

# Hope Woods Newsletter



## YOUR COMMUNITY STAFF

- ◆ **PROPERTY MANAGER**  
AIMEE EVA
- ◆ **OFFICE MANAGER**  
ARYA INEZ
- ◆ **MAINTENANCE**  
RALPH GATES
- ◆ **GROUNDS/MAINTENANCE**  
TANIKA BREWER
- ◆ **HOUSEKEEPER**  
SUZIE WALLACE
- ◆ **VAN DRIVER: 269.929.1743**  
GARY SALINAS
- ◆ **HAIR SALON: 269.650.2181**  
DEB MENDEZ
- ◆ **DINING ROOM—NO MEALS**



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## HOPE WOODS APARTMENTS

TELEPHONE **269.353.4712**

FACSIMILE **269.353.4730**

5749 STADIUM DRIVE  
KALAMAZOO, MI 49009

MONDAY—FRIDAY  
9AM—4PM  
OPEN OFFICE:  
1PM—4PM

**HOPEWOODS@SBCGLOBAL.NET**

**NANCY WOOD NOTARY SERVICES:**  
269.271.6852

**CSC SERVICeworks:**  
1.844.272.9675

**IN-HOME COMPANIONS:**  
269.718.3418



WELCOME HOME  
TO OUR NEWEST  
NEIGHBORS

FLORENCE  
TAYLOR 106

MARY BOS 242

PATRICIA  
KLINGER 315

ELAINE NOYES  
347

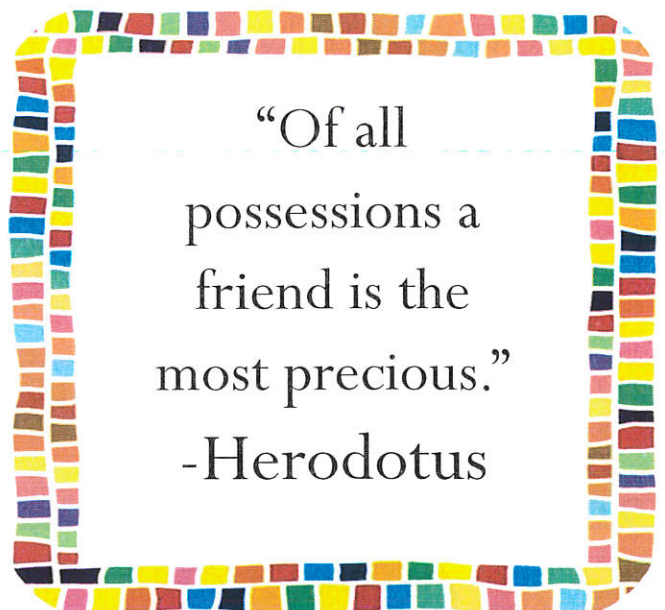
### TIDBITS

- **Food Donations:** We are pleased to report that for the month of July we collected 110 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!*
- **Please remember:** The Hope Woods Staff is very small, and there are only two people who operate from inside the Office. You can reach us at 353-4712 or [hopewoods@sbcglobal.net](mailto:hopewoods@sbcglobal.net) in case of emergencies.

### PATIO/BALCONY SPACES:

Please remember, patios/balconies cannot be used as storage. In other words, items such as outdoor furniture/lawn décor, and plants are permitted. Items that do not belong outdoors, or storing items such as empty pots, plants, boxes, bags, etc., is not permitted. Please take a moment to assess your outdoor space and tidy up if needed.

Thanks for helping keep our community looking great!



“Of all  
possessions a  
friend is the  
most precious.”  
-Herodotus



# AUGUST ACTIVITIES CALENDAR 2023

## Activities Calendar Key:

### 1<sup>st</sup> Floor

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


### 2<sup>nd</sup> Floor

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

### 3<sup>rd</sup> Floor

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

**\*All events are subject to  
 time change or  
 cancellation per the  
 volunteers who run them\***

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|--|---|---|--|---|--|---|
|  |   | <b>1</b><br>9a Coffee<br>9a Meijer/<br>Walmart<br>2p Dominoes<br>3p Hope<br>Woods<br>Singers<br>6:30p Bible<br>Study<br>7p Pinochle | <b>2</b> 9a Coffee<br>9a Harding's<br>(Main St.)<br>12p Grocery<br>Bingo<br>12p Harding's<br>(Oshtemo)<br>1p Harding's<br>2p Euchre<br>3p Movie<br>3p Poker<br>7p Pinochle | <b>3</b><br>9a Coffee<br><br>10:30a<br>Low Vision<br>and<br>Hearing<br><br>1p Bridge<br>2p Dominoes   | <b>4</b><br>9a Coffee<br>2p Euchre<br>4p Happy<br>Hour<br>6:30p Golf<br>7p Cribbage                  | <b>5</b><br>9a Coffee<br><br>1p Phase<br>10<br><br>6:30p<br>Scrabble<br><br>7p Bingo              |
|  | <b>6</b><br><br>6:30p<br>Movie<br><br>7p Hand &<br>Foot | <b>7</b><br>9a Coffee<br>9a Exercise<br>1p Fiber<br>Therapy<br>1p Bridge<br>2p Euchre<br>7p Rummi-<br>kub                           | <b>8</b><br>9a Coffee<br>9a Meijer/<br>Walmart<br>2p Dominoes<br>3p Hope<br>Woods<br>Singers<br>6:30p Bible<br>Study<br>7p Pinochle  | <b>9</b><br>9a Coffee<br>9a Harding's<br>(Main St.)<br>12p Grocery<br>Bingo<br>12p Harding's<br>(Oshtemo)<br>1p Harding's<br>2p Euchre<br>3p Movie<br>3p Poker<br>7p Pinochle | <b>10</b><br>9a Coffee<br><br>10:30a<br>Low Vision<br>and<br>Hearing<br><br>1p Bridge<br>2p Dominoes | <b>11</b><br>9a Coffee<br>9a Coffee<br>2p Euchre<br>4p Happy<br>Hour<br>6:30p Golf<br>7p Cribbage |

# HOPE WOODS NEWSLETTER

|   |  |   |  |   |  |  |
|---|--|---|--|---|--|--|
| <p><b>13</b></p> <p>6:30p<br/>Movie</p> <p>7p Hand &amp;<br/>Foot</p>     | <p><b>14</b></p> <p>9a Coffee</p> <p>9a Exercise</p> <p>1p Fiber<br/>Therapy</p> <p>1p Bridge</p> <p>2p Euchre</p> <p>7p Rummi-<br/>-kub</p> | <p><b>15</b></p> <p>9a Coffee</p> <p>9a Meijer/<br/>Walmart</p> <p>2p Dominoes</p> <p>3p Hope<br/>Woods<br/>Singers</p> <p>6:30p Bible<br/>Study</p> <p>7p Pinochle</p>                           | <p><b>16</b></p> <p>9a Coffee</p> <p>9a Harding's<br/>(Main St.)</p> <p>12p Grocery<br/>Bingo</p> <p>12p Harding's<br/>(Oshtemo)</p> <p>1p Harding's</p> <p>2p Euchre</p> <p>3p Movie</p> <p>3p Poker</p> <p>7p Pinochle</p> | <p><b>17</b></p> <p>9a Coffee</p> <p>1p Bridge</p> <p>2p Dominoes</p> | <p><b>18</b></p> <p>9a Coffee</p> <p>2p Euchre</p> <p>4p Happy<br/>Hour</p> <p>6:30p Golf</p> <p>7p Cribbage</p> | <p><b>19</b></p> <p>9a Coffee</p> <p>1p Phase<br/>10</p> <p>6:30p<br/>Scrabble</p> <p>7p Bingo</p> |
| <p><b>20</b></p> <p>5-6:30p<br/>Potluck</p> <p>7p Hand &amp;<br/>Foot</p> | <p><b>21</b></p> <p>9a Coffee</p> <p>9a Exercise</p> <p>1p Fiber<br/>Therapy</p> <p>1p Bridge</p> <p>2p Euchre</p> <p>7p Rummi-<br/>kub</p>  | <p><b>22</b></p> <p>9a Coffee</p> <p>9a Meijer/<br/>Walmart</p> <p>9a Foot<br/>Doctor</p> <p>2p Dominoes</p> <p>3p Hope<br/>Woods<br/>Singers</p> <p>6:30p Bible<br/>Study</p> <p>7p Pinochle</p> | <p><b>23</b></p> <p>9a Coffee</p> <p>9a Harding's<br/>(Main St.)</p> <p>12p Harding's<br/>(Oshtemo)</p> <p>1p Harding's</p> <p>2p Euchre</p> <p>3p Movie</p> <p>3p Poker</p> <p>7p Pinochle</p>                              | <p><b>24</b></p> <p>9a Coffee</p> <p>1p Bridge</p> <p>2p Dominoes</p> | <p><b>25</b></p> <p>9a Coffee</p> <p>2p Euchre</p> <p>4p Happy<br/>Hour</p> <p>6:30p Golf</p> <p>7p Cribbage</p> | <p><b>26</b></p> <p>9a Coffee</p> <p>1p Phase<br/>10</p> <p>6:30p<br/>Scrabble</p> <p>7p Bingo</p> |
| <p><b>27</b></p> <p>6:30p<br/>Movie</p> <p>7p Hand &amp;<br/>Foot</p>     | <p><b>28</b></p> <p>9a Coffee</p> <p>9a Exercise</p> <p>1p Fiber<br/>Therapy</p> <p>1p Bridge</p> <p>2p Euchre</p> <p>7p Rummi-<br/>kub</p>  | <p><b>29</b></p> <p>9a Coffee</p> <p>9a Meijer/<br/>Walmart</p> <p>2p Dominoes</p> <p>3p Hope<br/>Woods<br/>Singers</p> <p>6:30p Bible<br/>Study</p> <p>7p Pinochle</p>                           | <p><b>30</b></p> <p>9a Coffee</p> <p>9a Harding's<br/>(Main St.)</p> <p>12p Grocery<br/>Bingo</p> <p>12p Harding's<br/>(Oshtemo)</p> <p>1p Harding's</p> <p>2p Euchre</p> <p>3p Movie</p> <p>3p Poker</p> <p>7p Pinochle</p> | <p><b>31</b></p> <p>9a Coffee</p> <p>1p Bridge</p> <p>2p Dominoes</p> |  |  |



# 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](mailto:caring@ihchc.net)





**AUGUST BIRTHDAYS:**



|     |                   |      |
|-----|-------------------|------|
| 307 | ROLAND DUNLOP     | 8/3  |
| 102 | JIM DOORLAG       | 8/7  |
| 229 | DICK PRIEST       | 8/7  |
| 334 | MARY LINEBERRY    | 8/8  |
| 346 | HELEN BRODASKY    | 8/14 |
| 110 | LINDA WYLIE       | 8/15 |
| 222 | B. JO WALTZ       | 8/16 |
| 306 | PETE DYKSTERHOUSE | 8/17 |
| 130 | GINNY TSCHUPP     | 8/19 |
| 339 | DUKE CUTSHAW      | 8/21 |
| 139 | SUE STEVENS       | 8/23 |
| 310 | PHYLLIS GLASER    | 8/23 |
| 120 | MAXINE ROBB       | 8/26 |
| 202 | DICK STREET       | 8/26 |



**VOLUNTEER  
NEEDED**

**MOVIE NIGHT**

WE ARE LOOKING FOR SOMEONE TO HELP FINISH OUT MOVIE NIGHTS FOR THE REST OF THE SUMMER WHILE OUR PREVIOUS VOLUNTEER IS UNAVAILABLE. PLEASE CONTACT THE OFFICE FOR MORE INFO.

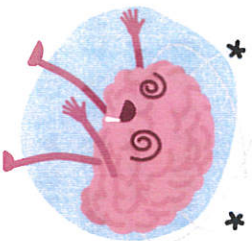
# MEDICAL MONTHLY

**M** any older adults

experience problems with balance and dizziness. Problems can be caused by certain medications, balance disorders, or other medical conditions. Balance problems are one reason older people fall. Maintaining good balance as you age and learning about fall prevention can help you get around, stay independent, and carry out daily activities.

## OLDER ADULTS AND BALANCE PROBLEMS

*HAVE YOU EVER FELT DIZZY, LIGHTHEADED, OR AS IF THE ROOM WERE SPINNING AROUND YOU? THESE CAN BE TROUBLESOME SENSATIONS. IF THE FEELING HAPPENS OFTEN, IT COULD BE A SIGN OF A BALANCE PROBLEM...*



### Causes of

#### balance problems

Balance problems can be caused by certain medications or medical conditions. The lists on the other side of this sheet cover some common causes and symptoms of balance problems.

### Coping with a

#### balance disorder

Some people with a balance disorder may

not be able to fully relieve their dizziness and will need to find ways to cope with it.

A vestibular rehabilitation therapist can help

develop an

individualized treatment plan.

Chronic balance

problems can affect all aspects of your

life, including your relationships, work

performance, and your ability to carry

out daily activities. Support groups

provide the opportunity to learn

from other people with similar experiences and challenges.



If you have trouble

with your balance, talk to your doctor

about whether it's safe to drive, and

about ways to lower your risk of falling

during daily activities, such as

walking up or down stairs, using the

bathroom, or exercising. To reduce

your risk of injury

from dizziness, do not walk in the dark. Avoid high heels and instead, wear

nonskid, rubber-soled, low-heeled

shoes. Don't walk on stairs or floors in

socks or in shoes and slippers with smooth

soles. If necessary, use a cane or walker.

Make changes to add safety features at

your home and workplace, such as

adding handrails.





## COMMON CAUSES OF BALANCE PROBLEMS

### INNER EAR PROBLEMS

A part of the inner ear called

the labyrinth is responsible for balance. When the labyrinth becomes inflamed, a condition called labyrinthitis occurs, causing vertigo and imbalance. Certain ear diseases and infections can lead to labyrinthitis.

### ALCOHOL

Alcohol in the blood can also cause dizziness and balance problems by affecting how the inner ear works.

### MEDICATIONS

Check with your doctor if you notice balance problems while taking certain medications. Ask if other medications can be used instead, if the dosage can be safely reduced, or if there are other ways to reduce unwanted side effects.

### OTHER CONDITIONS

Certain conditions, such as diabetes, heart disease, stroke, or problems with your visions, thyroid, nerves, or blood vessels can cause dizziness and other balance problems.

## SYMPTOMS OF BALANCE DISORDERS

If you have a balance disorder, you might experience symptoms such as:

- **DIZZINESS OR VERTIGO (A SPINNING SENSATION)**
- **FALLING OR FEELING AS IF YOU ARE GOING TO FALL**
- **STAGGERING WHEN YOU TRY TO WALK**
- **LIGHTHEADEDNESS OR FAINTNESS, OR A FLOATING SENSATION**
- **BLURRED VISION**
- **CONFUSION OR DISORIENTATION**

*...Other symptoms might include nausea*

*and vomiting; diarrhea; changes in heart rate and blood pressure and feelings of fear, anxiety, or panic.*

*Symptoms may come and go over short periods or last a long time and can lead to fatigue and depression.*



## Did You Know...?



### **HOW DO FIRST RESPONDERS ACCESS HOPE WOODS' RESIDENTS?**

*If you have a medical emergency, whether you call 911, use an emergency service with a pendant or bracelet, or use your emergency pull cords in your bathroom or bedroom--here are the details on how the first responders are able to get to you...*

**Life Ambulance is the contracted ambulance service for Oshtemo Township. When you have a medical emergency, Life Ambulance and the Oshtemo Township Fire Department team up to respond to your call. The Fire Dept. has a Knox Box in the main foyer that houses keys to give them access to the building and the individual apartments. Life Ambulance does not have a Knox Box of their own because the Township Fire Dept. responds along with them.**

If you ever have questions or concerns regarding the first responders and access to the building, please see Aimee in the Office. Thank you!

[hopewoods@sbcglobal.net](mailto:hopewoods@sbcglobal.net)

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### NEW EQUIPMENT IN THE EXERCISE ROOM

- RECUMBENT BIKE
- STATIONARY BIKE
- WEIGHT RACK
- TREADMILL
- ELLIPTICAL
- ROWING MACHINE
- WEIGHT BENCH



EXPERIENCE THE DIFFERENCE

*Professionally Managed by  
 Clearview Property  
 Management Services, LLC.*

## GRAND RE-OPENING TUESDAY, AUGUST 1ST



# We're Online!

🔍 Hope Woods Senior Apartments... ✕

hopewoodsseniorapts.com - [Visit Our Website!](#)

apartments.com/hope—woods—senior—community—kalamazoo—mi - [Take a Virtual Tour!](#)

Search: "Hope Woods" on [Facebook!](#)

Apply Now!

Contact Us

For more info : [hopewoodsseniorapts.com](http://hopewoodsseniorapts.com)

## Get to Know Your Staff—Tanika Brewer, Grounds/Maint.



Tanika is 43 years old and has two children, her daughter, Simmariyah, and also her dog, Mak. She has a fun collection of interactive games on her phone and loves listening to music to pass the time. She often makes her way through the day by singing and dancing along to the songs playing over her earbuds. If she's not helping Ralph with maintenance, she's always ready to assist anyone she comes across in need of non-medical aid. "I just like helping," she says with a bright smile.