

Hope Woods Newsletter

APRIL EDITION

HOPE WOODS APARTMENTS

GOLDEN DAYS IN GRANDPA'S GARDEN
BY: MARJORIE HOLMES

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I grieve for the children who grow up missing gardens; the thrill of spying that first pinstripe of green that signals the seeds are up in spring. . . When

I was growing up, the garden was as much a part of the child's world as his mother's apron. Most of our food came straight from the garden. Also, the family garden was a kind of



character symbol. The bigger and neater it was, the more worthy of respect. *(Continued on page 5)*

Your Community Staff:

- ◆ *Aimee Eva*—Property Manager ◆
- ◆ *Arya Inez*—Office ◆
- ◆ *Ralph Gates*—Maintenance ◆
- ◆ *Tanika Brewer*—Grounds/Maint. ◆
- ◆ *Suzie Wallace*—Housekeeper ◆
- ◆ *Gary Salinas*—Van Driver: 929-1743 ◆
- ◆ *Deb*—Hair Salon: 1.269.650.2181 ◆
- ◆ **Dining Room: CLOSED** ◆

Police, Fire & Medical Emergencies: Dial 911

Hope Woods Apartments

Telephone 269.353.4712

Facsimile 269.353.4730

5749 Stadium Drive

Kalamazoo, MI 49009

Monday—Friday 9am—4:30pm

Lunch 12:30pm-1pm

hopewoods@sbcglobal.net

Nancy Wood Notary Services: 269-271-6852

CSC ServiceWorks: 1-844-272-9675

In-Home Companions: 269-718-3418

Professionally Managed by Clearview Property Management Services, LLC.



Welcome Home to the following neighbors:

Sue Stevens 139

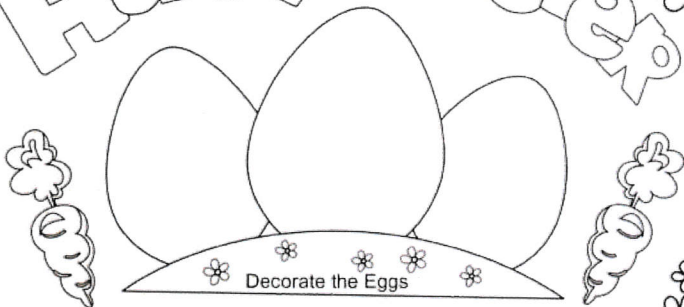
Laura Howard 143

Cynthia Anderson 224

Sharon Clark 324

*“Happiness depends upon ourselves.”
~Aristotle~*

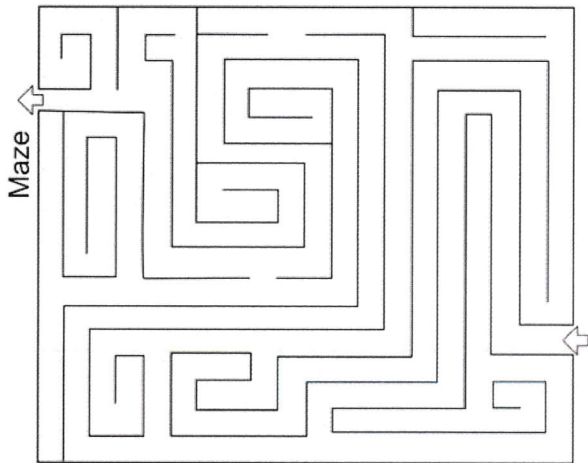
HOPPY EASTER

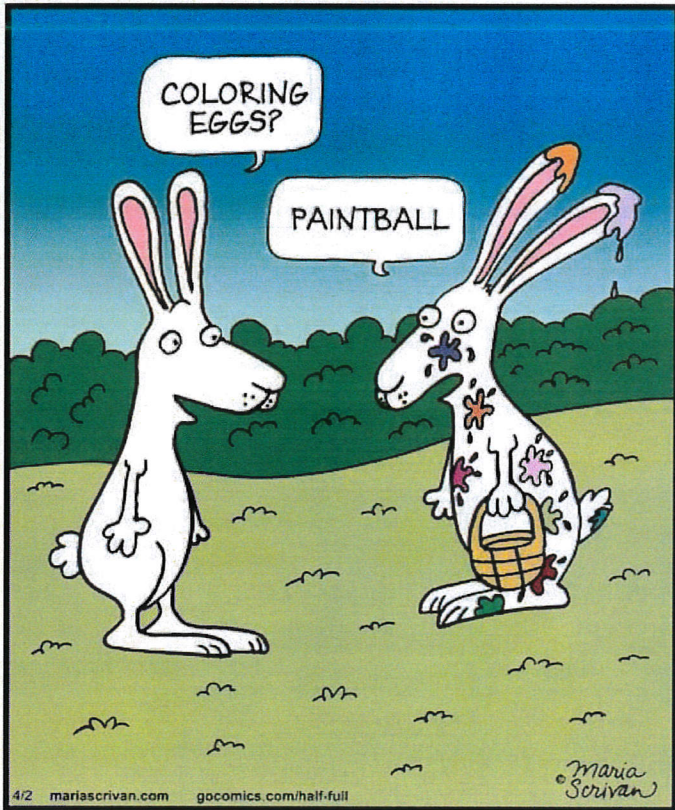


Word Search

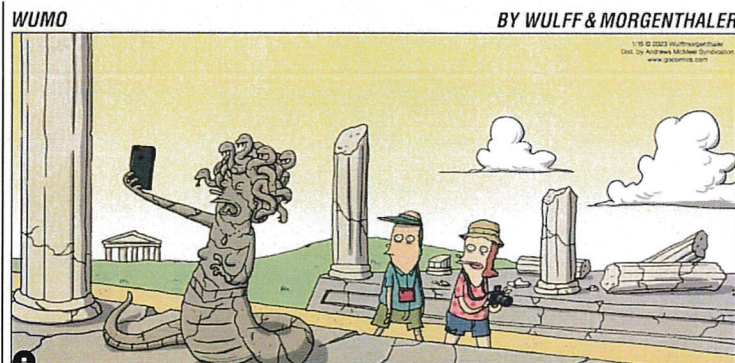
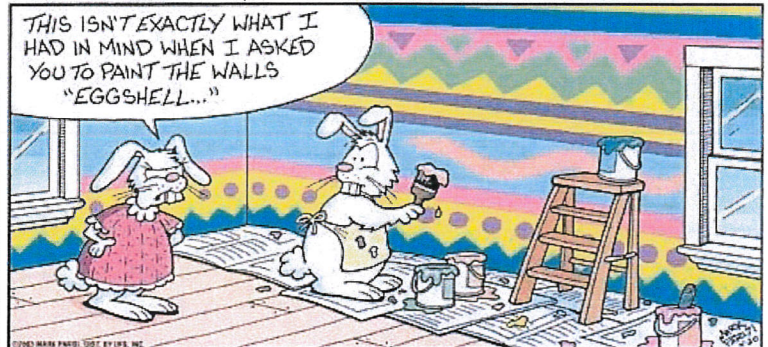
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R	M	U	K	C	I	K	Q	U	P	A	S	A	K
A	C	A	T	L	E	Q	U	C	A	R	A	S	E
C	O	C	R	A	C	K	I	N	G	B	B	P	T
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S	Y	E	M	U	Y	K	U	S	A	B	W	O	L
G	G	A	Q	U	A	R	D	R	E	T	S	A	E

Basket	Chocolate	Spring	Ducky
Eggs	Quack	Treats	Cracking
Bunny	Rabbit	Yummy	Easter





off the mark by Mark Parisi www.offthemark.com



MAKES 6 SERVINGS!!!

SHAKSHUKA

- | | |
|---|---|
| <input type="checkbox"/> Extra virgin olive oil | <input type="checkbox"/> ½ cup tomato sauce |
| <input type="checkbox"/> 1 large yellow onion chopped | <input type="checkbox"/> 6 large eggs |
| <input type="checkbox"/> 2 green peppers chopped | <input type="checkbox"/> ¼ cup chopped fresh parsley leaves |
| <input type="checkbox"/> 2 garlic cloves, chopped | <input type="checkbox"/> ¼ cup chopped fresh mint leaves |
| <input type="checkbox"/> 1 teaspoon ground coriander | |
| <input type="checkbox"/> 1 teaspoon sweet paprika | |
| <input type="checkbox"/> ½ teaspoon ground cumin | |
| <input type="checkbox"/> Pinch red pepper flakes optional | |
| <input type="checkbox"/> Salt and pepper | |
| <input type="checkbox"/> 6 medium tomatoes | |



DIRECTIONS:

1. Heat 3 tablespoon olive oil in a large cast iron skillet. Add the onions, green peppers, garlic, spices, pinch salt and pepper. Cook, stirring occasionally, until the vegetables have softened, about 5 minutes.
2. Add the tomatoes and tomato sauce. Cover and let simmer for about 15 minutes. Uncover and cook a bit longer to allow the mixture to reduce and thicken. Taste and adjust the seasoning to your liking.
3. Using a wooden spoon, make 6 indentations, or "wells," in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation.
4. Reduce the heat, cover the skillet, and cook on low until the egg whites are set.
5. Uncover and add the fresh parsley and mint. You can add more black pepper or crushed red pepper, if you like. Serve with warm pita, challah, or crusty bread of your choice.

To have a little, scrabbly, half-hearted garden or a big unkempt one was to be labeled shiftless. And not to have a garden at all—well! . . .

It was impossible to hide the state of your garden. People walked more than and, strolling past, cast frankly appraising eyes. Also, your garden flowed right up to the alley which bisected every block. If you hadn't weeded clear back to that cindery avenue the iceman might notice, or Judge Bailey taking his shortcut home.

Gardeners, whatever their era or locale, are of the earth earthy. They garden out of love. Such was my Grandpa Griffith. His garden was his passion and his pride. Although his garden was smaller after Grandma died, it was always as neat as a Grant Wood painting, its products blue-ribbon winners at the county fair. To him it was vital that vegetables be sown on Good Friday, and potatoes be planted dark of the moon. "When the moon comes out they sprout," he solemnly averred. Although we tended to spurn this as superstition we did so at our own risk. His potatoes *did* get to the table first, and always grew big and firm. Likewise, his radishes, green onions, and lettuce generally outdistanced all rivals. . . .

It was generally Grandpa who saved the family honor by lining up that prima donna of plowmen, Nate Mitchell, and his horse, Daisy, to plow up our backyard. . . . When the entire back lot had been transformed into a black and stormy sea, . . . The real business of gardening would begin.

Dad, balding young and chewing gum in his chipper way, would be both funny and tender as he adjudicated claims, guided wobbly hoes, and squatted to help eager fingers shake seeds into trenches and cover them carefully.

Then, after days of anxious watching, the miracle occurred. You rushed out one morning to discover a few beady trails of green. "The garden's up! Look, look." First, the round pushy radish leaves; then the

tiny points of onions, and a delicate dance of lettuce sifting through. Astoundingly soon your mother was sending you out to see if any of this was big enough. And lo, probing among the radishes' prickly leaves, testing the spindly threads below, you uprooted a few rosy imp-faces with saucy tails. Among the delicate spears of the onions were a few pearly tips. And the lettuce was thick enough to cut, though the leaves were still so delicate and small they clung babylike to your fingers, especially when you washed them in a big dishpan under the pump,

Mother always greeted this virgin offering with childish elation. "Oh, I could make a *meal* out of fresh garden stuff!" she would cry, heaping the bowls and lavishing her own with vinegar, salt, and pepper. So could we all. For with a glass of milk and plenty of bread and butter, who could ask for more?



APRIL ACTIVITIES CALENDAR 2023

Activities Calendar Key:

1st Floor

T.V. Lounge: Low Vision and Hearing Support Group
 Dining Room: Birthday Party, Meet & Greet
 Main Lobby: Exercise (w/ Cindy), Happy Hour
 Dining Room: (Grocery) Bingo, Potluck

2nd Floor

T.V. Lounge: Hope Woods Singers, Doug Hamilton
 Craft Room: Craft Class, Fiber Therapy
 Game Room: Euchre, Dominoes, Cribbage, Scrabble, Pinochle, Poker, Phase 10, Hand + Foot, Rummikub, Bridge

3rd Floor

Social Room: Golf, Bible Study, Prayer n Lunch, Coffee Hour

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar is subject to change based on Covid restrictions							1 9a Coffee 1p Phase 10 6:30p Scrabble 7pm Bingo
2 6:30p Movie 7p Hand & Foot	3 9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummikub	4 9a Coffee 9a Meijer/Walmart 2p Dominoes 3-4p Hope Woods Singers 6:30p Bible Study 7p Pinochle	5 9a Coffee 9a Harding's 12p Grocery Bingo 1p Harding's 2p Movie 2p Euchre 3p Poker 7p Pinochle	6 9a Coffee 10:30a Low Vision and Hearing 1p Bridge 2p Dominoes	7 9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage	8 9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo	

<p>9</p> <p>6:30p Movie 7p Hand & Foot</p>	<p>10</p> <p>9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummy Kub</p>	<p>11</p> <p>9a Coffee 9a Meijer/ Walmart 2p Dominoes 2p Doug Hamilton 3-4p Hope Woods Singers 6:30p Bible Study 7p Pinochle</p>	<p>12</p> <p>9a Coffee 9a Harding's 12p Grocery Bingo 1p Harding's 2p Movie 2p Euchre 3p Poker 7p Pinochle</p>	<p>13</p> <p>9a Coffee 1p Bridge 2p Dominoes</p>	<p>14</p> <p>9a Coffee 11:30a Prayer n Lunch 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage</p>	<p>15</p> <p>9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo</p>
<p>16</p> <p>5-6:30p Potluck 7p Hand & Foot</p>	<p>17</p> <p>9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummy Kub</p>	<p>18</p> <p>9a Coffee 9a Meijer/ Walmart 9:15a Foot Doctor 2p Dominoes 3-4p Hope Woods Singers 6:30p Bible Study 7p Pinochle</p>	<p>19</p> <p>9a Coffee 9a Harding's 12p Grocery Bingo 1p Harding's 2p Movie 2p Euchre 3p Poker 7p Pinochle</p>	<p>20</p> <p>9a Coffee 1p Bridge 2p Dominoes</p>	<p>21</p> <p>9a Coffee 11:30a Prayer n Lunch 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage</p>	<p>22</p> <p>9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo</p>
<p>23</p> <p>6:30p Movie 7p Hand & Foot</p>	<p>24</p> <p>9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 1p Birthday Party 2p Euchre 7p Rummy Kub</p>	<p>25</p> <p>9a Coffee 9a Meijer/ Walmart 2p Dominoes 3-4p Hope Woods Singers 6:30p Bible Study 7p Pinochle</p>	<p>26</p> <p>9a Coffee 9a Harding's 12p Grocery Bingo 1p Harding's 2p Movie 2p Euchre 3p Poker 7p Pinochle</p>	<p>27</p> <p>9a Coffee 1p Bridge 2p Dominoes</p>	<p>28</p> <p>9a Coffee 11:30a Prayer n Lunch 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage</p>	<p>29</p> <p>9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo</p>
<p>30</p> <p>6:30p Movie 7p Hand & Foot</p>						

HOPE WOODS TIDBITS

- **Food Donations:** We are pleased to report that for the month of March we collected 204 non-perishable food items to donate to Kalamazoo area families in need! We accept donations all year long. *Please be sure to check the items you are donating for expiration dates; expired food is not accepted.* Feel free to drop off your food donations directly to the office. Thank you!
- **Spring Cleaning!** Some resident apartment doors are looking like they could use some TLC. Please consider adding your apartment front door to your spring cleaning list.

A maintenance emergency is something involving appliances, leaks, damage to the building structure, etc. A full list of emergencies can be found in your Resident Rules & Regulations packet. For your convenience, please see the list below:

1. Furnace problems
2. Broken water pipes or primary windows
3. Plugged services
4. Floods or leaks
5. Electrical malfunctions
6. No water
7. Building damage
8. Gas leaks (Call Consumer's Energy at 1-800-477-5050)
9. Fire or natural disaster
10. Hot water-heater problems
11. Locked out (remember, if it is after office hours there will be a fee)



Maintenance Corner

How to Use a Garbage Disposal

KEY TIP: Never put fats, oils, or grease into a garbage disposal

1. Run a steady stream of cool water into the sink before turning on the garbage disposal
2. Before placing any food waste into the disposal, turn it on first.
3. Gradually feed food waste into the disposal. **Avoid putting large amounts of food waste all at once as this may slow the grinding process or jam the disposal, causing it to seize up.**
4. Once the food waste has been broken down, turn the disposal off and let water run for a few seconds to flush the drain pipe.

Note: It usually takes only a few seconds to grind food waste, although it depends on the quantity and type of food waste. The sound of the disposal will change when there is no more food waste in the grind chamber.

We know that unintended problems do arise in the kitchen, so if your disposal stops working, contact the Office for maintenance at 353-4712.

Remember: The most common reason for a disposal to stop working is due to lack of use. If you don't use your disposal regularly, please consider running the disposal a few times a month with cold water for 1-2 minutes to preserve the integrity of the appliance.

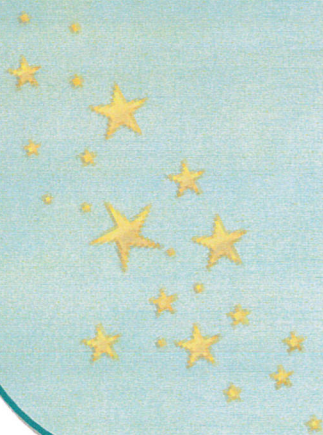
USING A FOOD WASTE DISPOSER IS EASY!

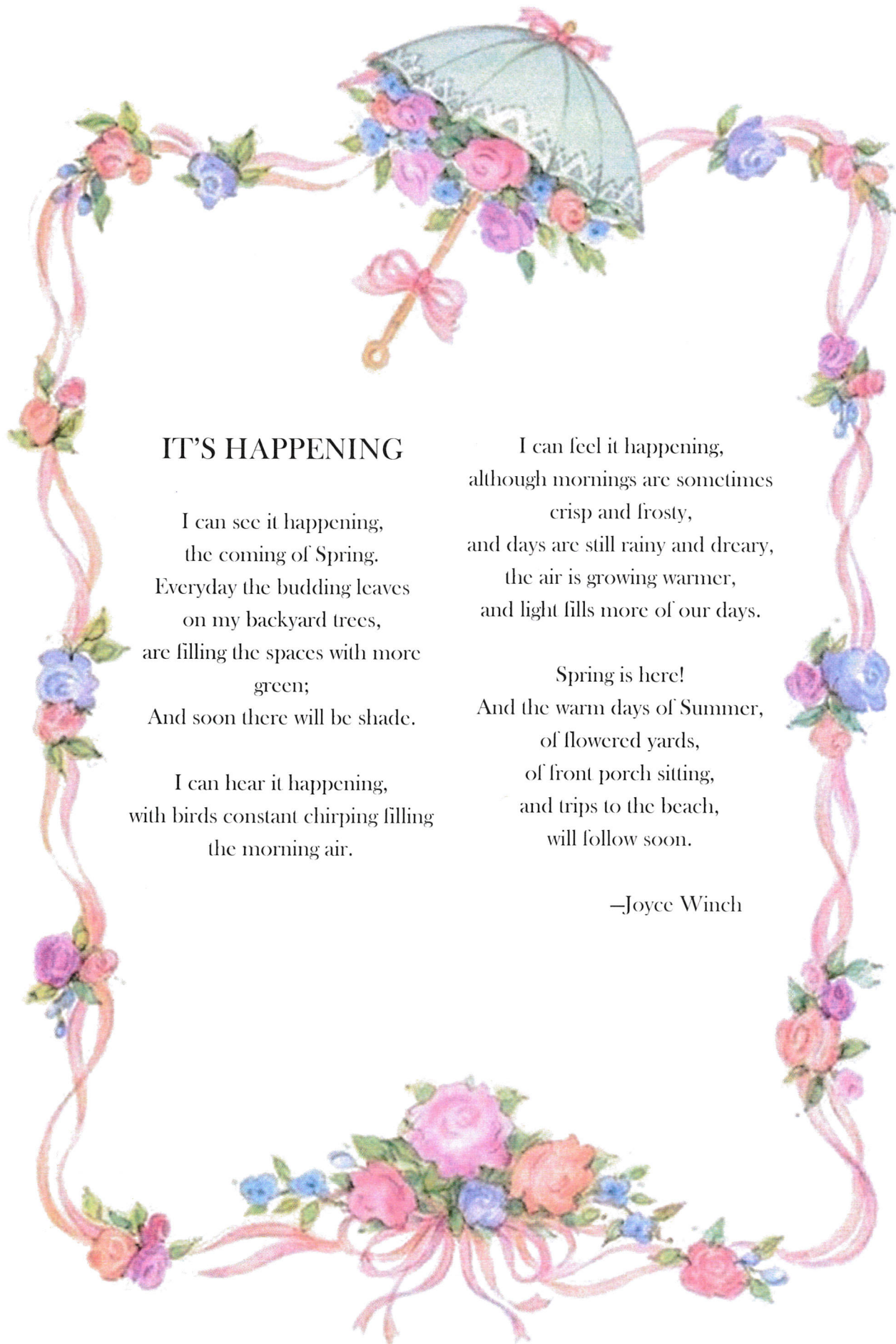




APRIL
BIRTHDAYS:

219	Jan Curry	4/5
211	Joan Garneau	4/7
322	Terry Salinas	4/8
345	Dena Corstange	4/12
142	Leonard Poger	4/15
220	Betty Bennett	4/15
129	Alida Geppert	4/21
344	MaryLynn Knapp	4/25





IT'S HAPPENING

I can see it happening,
the coming of Spring.
Everyday the budding leaves
on my backyard trees,
are filling the spaces with more
green;
And soon there will be shade.

I can hear it happening,
with birds constant chirping filling
the morning air.

I can feel it happening,
although mornings are sometimes
crisp and frosty,
and days are still rainy and dreary,
the air is growing warmer,
and light fills more of our days.

Spring is here!
And the warm days of Summer,
of flowered yards,
of front porch sitting,
and trips to the beach,
will follow soon.

—Joyce Winch

Hope Woods Star Resident

Hope Woods

**Apr.
2023**

We are continuing to get to know our valued residents. This month we learn about our neighbor in 217.

Carpe Diem—A Day at a Time

Maybe you have seen me in the hallway or on the elevator or perhaps in the “Free Room” hanging up clothes, waiting for the bus on Stadium, at the Potluck pouring coffee or my favorite, sitting in my lawn chair on the west side. My name is Karen Duthler-Appleton. I have lived at Hope Woods for nine years; I am a good one to ask how things “work” here. Never did I envision myself living in this type of community but the funny thing is it works just fine.

My favorite story is about my marriage. I was living in Grand Rapids working at Builders Square. I had an active social life as well. I kept seeing this tall man (6’7”.) We often spoke to each other and even more so when my daughter was working at Channel 3, while going to Western for a degree in Communications. I saw that tall man was Dick Appleton, the president of WWMT, Channel 3. This was fantastic as I could check up on Jill and talk to this very nice gentleman. One night he offered to walk me to my car. He opened my door and gave me a kiss! I told him he had just ruined a good friendship! The next day I was feeling bad about my behavior and decided to send him a long stem red rose with a Bible verse, Romans 8:28, “All things work together for good...” Dick called to thank me and asked me to dinner at the Black Swan. Then he asked me if I had a “little black dress.” Of course I did but I thought he was a little “odd” to make such a request. He picked me up at my daughter’s apartment on South Street. He came to the door and reached in his suit coat and took out a green velvet box from →

“Experience the Difference”

Morrison's. It was a pearl necklace and matching earrings. It was perfect for the "little black dress." I was in L-O-V-E! Those pearls were worn by my daughter on her wedding day and by all of my nieces on their big day.

Builders Square closed their doors when U.S. 131 was under construction (like it always is). Dick and I moved to Kalamazoo. What a life we had! Dick and I both lived all over the U.S.. We traveled to the C.B.S. conventions, many trips to California, Florida, New Orleans, North Carolina, New York and New Hampshire. We made all the reservations to make the Grand Tour on September 12—one day after 9/11.

Dick was diagnosed with stage 4 cancer. We battled the big C for a year and a half. Our life was doctors, hospitals, treatments and surgeries. My darling husband passed away in his sleep. His was a life very well lived.

I went to Florida to "retire." I was able to commute back and forth (the best of both worlds). I am the grandmother of 3 boys. My daughter was about to be divorced so I packed up and moved to Michigan and have spent the last 17 years helping to raise them all through the pandemic. They are well on their way to adulthood. Once again things worked together for good. My daughter has remarried and works at the Bronson Gym. I have rediscovered baking and my neighbors have too! I try to seize the day and know I can only live one day at a time.

In-Home Companions

Located in Hope Woods next to the hair salon!

Stop in and say hello!

Office Hours
10am-2pm

Set up your free in-home assessment!

A la carte and hourly services up to 24/7!

Discounted prices for Hope Woods residents!

Private pay, VA, LTC Insurance, Kellogg Foundation and more accepted!

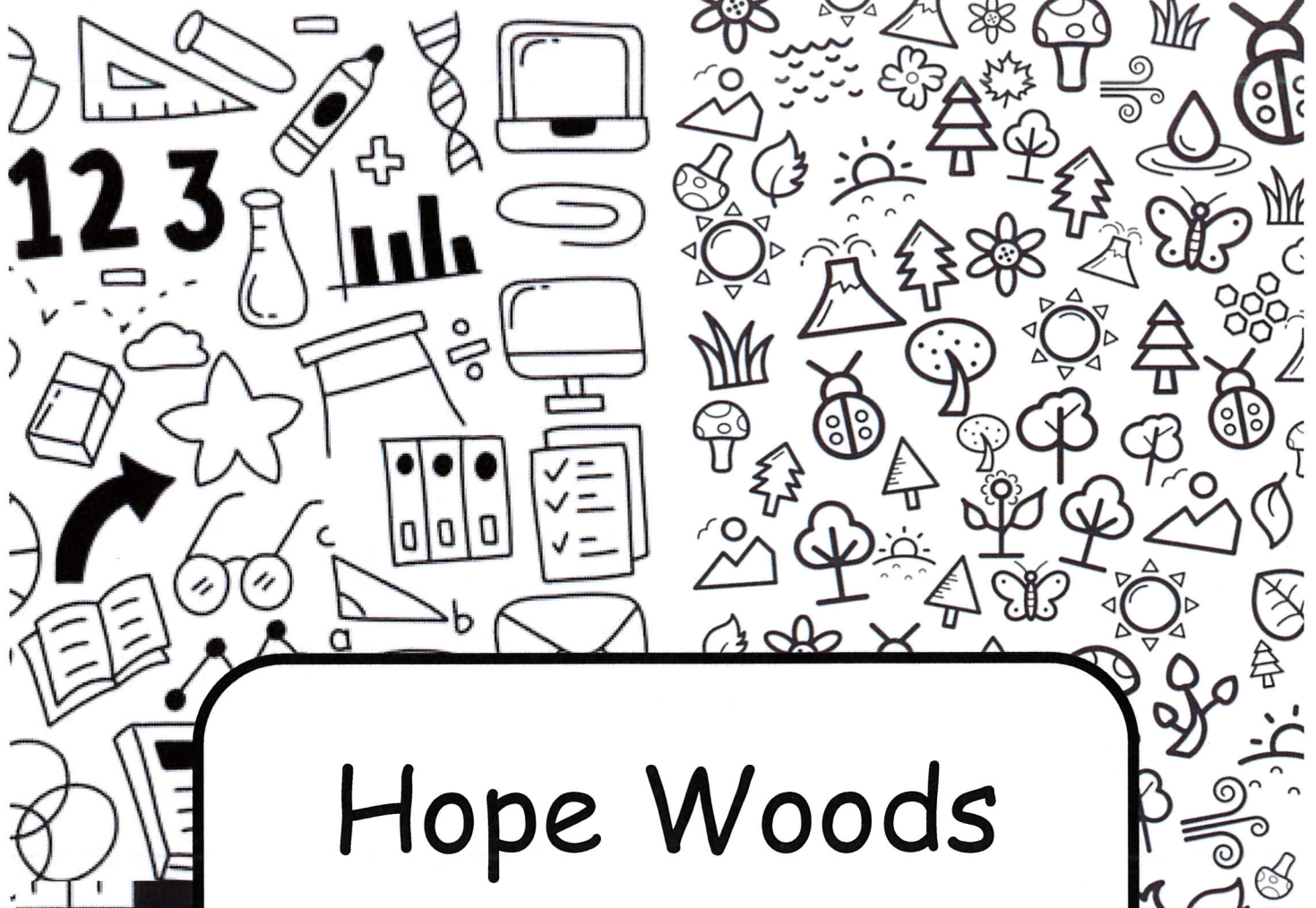
Our licensed and insured caregivers are available to provide assistance with bathing, errands, cooking, cleaning, post rehab/hospital discharge and more!



In-Home Companions

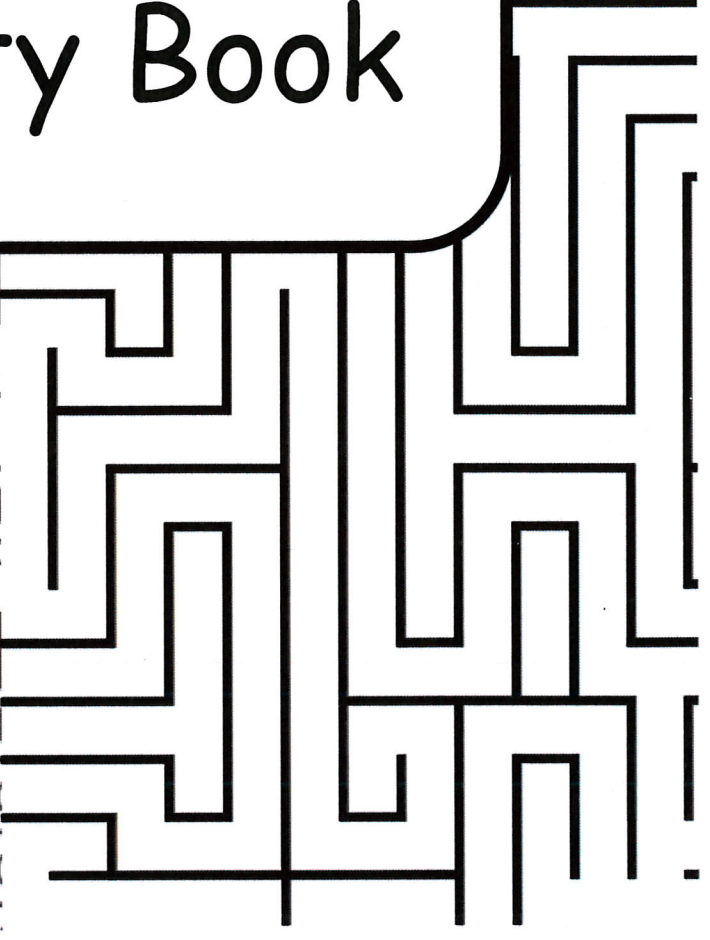
269-718-3418

caring@ihchc.net



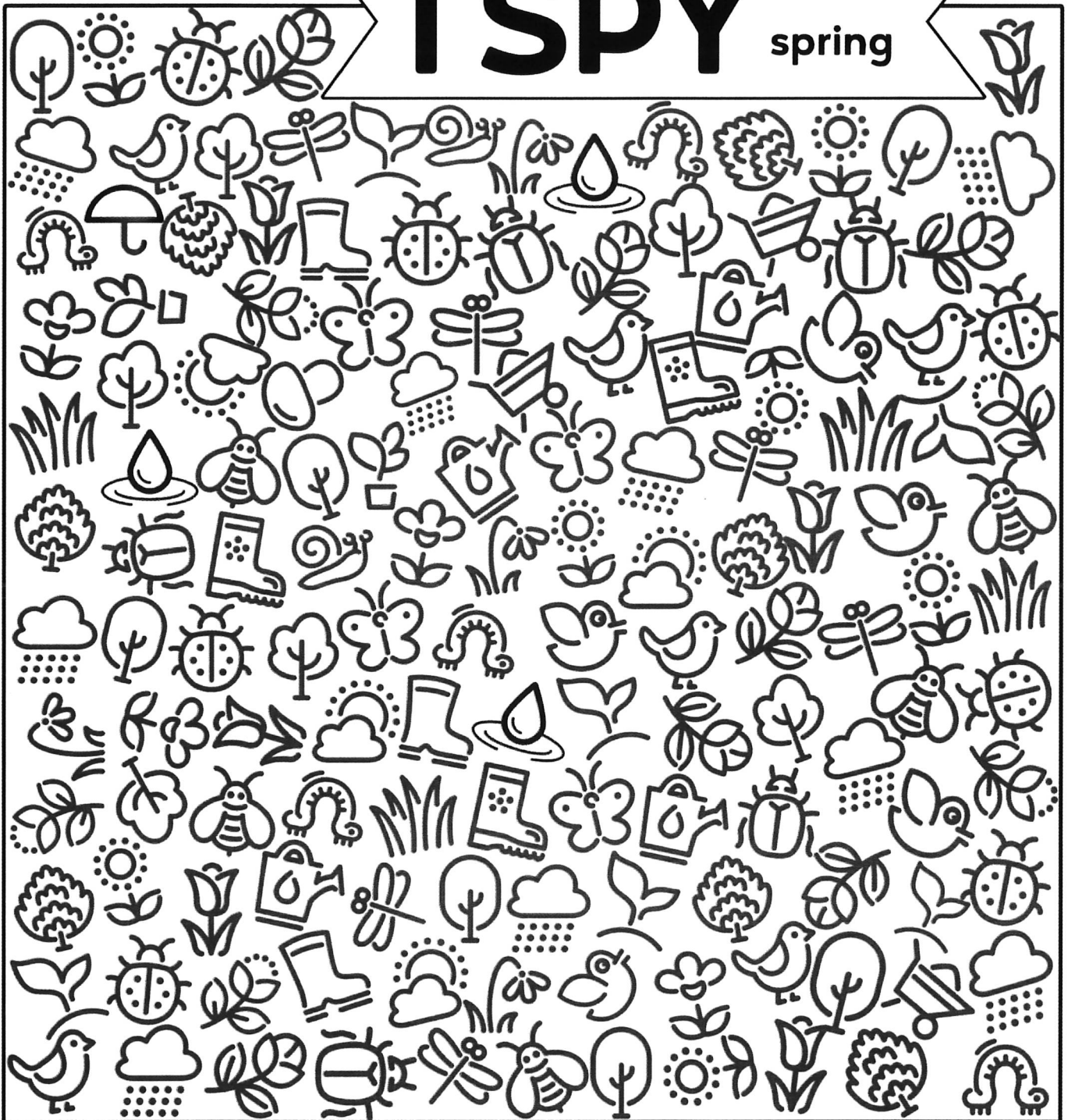
Hope Woods Activity Book

H	O									
R	O	G								
E		P								
W	H	A								
O	E	S		F	R	I	E	N	D	
N	A		T	I	E	S		O	I	
	P	O	R	T	I	C	O		L	
K		R	U	I	N		K	E	E	
A	N	S	E	N		T	R	U	S	
T	O	O			P	E	A	R		
O	R		A	L	A	N		A	R	
	U	R	B	A	N	D	E	S	I	
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I SPY

spring



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|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 5 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |



Spring Word Search



Find the words below in the grid to the right:



April
 April Fool's Day
 bloom
 bud
 Buddha's Birthday
 cherry blossom
 crops
 daffodil
 Earth Day

Easter
 farmer
 flower
 grow
 June
 May
 melt
 Mother's Day
 new leaves

plant
 plow
 seed
 shower
 sprout
 thaw
 tulip
 wake up
 warm

Spring Time

Word Link Puzzle

Read the clues at the bottom of the page to help link two parts of each word together to make a complete word. Draw a line from the first part of the word to the second part of the word and fill in the blanks on each line.

- | | |
|------------------|---------|
| 1. SEA _____ • | • ND |
| 2. WI _____ • | • ERS |
| 3. LEA _____ • | • RTH |
| 4. BI _____ • | • IN |
| 5. WA _____ • | • YES |
| 6. RE _____ • | • NEW |
| 7. RA _____ • | • EDS |
| 8. BUTT _____ • | • ERFly |
| 9. SE _____ • | • RM |
| 10. FLOW _____ • | • SON |

1. There are four of these each year, and spring is one of them
2. Gust of air
3. Foliage is made up of these
4. Beginning of something new
5. Not too hot; not too cold

6. Become new again
7. Water falling from the sky
8. Insect with brightly colored wings
9. Put these in the ground to make plants grow
10. Plants that are cultivated or appreciated for their blossoms

CROSSWORD PUZZLE NO. 10

ACROSS

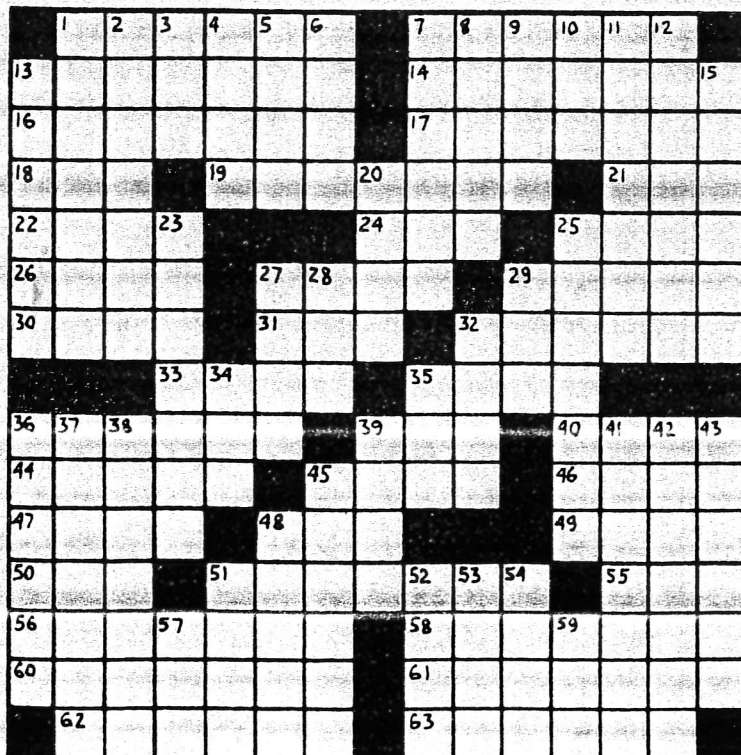
1. Legislative body
7. Seraglios
13. Sailor
14. Imbue
16. "Cotton State"
17. Disproved
18. Underworld god
19. Thin crisp cracker dusted with salt
21. Portuguese money of account
22. Water: Sp.
24. Superlative ending
25. Medieval Irish social unit
26. Greater quantity
27. Sovereign of Persia
29. Axial cylinder
30. Plant stalk
31. Audience
32. Topped
33. Detail
35. Nobleman
36. Russian political leader
39. Female ruff
40. Roman date
44. Pertaining to a whale
45. To care for

46. Firn
47. Architectural pier
48. Edible seed
49. Expanded
50. Regret
51. The theory of knowledge
55. Warlike king of West Saxons
56. Stoats
58. One who marches ceremoniously
60. Relating to partitions
61. Combiners
62. Declarer
63. Beef animals

12. Church tower
13. Woman's titles
15. Redacted
20. Saline drop
23. Wife of Aegeon in Shakespeare's "Comedy of Errors"
25. Looking fixedly
27. Observed
28. Son of Noah
29. Understand
32. Notice
34. Spasmodic twitching
35. Stry
36. Frightens
37. Lengths of holding office
38. Undertake
39. Actual
41. Mocker
42. Doubletrees
43. Seamstresses
45. More strained
48. English dramatist
51. Mend, as a fracture
52. Musical work
53. Extravagant declamation
54. Great lake
57. City in Paraguay
59. Consumed

DOWN

1. Water chestnut
2. Obliteration
3. Pen point
4. Genus of fresh-water ducks
5. Musical theme
6. Pertaining to a historical period
7. Foolish
8. Concerning
9. Abundant in number
10. Australian ratite bird
11. Reed mace, or cattail



CROSSWORD PUZZLE
NO. 10



To solve a Sudoku puzzle, place a number in each empty square so that each row, each column, and each 3×3 block contains all the numbers from 1 to 9.

	2			5			3	
			8				4	6
		8				2		
7		5	9		2			8
			4			7		3
	6							
					6			5
6				3				
		4	7					

	9	1	7	4				
								8
	8			5	1		9	
7								
		3	9				2	
			4	6		3	8	
					6			2
				1		5		
6		9	3				7	

To solve a Sudoku puzzle, place a number in each empty square so that each row, each column, and each 3×3 block contains all the numbers from 1 to 9.

3

9	2	6	1	5	4	8	3	7
5	7	3	8	2	9	1	4	6
1	4	8	6	7	3	2	5	9
7	3	5	9	1	2	4	6	8
2	8	1	4	6	5	7	9	3
4	6	9	3	8	7	5	2	1
8	9	7	2	4	6	3	1	5
6	1	2	5	3	8	9	7	4
3	5	4	7	9	1	6	8	2

4

2	9	1	7	4	8	6	5	3
5	6	4	2	3	9	7	1	8
3	8	7	6	5	1	2	9	4
7	2	6	1	8	3	9	4	5
8	4	3	9	7	5	1	2	6
9	1	5	4	6	2	3	8	7
1	7	8	5	9	6	4	3	2
4	3	2	8	1	7	5	6	9
6	5	9	3	2	4	8	7	1

