

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

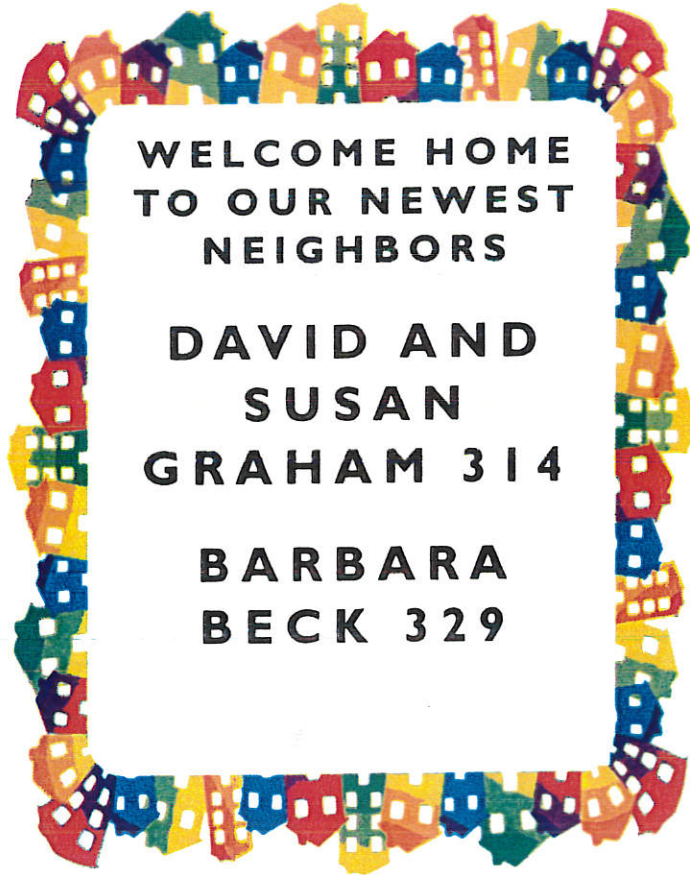
MONDAY—FRIDAY
9AM—4PM
OPEN OFFICE:
1PM—4PM

HOPEWOODS@SBCGLOBAL.NET

NANCY WOOD NOTARY SERVICES:
269.271.6852

CSC SERVICEWORKS:
1.844.272.9675

IN-HOME COMPANIONS:
269.718.3418



WELCOME HOME
TO OUR NEWEST
NEIGHBORS

DAVID AND
SUSAN
GRAHAM 314

BARBARA
BECK 329

TIDBITS

- **Food Donations:** We are pleased to report that for the month of August we collected 194 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!*
- **Please remember:** The Hope Woods Staff is very small, and there are only two people who operate from inside the Office. You can reach us at 353-4712 or hopewoods@sbcglobal.net in case of emergencies.

Rose-colored bifocals:

The older you are, the smarter you were as a kid.

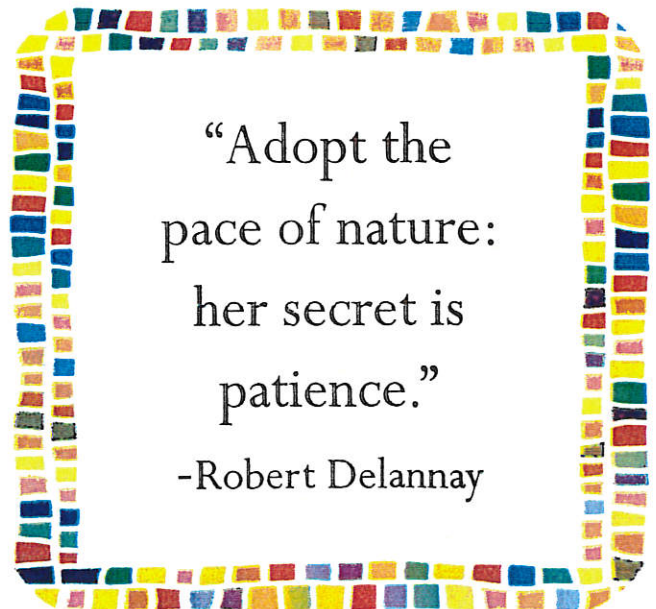
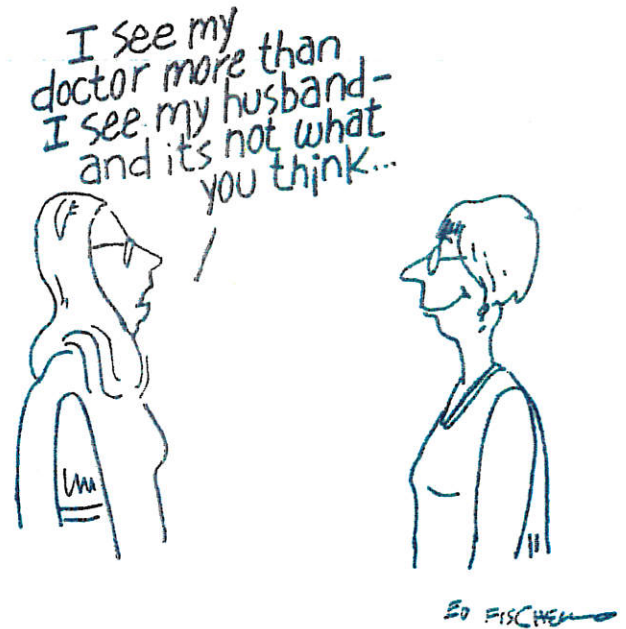
Elders remarking on a natural sequence:

"From youth to age, they say you go from passion to compassion."

"Compassion takes a lot less out of you!"

Eldergoal:

If you can just make it to a hundred, that's all you need to do to have distinguished yourself.



“Adopt the
pace of nature:
her secret is
patience.”

-Robert Delannay

OCTOBER 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
 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 |
|--|--|--|---|---|---|--|
| 1 6:15p Hand & Foot | 2 9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Dominoes 2p Euchre 7p Rummi- kub | 3 9a Coffee 9a Meijer/ Walmart 3p Hope Woods Singers 6:30p Bible Study 7p Pinochle | 4 9a Coffee 9a Harding's (Main St.) 12p Grocery Bingo 12p Harding's (Oshtemo) 1p Harding's 1p Movie 2p Euchre 3p Poker 7p Pinochle | 5 9a Coffee 10:30a Low Vision Support Group 1p Bridge | 6 9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage | 7 9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo |
| 8 6:15p Hand & Foot | 9 9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Dominoes 2p Euchre 7p Rummi- kub | 10 9a Coffee 9a Meijer/ Walmart 3p Hope Woods Singers 6:30p Bible Study 7p Pinochle | 11 9a Coffee 9a Harding's (Main St.) 12p Grocery Bingo 12p Harding's (Oshtemo) 1p Harding's 1p Movie 2p Euchre 3p Poker 7p Pinochle | 12 9a Coffee 1p Bridge | 13 9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage | 14 9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo |

HOPE WOODS NEWSLETTER

| | | | | | | |
|---|---|--|---|---|---|---|
| <p>15</p> <p>6:15p Hand & Foot</p> | <p>16</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>17</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>18</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>1p Movie</p> <p>2p Euchre</p> <p>3p Poker</p> <p>7p Pinochle</p> | <p>19</p> <p>9a Coffee</p> <p>10:30a Hard of Hearing Support Group</p> <p>1p Bridge</p> | <p>20</p> <p>9a Coffee</p> <p>2p Euchre</p> <p>4p Happy Hour</p> <p>6:30p Golf</p> <p>7p Cribbage</p> | <p>21</p> <p>9a Coffee</p> <p>1p Phase 10</p> <p>6:30p Scrabble</p> <p>7p Bingo</p> |
| <p>22</p> <p>5-6:30p Potluck</p> <p>6:15p Hand & Foot</p> | <p>23</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>24</p> <p>9a Coffee</p> <p>9a Meijer/ Walmart</p> <p>9a Foot Doctor</p> <p>2p Dominoes</p> <p>3p Hope Woods Singers</p> <p>6:30p Bible Study</p> <p>7p Pinochle</p> | <p>25</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>1p Movie</p> <p>2p Euchre</p> <p>3p Poker</p> <p>7p Pinochle</p> | <p>26</p> <p>9a Coffee</p> <p>1p The Price is Right- Dining Room</p> <p>1p Bridge</p> | <p>27</p> <p>9a Coffee</p> <p>2p Euchre</p> <p>4p Happy Hour</p> <p>6:30p Golf</p> <p>7p Cribbage</p> | <p>28</p> <p>9a Coffee</p> <p>1p Phase 10</p> <p>6:30p Scrabble</p> <p>7p Bingo</p> |
| <p>29</p> <p>6:15p Hand & Foot</p> | <p>30</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>31</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> | <div data-bbox="954 1388 1263 1780" data-label="Image"> </div> <p data-bbox="748 1801 1133 1955"> SAY GOODBYE TO <i>October</i> </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!

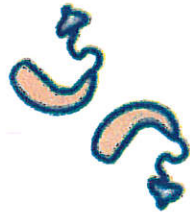


In-Home Companions

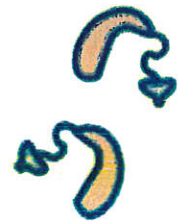
269-718-3418

caring@ihchc.net

NEW!



**HARD OF HEARING
SUPPORT GROUP!!**



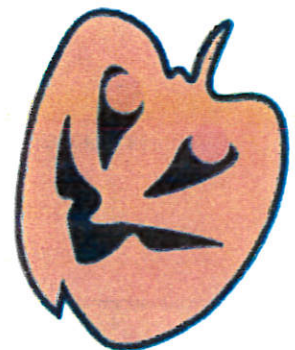
THURSDAY, OCT. 19, 2023

at 10:30 a.m.

TV LOUNGE, 1st FLOOR!

Refreshments!

**Topic: "WHAT IS A SUPPORT
GROUP, ANYWAY?"**



**Bring Family
and Friends**

**Marilynn Price-Richard
& Leonard, Judi Poger
& Dorothy Bainbridge**

The Price is Right

Love to shop? Good at guessing prices?

Come on down!

Join us for our very own version of the popular game show The Price is Right for your chance to win prizes.*

Thursday, 10/26

1:00 PM - 2:00 PM

Event details

Hope Woods- 1st Floor Dining Room

5749 Stadium Dr

Kalamazoo, MI 49009

RSVP today by calling (269) 775-8918

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HAPPY BIRTHDAY

OCTOBER BIRTHDAYS:

| | | |
|-----|-----------------|-------|
| 107 | SHIRLEY PONTE | 10/7 |
| 233 | EILEEN SANDS | 10/8 |
| 134 | CINDY CARROL | 10/10 |
| 234 | TRUDY ZOOK | 10/14 |
| 115 | CAROL HEILMANN | 10/16 |
| 148 | CHRISSEY | 10/16 |
| 225 | MARILYN BUCHOLZ | 10/16 |
| 137 | DOROTHY GANT | 10/17 |
| 302 | BILL KELSER | 10/21 |
| 145 | STEPHANIE LEE | 10/23 |
| 347 | ELAINE NOYES | 10/27 |
| 214 | JUDI NOWAK | 10/29 |
| 130 | NANCY WOOD | 10/30 |



LOOKING TO JOIN YOUR NEIGHBORS FOR FUN,
LAUGHTER, AND EVEN A LITTLE ADVENTURE
WITHOUT HAVING TO LEAVE HOME?

FROM COMEDY TO HORROR, JOIN US FOR
**OUR WEEKLY
MOVIE MATINEE**



EVERY WEDNESDAY

| | | |
|-------------------------|------|----|
| AT | 1:00 | PM |
| 3RD FLOOR MOVIE THEATER | | |
| SNACKS PROVIDED | | |



DON'T WORRY, THE POPCORN'S ON US! JUST BRING A SODA AND A FRIEND TO
SHARE THE EXPERIENCE! CLOSED CAPTIONING NOW AVAILABLE.

MEDICAL MONTHLY

HOW HOBBIES HELP PREVENT DEPRESSION IN SENIORS

Seniors, pick up those knitting needles, some paintbrushes or that favorite novel, because new research suggests that having a hobby is linked to having lower depression in older people.

Hobbies might include anything from gardening to playing games, arts



and crafts, volunteering, reading or being part of a club, according to the study, which spanned numerous countries and included more than 93,000 people ages 65 and older.

“Our study shows the potential of hobbies to protect older

people from age-related decline in mental health and well-being. This potential is consistent across many countries and cultural settings,” said lead author



Karen Mak, of University College London’s Institute of Epidemiology & Health Care.

Data came from people who had enrolled in five studies in the United States, Japan, China, England and 12 other European countries.

Researchers analyzed data spanning four to eight years, finding

that having a hobby was linked to decreases in depressive symptoms and increases in happiness and life satisfaction.

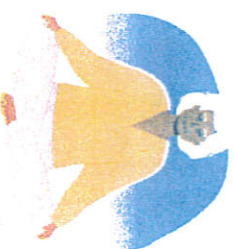
Although this observational study couldn’t prove cause-and-effect, it nevertheless suggests there might be an association between hobbies and happiness, according to the study.

The results remained even after adjusting for other factors such

as partnership status, employment and household income.

“Of the four outcomes, life satisfaction was most strongly linked to hobby engagement. Hobbies may

contribute to life satisfaction in our later years through many mechanisms, including feeling in control of our minds and bodies, finding a



MEDICAL MONTHLY

“HOBBIES MAY CONTRIBUTE TO LIFE SATISFACTION IN OUR LATER YEARS THROUGH MANY MECHANISMS, INCLUDING FEELING IN CONTROL OF OUR MINDS AND BODIES, FINDING A PURPOSE IN LIFE, AND FEELING COMPETENT IN TACKLING DAILY ISSUES...”

purpose in life, and feeling competent in tackling daily issues,” Mak said in a university news release.



China had the lowest level of people having hobbies, at 37.6%. However, researchers cautioned that study respondents in China were asked only about social hobbies, not hobbies in general.

was also stronger in those countries. The findings were published Sept. 11 in the journal *Nature Medicine*.

JUST A FEW HOBBY RELATED CLUBS HERE AT HOPE WOODS:

- 9a Monday morning exercise in the lobby
- 1p Monday afternoon Fiber Therapy in Craft Room
- 3p Tuesday Afternoon Hope Woods Singers/Karaoke
- 12p Wednesday Grocery Bingo in the Dining Room

Theoretical work suggests the relationship between hobbies and well-being may cut both ways - that people with better mental health may be more likely to take up a hobby, and persisting with a hobby may help us to retain improved life satisfaction,” she

The proportion of people who said they had a hobby varied considerably between countries, with just 51% of study participants in Spain reporting having a hobby. This was compared to a sweeping 96% in Denmark, 95.8% in Sweden and 94.4% in Switzerland.

More people reported having a hobby in countries with better life expectancy and national happiness levels. The link between well-being and having a hobby

“Our research also supports policymakers in promoting access to hobbies among older people as a way to enhance this well-being and health,” Mak said.

• AND SO MANY OTHER ACTIVITIES ARE LISTED IN THE CALENDAR ON PAGE 3!



**KEEP THIS
FOR
LATER**

Did You Know...?

Free Room

Please do not leave food items of any kind, whether perishable or non-perishable, in the Free Room. Non-perishable food items to be donated MUST be left at the office. If the office is not open, please feel free to leave the items by the door.

Do not leave opened or expired medication in the free room. Unopened general medications that are not expired are acceptable.

REMINDER: Any items that are stained, torn, worn, missing buttons or zippers, or that are unusable due to sanitary concerns (used bed pillows that are stained) must **NOT** be left in the Free Room at any time. This just transfers responsibility for disposal of items onto our resident volunteer, which is not part of that responsibility.



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HOPE WOODS SINGERS

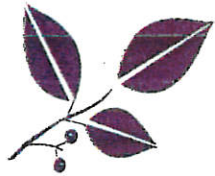
KARAOKE SING-ALONG

COME JOIN THE FUN!



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—Aimee Eva, Property Manager



Aimee has been at Hope Woods for 17 years and in the Property Manager position for the last 8 years this December. She was born and raised in Boulder, Colorado and moved to Michigan in her junior year. She has two kids and enjoys reading, playing games with her son and loves what she does for a living! If you see her in the hall, she's likely already headed somewhere she's needed; give her a hello and leave any messages you have for her with Arya or in the Drop-Box.