# Hope Woods Newsletter

### MARCHEDITION

HOPE WOODS APARTMENTS

TRAVELER'S DIARY-WALDEN POND BY: ESTHER WAY

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enry David
Thoreau went
to Walden Pond
in 1845 seeking
peace, solitude,
and inspiration.
From his two
years, two
months, and
two days at this

# small

Massachusetts
pond came the
book Walden,
his journal of a
solitary life in
tune with
nature. Not long
ago I too went
to Walden
Pond, seeking a
peaceful,
natural retreat,



and hoping for a glimpse of Henry Thoreau. (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.

No new neighbors this month! Check in on your fellow residents :)

"Dance is the only art of which we ourselves are the stuff of which it is made."

~Ted Shawn~

# **Monthly Reflection Questions:**

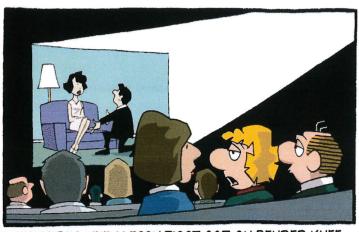
Answer the following questions then meet with a fellow Hope Woods resident to compare and discuss your answers! Have fun!

Q: What's a song or movie that makes you cry?

A:

Q: If you could have any animal in the world as a pet, what would it be and why?

A:

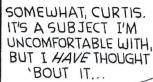


"I REMEMBER WHEN LEROY FIRST GOT ON BENDED KNEE...
HE WANTED TO BORROW 40 DOLLARS."



"Very good, Dolly, but that wasn't the Pledge of Allegiance. It was a McDonald's commercial."







AS I STEP INTO THIS
NEXT STAGE, I HOPE TO
DO SO HEALTHY, WITH
A POSITIVE OUTLOOK
AND NO REGRETS













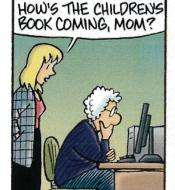












# MAKES 6 SERVINGSIII

# ONE-POT ENCHILADA PASTA

- 4 cups uncooked mini penne or 1 cup fresh or frozen corn, other small pasta
- 4 cups vegetable broth or water
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 medium sweet yellow pepper, chopped
- 1 medium sweet red pepper, chopped

- thawed
- 1 can (10 ounces) enchilada sauce
- 2 tablespoons taco seasoning
- 1/2 cup shredded cheddar cheese
- Optional: Fresh cilantro leaves, cherry tomatoes and lime wedges

# DIRECTIONS:

1. In a Dutch oven or large skillet, combine the first 9 ingredients. Bring to a boil; reduce heat. Simmer, uncovered, until pasta is al dente and sauce has thickened slightly, 12-15 minutes. Add cheese; stir until melted. Serve with desired toppings.



Ironically, in many ways, Walden today is even more natural than when Thoreau lived there. Thoreau chose Walden for his solitary retreat because it was a quiet, wooded spot within walking distance of his Concord, Massachusetts, home and because the land was owned by his dear friend Ralph Waldo Emerson. Thoreau found the inspiration he sought at Walden; but in addition to the birds and animals, he also shared the woods with railroad workers laying tracks to connect Concord to Boston, with ice cutters carving great chunks from the frozen pond for shipment to India, and with woodsmen thinning the forest to build homes and fuel fires. Today, even though suburban development squeezes in all around, Walden pond and its more than three hundred acres of woods are a protected sanctuary. The forests are thick again; and although Walden is a public state park today—a place for swimming, hiking, canoeing, and picnicking—access is controlled and limited. On a cloudless, but very cold, early morning in November, I found myself all but alone at Thoreau's pond.

A replica of the rustic cabin Thoreau built stands just yards away from the public parking area. Inside are representatives of his crude furnishings: a bed, a desk, a chair, and a woodstove. The true site of the cabin lies a half-mile down a well-worn path through bare-limbed trees. The outline of the cabin's foundation lies near a pile of stones—a cairn begun by admirers of Thoreau's work in the years after his death. For more than one hundred years, visitors have laid stones on the pile in memory of Thoreau; each stone represents a life touched in some way by the words written on this very spot. I placed my own stone on the pile and stood back to reflect on Thoreau's oft-quoted words:

"I went to the woods because I wished to live deliberately, to front out the essential facts of life and see if I could learn what it had to teach and not, when I came to die, discover that I had not lived."

Later, standing on the edge of the pond's icy waters, I was struck by the beauty of the spot. To the left rose Emerson Cliff, named for Thoreau's' friend and mentor. The pond itself was quiet and still; the summer swimmers and boaters long gone and the water losing its battle with the coming winter and the spreading ice. All around, the banks rose up from the water's edge, creating a kind of natural amphitheater. It was cold and quiet and beautiful. I felt in harmony with nature. I felt close to Henry David Thoreau.



# MARCH ACTIVITIES CALENDAR 2023

# Activities Calendar Key:

# 1st Floor

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

Hour

Dining Room: (Grocery) Bingo, Potlu

T.V. Lounge: Hope Woods Singers, Doug Hamilton Craft Room: Craft Class, Fiber Therapy

3rd Floor Social Room: Golf, Bible Study, Coffee Hour Movie Theatre: Movies

	(1811)	200.000.000.000.000.000.000.000.000.000
	Game Room: Euchre, Dominoes,	
ngo, Potluck	Cribbage, Scrabble, Pinochle, Poker,	
	Phase 10, Hand + Foot, Rummi Kub,	
	Bridge	

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

12	13	14	15	16	17	18
6:30p Movie 7p Hand & Foot	9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummi Kub	9a Coffee 9a Meijer/ Walmart 2p Dominoes 2p Doug Hamilton 3-4p Hope Woods Singers 6:30p Bible Study 7p Pinochle	9a Coffee 9 &9:30a Harding's 12p Grocery Bingo 2p Movie 2p Euchre 3p Poker 7p Pinochle	9a Coffee 1p Bridge 2p Dominoes	9a Coffee 2p Euchre 6:30p Golf 7p Cribbage	9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo
5-6:30p Potluck 6:30p Movie 7p Hand & Foot	9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummi Kub	9a Coffee 9a Meijer/ Walmart 2p Dominoes 3-4p Hope Woods Singers 6:30p Bible Study 7p Pinochle	9a Coffee 9 & 9:30a Harding's 12p Grocery Bingo 2p Movie 2p Euchre 3p Poker 7p Pinochle	<b>23</b> 9a Coffee 1p Bridge 2p Dominoes	9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage	9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo
<b>26</b> 6:30p Movie 7p Hand & Foot	9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 1p Birthday Party 2p Euchre 7p Rummi Kub	9a Coffee 9a Meijer/ Walmart 2p Dominoes 3-4p Hope Woods Singers 6:30p Bible Study 7p Pinochle	99 Coffee 9 & 9:30a Harding's 12p Grocery Bingo 2p Movie 2p Euchre 3p Poker 7p Pinochle	30 9a Coffee 1p Bridge 2p Dominoes	31 9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage	



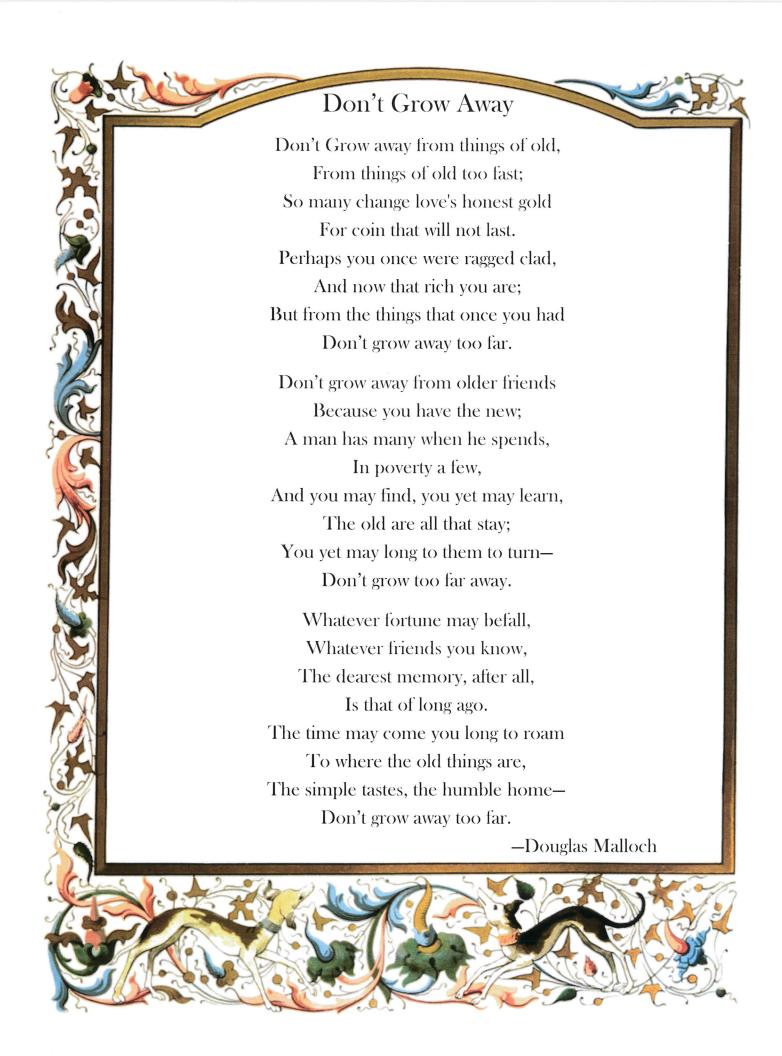
# HOPE WOODS TIDBITS

- Food Donations: We are pleased to report that for the month of February we collected <u>64</u> 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!
- Winter Weather Reminder: Please remember it is important to be sure when parking your vehicle that your bumper is not hanging over the sidewalk. This allows for the snow removal crew to completely clear sidewalks. In addition, it is helpful if you move your vehicle at least a few times a week at minimum to allow the plow to clear the parking spaces. Thanks for your help!

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)





# **Hope Woods Star Resident**

We are continuing to get to know our valued residents. This month we learn about Duke and Sally Cutshaw Apt. 339.

# **Mar. 2023**

# **Duke and Sally's Story**

Duke and I were both born in Kalamazoo at Borgess Hospital. He was raised on the East side and I in Westwood. My first years of school were in a three room schoolhouse, Alamo Avenue School. When Westwood school was complete, I was part of the first classes there. Duke went to Woodrow Wilson, then onto Roosevelt Junior High. We both went to Kalamazoo Central. After Duke graduated he went to KVCC, U of M for Fire Science classes, National Fire Academy for Training. Periodically, he attended many classes to further his education in firefighter science.

I got into the dental field after high school because I was lucky to babysit our neighbor's boys whose father happened to be a dentist, Dr. Purdy. I worked for several great dentists in Kalamazoo.

Duke and I were both busy raising our families with our former spouses. After our marriages failed we started our lives together.

Our life together started in 1991, after a previous life. Duke has two children; Cathy and Steve in Toledo, and son Jeff and Annalisa in Caledonia, Michigan. And two grandchildren. I have three boys, Mike and Cara, Scott and Jeff.

When we married, Duke was a sergeant with the City of Kalamazoo Department of Public Safety, Training Division, and at the same time was a paid on-call assistant chief at Eastwood Fire Station in Kalamazoo Township. I was a Dental Assistant not nearly as exciting or dangerous but I loved seeing patients every day.

When Duke retired from Kalamazoo Public Safety he accepted an appointment with Kalamazoo Township as Deputy Chief at the Eastwood Fire Station, which included a residence attached to the station. We moved in and it soon became evident that I was not going to be able to continue as a Dental Assistant after being up several times a night for rescues and  $\rightarrow$ 

fires.

I retired and became dispatcher and helper around the station. It was hard getting used to not being able to just get in the car and leave. We had to get a firefighter to come in and man the station. Duke did this for three years until they appointed a new chief. In 1995, he retired and we moved to Westwood and he of course became a firefighter but without all the previous responsibilities. He also ran several training academies for Kalamazoo County.

In 1997, we were on vacation, at Barton Lake in Vicksburg. We fell in love with lake living and bought our home on the lake. We moved to Hope Woods in 2021. It was hard to make that change but as you all know, the older we get the harder it is to keep things up the way we liked.

Our move here (apt. 339) has been an adjustment but we have settled in very well. It has been fun meeting new people and we hope to meet more of you. Our neighbors on the third floor have been very welcoming.

We are happy to be part of this community,

Duke and Sally

# March Word Search



G W G В H E N Q N R C D K Υ G Χ R S T С S T K D Α T P P D T Τ В R J S Е Q С Α Н Е K Τ D С Q G S T Χ P 0 S D J Α T M T E T Ε 0 V S Q C Y В C Α F Z S Κ Е R F U 0 N T M A R С Z J -٧ D U M Χ Τ R 0 U K L 0 J 0 S D T G Ε Q Α Τ C D S W Α H Χ R P С С R W ٧ U Α В Α D Τ E В R Q U M U D K В U Ζ X G Q H В D Τ Q W K U N H U 0 E V 0 W N T S K K 0 L D Q S F J G L S G S W 1 E 0 Α А 0 А R S Ρ S С E S J G Τ F J M W Α С S S Z S 0 Χ J R Ε U 0 В Q W Χ H F C С N V Υ N В P P С Α Q F Ε S Ρ R N G Υ S Q D G Y R U S 0 G W T S 0 С E С T X Ρ С В E 0 0 0 D S T 0 0 U N Y M Υ G M K Υ S M J Χ Q Τ Μ W R N D Υ С В U Z В S X В M



MARCH

AUTUMN

ST PATRICKS DAY

**EASTER** 

**PASSOVER** 

**PISCES** 

ARIES

GOD OF WAR

DAFFODIL

BLOODSTONE

IDES OF MARCH

SPRING

KITE

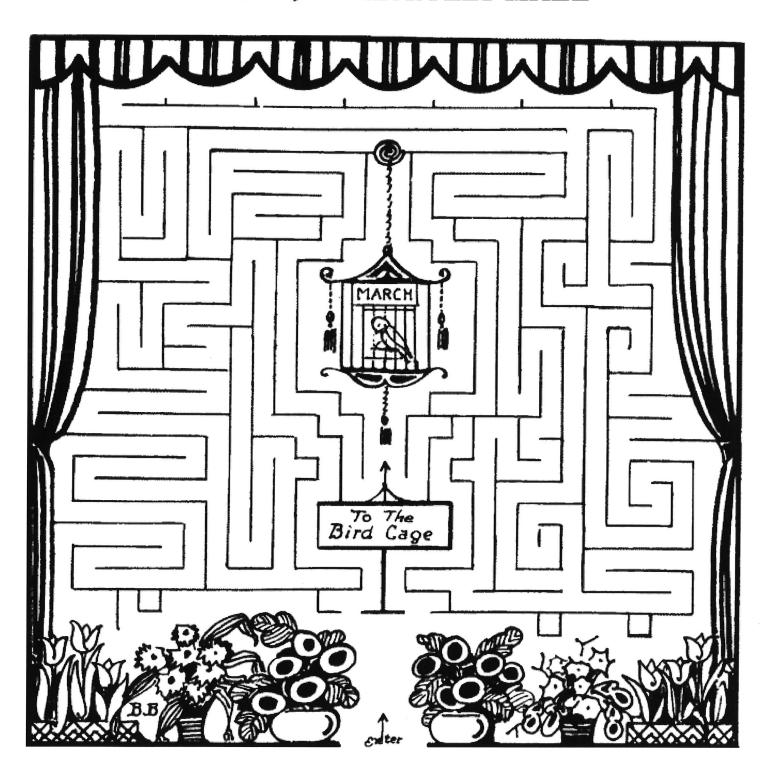
WINDY

LAMB

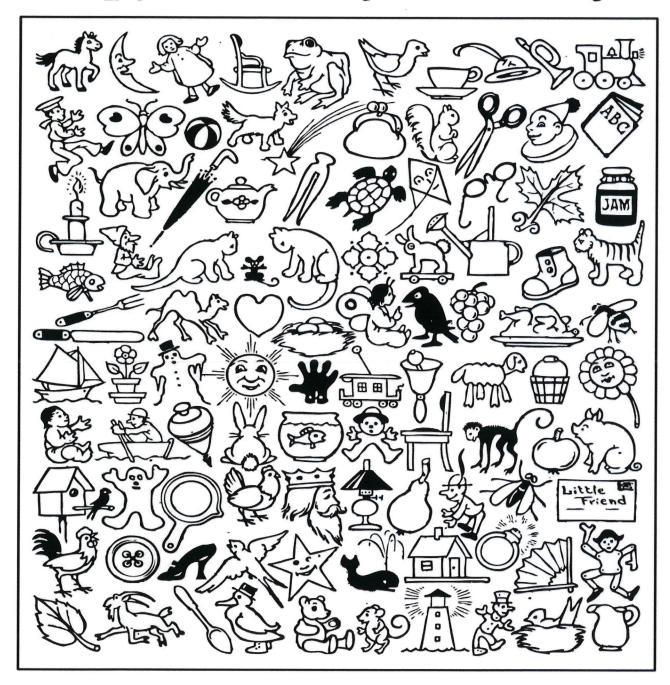
Monsterwordsearch.com



# MARCH - MONTHLY MAZE



# I Spy With My Little Eye



CAT JAM TOP BEE FROG BALL BELL CUP FISH STAR SUN PIG MOON DOLL FLY



# CROSSWORD PUZZLE

# **Ensemble Casts**

### By Caleb Madison

### **ACROSS**

- 1. NCO subordinates
- 5. Sapporo rival
- 10. Bob Dylan's onetime wife
- 14. "J. Edgar" subj.
- 17. Tons
- 18. Drifter
- 19. Pay for one's procrastination, say
- 20. 1985 Akira Kurosawa movie
- 21. "Trek" director, 1979
- 23. Dali's forte
- 24. Stale, as a joke
- 25. Manias
- 26. Subject of 3 Oliver Stone documentaries
- 28. "The Caine Mutiny" star, informally
- 30. 2010 Phillip Noyce thriller
- 31. "Dust" director, 2007
- 33. "I did it!"
- 35. Onetime gas brand
- 36. Suckled item
- 37. "Wars" director, 1977
- Egyptian god that was a nickname for Ol' Dirty Bastard
- 45. Speechless
- 46. "The Usual Suspects" villain
- 47. "All You Need Is Cash" co-director
- 48. "It's a \_\_\_!"
- 49. Fontanne's theater partner
- 50. Ones kvetching
- 54. Plunk or plop lead-in
- 55. "A Star Is Born" director, 1954
- 58. Genre for Diz or Bean
- 59. Fogs, as a window
- 61. Pixar collectables
- 62. "Maria" singer
- 63. Easy marks
- 64. Judge's seat
- 65. Brother of Charlie and son of Martin
- 67. "I did it!"
- 70. "The Tin" director, 1957
- 72. Aces
- 73. Urban obscurer
- 76. Step one?
- 77. "Man" director, 1984
- 82. Very
- 85. Classic violin maker
- 86. Toyota model
- 87. Word after yes or no
- 89. Not maj.
- 90. Essen's river
- 92. Hollywood successes... or what's missing from the starred clues
- 94. Cold War agcy.
- 95. Coagulate
- 96. Fundraiser, for example
- 97. Draft classification
- 98. Vancouver-to-Seattle dir.
- 99. Part of a Lawrence Welk count
- 100. Indicators of class?
- 101. Famous Costner role

1	2	3	4		5	6	7	8	9		10	11	12	13		14	15	16
17		T			18			T			19					20	T	T
21	T		$\vdash$	22							23		T	T		24		T
25							26			27				28	29			T
	30					31							32					T
			33		34					35					36		T	T
37	38	39					40	41	42				43	44				T
45							46					47						
48						49					50					51	52	53
54				55	56					57						58		
59			60						61						62			$\vdash$
			63					64					65	66				T
67	68	69						70				71		T				
72					73	74	75					76					H	
77				78					79	80	81			82		83	84	
85						86				g.			87					88
89				90	91				92			93						
94				95					96						97			
98				99					100						101			$\vdash$

### DOWN

- 1. Hole data
- 2. Turkeys
- 3. It's often charmed
- 4. Symbol of mental acuity
- 5. Dot and Flik, in "A Bug's Life"
- Reap counterpart
- 7. Friend in Firenze
- 8. Attacks
- 9. In other words, in other words
- 10. Wes Craven offerings
- 11. Katniss' weapon, in
  "The Hunger Games" trilogy
- 12. Remy or Django, in "Ratatouille"
- 13. Slide presentation?
- 13. Slide presentation?
- 14. Arcade game with the objective of crossing the street
- 15. "South Pacific" song
- 16. Tabs, essentially
- 22. Identifies a different person in a picture, as on Facebook
- 27. "\_\_\_\_ Eyes" (1969 hit)
- 29. Some navels

- 31. "Firefly" protagonist played by Nathan Fillion
- 32. Religious witchcraft
- 34. Philip Marlowe, e.g.: Abbr.
- 37. Ogles
- 38. Wetlands wader
- 39. Midwestern hub
- 40. Appropriate
- 41. U.S. legislative body
- 42. Like Montezuma
- 44. Defame
- 47. Annoys
- 49. Costello and Piniella
- 50. Deep ravine
- 51. Jungle menace
- 52. 1998 John Frankenheimer thriller
- 53. Watch unnoticed
- 55. Test for business majs.
- 56. Wife, to Juan
- 57.  $50 \_$  ("Candy Shop" rapper)
- 60. Concur
- 62. "Alice in Wonderland"
- 64. It might be everything

- 65. Treebeard, for one
- 66. Constriction of the pupil
- 67. Onesie, perhaps
- 68. Cohabitators, slangily
- 69. Make better
- 71. Lifeboat item
- 1990s HBO comedy starring David Cross
- 75. Wine city north of Lisbon
- 78. Around
- 79. Called
- 80. Bevy
- 81. Overhangs
- 83. Writer Hart or Stephen
- 84. "\_\_\_ Johnny!"
- 87. Shooting sites
- 88. Those, in Tijuana
- 91. Nth: Abbr.
- 93. Sign

For answers go to www.dga.org/ Craft/DGAQ/All-Articles/1003-Winter-2012/Crossword-Puzzle.aspx Answer Key

Winter 2012

# Ensemble

Р	F	С	S		Α	S	Α	Н	ı		S	Α	R	Α		F	В	ı
Α	L	O	Т		N	O	М	Α	D		C	R	Α	M		R	Α	N
R	0	В	E	R	Т	W		S	Ε		Α	R	Т	E		0	L	D
S	P	R	Ε	Ε	S		C	Α	S	Т	R	0		В	0	G	ı	Ε
	S	Α	L	Т	1	М	Α	Т	Т	Н	Ε	W	V	Α	U	G	Н	N
			Т	Α	D	Α				Ε	S	S	0		Т	Ε	Α	Т
G	Ε	O	R	G	Ε	L	U	C	Α	S			0	S	I	R	I	S
Α	G	Н	Α	S	Т		S	0	Z	Ε			D	L	Ε			
W	R	Α	Р			L	U	N	Т		G	R	0	U	S	Ε	R	S
K	Ε	R		G	Ε	O	R	G	E	C	U	K	0	R		В	0	Р
S	Т	Ε	Α	M	S	U	P		C	Ε	L	S			Т	0	N	Υ
			S	Α	P	S		В	Α	N	C		Ε	М	ı	L		O
P	R	E	S	Т	0			Α	N	Т	Н	O	N	Υ	M	Α	N	N
A	O	Ν	E		S	М	O	G				Α	Т	O	В			
J	O	Н	N	C	Α	R	P	E	N	Т	Ε	R		S	U	C	Н	
Α	М	Α	Т	1		S	Ο	L	Α	R	Α		S	I	R	R	Ε	E
М	1	N		R	U	Н	R		M	0	V	ı	E	S	Т	Α	R	S
Α	Ε	C		C	L	0	Т		E	V	E	N	T		0	N	E	Α
S	S	Ε		Α	Т	W	0		D	E	S	K	S		N	E	S	S