

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
- ◆ **POLICE, FIRE, MEDICAL**
EMERGENCIES—DIAL 911



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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



**NO NEW
NEIGHBORS
THIS
MONTH!**

**WISH YOUR
FRIENDS
HAPPY
HOLIDAYS!**

TIDBITS

- **Food Donations:** We are pleased to report that for the month of November we collected **214** 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!*
- **Work Order Emergency Requests:** Work Orders are completed in order of first submitted with emergencies taking priority. A full list of Work Order Emergencies can be found in your Resident Rules & Regulations packet.

**12 Days of
Christmas**

-  Bake Christmas Cookies
-  Wrap Gifts
-  Make a Playlist
-  Plan Christmas Meal
-  Go to a Christmas Event
-  Watch a Christmas Film
-  Take Christmas Photos
-  Write a Letter to Santa
-  Donate Old Toys and Clothes
-  Do Something Nice for Someone
-  Have a Family Dinner
-  Enjoy Christmas Day!



*“Chill December brings the sleet, blazing fire, and Christmas treat.”
~ Sara Coleridge*

DECEMBER ACTIVITIES CALENDAR 2023

Activities Calendar Key

1st Floor

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

2nd Floor

T.V. Lounge: Hope Woods Singers, St. Luke's Eucharist
 Craft Room: Craft Class, Fiber Therapy
 Game Room: Euchre, Cribbage, Scrabble, Pinochle, Poker, Phase
 10, Hand + Foot, Rummikub, Bridge




3rd Floor

Social Room: Golf, Bible Study,
 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
 <p>it is officially DECEMBER</p>					1 9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage	2 9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo
3 6:15p Hand & Foot	4 9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummikub	5 9a Coffee 9a Meijer/Walmart 3p Hope Woods Singers Carol Practice 6:30p Bible Study 7p Pinochle	6 9a Coffee 9a Harding's (Main St.) 12p Grocery Bingo 12p Harding's (Oshtemo) 1p Harding's 2p Euchre 3p Poker 7p Pinochle	7 9a Coffee 10:30a Low Vision Support Group 1p Bridge 1p Movie	8 9a Coffee 1p Hope Woods Singers Caroling Event 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage	9 9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo

HOPE WOODS NEWSLETTER

<p>10</p> <p>6:15p Hand & Foot</p>	<p>11</p> <p>9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummi- -kub</p>	<p>12</p> <p>9a Coffee 9a Meijer/ Walmart 3p Hope Woods Singers 6:30p Bible Study 7p Pinochle</p>	<p>13</p> <p>9a Coffee 9a Harding's (Main St.) 12p Grocery Bingo 12p Harding's (Oshtemo) 1p Harding's 2p Euchre 3p Poker 7p Pinochle</p>	<p>14</p> <p>9a Coffee 1p Bridge 1p Movie</p>	<p>15</p> <p>9a Coffee 2p Euchre 4pm & 5pm Holiday Dinner 6:30p Golf 7p Cribbage</p>	<p>16</p> <p>9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo</p>
<p>17</p> <p>6:15p Hand & Foot</p>	<p>18</p> <p>9a Coffee 9a Exercise 1p Birthday Party 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummi- kub</p>	<p>19</p> <p>9a Coffee 9a Meijer/ Walmart 3p Hope Woods Singers 6:30p Bible Study 7p Pinochle</p>	<p>20</p> <p>9a Coffee 9a Harding's (Main St.) 12p Grocery Bingo 12p Harding's (Oshtemo) 1p Harding's 2p Euchre 3p St. Luke's 3p Poker 7p Pinochle</p>	<p>21</p> <p>9a Coffee 1p Bridge 1p Movie</p>	<p>22</p> <p>9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage</p>	<p>23</p> <p>9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo</p>
 <p>24</p> <p>6:15p Hand & Foot</p>	 <p>25</p> <p>9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummi- kub</p>	<p>26</p> <p>9a Coffee 9a Meijer/ Walmart 6:30p Bible Study 7p Pinochle</p>	<p>27</p> <p>9a Coffee 9a Harding's (Main St.) 12p Grocery Bingo 12p Harding's (Oshtemo) 1p Harding's 2p Euchre 3p Poker 7p Pinochle</p>	<p>28</p> <p>9a Coffee 1p Bridge 1p Movie</p>	<p>29</p> <p>9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage</p>	<p>30</p> <p>9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo</p>
 <p>31</p> <p>6:15p Hand & Foot</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

HARK! HOPE WOODS SINGS!



CAROLS!

SING!
SING!

NOEL!

JOIN US!

SING!

TOGETHER!

CHRISTMAS!

CAROLS! NOEL!

SING!

Join the
Hope Woods Carolers
Friday, Dec. 9th in the
following locations:

1:00p.m. **3rd Floor**
North and South Lounge

1:30p.m. **2nd Floor**
North and South Lounge

2:00p.m. **1st Floor**
North and South Lounge

2:30p.m. **Main Lobby**

Family and Friends
Welcome!



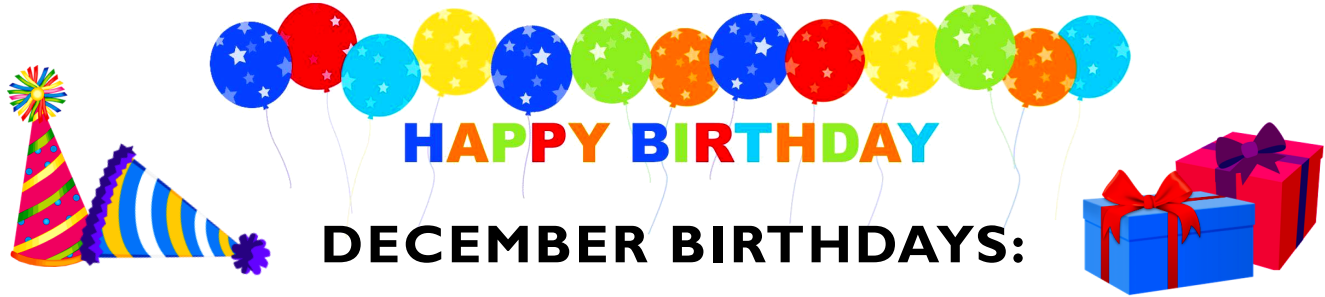
BRUNCH DATES 2024
2nd Monday of Each Month at 11:00 a.m.

This activity was started and is being continued by the residents and is not sponsored by Hope Woods Apartments. Several years ago a group of residents at Hope Woods Apartments started a monthly Brunch where they go to various restaurants to eat in the Greater Kalamazoo Area. We never know how many residents will attend since there is no sign-up. Several of our residents do not drive and must rely on obtaining a space with someone who does drive. We normally have between 12 and 25. We would again request those residents who do drive, please drive to the main entrance and park in the circle area to see how many non-drivers would like to go to the Brunch and need a ride. Non-drivers must be able to load their own walkers. Since no one has come forward to do the Brunch schedule, etc., Jean Berry has done the schedule for 2024 using the same places we had for 2023 and changing the monthly dates. It is time for someone else to volunteer. Thank You!

- JAN. 9th TED & MARIE'S (6416 Stadium Drive, Kalamazoo)
- FEB. 13th TIFFANY'S (5222 West Main Street—just down from Marshall's)
- MAR. 13th BERRIES (4311 South Westnedge Avenue—just North of Kilgore Road)
- APR. 10th BUCKY'S CAFÉ (8675 Portage Road, Portage—South of Centre Ave.)
- MAY 8th BLUE DOLPHIN (502 S. Burdick, Kalamazoo {end of Kalamazoo Mall)
- JUN. 12th THE BREAKFAST PLACE (206 N. Main Street—Lawton)
- JUL. 10th BOB EVANS (5641 South Westnedge—Portage) turn right at light off I-94)
- AUG 14th MICHELLE'S STONE RIDGE (25441 Red Arrow Hwy., Mattawan)
- SEPT. 11th ANTIQUE KITCHEN (6215 South Westnedge Avenue—Portage—Across from Kohl's)
- OCT. 9th THE CREW, (3810 East Cork Street, Kalamazoo—Across from Denny's off Sprinkle Road)
- NOV. 13th ANNA'S HOUSE (Stadium Drive/Drake Road corner—just east of HW)
- DEC. 11th LARUE'S (6375 Stadium Drive—just west of Hope Woods)

For Your Information: We may not be able to be seated at one long table, but most businesses will seat us in one common area.

Issued 11 /13/2023



DECEMBER BIRTHDAYS:

349	PAM CHAPMAN	12/2
106	FLORENCE TAYLOR	12/8
123	EVELYN EVANS	12/13
124	PEGGY SHADRICK	12/13
217	KAREN APPLETON	12/14
236	KEN KELLY	12/14
136	PAT O'NEIL	12/19
235	TRUDI NEWHOUSE	12/22
238	BRIGITTE ROSS-GWIN	12/22



Last year during our annual Fire Safety Inspection with Oshtemo Township, we were informed that residents who decorate their apartment entry are not permitted to run a cord between the apartment entrance door and the alcove. This happens most frequently during the holiday season when residents have lights or anything else that must be plugged into an outlet. Unfortunately, we must ask that any resident who may be in violation of this fire safety standard remove the cord immediately. Pinching the cord in the closed door can create a short in the wiring and cause a fire, and any cord running under the door is considered a trip hazard.

MEDICAL MONTHLY

THE HOLISTIC MD HELP FOR HEARTBURN

Dr. Weil is founder and director of the Arizona Center for Integrative Medicine.



Hearthburn—the popular term for a burning sensation behind the breastbone—is caused by acid reflux, which occurs after eating when acid flows back into the esophagus. When reflux happens frequently, or is so severe that it damages the esophagus or interferes with normal activities, it’s called gastroesophageal reflux disease



(GERD). Occasional heartburn can usually be managed with dietary changes or over-the-counter antacids; GERD requires medical attention.

of acid the stomach produces can provide short-term relief. Drugs known as proton pump inhibitors (PPIs) actually stop stomach acid production almost entirely.



drug pantoprazole (Protonix). They’re generally safe and effective when used for 2 months or less.

When taken long-

An estimated 50 million Americans take these drugs, which include the OTC medications esomeprazole (Nexium), lansoprazole (Prevacid), and omeprazole (Prilosec) and the prescription

term, however, PPIs cause side effects and increase the risk of serious health conditions. Extended use interferes with the absorption of important nutrients such as vitamin B12 and magnesium, potentially resulting

in fatigue, mood changes, anemia, leg cramps, or hypertension. PPIs can also disrupt the microbiome, promoting the overgrowth of harmful bacteria as well as the potential for systemic inflammation. Long-term use is associated with an increased risk of fractures, infectious colitis, gastric cancer, heart attacks and strokes, kidney disease, dementia, and even death. People over age 50

The most common treatment is medication. Antacids that neutralize stomach acid and H2 blockers (such as Pepcid AC and Zantac) that cut down on the amount

of acid the stomach produces can provide short-term relief. Drugs known as proton pump inhibitors (PPIs) actually stop stomach acid production almost entirely.

When taken long-term, however, PPIs cause side effects and increase the risk of serious health conditions. Extended use interferes with the absorption of important nutrients such as vitamin B12 and magnesium, potentially resulting

in fatigue, mood changes, anemia, leg cramps, or hypertension. PPIs can also disrupt the microbiome, promoting the overgrowth of harmful bacteria as well as the potential for systemic inflammation. Long-term use is associated with an increased risk of fractures, infectious colitis, gastric cancer, heart attacks and strokes, kidney disease, dementia, and even death. People over age 50

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Source: *Prevention, The Holistic MD, Help for Heartburn by Andrew Weil, MD, March 2018.*

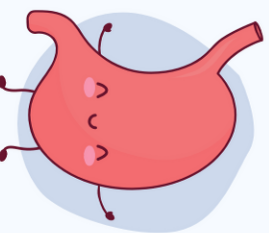
MEDICAL MONTHLY

UP TO 20% OF U.S. ADULTS SUFFER FROM SEVERE OR FREQUENT HEARTBURN...



are most likely to experience these problems.

Another complication of long-term PPI use is a rebound reaction in which increased acid secretion, indigestion, and heartburn return when the drug is discontinued. This can last for months while levels of gastric acid stabilize.



NATURAL WAYS TO PREVENT HEARTBURN

1. Avoid stomach irritants.

Limit your intake of alcohol, caffeine, and nonsteroidal anti-inflammatory drugs such as ibuprofen.

2. Eat small, frequent meals.

And avoid high-fat dishes and spicy and acidic foods such as citrus and tomatoes.

3. Stay upright after eating.

Avoid lying down for at least 3 hours so food can digest. Elevate the head of your bed before sleep.

Blocking acid production can sometimes be necessary, but in most cases medication should be used for only a few months until healthy diet and lifestyle habits can eliminate the need for it. For long-term uncomplicated heartburn, it's best to avoid medication altogether and address the root cause. I recommend an integrative approach that

emphasizes dietary changes, acupuncture, melatonin use, and stress management techniques such as breath work and meditation. Losing even a few pounds can also help, since excess weight puts pressure on the abdomen and pushes stomach acid upward. If you think you have GERD, see your doctor to make certain. And make sure you're under your doctor's supervision before taking a PPI, even an OTC version. Ask how long you should take the medication and when it would be appropriate to stop. Once you do discontinue it, it's OK to use a PPI occasionally if rebound symptoms are severe. If symptoms persist, I advise having a medical evaluation and possibly an endoscopy to rule out more serious problems.

Source: *Prevention, The Holistic MD, Help for Heartburn by Andrew Weil, MD, March 2018.*

Did You Know...?



3 Easy Steps To Load Your Laundry Card

1

Put Card in VTM

You can locate the Value Transfer Machine (VTM) in the Vending Area in the Lobby on the 1st Floor.

Insert your card to the top slot of the machine and leave it.

2

Load Money into VTM

The VTM will only accept 5s, 10s, or 20s.

No \$1 bills or coins.

Load your cash into the machine.

3

Verify the Amount Added to Your Card

The machine will display the new amount on your card.

Remove your card from the machine.

You're ready to use your card in the laundry machines!

4

KEEP IN MIND

Do not throw away your card when the balance is zero; you add value / money to the reusable card at the VTM.

Authored and
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“ AS YOU ARE AWARE, THERE ARE TWO PEOPLE WHO OPERATE INSIDE THE HOPE WOODS MAIN OFFICE. WE ALWAYS DO OUR BEST TO MAKE SURE ONE OF US IS HERE AT ALL TIMES. PLEASE CONTACT US BY EMAIL OR PHONE IF YOU CAN NOT REACH US AT OUR OFFICE.

YOUR QUESTIONS AND CONCERNS ARE VERY IMPORTANT TO US, WE APPRECIATE YOUR PATIENCE AND UNDERSTANDING ANY TIME YOU ARE NOT ABLE TO CONTACT US IMMEDIATELY. ”

—Arya Inez

EXPERIENCE THE DIFFERENCE

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



We're Online!

🔍 Hope Woods Senior Apartments... ✕
hopewoodsseniorapts.com - Visit Our Website!
hopewoods@sbcglobal.net - Send us an email!
 Search: "Hope Woods" on [Facebook!](#)

Get to Know Your Staff—Ralph Gates, Maintenance



Ralph has been in the Maintenance field for nearly 30 years, so he really knows his stuff! He was born in Kalamazoo, but was raised in Plainwell his whole life. Now he lives in Portage with his cat, Rain. He is the only boy of four sisters, and has one daughter and five grandchildren. His biggest passion in life is Florence, his Harley. If you pass him in the hall, please give him a quick hello and go through the proper work order procedures by letting Arya know of anything you need fixed.