

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>Ads</i>	5-7
<i>November 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

BRENDA
MCNALLY 147

RICK AND
PAM
CHAPMAN 349

TIDBITS

- **Food Donations:** We are pleased to report that for the month of October we collected **107** 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.

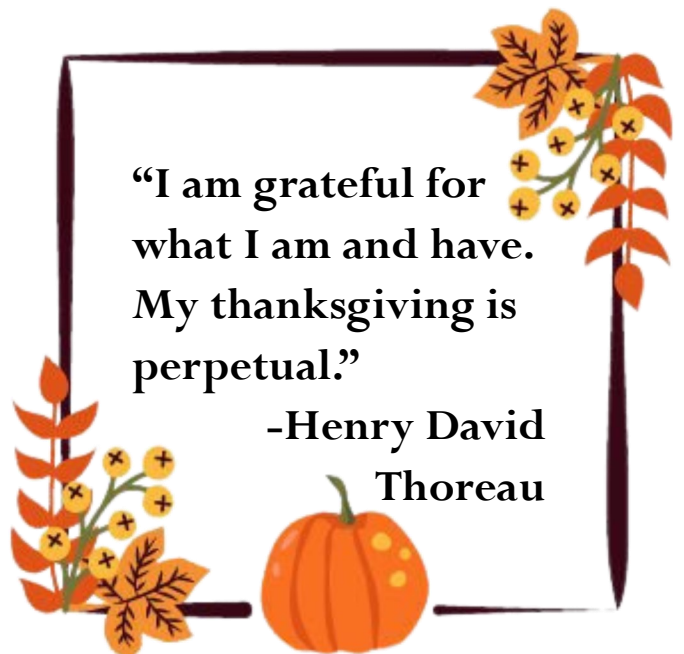


Any book donations should be dropped off directly to the Main Office door.

DONATIONS NOT ACCEPTED:

- Medical
- Religious

Large Print book donations are always welcome.



“I am grateful for what I am and have. My thanksgiving is perpetual.”

-Henry David Thoreau

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

HOPE WOODS NEWSLETTER

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

SING!

CAROLS! NOEL!

SING!

**Join the Caroling Group
to sing in Hope Woods at
1pm on Friday, Dec. 8th!**

**We will be hosting a caroling event
in December, and we need your
help! Join us in the 2nd Floor TV
Lounge from 3pm to 4pm on Tues.
Nov. 28th and Dec. 5th for practice!
If you can't make it, no worries!**

**Please sign up at your
mailbox starting Nov. 13th
if you would like to join us!**

Family Welcome!



Please join us for our monthly

POTLUCK PARTY

Delicious food and wonderful fellowship!

Must Bring:

- A cuisine of your choosing
- Place Setting
- Coffee Cup

No worries, the coffee is on us!
Leave the silverware and serving spoons at home!

Third Sunday of the Month

In the Dining Room

19
Nov.





NOVEMBER BIRTHDAYS:

304	FRANK GOOD	11/4
326	STEVE WASHINGTON	11/5
335	HEDDY GRIESSHAMMER	11/7
201	KAREN CABRAS	11/13
234	BILL ZOOK	11/18
301	ANN RIDGE	11/22
224	CYNTHIA ANDERSON	11/23
240	MAUREEN BLAKE	11/23
247	JANET PIPER	11/25
204	SHIRLEY LAWTON	11/26
305	ANNIE THURSTON	11/26
312	TOM SMITH	11/26
128	KAREN O'HARA	11/29
318	DAVID HAGER	11/29
105	MABLE HECKELMAN	11/30



**WE ARE LOOKING
FOR A NEW OR
USED POOL TABLE FOR
A GOOD PRICE TO
UPGRADE OUR
AMENITIES!**



**PLEASE CONTACT THE OFFICE WITH ANY
INFORMATION**

MEDICAL MONTHLY

YOUR GUIDE TO BETTER DENTAL HEALTH



TOOTHACHE? BLEEDING GUMS? NO INSURANCE COVERAGE? HERE'S WHAT TO DO.

If you're age 65 or older, you're probably no stranger to dental problems such as cavities and receding gums.

About 20 percent of people in this age group have untreated tooth decay and more than two-thirds have full-blown gum disease, according to the Centers for Disease Control and Prevention.



"Older teeth are more brittle, which makes them more prone to fracture and wear and tear," says Olivia Sheridan,

DMD, a professor of clinical preventative medicine at the University of Pennsylvania.

Illnesses that are more common with age, like type 2 diabetes, may also play a role.

A Smart Dental Routine

You already know it's important to floss daily and brush your teeth gently with a

fluoride toothpaste at least twice a day for two minutes at a time.

But which toothbrush is best?



While a manual one can do a fine job, you might want to consider an electric toothbrush, says Tomas Ballesteros,

DMD. A 2019 study in the Journal of Clinical Periodontology found that using one led to 22 percent less

gum recession (a risk factor for gum disease) and 18 percent less tooth decay.

See your dentist regularly. There's no

hard and fast rule; it varies from person to person, but at the very least it should

be once a year, says Edmond Hewlett, DDS. As you age and dental risk factors increase, it's likely your dentist will

advise a professional cleaning at least twice a year.

Finding Care at a Good Price

Almost half of people on Medicare have no dental insurance coverage. These options may help.

- **Consider a dental school clinic.** You'll be seen by a student who's supervised by an attending dentist, a good way to get high-



Sources: "Your Guide To Better Dental Health." *Consumer Reports*, *On Health*, *Medical Matters*. Published: November 2023

"Don't Get Scammed..." *Prevention*, *Special Report*, by Rene Ebersole. Published February 2018

MEDICAL MONTHLY



quality but low-cost care, says Edmond

Hewlett, DDS. Search at adea.org/dentalschools.

at local practices.

dental coverage

(search for “dental care” at va.gov).

Medicaid offers some dental coverage in many states. And some community health centers provide free or reduced cost dental services. State dental associations may also point you at lower-cost care.



- **Become a “member.”** In about a quarter of dental offices, you can receive preventative care like cleaning at no charge and more complicated procedures at a reduced cost in return for membership fees (which vary). Ask

- **Look into dental discount plans.** These let you access a network of dentists who offer discounts, with savings of up to 60 percent. Search at dentalsplans.com.

- **Check for special benefits.** Veterans may qualify for



DON'T GET SCAMMED

Easy ways to avoid falling victim to health-related schemes- plus tips on how to report a suspicious medical claim

- 1/ Anytime you're considering treatment, be on the alert for language that overpromises benefits.** Red flags include claims of quick and painless cures, secret or a wide range of illnesses, and conspiracy theories that the government and the pharmaceutical industry are hiding a miracle cure. If your purported treatment involves any of these so-called benefits, move on.
- 2/ Don't be swayed by testimonials from satisfied customers.** They're easy to fabricate and no substitute for proven science.
- 3/ Talk to a doctor before taking any over-the-counter supplements,** which are not subject to the same scrutiny as prescription drugs.
- 4/ Help protect others.** Report suspicious health products to the Department of Health and Human Services hotline at (800) 477-8477. To file a complaint with the Federal Trade Commission about misleading ads or websites for health products, call (877) 382-4357 or visit ftc.gov/complaint.

Did You Know...?



What Happens After You Place a Work Order Request?

We know waiting around for help fixing something in your apartment can keep you on your toes. Here's what happens after contacting the Office and reporting your Work Order Request.



YOUR REQUEST IS LOGGED AND PLACED IN QUEUE

Whether leaving a note in the Drop-Box or leaving a message on the Office voicemail, we will receive your work order request. Arya will log your request into our digital system and create a Work Order Form that details for Ralph the repairs needed and where.

Requests are always completed in order of when they were received.



REQUESTS ARE COMPLETED IN ORDER OF WHEN RECEIVED

Depending on the volume of Work Orders we are receiving at any given time, along with vacant apartments that need attention, it may take up to a week or longer for Ralph to complete your request.

Emergency Requests are specified in your Rules & Regulations packet and are always taken care of first.



IF WE MISSED YOU

Unfortunately, Ralph is not able to set up appointment times for everyone. You may come home and find a Maintenance Card explaining your requested repairs could not be completed because no one was home. If this happens Ralph will come back to your apartment to re-attempt the repair within 1-2 days.

A good way to avoid this is noting that Ralph can enter your apartment when you are not home.

353-4712

Authored and
 Published By:
 Arya Inez
 Edited By:
 Suzie Wallace
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 Kathy VanSickler



“ 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—Arya Inez, Office Manager



Arya (ah-RYE-ah) has been Office Manager at Hope Woods since mid-2020. She loves frogs, cold weather, and would describe herself as being shy and a bit of an introvert. She often spends weekends in Indiana with her boyfriend and his family. If you see her in the hall, let her know about a work order you need placed. She can also help you set up an appointment to speak with Aimee, or answer questions about building procedures.