

Hampton Herald

Embrace the possibilities

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

June 2018

THE VIRTUAL VILLAGE VICTORY CUP IS HERE!

Featured Articles

Giving Matters pg. 5

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

The Senior Advocate pg. 7

Service Coordinator's Corner pg. 3

Administrator's Column pg. 13

Puzzles and Fun pg. 10-12



The Virtual Village Victory Cup is right around the corner. Our residents have been practicing hard for our game events and for our dance routine.

The game events will be the hoop shoot, the kick-a-roo, the beanbag toss, the wellness walk, the puzzler and the expression of wellness which is our dance routine.

Everyone is invited to participate. Stop down and give the games a try. None of them are difficult and we all have a great time laughing and enjoying each other's company. It's fun to just spend time enjoying a few good laughs.

You can add team points just by coming down and being a cheerleader! You can also get your own participation medal!

Everyone has a fun time and we don't get too serious. The Virtual Village Victory Cup games are a fun, friendly competition.

We will be having Krzysiak's for lunch for everyone who participates. The lunch will fuel us up and get us ready to dive right in to our events.

We are the reigning trophy holders for 2017 so we have to do what we can to defend that trophy!

Let's go Hampton Hornets! 



Look for PVM on:



Activities

Maintenance Updates

- If you have a work order and are in need of repair in your apartment, you **MUST** call or stop in to the administrative office. Do not stop Dave in the hall to report repairs. He is in process of working on another task. He completes work orders after they have been entered into the computer system. This helps keep the process organized and less chaotic. With limited staff, organization is the key to keeping things flowing smoothly. Be sure that you are also helping things flow smoothly by following work order policies. Thank you.
- Please do not stick your chewed gum under the chairs and tables in the community room.
- ***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.***

June Activities

Please join us in the month of June for:

- BINGO - Every Sunday @ 2:00 pm and Wednesday @ 5:00 pm
- Commodities – Wednesday, June 13th @ 11:00 am
- Administrator's Updates Meeting – June 14th @ 11:00 am.
- Monthly Birthday Celebration – Monday, June 11th @ 6:00 pm
- Bookmobile – June 7th AND 28th from 3:00 pm – 4:00 pm.
- Penny Challenge Pizza Party – June 20th @ 12:00 pm everyone welcome
- Movie Day – Monday, June 25th @ 2:00 pm.
- Virtual Village Victory Cup Dance Video will be recorded on Monday, June 11th at 10:00 am
- Virtual Village Victory Cup Games will be recorded on Tuesday, June 12th beginning at noon with lunch for our participants.
- Wii Bowling every Thursday at 9:00 am. Everyone is welcome to play or even to cheer on the bowlers.
- Office Closed Friday, June 8th, June 15th, June 22nd, June 27th and June 28th.
- Grief Support—Friday, June 29th @ 2:30 pm

Announcements

Laundry Repair Contact Number: 1-800-521-9938

Please use this number when the washers or dryers are not working or if you've lost quarters in the machine.

**Laundry Room Hours are:
8:00 a.m. – 8:00 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 June

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

Beginning June 7th 10:00 am – 4:00 pm • Downtown Bay City Farmer's Market • Jefferson Street at Center Avenue. Open weekdays.

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

Hello June! We're in the end of the first half of 2018! Thank you Sunshine - so nice to see you back in town! I'm loving this weather and seeing the sunshine. I hope that you all make time to get outdoors, or look out your windows at all of the beautiful green nature!



On **June 14th at 2pm & June 28th at 2:15p – 2:45p** we will have our 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!* 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!

On **June 6th at 2pm, DeeDee from PACE** will be presenting information on the PACE program and what they have to offer. She will be running Bingo and will also bring snacks.

I will be in the office **all day on June 12th and 27th (9a – 4p)**. I will be out of the office **all day June 11th, and 25th**. 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.

Welcome to the summer! I hope that you all enjoy the sunshine, flowers and beautiful green grass and trees.

Elizabeth

Continued from pg. 2

Programs (continued)

Celebrating June Birthdays

We will be celebrating June Birthdays in the community room on **Monday, June 11th 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



Second Friday City Hall Tours
11:00 am – 12:30 pm • **The Historical Museum** offers guided tours of Bay City’s City Hall on the second Friday of each month. Tours begin from the lobby of the Historical Museum at **11:00am**.

Space is limited to first 20 individuals.

Bay City Country Music Festival • **June 22nd 5:00 pm – 10:00 pm** •

New event taking place in Wenonah Park! On Friday enjoy Thompson Square and On Saturday Michigan’s own Frankie Ballard. Along with seven local Mid-Michigan bands. Gates open at 5pm, featured band at 8pm.

Bay County Division on Aging

The Bay County Division on Aging provides services to Bay County residents age 60 and older. Many programs are funded through senior millage funds, donations, cost-share contributions and fees from seniors, as well as grants from the State and Federal Government.

Some programs are:

- Case Coordination and Support
- Home Delivered Meals
- Senior Dining Centers
- Homemaking
- Caregiver Training
- Personal Care
- Information and Referral

For more details, contact Debbie Keyes at 989-893-7070



Giving Matters.

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

Are You ready for the most exciting event in 2018?



300 PVM residents are...It's the Village Victory Cup!

I hope to see you at one of my favorite events of all time, *the Village Victory Cup* on June 22nd at Suburban Collection Showplace in Novi!

I love the event because it brings donors, volunteers, residents and staff members together under one roof! **It's a fun day of friendly, athletic-style competition—and a testament to the work that's being done for older adults.**

It's one way that donors, residents, staff and volunteers at PVM are making Michigan the best place to age! I can't wait for the bean bags to fly, the hoops to shoot and the games to begin!

Warm Regards,
Paul J. Miller, CFRE

****P.S.*** Behind every event are great volunteers! Do you want to volunteer at an event like the Victory Cup or the PVM Gala? Call Bobie at 248-281-7252!



Drink Up!

As we get older, our need to stay hydrated increases. If you lead an active lifestyle, your need is even higher. And now that the weather has warmed up, if you are active outdoors your need is even higher still. So why is it important to stay hydrated? For one, water helps our brains function properly. When we are dehydrated our capacity to think is diminished. We can get confused, become dizzy, get disoriented and as a result suffer a fall that could have disastrous consequences. If we don't drink enough water our ability to eliminate waste is also impacted. Our kidneys won't function properly, which in turn can lead to a host of serious health problems.

In general, the average healthy adult needs 64 ounces of water daily (eight 8 ounce glasses), however, the amount you need may differ depending on how active you are, on whether you have a chronic health condition, and on the amount and types of medications you take. As a result, it's best to have a conversation with your health care provider about your personal hydration needs.

During that conversation, if you are someone who happens to also be dealing with incontinence and you haven't mentioned it to your doctor before; it's time to do so. A common but potentially dangerous practice some of us employ to deal with incontinence is to substantially reduce our fluid intake. Your doctor should be able to provide you with some tips, advice, and a treatment plan to deal with your incontinence in a much safer and healthier way.

- HELP SUPPORT THE PVM MISSION -

Is your Will up to date?

*Have you moved?
Have your beneficiaries changed?*

Now might be a good time to update your Will...and please consider leaving a legacy to PVM residents in your update.



For more information, call Paul Miller at the PVM Foundation
248.281.2045
MyLegacy.pvmf.org





The Senior Advocate.

By Lynn Alexander,
Senior VP & Chief Marketing Officer

Summer Reading Fun

Recently I experienced the joy of being able to read to my grandchildren many times over while on vacation with them. I think I read the book about a dog named Biscuit at least forty times! What joy to be a part of their enthusiasm for reading. It flashed me right back to reading every night to my son and even being read to myself by my parents. I can even recall the excitement I felt as an elementary student when I brought the book Fun With Dick and Jane home to proudly show my mom. You can most likely flash back to some of your favorites as well.

Reading is one of many ways that we can open up new worlds to our grandchildren and give our children some time to pursue other things. Also, this can help to set the path for success. Many studies have shown that being an avid reader gives youngsters a real advantage when it comes to learning overall.

Now that summer vacation is coming check out your local library. You can help your grandchildren select some of their favorite books and borrow them. Another thought is to create a contest to see how many books you can read together by the end of the summer. For advanced grades there will often be a recommended reading list sent home by teachers.

You can also help with this which once again reduces some of the pressure on your own children as their parents. Some libraries ask for volunteer readers so that you can help other children learn the joy of reading. Remember to recapture the joy of reading for yourself. Sometimes we can look forward to lighter reading with fun novels at the pool or beach. Enjoy the summer and read on!

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:

IF YOU ARE NOT FEELING WELL, PLEASE STAY HOME

The weather this year has had its share of ups and downs as well as the health of many of our residents. The respiratory flu, the stomach flu, sinus ailments and countless other germs have infiltrated our community.

Since we are inhabited by a very vulnerable population, please be considerate of others and stay in your apartment if you are not feeling well.

This can decrease the risk of infecting others around you. Touching door handles, elevator buttons or a variety of other things can spread the germs to others. Be mindful that even though you may feel well enough to go down to get your mail while you are sick, the people you come in contact with along the way may not have as good of an immune system as you do and could get very ill.

Please always be considerate of others.

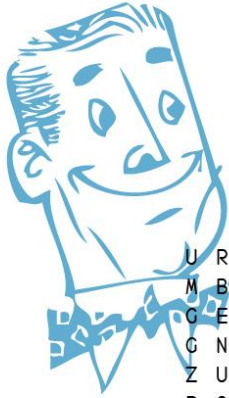
Summer Chicken



Ingredients

- 4 Tablespoons of butter
 - 3-4 Boneless skinless chicken breasts (depending on size)
 - Salt and lemon pepper)
 - Lemon Juice
 - Thyme
 - 1 cup shredded mozzarella cheese
 - 1 medium zucchini, sliced into 1/4 inch thick rounds
 - 1 medium yellow squash, sliced into 1/4 inch thick rounds
 - splash of Italian dressing
- 1. Place 4 Tablespoons of butter in a 9X13 glass dish and place in oven. Turn oven to 350.
 - 2. Prep Chicken:
Douse both sides of chicken in Lemon Juice (fresh is always the best). Season both sides of chicken with salt, (lemon) pepper, and thyme.
 - 3. When the butter is melted, take the pan out of the oven, place the chicken in the hot butter in the pan and let it brown for about 30 seconds, then flip it over to brown the other side.
 - 4. Toss the sliced vegetables on top of the chicken. Splash with Italian dressing, season with salt and pepper, and top with cheese. Cover with foil and bake for about 40 minutes. Take off foil about 10 minutes before the chicken is done to brown the cheese on top.
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June Word Search



FATHER'S DAY

Word Search

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

ADORE
 CHILD
 COMFORT
 FATHER
 FUNNY
 GAMES
 GENEROUS
 GUIDE
 HANDSOME
 HARDWORKING
 HUGS
 HUSBAND
 JOKES
 KIND
 KISSES

LEARN
 LIFE
 LOVE
 MEMORIES
 MENTOR
 PLAY
 PROTECT
 SILLY
 SPECIAL
 STRONG
 SUPPORT
 SWEET
 TEACH
 THANKS
 TOGETHER



Laughter is the Best Medicine

THE CUP OF TEA

One day my mother was out and my dad was in charge of me.

I was maybe 2 1/2 years old and had just recovered from an accident.

Someone had given me a little 'tea set' as a get-well gift and it was one of my favorite toys.

Daddy was in the living room engrossed in the evening news when I brought Daddy a little cup of "tea," which was just water.

After several cups of tea and lots of praise for such yummy tea, my Mom came home.

My Dad made her wait in the living room to watch me bring him a cup of tea, because it was "just the cutest thing!"

My Mom waited, and sure enough, here I come down the hall with a cup of tea for Daddy and she watched him drink it up.

Then she says, (as only a mother would know...)

"Did it ever occur to you that the only place she can reach to get water is the toilet?"

FUNNY NEWSPAPER ADS

FREE YORKSHIRE TERRIER.
8 years old. Hateful little dog. Bites.

FREE PUPPIES:
1/2 Cocker Spaniel, 1/2 sneaky neighbor's dog.

FREE PUPPIES...
Mother, AKC German Shepherd.
Father, Super Dog...able to leap tall fences in a single bound.

FOUND DIRTY WHITE DOG.
Looks like a rat ... been out a while.
There better be a reward.

NORDIC TRACK
\$300 Hardly used, call Chubby.

GEORGIA PEACHES
California grown - 89 cents lb.

WEDDING DRESS FOR SALE.
WORN ONCE BY MISTAKE.
Call Sarah.

AND THE BEST ONE:

FOR SALE BY OWNER:
Complete set of Encyclopedia Britannica, 45 volumes.
Excellent condition.
\$500 or best offer.
No longer needed, got married last month.
Wife knows everything.

Administrator Column

Resident Updates



Bullying Policy Reminder

Many of us in the senior living field have seen that bullying can occur at any age. Just because you are an elder, does not mean that you are too old to be a bully or be at the receiving end of a bully's taunts. Just for the record, Presbyterian Villages of Michigan has "zero tolerance" for bullying by anyone for any reason. This also includes a zero tolerance for bullying of the staff by residents as well.

Bullying is repeated negative behavior directed at another over a period of

time that is unwelcomed and unsolicited by the victim. Bullying among seniors can occur at the hands of fellow residents, family members or caregivers. Examples of bullying behavior are name calling, insults, pushing, and not allowing the target of the bullying to use certain areas of community space. For example, one resident telling another that they can't sit in a certain spot or that they don't belong at that village. The effects of bullying on the victim causes stress and fear. Obviously, no one should have to live or work in this kind of environment. Innocent bystanders who watch the bullying occur often have trouble sleeping and feel the stress too.

Presbyterian Villages of Michigan encourages all residents, staff and visitors to behave in a professional and respectful manner. We will take all complaints seriously and investigate. Your concerns will be kept confidential. If you feel that you are being bullied, or you know of someone else being treated poorly by others, speak up. You may come to

management in private and I will investigate.

I know it takes courage to let a staff member know of your concerns, but you could be helping someone who can't help themselves or yourself. If Presbyterian Village staff members see disrespectful behavior occurring, we will step in and stop it. Every resident has the right to live in dignity in the place they call home. It is not okay to let someone else deprive you of that right. Bullying, no matter what the age, is not right. Together we can work toward treating everyone with respect.

Be kind to one another. Make more friends and hurt less feelings. Let's have a peaceful and friendly summer.



Stephanie Cooper
Administrator
The Village of Hampton Meadows

**Don't Miss the Bay County Library Bookmobile on
Thursday, June 7th AND June 28th from 3:00 PM – 4:00 PM**

***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

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



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.



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Bay City, MI 48708**

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