

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



Inside this issue:

<i>Welcome Home</i>	2
<i>Activities Calendar</i>	3-4
<i>Ad Pages</i>	5-7
<i>January Movies / Birthdays</i>	8
<i>Medical Monthly</i>	9-10
<i>Did You Know?</i>	11
<i>Get to Know Your Staff</i>	12

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:

CATHY HOF 340

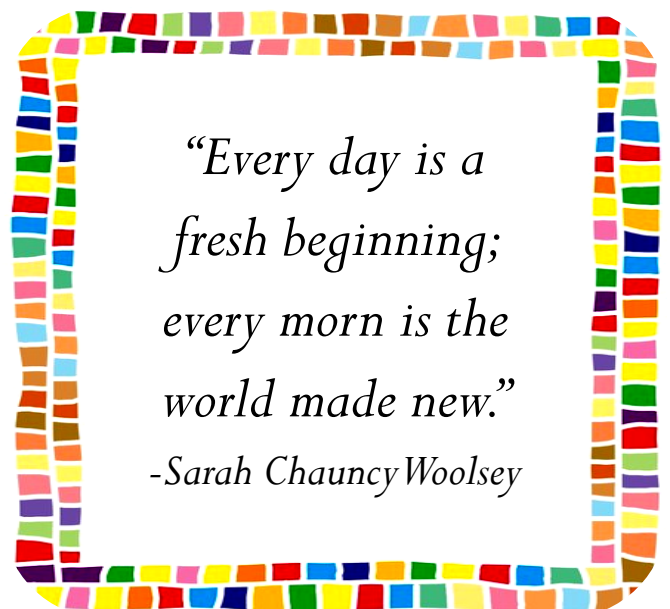
PATRICIA
HOKANSON 219

TIDBITS

- **Food Donations:** We are pleased to report that for the month of December we collected **124** 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.
- **Why Do We Ask You to Make an Appointment?** To ensure Aimee is able to give you her full attention when you need to speak with her. If you require a sit-down with Aimee, please contact Arya in the Office first.



HAVE A
PROSPEROUS YEAR
AHEAD!



*“Every day is a
fresh beginning;
every morn is the
world made new.”*

-Sarah Chauncy Woolsey

JANUARY ACTIVITIES CALENDAR 2024

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,
 Hope Woods Singers, St. Luke's Eucharist

2nd Floor

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
	1 OFFICE CLOSED 9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummikub	2 9a Coffee 9a Meijer/Walmart 6:30p Bible Study 7p Pinochle	3 9a Coffee 9a Harding's (Main St.) 12p Grocery Bingo 12p Harding's (Oshtemo) 1p Harding's 2p Euchre 3p Poker 7p Pinochle	4 9a Coffee 10:30a Low Vision Support Group 1p Bridge 1p Movie	5 9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage	6 9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo
7 6:15p Hand & Foot 6:00p Movie	8 9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummikub	9 9a Coffee 9a Meijer/Walmart 3p Hope Woods Singers 6:30p Bible Study 7p Pinochle	10 9a Coffee 9a Harding's (Main St.) 12p Grocery Bingo 12p Harding's (Oshtemo) 1p Harding's 2p Euchre 3p Poker 7p Pinochle	11 9a Coffee 1p Bridge 1p Movie	12 9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage	13 9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo

HOPE WOODS NEWSLETTER

<p>14</p> <p>6:15p Hand & Foot</p> <p>6:00p Movie</p>	<p>15</p> <p>9a Coffee</p> <p>9a Exercise</p> <p>1p Fiber Therapy</p> <p>1p Bridge</p> <p>2p Euchre</p> <p>7p Rummi- -kub</p>	<p>16</p> <p>9a Coffee</p> <p>9a Meijer/ Walmart</p> <p>3p Hope Woods Singers</p> <p>6:30p Bible Study</p> <p>7p Pinochle</p>	<p>17</p> <p>9a Coffee</p> <p>9a Harding's (Main St.)</p> <p>12p Grocery Bingo</p> <p>12p Harding's (Oshtemo)</p> <p>1p Harding's</p> <p>2p Euchre</p> <p>3p Poker</p> <p>3p St. Luke's</p> <p>7p Pinochle</p>	<p>18</p> <p>9a Coffee</p> <p>10:30a Hard of Hearing Support Group</p> <p>1p Bridge</p> <p>1p Movie</p>	<p>19</p> <p>9a Coffee</p> <p>2p Euchre</p> <p>4p Happy Hour</p> <p>6:30p Golf</p> <p>7p Cribbage</p>	<p>20</p> <p>9a Coffee</p> <p>1p Phase 10</p> <p>6:30p Scrabble</p> <p>7p Bingo</p>
<p>21</p> <p>5-6:30pm Potluck</p> <p>6:15p Hand & Foot</p> <p>6:00p Movie</p>	<p>22</p> <p>9a Coffee</p> <p>9a Exercise</p> <p>1p Fiber Therapy</p> <p>1p Bridge</p> <p>2p Euchre</p> <p>7p Rummi- kub</p>	<p>23</p> <p>9a Coffee</p> <p>9a Meijer/ Walmart</p> <p>3p Hope Woods Singers</p> <p>6:30p Bible Study</p> <p>7p Pinochle</p>	<p>24</p> <p>9a Coffee</p> <p>9a Harding's (Main St.)</p> <p>12p Grocery Bingo</p> <p>12p Harding's (Oshtemo)</p> <p>1p Harding's</p> <p>2p Euchre</p> <p>3p Poker</p> <p>7p Pinochle</p>	<p>25</p> <p>9a Coffee</p> <p>1p Bridge</p> <p>1p Movie</p>	<p>26</p> <p>9a Coffee</p> <p>2p Euchre</p> <p>4p Happy Hour</p> <p>6:30p Golf</p> <p>7p Cribbage</p>	<p>27</p> <p>9a Coffee</p> <p>1p Phase 10</p> <p>6:30p Scrabble</p> <p>7p Bingo</p>
<p>28</p> <p>6:15p Hand & Foot</p>	<p>29</p> <p>9a Coffee</p> <p>9a Exercise</p> <p>1p Birthday Party</p> <p>1p Fiber Therapy</p> <p>1p Bridge</p> <p>2p Euchre</p> <p>7p Rummi- kub</p>	<p>30</p> <p>9a Coffee</p> <p>9a Meijer/ Walmart</p> <p>3p Hope Woods Singers</p> <p>6:30p Bible Study</p> <p>7p Pinochle</p>	<p>31</p> <p>9a Coffee</p> <p>9a Harding's (Main St.)</p> <p>12p Grocery Bingo</p> <p>12p Harding's (Oshtemo)</p> <p>1p Harding's</p> <p>2p Euchre</p> <p>3p Poker</p> <p>7p Pinochle</p>	 <p>WISHING YOU A HAPPY NEW YEAR!</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



PERFORMANCE IN THE LOBBY



FEATURING MUSICAL ARTISTS FROM
THE PORTAGE SENIOR CENTER BAND



PORTAGE
A Natural Place to Move

DONATIONS FOR THE
BAND ARE APPRECIATED
AND ACCEPTED, BUT NOT
REQUIRED.



TUES
23 JAN

2:00PM - 3:00PM
FREE ATTENDANCE



Grand OPENING

COMING SOON

HOPE WOODS'

New! BILLIARD ROOM



SEE HOW WE COMPLETELY RENOVATED THE LOUNGE!

LOCATED WHERE THE 2ND FLOOR TV LOUNGE USED TO BE!

MORE GAMES AND ACTIVITIES FOR OUR RESIDENTS!

NO SET DATE YET! PLEASE ALLOW US SPACE TO COMPLETE THE RENOVATION!



JANUARY BIRTHDAYS:

208	YVONNE DAVIS	1/1
102	RUTH DOORLAG	1/14
103	BOB ROGERS	1/22
237	KATHY FRAME	1/23
231	SUZANNE BRINER	1/26
249	MARA SELONKE	1/26

THE MONTHLY BIRTHDAY LIST IS COMPILED FROM THE NAME PLATE FORM RESIDENTS COMPLETE FROM THEIR MOVE-IN PAPERWORK. RESIDENTS ARE ALWAYS GIVEN THE OPTION TO NOT HAVE THEIR BIRTHDAY SHARED. IF YOUR BIRTHDAY IS NOT LISTED HERE AND IT SHOULD BE, OR YOU DO NOT WANT YOUR BIRTHDAY LISTED, PLEASE UPDATE YOUR INFORMATION, OR CHECK WITH THE OFFICE.



January *Movie Schedule*

Thurs. 1/4	-1:00pm:	<i>Back to the Future I</i>
Sun. 1/7	-6:00pm:	<i>Best Exotic Marigold Hotel</i>
Thurs. 1/11	-1:00pm:	<i>Father of the Bride - Steve Martin</i>
Sun. 1/14	-6:00pm:	<i>Saving Mr. Banks</i>
Thurs. 1/18	-1:00pm:	<i>Sleepless in Seattle</i>
Sun. 1/21	-6:00pm:	<i>Back to the Future II</i>
Thurs. 1/25	-1:00pm:	No Movie
Sun. 1/28	-6:00pm:	<i>Star Trek Beyond</i>

Please refer to this list to find the date, time, and what movies will be shown in the 3rd Floor Movie Theater this month.

MEDICAL MONTHLY

PROBLEM SOLVED ECZEMA

32 NUMBER OF AMERICANS ESTIMATED TO HAVE SOME FORM OF ECZEMA...

Characterized by itchy, red, and scaly skin, eczema

results from the combination of a hypersensitive immune system that's prone to an inflammatory response and exposure to an irritant or allergen. People with atopic dermatitis (the most common form of eczema, roughly 7% of US adults) also appear to have an inherited genetic mutation that makes skin more porous -

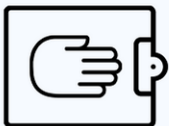
this means it's less

able to provide a barrier against irritants and bacteria

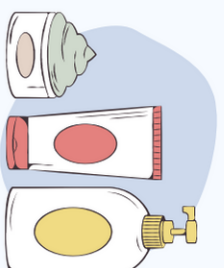
that can cause infection and inflammation.



Although you can develop eczema at any age, those who had it as a child are more likely to experience flare-ups as adults.



PREVENT IT



MOISTURIZERS

"Data strongly suggests that moisturizing daily is the best way to avoid eczema,"

says Nanette Silverberg, a clinical professor of dermatology at Icahn

School of Medicine at Mount Sinai.

Hydrating the skin creates a protective barrier against irritants and helps reduce inflammation.

IRRITANT AVOIDANCE

Use fragrance-free or hypoallergenic soaps with "gentle" or "sensitive skin" on the label. Steer clear of antibacterial and household products that contain formaldehyde, a common irritant.

Also avoid harsh fabrics like wool, which can irritate skin and cause flare-ups.

STRESS MANAGEMENT

Tension triggers the release of cortisol, norepinephrine, and other brain chemicals that promote inflammation.

Practicing relaxation techniques such as deep breathing, mindfulness, and yoga has been shown to help.



MEDICAL MONTHLY



ECZEMA CREAMS UNDER \$15

HUMIDIFIERS

Dry indoor air can worsen skin itchiness and flaking. A portable humidifiers or one attached to your furnace adds moisture to the air and reduces skin irritation.

helps control bacteria to prevent infection.

Afterward, apply a lotion or over-the-counter topical steroid to seal in moisture.



dermatology at the

ANTIHISTAMINES OTC antihistamines can relieve itching,

especially for people who have allergies, an eczema trigger.

PRESCRIPTION

DRUGS Two medications have recently been approved for

eczema. Crisaborole (Eucrisa) is an ointment that targets an eczema-related enzyme. Dupilumab

(Dupixent) is an injected anti-inflammatory that may help when topical options fail.

PHOTOTHERAPY

Exposing skin to ultraviolet-B rays via a special light booth or bed can reduce inflammation, strengthen the skin barrier, and inhibit bacteria. Side effects may include sunburn and an increased risk of skin cancer, so this treatment is usually recommended only when others fail.

CVS
\$13.49
CVS Health Eczema Care Moisturizing Cream (7.3oz)



Meijer

\$6.86

Equate Beauty Eczema Relief Skin Protection Cream (8oz)



TREAT IT

WARM BATHS

A daily 10-minute soak in lukewarm water hydrates skin and

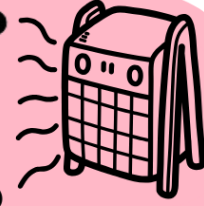
more comfortable,"

says Jenny Murase, an associate clinical professor of

**KEEP THIS
FOR
LATER**

Did You Know...?

**RULES OF THUMB
FOR SPACE HEATERS**



1. SPACE HEATERS SHOULD BE FOR TEMPORARY HEAT ONLY, PRIMARILY TO PROVIDE SUPPLEMENTAL HEAT.

2. ALL SPACE HEATERS SHOULD BE EQUIPPED WITH A SAFETY SHUT-OFF WHEN THE UNIT IS TIPPED OVER, AND THE CORD SHOULD HAVE A FUNCTIONAL GROUND PRONG.

3. CAREFUL CONSIDERATION SHOULD BE GIVEN TO WHAT OUTLETS ARE USED FOR SPACE HEATERS, TO INSURE MULTIPLE APPLIANCES ARE NOT PLUGGED INTO THE SAME CIRCUIT.

4. EXTENSION CORDS AND POWER STRIPS SHOULD NEVER BE USED WITH A SPACE HEATER. EXTENSION CORDS ARE OFTEN NOT RATED AT THE SAME LEVEL AS THE BUILDING WIRING AND CAN BECOME OVERHEATED QUICKER AND SUBJECT TO CATASTROPHIC FAILURE BEFORE THE CIRCUIT BREAKER CAN TRIP.

5. INSPECT YOUR HEATER PERIODICALLY. CHECK THE WIRING, FUNCTIONALITY, ETC.

6. NEVER USE THE SAME CIRCUIT FOR A SPACE HEATER AND ELECTRONIC EQUIPMENT SUCH AS PRINTERS, COPIERS, OR COMPUTERS.

Authored and
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“ AS YOU ARE AWARE, THERE ARE ONLY 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—Tanika Brewer, Grounds/Maint.



Tanika has two children, her daughter, Simmariyah, and 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.