



# Hampton Herald



Embrace the possibilities

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

August 2017

## Featured Articles

Giving Matters pg. 5

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

Puzzles and Fun pg. 9-10

Administrator's Column pg. 11

## 2017 Virtual Village Victory Cup FIRST PLACE WIN!!



What a wonderful event and an amazing win for our village in this year's Virtual Village Victory Cup! We took home the first place trophy by only one half of a point. It was a close race indeed! We also received the third place ribbon for our Lip Sync entry! Thank you to everyone who participated and even those who cheered us on. You all played a very important role and helped us to bring home the trophy. Let's keep up the good work, keep practicing and keep making wellness a priority! Your hard work really shows.



Look for PVM on:



See you in 2018! 

## Activities

## Maintenance Updates

- GARBAGE DISPOSAL TIPS:
  - Please use them daily so that they continue to work properly.
  - Do not put your food TRASH in it. It is only for the miniscule waste leftover on your plate.
  - Leftovers should be thrown away in the trash.
  - Be sure to run ice cubes through it periodically. It helps to keep the blades sharp.
  - Put a few citrus peels in it. The peel and the citrus oil will help clean it and keep it smelling fresh.
  - There are foaming cleaners that you can buy at Meijer. They will also help to keep your disposal clean.
  - A CLEAN garbage disposal will help to not give a breeding ground for drain flies. The rubber gasket can be removed. You should keep it clean as well as the basin underneath it in the disposal.
- ***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 that it is only burned food. 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.***

## August Activities

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

- BINGO - Every Wednesday at 5:00 pm
- Commodities – Friday, August 4<sup>th</sup> @ 10:30 am
- Administrator's Updates Meeting – August 10<sup>th</sup> @ 11:00 am.
- Monthly Birthday Celebration – August 14<sup>th</sup> at 6:00 pm
- Bookmobile – August 17<sup>th</sup> from 2:15 pm – 3:15 pm
- Lunch Bunch – August 14<sup>th</sup> (Souper Cafe) and August 31<sup>st</sup> @ 11:30 am
- Movie Day – Monday, August 28<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.
- We are hosting our Resident Appreciation Lunch on Tuesday, August 22<sup>nd</sup> at 12:00 pm. August is National Panini Month so we will celebrate it by making Paninis for lunch! Please join us for food and fun with the staff and your neighbors! We hope to see you there.
- **The Podiatrist will be here on Wednesday, August 16<sup>th</sup> around 4:00 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 August

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, August 12 • Dow Bay Area Y Rise 'N Shine Summer 5K & Family Feste • From the avid racer to the occasional walker, our 5K Run/Walk along the beautiful Bay City Riverfront, the 1K Fun Run (ages 3-12) and the Family Fun Fest that follows both races – there is fun for everyone!**

*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

*Wow! It's already heading into August - hard to believe! I hope that you have all had opportunities to enjoy your summer and appreciate the beauty of the season. As for me, I intend to wring every bit of enjoyment out of my summer - probably camping right into October!*

On **Wednesday, August 9<sup>th</sup> at 2:00 p.m.** Mel from SouthernCare will be here to talk about COPD and Emphysema.

**August 16<sup>th</sup> at 2:00 p.m.**, Lynn Shawl from Miracle Ear © will be here to offer information about hearing health, free basic hearing screenings, free batteries, and TREATS. Lynn is a new Presenter and, as many of you wear hearing aids, come down and listen to her presentation and get free hearing aid batteries.

**I will be out of the office on Monday, August 14<sup>th</sup> and 28<sup>th</sup>, but in on Tuesday, August 15<sup>th</sup> and August 30<sup>th</sup> ALL DAY (9:00 a.m. – 4:00 p.m.).** Remember, 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.

The **Blood Pressure Clinics will be on August 10<sup>th</sup> and 24<sup>th</sup> at 2:00 p.m.** Lately we have had great participation and even our blood pressure nurses are commenting on how much they enjoy talking with all of you. 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!

Finally, we will have an **"Introduction to Grief Support" on August 30<sup>th</sup> at 2:00 p.m.** which will be facilitated by Chaplain Don from SouthernCare. This is an introduction as we are considering having an ongoing Grief Support Group meet here which would be for the Residents (if we have enough interest) or possibly open to the public (if we don't have enough interest here). Let me know what you think or would like to see/hear/learn.



Thank you to those who have come up and turned in tickets; I have heard that some of you are saving them up to get the bigger items. Remember, you can now **get a "ticket" for each activity or presentation that you attend that Stephanie or I organize.** When you gather 10 tickets, you will be able to 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 have been given some ideas for other items that Residents would like to see; if you have an idea, let me know. The selection will change regularly with some larger items for those who gather more tickets. 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.

*Please take advantage of the presentations and activities - we all have a lot of fun when we get together! Have a great day, everyone!*

*Elizabeth*

*Continued from pg. 2*

Programs (continued)

## Celebrating August Birthdays

We will be celebrating August Birthdays in the community room on **Monday, August 14<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!

Ellie J..... 08/18  
 Faye G ..... 08/21



**Saturday – Sunday, Aug 12-13 • reEvent Weekend • It’s all about...ReUse, reDesign, rePurpose! Downtown businesses provide ideas and special promotions to help be more creative and take better care of ourselves and world.**

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

**Wednesdays in June, July and August • Wednesdays in the Park • Young people’s live entertainment at lunchtime and concerts for the entire family in the evening.**

**Fridays, July and August • Fridays at the Falls • Free, casual entertainment at the Third Street Waterfall Park starting at 6:00 pm**

## 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*



## Do Some Summer Planning! You have the power right now.

**Remember PVM and older adults in your will, and rest easy knowing that you'll be doing great work long into the future.**

The weather is great. Friends and family are getting together for barbecues and to enjoy the lakes, beaches and everything the great state of Michigan has to offer.

**Chances are the farthest thing from your mind is planning for *after* your lifetime.**

But as you're with your family, your friends and loved ones this summer, take a moment to think about your future.

Who wants to think about that at a happy time?! ***I know!***

BUT—I challenge you—would you rather think about it at a desperate time?

**By planning now, you can have the largest impact.** You can build a legacy that's right for you and you'll let older adults know that you're with them now and always.

Learn more about how you can leave a bequest and start planning at [mylegacy.pvmf.org](http://mylegacy.pvmf.org). If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Thank you!

Paul J. Miller, CFRE





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

By Tom Wyllie,  
Director of Wellness

### *We Are the Champions!*



How do you spell dynasty? I am beginning to think it's W-E-S-T-L-A-N-D. On Friday, June 23<sup>rd</sup>, for the third straight year and fourth time in six years the Stars from the Village of Westland won the Village Victory Cup. When asked what the secret is to their winning ways, they replied it's "the 2 p's – practice and participation. We participate in every event with the maximum number of allowable participants and we begin practicing weeks in advance. We've found the more people, the more fun and the more you practice the better you get."

With 265 participants and 96 coaches from 17 communities supported by over 70 volunteers gathered at the Ford Community & Performing Arts Center in Dearborn, this year's Village Victory Cup was the largest one yet. It was also the loudest. Though we didn't have a decibel meter to confirm it, the noise from all the spirited cheering rivalled that of a jet engine. In the end, the Sharks from the Village of Redford were deemed the most spirited and were presented with this year's Spirit Award.

Not to be out done by their southeast Michigan peers, throughout June PVM Villages 100 miles or further from the PVM Home Office competed in the Virtual Village Victory Cup. Participating Villages competed in the games at their respective Villages and reported the results to the PVM Wellness Department, which compiled them to determine the winner.

Eighty-eight residents from six communities participated making it, like its counterpart, the largest one to date. It was also the closest. **By just a half point, the Hornets from the Village of Hampton Meadows emerged as the victors.**

## 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:

#### SMOKE ALARMS

*Remember that if your smoke alarm goes off because you have burned your food and it is after hours; please call 911 to let them know that it is just burned food so they won't send the entire department.*

#### EMERGENCY PHONE NUMBER

*Be sure that you also keep the emergency number in your purse or wallet. That way it will be available in the event that you lock yourself out of the building. If the office is closed during regular work hours please call the emergency phone with work orders. Otherwise, if it is a weekend or a holiday, this number should only be called for emergency purposes such as no heat or A/C, a leak, plugged toilet, etc.*

#### RESIDENT COMPLAINTS

*If you want to file a complaint about another resident or if you observe someone not abiding by the house rules or lease, you MUST put your complaint in writing. I will not be able to address your concerns at all unless I have something in writing. It should contain your name as well as your complaint, the date and the time of the occurrence.*

## Slow Cooker Saucy Chicken over Angel Hair Pasta



### Ingredients

- 2 lbs. skinless boneless chicken breasts
- 16 ounces sliced mushrooms, button or shitake
- 4 tablespoons butter
- 1 (0.7 oz.) package dry Italian dressing mix
- 2 cans condensed golden mushroom soup
- ½ cup dry white wine
- 1 (8 oz.) chive and onion cream cheese
- Angel hair pasta

### Directions

- Place sliced mushrooms in the bottom of the slow cooker. Place chicken breasts over the mushrooms.
- Melt butter in a saucepan over low heat. Stir in Italian dressing packet until fully incorporated. Add soup, wine and cream cheese until fully combined and cream cheese has melted. Pour sauce over chicken and mushrooms in the slow cooker.
- Set slow cooker on low for 5 hours.
- Before serving, remove chicken and coarsely slice. Place chicken back in the slow cooker to absorb all of the sauce.
- Make angel hair pasta according to package directions and serve with saucy chicken on top.



# August Word Search

## SUMMERTIME

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

ANTS  
AUGUST  
BARBECUE  
BASEBALL  
BEACH  
BEES  
BICYCLE  
BLUESKY  
BOATING

BREEZE  
CAMPING  
FISHING  
FLIES  
FLOWERS  
GARDENING  
GOLF  
GREENGRASS  
HAT

HIKING  
HOLIDAYS  
HOT  
ICECREAM  
JULY  
JUNE  
NOSCHOOL  
PICNIC  
ROLLERSKATES

SANDALS  
SANDCASTLE  
SKATEBOARD  
SOCCER  
SOLSTICE  
SPRINKLERS  
SUNBURN  
SUNDRESS  
SUNGLASSES

SUNSCREEN  
SUNSHINE  
SUNTAN  
SURF  
SWEAT  
SWIMMING  
WASPS  
WATERFIGHTS  
WATERMELON

## Laughter is the Best Medicine

### Resurrected Rabbit...

A man was driving along the highway, and saw a rabbit hopping across the middle of the road. He swerved to avoid hitting the rabbit, but unfortunately the rabbit jumped in front of the car and was hit. The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road, and got out to see what had become of the rabbit.

Much to his dismay, the rabbit was dead. The driver felt so awful, he began to cry. A woman driving down the highway saw the man crying on the side of the road and pulled over. She stepped out of her car and asked the man what was wrong.

"I feel terrible," he explained, "I accidentally hit this rabbit and killed it."

The woman told the man not to worry. She knew what to do. She went to her car trunk, and pulled out a spray can. She walked over to the limp, dead rabbit, and sprayed the contents of the can onto the rabbit.

Miraculously the rabbit came to life, jumped up, waved its paw at the two humans and hopped down the road. 50 meters away the rabbit stopped, turned around, waved and hopped down the road, another 50 meters, turned, waved and hopped another 50 meters. The man was astonished. He couldn't figure out what substance could be in the woman's spray can!!

He ran over to the woman and demanded, "What is in your spray can? What did you spray on that rabbit?"

The woman turned the can around so that the man could read the label. It said: "Hair spray. Restores life to dead hair. Adds permanent wave."

### Duck Food...

A duck walks into a bar and says "Do you have duck food here?"

The bartender says "No" and the duck leaves.

The duck comes back the next day and says "Do you have duck food?"

The bartender says "No."

The duck comes back the next day and says "Do you have any duck food?" The bartender says "I already told you 'No' twice! If you come back and ask me again, I'm going to nail your feet to the floor!"

The duck comes back the next day and says "Do you have any nails?"

The bartender says "No."

"Do you have any duck food?"

### Montana Grizzly Bear Notice...

In light of the rising frequency of human/grizzly bear conflicts, the Montana Department of Fish and Game is advising hikers, hunters, and fishermen to take extra precautions and keep alert for bears while in the field.

"We advise that outdoorsmen wear noisy little bells on their clothing so as not to startle bears that aren't expecting them. We also advise outdoorsmen to carry pepper spray with them in case of an encounter with a bear. It is also a good idea to watch out for fresh signs of bear activity.

Outdoorsmen should recognize the difference between black bear and grizzly bear poop. Black bear poop is smaller and contains lots of berries and squirrel fur. Grizzly bear poop has little bells in it and smells like pepper."

## Administrator Column

## Resident Updates



What an awesome celebration we had about our Virtual Village Victory Cup win! It was nice to be able to spend some time with our Wellness Director, Tom Wyllie while he passed out our MANY medals and awards we received from this year's events.

While he was here, he had said that he was taking suggestions for other events in the future too. If you think of any senior friendly activities that we could do to add a new spin on our event, please let

us know. We are always excited to hear what you have to say about what you like and dislike about the current VVVC events and would like to hear any suggestions you may have about future events.

During the event he also mentioned that he would like to include interaction with other villages for exercise programs, the VVVC or a variety of other events. This could be a way to keep us connected to our villages in other locations. Stay tuned for further information to see if Tom can make this dream a reality.

As we were discussing interactive wellness, it was discussed to be able to exercise to a different selection of videos. One resident has graciously allowed us to use her exercise workout videos. I have them available in the office. If you would like to use them to work out just stop by the office and I would be happy to let you check them out.

We also discussed the Wii bowling tournament. It is again on for this year and it should be coming in the fall. Stay tuned for more details about that too as they become available to me.

We have so many fun things happening around the village with more new activities popping up all of the time. Now that fall is on its way we will have more in house activities to participate in so watch your calendar and newsletter for more information on our upcoming exciting adventures.

I hope that all of you have a wonderful August. Enjoy the final summer month with family and friends soaking up the fresh air.

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

**Don't Miss the Bay County Library Bookmobile on Thursday, August 17<sup>th</sup> 2:15 PM – 3:15 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](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