

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

ELEANOR
MILLER 347

NOLA HICKS
205

TIDBITS

- **Food Donations:** We are pleased to report that for the month of June we collected 117 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!*
- 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.

PROJECT STATUS UPDATES

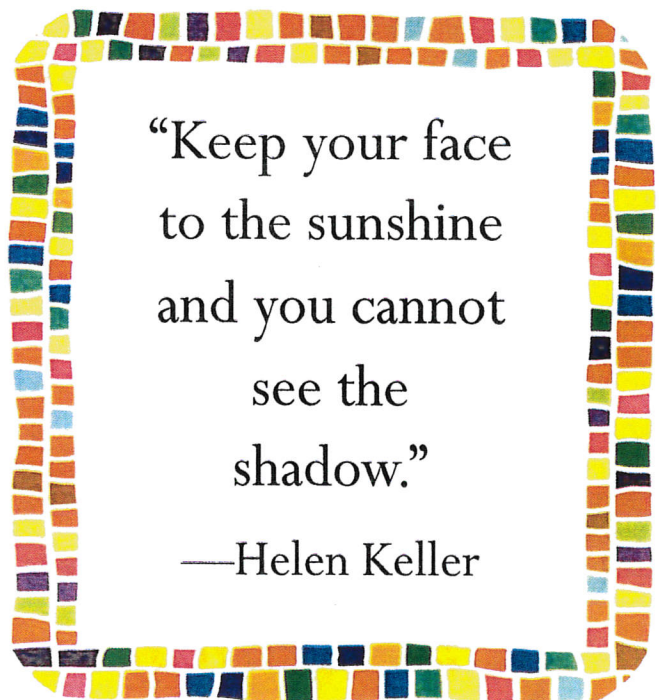
POTHOLE PATCHING
WED. JULY 5TH

COMMON AREA
FLOORING (ELEVATORS)
MON. JULY 10TH

FULL BUILDING
POWER WASHING
MON. JULY 10TH
(MORE DETAILS TO
FOLLOW)

BALCONY FASCIA
PAINTING
PENDING
CONFIRMATION

BALCONY DOOR TRIM
PENDING APPROVAL



“Keep your face
to the sunshine
and you cannot
see the
shadow.”

—Helen Keller

JULY 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 and Hearing Support Group

2nd 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

3rd 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
REMEMBER...						1 9a Coffee 1p Phase 10 6:30p Scrabble 7p 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 3p Hope Woods Singers 6:30p Bible Study 7p Pinochle	5 9a Coffee 9a Harding's (Main St.) 12p Grocery Bingo 12p Harding's (Oshtemo) 1p Harding's 2p Euchre 3p Movie 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

HOPE WOODS NEWSLETTER

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



JULY BIRTHDAYS:

201	VINCE CABRAS	7/1
218	RUTH ESTFON	7/2
322	AL SALINAS	7/6
138	SARAH SWART	7/9
232	JUDY BLOOMFIELD	7/12
112	BARBARA GREEN	7/18
135	DARLINE MARTINDALE	7/21
213	MARIE WARNER	7/22
325	KAREN RIX	7/22
226	CHRIS GLOMSKI	7/24
127	MARIAN JUHL	7/26
309	BARBARA LARKIN	7/29

HOPE WOODS SINGERS

KARAOKE SING-ALONG

COME JOIN THE FUN!



Tuesdays @ 3PM
2nd Floor TV Room

Did You Know...?

The Proper Way to Use Your Garbage Disposal

→ Malfunction? Or something else?

One of the most common maintenance calls we receive is for a clogged kitchen sink drain. Normally, the resident is under the impression that the cause of the clog is from a malfunction with the garbage disposal. **However...**

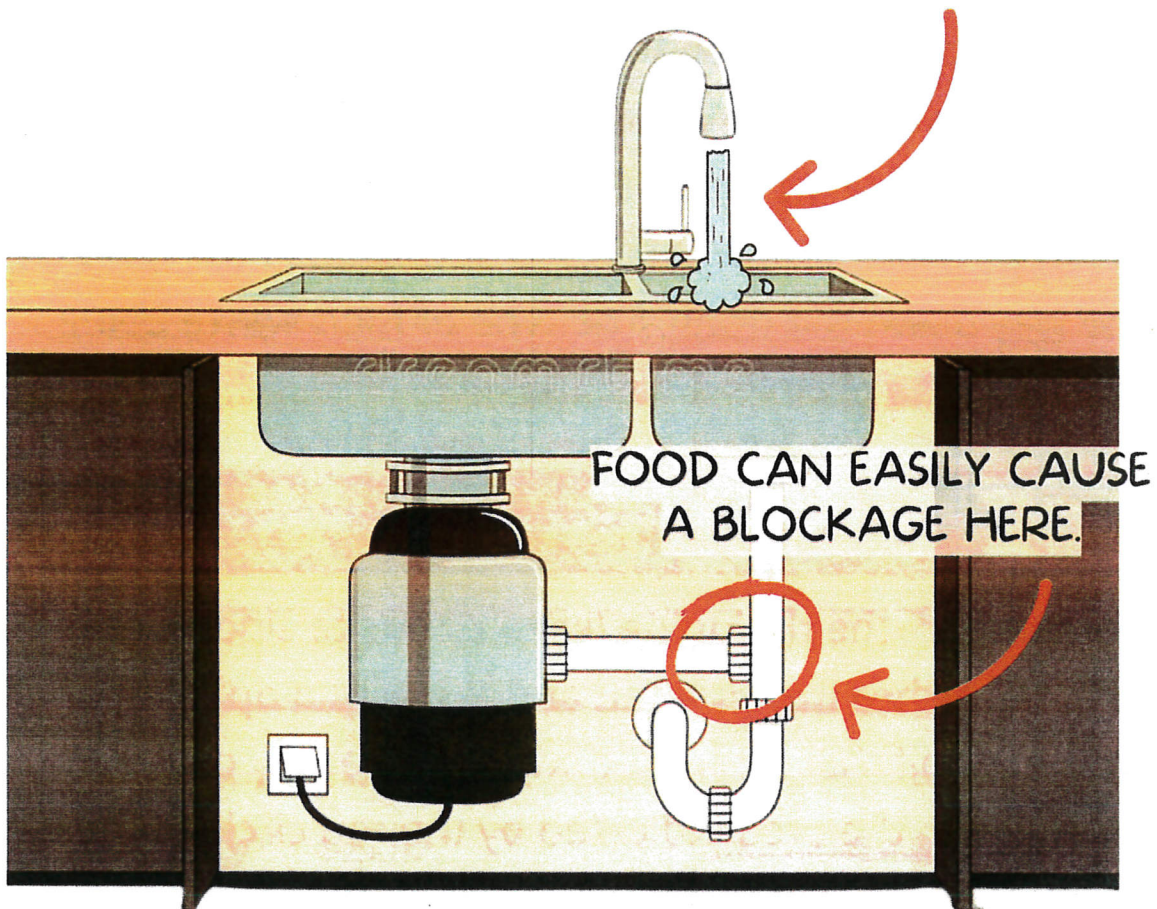
→ Clogged Sink? This May Be the Cause...

... More often than not, the garbage disposal is not the cause. The issue is caused by **too large an amount of food** being placed in the drain at a time and/or **not enough water** being used to properly flush the food all the way down the drain. The type of food waste being placed in the drain is also a factor.

→ Food Waste Disposals are Easily Blocked

Remember--the drainpipe (seen opposite side) is only 1 and 1/2 inches in diameter, and the actual opening on the inside is half that size. Food waste can easily cause a blockage in the area indicated by the red circle in the picture on the opposite side of this sheet.

- 1 Run a steady stream of cool water into the sink before turning on the garbage disposal.
- 2 Turn on disposal (BEFORE PLACING FOOD INSIDE.)
- 3 Slowly feed waste into the disposal. (AVOID PUTTING FOOD IN ALL AT ONCE.)
- 4 Once the food has been broken down, (the sound of the disposal will change) turn off the disposal and let the water run a few seconds to flush out remaining waste.



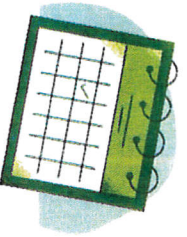
MEDICAL MONTHLY

PARTNER WITH YOUR PRIMARY CARE DOCTOR

AFTER A HOSPITAL STAY



After a hospital stay, you may feel like you've been checked from your head to your feet. The last thing you want to do is see another doctor or end up back in the hospital. But you should make an appointment with your primary care doctor within seven days of coming home from the hospital. Here's why.



Sources: Agency for Healthcare Research and Quality; American Nurse Today; International Journal of Medicine; Journal of Hospital Medicine

you're currently taking.



Make the connection
Meeting with your primary care doctor soon after you go home from the hospital gives you a chance to ask questions you may have about your follow-up care and to prevent another hospital stay. It also lets your doctor identify anything that could be standing in the way

of your recovery.

Avoid medication mix-ups
While you were in the hospital, you may have started taking new medications or temporarily stopped taking some of your regular medications. Nearly half of patients 65 and older have mistakes in their medication



regimens after leaving the hospital. Many of these mistakes happen because the doctors treating you in the hospital may not have complete information about the medications you were taking before admission. Because of this, the medication regimen you are sent home with may contain errors. When you follow up with your doctor, take a complete list of all the medications

Your doctor can do a "before and after" check, looking for duplicate or dropped meds, incorrect dosages and potentially harmful drug combinations. This can help you avoid a setback due to a medication mix-up. If you have any questions about your medications or how to take them, give your doctor or pharmacist a call.

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**FREE Hot Dog,
Chips, and Drink**
Just for showing up!

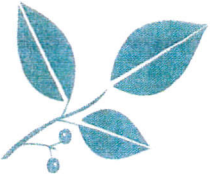
**HOT DOG
DAY**



**COME JOIN US,
MEET YOUR NEIGHBORS ...
HAVE FUN!**

**EXPERIENCE THE
DIFFERENCE**

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



**Starting:
12pm**

**Wed.,
July
19th**

**DINING
ROOM**

We're on the web!

hopewoodsseniorapts.com

OR

**apartments.com/hope-woods-senior-
community-kalamazoo-mi**

OR

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.