**" – there will be a variety of items, both male and female, and from practical like laundry soap, hand soap, toilet paper, or canned goods to fun like candy, nuts, or 'doo dads'. **I'm continuing to get new and different items so don't "assume" that you know what's there. 😊** Thanks for your participation!

**You can always call (989) 892-6906 and request an appointment at any time** – if I'm not here, leave a message and I will return your call as soon as I return. You can also leave me a message in the mail slot outside the Theater Room door; I will contact you as soon as I am able.

*Happy St. Patrick's Day to you all!  
The **FIRST DAY OF SPRING** is  
March 20<sup>th</sup>!!! Yay!!!*

*Elizabeth*



Continued from pg. 2

Programs (continued)

## Celebrating March Birthdays

We will be celebrating March Birthdays in the community room on **Monday, March 12<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**



Are you over the age of 70½?

Do you file a standard tax return?

Do you have an IRA?

If you answered "Yes" to all three questions, then you can roll over up to \$100,000 to your favorite public charity—**TAX FREE\*!**

With your IRA charitable donation to the PVM Foundation, you can give older adults a safe place to call home, new friends and experiences, and a chance to *thrive!*

To learn more, visit [MyLegacy.pvmf.org](http://MyLegacy.pvmf.org) or call **Bobbie Clement at 248.281.7252**

\*IRA Charitable Rollover is permanent law as of December 18, 2015.

**Sunday, March 18th 2:00 - 5:00 pm •64th Bay City 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!

**DAYLIGHT SAVINGS TIME BEGINS •** Don't forget to move your clocks forward one hour on March 11th!

## 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*



## You Have the Power to Leave an Amazing Legacy



### ***Betty honored her new home, friends and family by leaving a gift in her will.***

Betty left a gift in her will to help build the Kleemann Chapel at The Village of East Harbor and provide stained-glass windows. Before her passing, Betty said she always believed in the PVM mission to serve older adults and was delighted to honor her parents and a dear friend with memorials. She wanted to give back to this, her “happy home for these many years.”

To learn more about leaving a gift in your will, please visit [mylegacy.pvmf.org](http://mylegacy.pvmf.org). You'll be asked simple questions to help you plan the joy you'll bring.

Your legacy has the power to delight others well into the future. Betty's gift is bringing joy to her fellow residents every day at The Village of East Harbor.

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

### *Oral Health is as Easy as 1, 2, 3*

March is national nutrition month, so you might expect this article to focus on healthy eating, however, if you suffer from poor oral health, eating healthy may be the last thing on your mind. The pain and discomfort associated with tooth decay, gum disease, dry mouth and other oral health problems can make chewing and swallowing difficult. You may skip eating altogether or turn to softer foods, which tend to be highly processed, contain a lot of fat and sugar, and are far from healthy.

The good news is that poor oral health is not an inevitable part of aging. Taking good care of our mouths is just as important, if not more so than when we were younger. That's because if left untreated, oral health problems in older adults not only cause tooth loss, they substantially increase our risk of heart disease and stroke.

The three most important things you can do to keep your mouth healthy are 1) brush your teeth twice daily with a soft bristled toothbrush; 2) floss once per day; 3) and visit your dentist regularly. Brushing your teeth removes food particles and bacteria (called plaque) from your teeth that if left in place cause cavities. Flossing removes food particles and plaque from between your teeth and below your gum line, which if not removed can lead to gum disease. And visiting your dentist regularly can catch problems early should you have any and keep them from becoming more serious.

As we get older, our hands may not be as steady as they used to be so performing daily tasks such as brushing our teeth and flossing may be a lot more challenging and as a result we may skip them. However, using a wide-handled or electric tooth brush can make brushing easier and using a floss pick or water flosser can make flossing easier. For other oral health tips geared toward older adults visit the website [www.toothwisdom.org](http://www.toothwisdom.org). Should you need them, the site also has a low cost dental care locator that may help you find nearby low cost dental services.



## The Senior Advocate.

By Lynn Alexander,  
Senior VP & Chief Marketing Officer

### Winter is Still With Us

Beyond surviving the snow and cold we need to protect ourselves from the health challenges that come with this time of year. The Cleveland Clinic has published some important tips to protect us from disease:

#### 1. Wash your hands

It sounds simple because it is. Frequent handwashing is perhaps the best way to prevent norovirus—especially if you spend time in one of those crowded settings. Work up a good lather with soap, and wash for at least 20 seconds.

Avoid contact with anyone who's recently had vomiting and diarrhea if you can. But "that's not 100 percent effective because occasionally you'll be around people who don't have symptoms yet," Dr. Sabella says. If you are exposed to a sick person, wash your hands immediately. If you are caring for someone with norovirus, wash your hands every time you come into contact with them. Hand sanitizer also may help as an addition to hand-washing, but not a substitution.

#### 2. Keep your hands away from your face

To get this virus, you basically have to ingest it. That means you should consciously avoid touching your face.

Why? If you have come into contact with the virus, touching your mouth, nose or eyes before you get a chance to wash your hands makes it easier for the virus to enter your body.

"The main sources of transmission are contaminated foods and person-to-person contact. That means wiping a doorknob isn't going to be as effective as your absolute best prevention tip: Wash your hands."

#### 3. Pay attention to your surroundings

"Be careful about what you see out there," Dr. Sabella advises.

For example, you don't have to be a food inspector to spot bad safety practices. If you're at a buffet where the food is not being handled appropriately—for instance, people are directly touching the food without gloves—then find another place to eat.

#### 4. Practice food safety at home

Remember tip No. 1 about hand washing? It is especially important in the kitchen because norovirus spreads by ingestion. As you prepare food, wash your hands frequently—especially right before serving anything to others. Also, if you have symptoms or know you are sick, stay out of the kitchen and avoid spreading the virus to others.

#### 5. Use appropriate cleaning methods

Someone who is infected with norovirus might be asymptomatic for several days, Dr. Sabella notes. That means you can't always keep it out of your house—and norovirus is difficult to contain once it has entered your house.

Still, you can take steps to clean up and prevent its spread. For example, focus on scrubbing any commonly touched surfaces such as doorknobs and counter tops. Just remember—the main sources of transmission are contaminated foods and person-to-person contact. That means wiping a doorknob isn't going to be as effective as your absolute best prevention tip: Wash your hands.

## **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!":



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**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:**

#### **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.*



## Asparagus and Mozzarella Stuffed Chicken Breasts



### Ingredients

- 2 large skinless, boneless chicken breast halves
- Salt and black pepper to taste
- 8 asparagus spears, trimmed and divided
- ½ cup shredded, mozzarella cheese; divided
- ¼ cup Italian seasoned bread crumbs

### Directions

- Preheat oven to 375° F. Grease an 8x8 inch baking dish.
- Place each chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to an even thickness of about ¼ inch. Sprinkle each side with salt and pepper.
- Place 4 spears of asparagus down the center of a chicken breast, and spread about ¼ cup of mozzarella cheese over the asparagus. Repeat with the other chicken breast, and roll the chicken around the asparagus and cheese to make a tidy, compact roll. Place the rolls seam side down in the prepared baking dish, and sprinkle each with about 2 tablespoons of bread crumbs.
- Bake in the preheated oven until the juices run clear when pricked with a fork, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F.

# March Word Search

## SPRING WORD SEARCH

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

APRILFOOL  
BLUEBELLS  
CROCUS  
GARDENING  
KITE  
PUDDLE  
SUNSHINE  
WINDY

BASEBALL  
BUDS  
CROPS  
GRASS  
MARCH  
RAIN  
THAW

BEEES  
BUNNIES  
DAFFODIL  
GREENERY  
NESTING  
ROBIN  
TULIP

BLOOMS  
BUTTERCUPS  
EASTER  
HYACINTH  
PHLOX  
SEEDS  
UMBRELLA

BLOSSOMS  
CHICKS  
FLOWERS  
IRIS  
POPPY  
SHOWERS  
VIOLETS

# March Logic Puzzle



		First Names				Channels				Actors			
		Elliott	Kali	Miley	Spencer	CNN	HBO	Showtime	TBS	Anthony Hopkins	Jack Nicholson	Jeff Bridges	John Travolta
Days Off	Tuesday												
	Wednesday												
	Thursday												
	Friday												
Actors	Anthony Hopkins												
	Jack Nicholson												
	Jeff Bridges												
	John Travolta												
Channels	CNN												
	HBO												
	Showtime												
	TBS												

## Logic Puzzles

Presented by Puzzle Baron

Puzzle ID: J852LP  
 For hints, solutions and more puzzles, go to [www.Printable-Puzzles.com](http://www.Printable-Puzzles.com)!

Days Off	First Names	Channels	Actors
Tuesday			
Wednesday			
Thursday			
Friday			

1. Anthony Hopkins's cousin didn't watch Showtime and is not Spencer.
2. John Travolta's cousin has a day off earlier in the week than Jack Nicholson's cousin.
3. Of Kali and the person who watched TBS, one is John Travolta's cousin and the other has Tuesday off.
4. The one who has Thursday off is Anthony Hopkins's cousin.
5. Jack Nicholson's cousin is not Spencer.
6. Jack Nicholson's cousin is not Kali.
7. Jeff Bridges's cousin is not Miley.
8. Jack Nicholson's cousin didn't watch TBS or Showtime.
9. The one who has Friday off didn't watch Showtime.
10. Jack Nicholson's cousin has a day off later in the week than the person who watched CNN.
11. The one who has Friday off is Elliott.
12. Either Anthony Hopkins's cousin or John Travolta's cousin watched CNN.
13. John Travolta's cousin is not Spencer and didn't watch TBS.

# Laughter is the Best Medicine

## Grandma Joke

“Hi! My name is Gertrude,” said the lady next to him on the plane. “It’s so nice to meet you! I’m flying to New York for my grandson’s third birthday. I’m so excited!

I remember when he was just a little thumbkin and now he’s already three! It’s really hard to believe. He’s the most adorable thing you’ve ever seen! You know what?

Hold on, I think I might have a picture on me. Let me take a look in my purse, yes, here it is, just look at him, isn’t he adorable. Do you see his dimple on his left cheek? Simply adorable! I could stare at his picture all day.

Oh my, and you should hear him on the phone! He is just the cutest, he says to me in the cutest voice “Hi Grandma!” It just gets me all teary eyed.”

After what seemed like two hours for the poor man sitting next to her, Gertrude seemed to realize that perhaps she was talking a bit too much. “You know, I feel terrible! Here I am just talking and talking without letting you get in a word edgewise!

Tell me; what do *you* think about my Grandson!”

## Aging Joke

One day, while strolling down the boardwalk, John bumped into an old friend of his, Rob, from high school. “You look great John, how do you stay looking so young? Why you must be 60 already but you don’t look a day over 40!” Rob exclaimed.

“I feel like I’m 40 too!” replied John.

“That’s incredible” exclaimed Rob, “Does it run in the family? How old was your dad when he passed?”

“Did I say he was dead?” asked John. “He’s 81 and is more active than ever. He just joined the neighborhood basketball team!” responded John.

“Whoa! Well how old was your Grandfather when he died?”

“Did I say he died?” asked John. Rob was amazed. “He

just had his 105th birthday and plays golf and goes swimming each day! He’s actually getting married this week!”

“Getting married?!” Rob asked. If he’s 105, why on earth does he want to get married?!

John looked at Rob and replied, “Did I say he wanted to?”

## Too Old To Date Joke

The neighbors thought it was odd, but 93 year old Morton was dating again.

One Monday morning Morton woke up with a funny feeling that something important happened last night. It was during breakfast, that Morton finally remembered what it was.

He had proposed to his date Greta.

But what she answered he just couldn’t seem to remember. Morton picked up the phone and dialed. “Hi Greta”, said Morton, “I have a funny question for you, do you remember last night when I proposed?”

“Oh my gosh” gushed Greta, “I’m so glad you called, I knew I said yes to somebody but I just couldn’t recall who it was!”

## Exercise Joke

At the urging of Harry’s wife and doctor, 50 year old Harry finally made it to the gym. After consulting with one of the trainers, Harry decided to try out a steep treadmill.

“Ok”, said the trainer “I’m going to set it for ten minutes, if you want to go longer just press start again.” At first Harry was doing fine but after 5 seconds he started getting tired, and after a minute he jumped off gasping for breath.

Walking to the side to sit down, he passed by a friend of his. “Man”, said Harry. “I could barely last a full minute on that treadmill.”

“Alright alright”, said his buddy, “no reason to brag!”



## Administrator Column

## Resident Updates



Spring is in the air! I am so excited to see that the flowers are beginning to pop out of the ground and the snow is melting away. I even heard one of my friends say that they saw a robin over the weekend!

Spring is a good time to spiff up your apartment too. You can clean up all of the dust that has settled over the winter, polish up all of your decorations, clean out the window sills and get the winter time germs off of all of your counters, handles and the things that you normally would touch.

Our inspections will be coming up in April so be sure that your apartment is up and in working order. If you notice anything in need of repair ahead of time, please let the office know. We can get the work order entered into the system and get it taken care of right away. Some repairs that are not taken care of right away can even cause more damage by being overlooked. If you see something that's not working as it should or if something is making a noise that it hasn't made before, please let us know so we can take a look at it.

In the meantime, we have some big plans again for this year with new projects and lots of fun things to do in store for you now that the weather is getting nicer. Stay tuned for all of the fun things that will be happening this summer!

Please enjoy the fresh colors we are adding to the entry and the trash rooms too. Tim has been working hard to brighten up those rooms and add a splash of extra color to

them. We hope that you enjoy the changes we are making!

If there is anything that you can think of that you want to participate in, please stop by the office and let me know. I will be happy to hear any and all ideas you may have for fun things to do around here. Projects, trips, party ideas....You name it, I want to hear about. I am looking for some fresh ideas from all of you of things that you would be interested in.

I hope that you have a wonderful spring! Enjoy the animals coming back out of hibernation and maybe we will even see some new baby animals again this year too! 😊

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

Don't Miss the Bay County Library Bookmobile on  
Thursday, March 15<sup>th</sup> from 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*

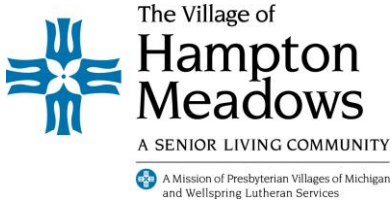
**EMERGENCY TELEPHONE  
NUMBER** **989-415-7974**



**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