

Embrace the possibilities

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

April 2019

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Giving Matters

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Silly April Observances

Adopt A Ferret Month

Adopt A Greyhound Month Atlanta Food & Wine Month

Arab American Heritage Month

ASPCA Month

Alcohol Awareness Month Autism Awareness Month

Black Women's History Month

Cancer Control Month

Car Care Month

Celebrate Diversity Month Child Abuse Prevention Month

Community Spirit Days (1-30)

Couple Appreciation Month

Defeat Diabetes Month

Distracted Driving Awareness Month

Emotional Overeating Awareness

Month

Frog Month

Genocide and Human Rights Awareness

Month

Global Astronomy Month

Global Child Nutrition Month

International Customer Loyalty Month

International Guitar Month

Jazz Appreciation Month

Keep America Beautiful

Library Snapshot Month Mathematics and Statistics Awareness

National Grilled Cheese Sandwich

Month

National Humor Month

National Kite Month

National Knuckles Down Month

National Landscape Architecture Month

National Lawn Care Month

National Licorice Month

National Parkinson's Awareness Month

National Pecan Month

School Library Media Month

Soy Foods Month Straw Hat Month

Stress Awareness Month

National Window Safety Week: 7-13

The Masters Tournament: 8-14

Bat Appreciation Week: 7-13

National Library Week: 7-13

International Wildlife Film Week: 13-19

National Karaoke Week: 14-20

Police Officers Who Gave Their Lives In

The Line of Duty Week: 18-23 Spring Astronomy Week: 21-26 National Princess Week: 21-27

American Quilters Society Week: 24-27

National Tattoo Week: 24-29

Screen-Free Week (Digital Detox Week):

29-5/5

Look for PVM on:









Activities

Maintenance Updates

- Apartment inspections will begin on Wednesday, April 17th. We will start on first floor after 9:00 am. On Thursday, April 18th we will be inspecting second floor. On Friday, April 19th, the window washers will be here in the morning. Dave and/or Stephanie will be coming around Friday afternoon to put the screens back in.
- DO NOT remove or install the screens within your apartment. When we do the inspections we will be taking them out. On Friday we will be putting them back in. This is maintenance's job to be sure that they are installed and removed properly.
- Please feel free to clean the screens while they are out. You can spray them with a cleaner and rinse them off in the shower.
- Do not throw food scraps in the lawn. This will only attract unwanted pests. We
 especially don't want to be inviting them near our entry doors. Please dispose of
 your waste properly.
- If you need assistance with your thermostat, please contact the office.
- 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.

April Activities

Please join us in the month of April for:

- BINGO Every Wednesday @ 5:00 pm
- Administrator's Updates Meeting
 April 11th @ 11:00 am.
- Monthly Birthday Celebration Monday, April 8th @ 6:00 pm
- Bookmobile –April 18th from 5:15 pm – 6:15 pm.
- Movie Day Monday, April 22nd
 2:00 pm.
- Wii Bowling Every Thursday at 9:00 am.
- Lunch Bunch Wednesday,
 April 24th. The menu is always posted ahead of time. Please be sure to have your exact

- dollar amount needed which includes the food, 6% sales tax and \$1.50 for a tip.
- Monday, April 29th @ 3:00 pm is our Spaghetti Dinner fundraiser. Dinner will be \$5.00 that will go towards our Friends and Family Campaign.
- April 23rd @ 2:00 pm we will have our ice cream social fundraiser. We will also include a bake sale. A separate flyer will be sent out.
- April 22nd-elevated garden slips due
- April 24th Penny Challenge done

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 wipe down the washers and empty the lint screens after each use.

**Please do not touch other people's laundry or remove them from the machines. **You should not be leaving your laundry for extended periods.

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

Saturday, April 13th at 7:00 pm
Bay City State Theatre •The
Beatles VS The Rolling StonesA Musical Showdown • Two of
the greatest bands of all time face off in
a high-energy, adrenaline-pumping
musical showdown. The Fab Four,
represented by tribute band Abbey Road
will engage in a barrage of hits against
premiere Rolling Stones tribute band
Satisfaction. It's a face-off you won't
want to miss!

Continued on pg. 4

Service Coordinator Corner

Elizabeth Brinker 989-892-6906
Service Coordinator's office is located on the 2nd floor inside the theater

It's April! Remember, April showers bring May flowers! So looking forward to seeing all of our beautiful flowers and plantings blooming again! In April I will be out of the office several days so please check the calendar if you have questions or feel free to leave me a note in the upstairs mailbox outside the theater.

On April 11th at 2pm, we will have a Blood Pressure Clinic, although at this date, I am not sure whether I will have another agency to do the second clinic on April 25th. Watch the places where I post about presentations (outside the theater room door and on the door to the Community Room) for up to date information regarding cancellations, etc. Please consider doing this one quick check on an area that can affect your life without you knowing... 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! There's always lots of fun conversation and laughter while we wait. On top of that, you get a ticket for coming down and doing something good for yourself!

Mel from The Care Team Home Health Care and Hospice will be presenting on "Diabetes: High and Low Sugar" on April 10th at 2pm in the Community Room. This presentation will include information on both Diabetes and Hypoglycemia. Come check it out!

It is important to my position that I monitor when you are **out** of the building **to the hospital or emergency room**; please let me know, either when you are out, or at least notify me when you return. Remember that it is part of my position to assist you with services you may need after having spent time in the hospital or when returning from convalescing at a nursing home or even a family members' home. Feel free to call me if there is any way that I can assist.



I will be in the office all day on April 24th (9a – 4p). I will be out of the office all day on April 8th, April 16th, April 19th, and April 22nd. 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.

Watch your calendar - we are getting closer and closer to spring!
Elizabeth

Programs (continued)

Celebrating April Birthdays

We will be celebrating April Birthdays in the community room on **Monday, April 8**th **at 6:00 pm**. Skorupski Family Funeral Home and Cremation Services has graciously agreed to host all of our birthday celebrations. The staff will bring the cake and some balloons! Please come by and celebrate with us!

FranceAnn S 04/25



Continued from pg. 2

April 24 – 27 •Zehnder's 25th Annual Ragtime Festival •

Zehnder's has been host to ragtime performers from around the United States and Canada for 25 years. Come and enjoy ragtime music performed by our featured pianist, Bob Milne and other world renowned musicians.

Events for 2018 Event include: Dinner Concert on Wednesday, Lunch Concerts on Thursday, Friday and Saturday, Saturday Evening Grand Finale Dinner and Concert, Vaudeville Night – Thursday, Friday Night Picnic, Educational Seminar – Friday

Enjoy Special Meals Prepared Especially For You By Zehnder's Certified Chefs. Tickets are required for most events and prices vary. Call (844) 296 -5197 for reservations or more information.

Reservations are required for all lunch and dinner concerts.

Friday and Saturday April 19th and 20th • Welcome Spring Open House Downtown Bay City •

Please join us to celebrate spring with new seasonal collections, special sale and activities. Visit downtownbaycity.com to see what's new! Special sales/seasonal products/fun activity.

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







The Magic of Friendship

A recent special edition of Time Magazine is titled Friendship: "The Bonds That Shape Us at Every Age". This publication further supports the notion that friendship and connecting with others is the bond that makes life sweeter no matter what stage we are in. There is documented evidence that children fair better in school if they have developed strong friendships. Often these friendships last for a lifetime.

Whether it happens at the barber or beauty shop, a religious setting, a yoga class or being with neighbors and friends at a PVM village these bonds endure and help us to celebrate or problem solve our way through life - good times and bad. Many times PVM residents have remarked that they and their fellow residents look out for each other daily; and this brings joy and comfort to their lives.

Our annual Village Victory Cup is coming up on June 21st. This is a great way to celebrate the joy of life and is also a good way to make new friends as well as bond with the ones you have now. Come join in the fun. Talk to your village staff about becoming a member of your village team. Hope to see you there!



It's Your Life. Live It Well.

By Tom Wyllie, Director of Wellness

The Ins and Outs of Shipt, Part 2

This is the final article in a series of articles I have been writing about living life without a car when my car was in the shop for some minor repairs. Last month I wrote about what you need to have in place to use the online grocery shopping and delivery service Shipt. This month I am writing about how it works.

After you download the app and create an account, you're ready to begin shopping. As part of setting up your account, the app will find participating stores closest to your location and prompt you to choose one. In Michigan, you have two options: Meijer and Target. If both are available you can switch between the two each time you shop.

Using the app is pretty straight forward. When you open it, the delivery address you specified and the store you selected when you set up your account will be displayed along with the next available delivery time. Don't worry if that's not the time you want. You will select your actual delivery time later in the process.

Also displayed will be a search bar and a series of categories (Buy Again, On Sale, Browse, Favorites, etc.). You can use either to select the groceries you want.

The first time I used Shipt, I used the search bar. I typed in the name of the item I wanted and all the products containing that name were displayed along with their pictures and prices. From the displayed list I selected the specific item I wanted and added it to my shopping cart by tapping the plus sign located to the bottom right of its picture. If you tap the picture, you will be presented with more detailed information about the item and have the ability to add additional quantities of that item to your cart.

As you use Shipt it keeps track of the items you buy and compiles a list of those items in the Browse Again category. Since I'm a creature of habit and tend to buy the same things over and over again, the next time I used Shipt I shopped using that category. After tapping the icon, all the items I purchased in the past were displayed. I then tapped all the items I wanted to buy, which added them to my shopping cart. Once you fill your cart with all the items you want, it's time to check out. Confirm your cart contains the items you want by tapping the cart icon in the upper right hand corner of your screen. If it does, tap the green Checkout bar which is located at the bottom of your screen. Doing so will display a list of available delivery times. Selecting the time you want will display the delivery address, the delivery time you selected, how you prefer to be notified regarding substitutions, your payment method and the total cost of your order. If everything looks good, tap the green Place Order button at the bottom of your screen. If not, you can make changes by tapping the Edit button next to what you want to change.

The Ins and Outs of Shipt, Part 2, cont.

Tapping the Place Order button will place your order and also display an order confirmation. In addition, a confirmation email will be sent to the email address you associated with your account when you set it up.

A few minutes after you place your order a Shipt shopper will claim it. The shopper's picture along with their first name will appear in the app on the confirmation page along with their first name. When they begin shopping they will send you a text and ask you if you want to add anything to your order.

While they shop, if you indicated you wanted them to contact you regarding substitutions they will send you a text if something you ordered is not available and will suggest a substitution, which you can accept or deny. Once they finish shopping they will notify you that they are checking out and once they check out, they will notify you that they are on their way to the delivery address you specified.

When they arrive, if you need help putting your groceries away they will assist you. If not, they will place them wherever you want. I have always had a positive experience. My shoppers have been very helpful and very friendly. I have received all the groceries I ordered (unless unavailable at the store) and the cold items were cold, the frozen items were frozen, and the fresh items fresh.

After your shopper drops off your groceries, you will have the opportunity to rate them and give them a tip through the app. Both are very important tasks to complete. Rating them lets Shipt know how well they did their job. Tipping them is a way of thanking them for a job well done. Additionally, Shipt shoppers can see your tip history, which can influence whether they claim your order. A Shipt shopper whom I know told me that better tippers tend to attract the better shoppers.

For me, using Shipt has been pretty easy. Like with anything, I have found that the more I use it the better I get at it. The groceries themselves are a little more expensive (that's how Shipt makes their money) and the tip does add to the cost, however, you can't beat the convenience. So, the next time you find yourself without a car and in need of groceries, rather than take the bus or bum a ride from a friend you just might want to give Shipt a try.



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!" what matters

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:

If you would like to sit and chat with your neighbors, we welcome you to do that in one of our beautiful amenity rooms. You can have privacy while you catch up on what you have been up to. Please be courteous of your neighbors and the staff by not congregating in the lobby. The loud conversations are very disruptive especially if we are on the phone or trying to have a private conversation of our own. Secondarily, the person in my office is entitled to their privacy and should not have to worry about other people *in the lobby listening to what they* are talking about which could include confidential financial matters.

Remember to always be kind to one another. One simple act of kindness can go a long way. Help your neighbors and your friends if you see that they could use a helping hand. Offer some kind words of encouragement if you know that they are struggling with something in their lives.

Words can hurt. Please think before you speak. Sometimes what you say to others can really make an impact on them. You may think that you are joking and they may think that you are insulting them. A compliment or a kind gesture really goes a long way.

Asparagus Fettuccine Carbonara



Ingredients

- Kosher salt and freshly ground black pepper
- 1 cup grated parmesan, plus more for serving
- 3 large egg yolks
- 1 pound jumbo asparagus
- 8 ounces fettuccine
- 6 slices thick-cut bacon, cut into ½ inch pieces
- ¼ teaspoon crushed red pepper flakes (optional)
- 1 clove garlic, minced
- 1/4 cup fresh parsley leaves, chopped

Directions

- Bring a large pot of salted water to a boil. Mix the parmesan, egg yolks, ½ teaspoon salt and a generous amount of black pepper together in a medium bowl; set aside.
- Snap off the woody ends of the asparagus stalks.
 Use a vegetable peeler to shave the asparagus into thin wide ribbons. The last strip of asparagus will be a little thicker than the others, but is fine to use.) Set aside.
- Cook the fettuccine in the boiling water according to the package instructions for al dente. Reserve
 ½ cup of the pasta water, then drain.
- Meanwhile, cook the bacon in a large skillet over medium high heat, stirring occasionally, until crisp, 7-8 minutes. Drain off all but 2 tablespoons bacon fat from the skillet. Add the crushed red pepper flakes and garlic and cook, stirring, until fragrant, about one minute. Reduce the heat to medium low, add the drained pasta and asparagus and toss until well coated and mixed with the bacon.
- Whisk ¼ cup of the reserved pasta water into the egg mixture, then quickly pour it over the pasta and toss to gently cook the eggs and make a creamy sauce. Thin out the mixture with more pasta water as needed, 1 tablespoon at a time. Divide among 4 bowls and garnish with the parsley and more parmesan if desired.

April Word Search

GLOGOLATE WORD SEARGL

Chocolate bunnies may be popular during Easter Holidays, but there are many more kinds of chocolate delights that people enjoy all year 'round. Search the puzzle below to find twenty-one chocolate treats!

410G0LATE AVOSD-115T-

> BAR BUNNY

> CAKE CANDY

CHIPS COOKIES

DROPS

EGGS

FONDUE FOUNTAIN

FUDGE

ICECREAM

MILK

PIE

PRETZELS

SAUCE

SPRINKLES

SYRUP

TART

TRUFFLE WAFERS

Ζ М S U С Ε G С Т Q Х О Ε 0 0 Α G S R Τ Α G Ε D В Κ T D Z S Ε С Q R G С Ε С D M Τ S G Х В Ε Ε Е W Q Μ Ε Ε S R Т С Т В Q S Ν Μ Κ S S S R S Т









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April Puzzle



Baseball Nicknames

	Nicknames	
	by Stanley Von Nieda	
rections: Match the nickname with the blank.	he baseball player by placing	the correct letter
1. The Georgia Peach	A. Duke Snider	
2. The Sultan of Swat	B. Leo Durocher	
3. The Splendid Splinter	C. Reggie Jackson	
4. The Iron Horse	D. Enos Slaughter	1 6
5. Stan the Man	E. Carl Furillo	
6. Leo the Lip	F. Ty Cobb	
7. The Yankee Clipper	G. Carl Yastrzemski	
8. Shoeless Joe	H. Babe Ruth	N.
9. Charlie Hustle	I. Jim Hunter	
10. Pee Wee	J. Joe Jackson	2
11. Mr. October	K. Leroy Paige	
12. The Duke of Flatbush	L. Lawrence Berra	
13. The Say Hey Kid	M. Harold Reese	121
14. Yaz	N. Joe DiMaggio	
15. Country	O. Jay Dean	
16. Yogi	P. Lou Gehrig	
17. Dizzy	Q. Willie Mays	
18. Satchel	R. Ted Williams	
19. Catfish	S. Stan Musial	
20. The Reading Rifle	T. Pete Rose	
80		
	38	The I
1.67 %		1 // / //
.21		

Laughter is the Best Medicine

All I Need To Know About Life I Learned From the Easter Bunny

- Don't put all of your eggs in one basket.
- Everyone needs a friend who is all ears.
- All work and no play can make you a basket case.
- Everyone is entitled to a bad hare day.
- Let happy thoughts multiply like rabbits.
- Some body parts should be floppy.
- Keep your paws off of other people's iellybeans.
- The grass is always greener in someone else's basket.
- An Easter bonnet can tame even the wildest hare.
- To show your true colors you have to come out of your shell.

Easter One Liners

- How do you know the Easter Bunny is really smart?
 - Because he's an egghead
- Where does the Easter Bunny get his eggs?
 - From eggplants
- Why do we paint Easter eggs?
 - Because it's easier than trying to wallpaper them
- What day does an Easter egg hate the most?
 - Fry-days
- What kind of bunny can't hop?
 - o A chocolate one
- Why did the Easter egg hide?
 - He was a little chicken

Tax Time Humor and Quotes

For every tax problem there is a solution which is straightforward, uncomplicated and wrong.

I'm not going to pay taxes. When they say I'm going to prison, I'll say "No, prisons cost taxpayers a lot of money. You keep what it would have cost to incarcerate me, and we'll call it even." ~ Jimmy Kimmel

Why won't sharks attack tax inspectors?

Professional courtesy

Worried about an IRS audit? Avoid what's called a red flag. That's something the IRS always looks for. For example, say you have some money left in your bank account after paying taxes. That's a red flag. ~ Jay Leno

The guy who said that the truth never hurts never had to fill out a form 1040.

Nothing had done more to stimulate the writing of fiction than the itemized deduction section of the income tax forms.

The best things in life are still free, but the tax experts are working overtime on the problem.

Administrator Column

Resident Updates



members and also members of our community to help us by donating to our residents' needs. Since we are a subsidized community, there are some things that unfortunately, we don't get funding for from HUD. Therefore we rely on the generosity of those around us to be able to continue to have things to do in our community that can help us better age in place.

Some of the things that we have been able to purchase from previous years are:

- parties here at the village as well. We participate in the Virtual Village Victory Cup every June and countless other things that wouldn't be able to take place without the kindness and generosity of everyone who supports us.
- Please help to get the word out about what we do here, how much you enjoy your home and how much others can help us to continue to live independently and age in place in our homes.

Every penny counts and no donation is too big or too small.

I hope that all of you enjoy the beautiful spring weather that is upon us and that you have a wonderful Easter spent with loved ones.

Stephanie Cooper Administrator The Village of Hampton Meadows

2019 Friends and Family Campaign

It's that time of year again for another enjoyable April full of fundraisers and exciting things to participate in! The warmer weather brings with it a world of things to do! This month we will be having our 2019 Friends and Family Campaign.

This is the time of year where we encourage our friends, family

- 1)Gazebo and sidewalk
- 2) NuStep Machine
- 3)Treadmill
- 4) Stationary Bike
- 5) Resident Activity Fund
- 6) Aviary

With our resident activity fund we have been able to leave the building and go on fun adventures in Frankenmuth and on a river cruise. We have had fun themed

Don't Miss the Bay County Library Bookmobile on Thursday, April 18th from 5:15 PM – 6:15 PM (new time)

Commodities are now being distributed at the Essexville Baptist Community Church, located at 1001 Main St., Essexville, MI 48732. Please contact the Mid-Michigan Community Action Agency if you have any questions or concerns.

Distribution time is from 1:30 pm until 2:30 pm.

Distributions dates are:

10/10/18, 3/13/19,

11/14/18, 4/10/19, 12/12/18, 5/8/19,

1/9/19, 6/12/19, 2/13/19, 7/10/19,

8/14/19,

9/11/19

Presbyterian Villages of Michigan Mission Statement

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

Stephanie C

Village Staff

Stephanie Cooper 989-892-1912

Administrator

Elizabeth Brinker 989-892-6906

Service Coordinator

Office Numbers

David Short *Maintenance*

EMERGENCY TELEPHONE 989-415-7974

NUMBER

www.pvm.org







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.pymfoundation.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