

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>	5-6
<i>September Birthdays</i>	7
<i>Medical Monthly</i>	8-9
<i>Did You Know?</i>	10-11
<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

105 MABLE
HECKELMAN

108 PATRICIA
PETTIT

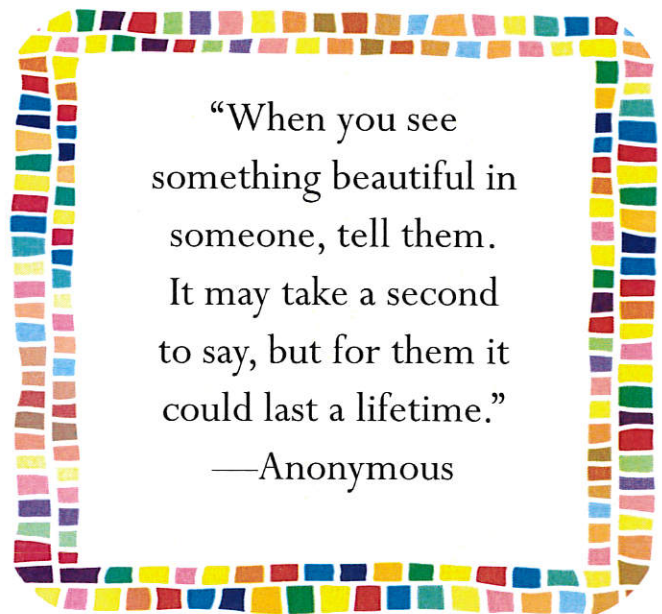
247 JANET PIPER

TIDBITS

- **Food Donations:** We are pleased to report that for the month of August we collected 136 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.

RESIDENTS ARE NOT ALLOWED IN VACANT APARTMENTS

Please do not knock on the door and ask to be let in if you see maintenance working inside.



“When you see something beautiful in someone, tell them. It may take a second to say, but for them it could last a lifetime.”
—Anonymous

SEPTEMBER 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
<div style="background-color: #e91e63; color: white; padding: 5px; text-align: center; font-weight: bold;">TRY TO TACKLE ONE TASK A WEEK!</div> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> Plan your meals for the week and make a grocery list. Schedule time for exercise or physical activity. Clean out your inbox and respond to any important emails. Make a list of any upcoming appointments or deadlines. Review your budget and make any necessary adjustments. </div> <div style="width: 45%;"> <ul style="list-style-type: none"> Declutter one area of your home or workspace. Check in with friends or family members you haven't spoken to in a while. Set aside time for self-care, such as reading a book or taking a bath. Plan your outfits for the week to save time in the mornings. Make a list of any tasks you didn't complete from the previous week and add them to your current to-do list. </div> </div>					1 9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage	2 9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo
3 7p Hand & Foot	4 LABOR DAY OFFICE CLOSED 9a Coffee 9a Exercise 1p Fiber Therapy 1p Bridge 2p Euchre 7p Rummikub	5 9a Coffee 9a Meijer/Walmart 2p Dominoes 3p Hope Woods Singers 6:30p Bible Study 7p Pinochle	6 9a Coffee 9a Harding's (Main St.) 12p Centrica Bingo 12p Harding's (Oshtemo) 1p Harding's 1p Movie 2p Euchre 3p Poker 7p Pinochle	7 9a Coffee 10:30a Low Vision and Hearing 1p Bridge 2p Dominoes	8 9a Coffee 2p Euchre 4p Happy Hour 6:30p Golf 7p Cribbage	9 9a Coffee 1p Phase 10 6:30p Scrabble 7p Bingo

HOPE WOODS NEWSLETTER

<p>10</p> <p>7p Hand & Foot</p>	<p>11</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>12</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>13</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>14</p> <p>9a Coffee</p> <p>1p Bridge</p> <p>2p Dominoes</p>	<p>15</p> <p>9a Coffee</p> <p>2p Euchre</p> <p>4p Happy Hour</p> <p>6:30p Golf</p> <p>7p Cribbage</p>	<p>16</p> <p>9a Coffee</p> <p>1p Phase 10</p> <p>6:30p Scrabble</p> <p>7p Bingo</p>
<p>17</p> <p>5-6:30p Potluck</p> <p>7p Hand & Foot</p>	<p>18</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>19</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>20</p> <p>9a Coffee</p> <p>9a Harding's (Main St.)</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>21</p> <p>9a Coffee</p> <p>1p Bridge</p> <p>2p Dominoes</p>	<p>22</p> <p>9a Coffee</p> <p>2p Euchre</p> <p>4p Happy Hour</p> <p>6:30p Golf</p> <p>7p Cribbage</p>	<p>23</p> <p>9a Coffee</p> <p>1p Phase 10</p> <p>6:30p Scrabble</p> <p>7p Bingo</p>
<p>24</p> <p>7p Hand & Foot</p>	<p>25</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>26</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>27</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>28</p> <p>9a Coffee</p> <p>1p Bridge</p> <p>2p Dominoes</p>	<p>29</p> <p>9a Coffee</p> <p>2p Euchre</p> <p>4p Happy Hour</p> <p>6:30p Golf</p> <p>7p Cribbage</p>	<p>30</p> <p>9a Coffee</p> <p>1p Phase 10</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



(2 6 9) 3 5 3 - 4 7 1 2

SALON SPACE FOR RENT!
LICENSED BEAUTICIAN
NEEDED

Please contact Aimee at Hope Woods for more information!

~Experience the Difference~



HAPPY BIRTHDAY

SEPTEMBER BIRTHDAYS:



111	SHARON KNACK	9/5
122	RANNY HINCKLEY	9/12
331	KAREN POSLUSZNY	9/13
345	DON CORSTANGE	9/13
231	DIANE GODFREY	9/15
212	GRETA CARIGON	9/17
244	MARV VANTUYL	9/17
308	DAVID ROWE	9/17
203	VINCE ROMANO	9/18
319	JUNE DELUCA	9/20
342	DIANE ROGERS	9/21
317	BOB VANAMAN	9/23
118	DONNA STEARNS	9/24
320	DON BISCOMB	9/24
328	JOSIE KUBIAK	9/24
241	SONYA SCARFF	9/25
103	JAN ROGERS	9/27
126	THEA TRAVIS	9/28
149	TONNIE DIFFIN	9/29
229	NANCY PRIEST	9/29



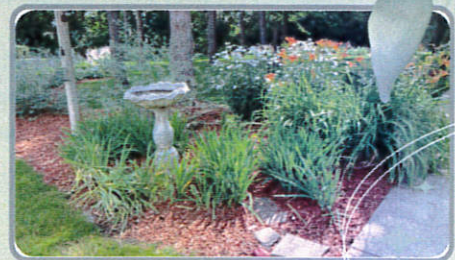
STOP AND TAKE A BREATH ON THE COURTYARD PORCH!



Hope Woods staff and long-time residents both highly suggest to anyone looking for some comfortable leisure time, who want to be outside in the fresh air but kept away from the bugs, our courtyard porch is the perfect spot!

Always open to residents, make sure you have your exterior door key to get back inside!

This space can be reserved for family gatherings, and group get-togethers. Bring a pack of playing cards and a friend, enjoy a nice lunch in the shade!



THE VIEW

Newly renovated, in house, in 2018. It was hand-watered for the first year before sprinklers were established. A true labor of love!



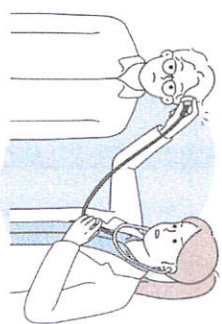
THE VIEW

MEDICAL MONTHLY

HEARING LOSS COULD ACCELERATE DECLINE IN BRAIN VOLUME IN SENIORS

MILD HEARING LOSS LINKED TO BRAIN ATROPHY IN OLDER ADULTS, PENN STUDY SHOWS...

A new study by researchers from the Perelman School of Medicine at the University of Pennsylvania shows that declines in hearing ability may accelerate gray matter atrophy in auditory areas of the brain and increase the listening effort necessary for older adults to successfully comprehend speech.



When a sense (taste, smell, sight, hearing, touch) is altered, the brain reorganizes and adjusts. In the case of people with decreased hearing ability, researchers found that the gray matter density of the auditory areas was lower, suggesting a link between hearing ability and brain volume.

declines with age, interventions such as hearing aids should be considered not only to improve hearing but to preserve the brain," said lead author Jonathan Peelle, PhD, research associate in the Department of Neurology. "People hear differently, and those with even moderate hearing loss may have to work harder to understand complex sentences."



In a pair of studies, researchers measured the relationship of hearing acuity to the brain. Older adults (60-77 years of age) with normal hearing for their age were evaluated to determine whether normal variations in hearing ability impacted the structure or function of the areas in the brain supporting speech comprehension.

The studies found that people with hearing loss showed less brain activity on functional MRI scans when listening to complex sentences. Poorer hearers also had less gray matter in the auditory cortex, suggesting that areas of the brain related to auditory processing may show accelerated atrophy when hearing ability declines.



"As hearing ability



of the areas in the brain supporting speech comprehension.



"AS HEARING ABILITY DECLINES... INTERVENTIONS SUCH AS HEARING AIDS SHOULD BE CONSIDERED NOT ONLY TO IMPROVE HEARING BUT TO PRESERVE THE BRAIN."

Hearing Aid Styles

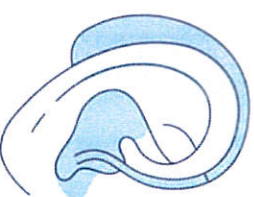
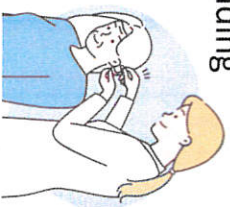
In general, research suggests that hearing sensitivity has cascading consequences for the neural processes supporting both perception and cognition. Although the research was conducted in older adults, the findings also have implications for younger adults, including those concerned about listening to music at loud volumes.

Health. Physicians should monitor hearing in patients as they age, noting that individuals who still fall within normal hearing ability may have increasing complaints of speech comprehension issues. Patients should talk to their physician or an audiologist if they are experiencing any difficulty hearing or understanding speech.



directly affects how the brain processes sounds, including speech," says Dr. Peelle. "Preserving your hearing doesn't only protect your ears, but also helps your brain perform at its best."

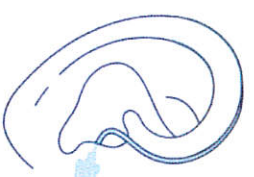
The research appears in the latest edition of *The Journal of Neuroscience* and was funded by the National Institutes of



BEHIND THE EAR



RECEIVER IN THE CANAL / EAR



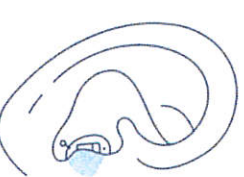
OPEN FIT



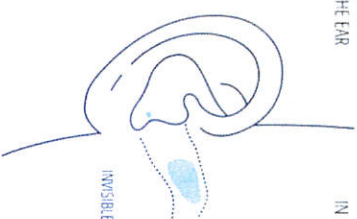
IN THE EAR



IN THE CANAL



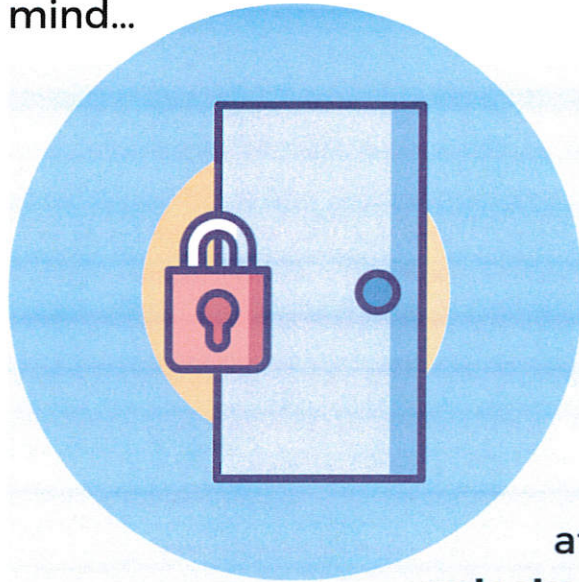
COMPLETELY IN THE CANAL



INVISIBLE IN CANAL

Did You Know...? YOU SHOULD ALWAYS REMEMBER TO **Keep Your Doors Locked** AND DO NOT ENTER UNLESS INVITED

Hope Woods Staff love that our residents feel safe here and like everyone is one big family. However, keep these things in mind...



1

Lock Your Apartment Door

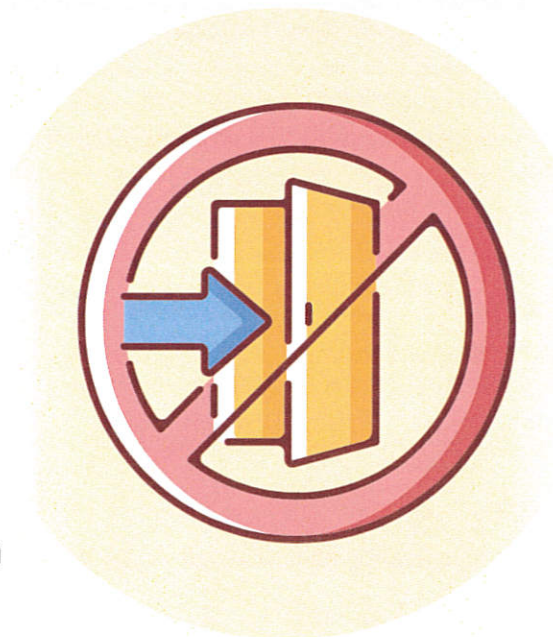
Whether leaving for a few minutes to check your mail, or after coming home from a long day, it is important to lock your door after yourself. **You may leave it**

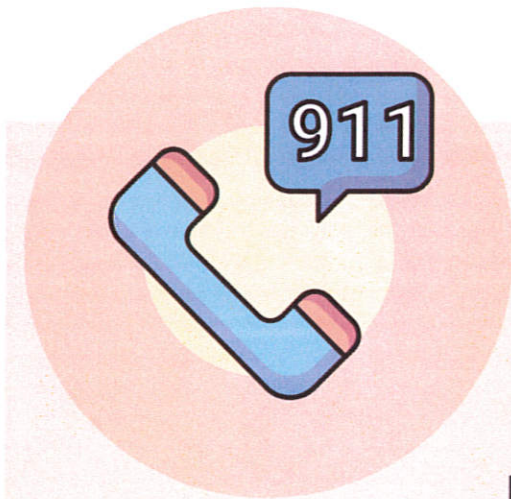
unlocked at any time if you wish, but please remember you may be allowing unwanted visitors the ability to enter your home.

2

Do Not Enter Unless Invited

We know that Hope Woods often feels like one big college dorm, but each resident must respect the others right to peace and privacy. Please knock on your neighbors door and try leaving a note if you cannot reach them.





3

In Case of Emergencies

We know that risks and worry of falling and injury are quite prevalent here. If you believe one of your neighbors may be in the middle of a crisis situation, we ask that you please contact emergency services. Otherwise, we ask that you contact the Hope Woods Office so that we may take the proper steps to reach the resident.

4

Remember the Front Building Door is Unlocked

From the hours of 9am-4pm, the Front Entry Door to the Building is unlocked. This makes it easier for family and caregivers to come and go, but it also means anyone else can come in as well.



5

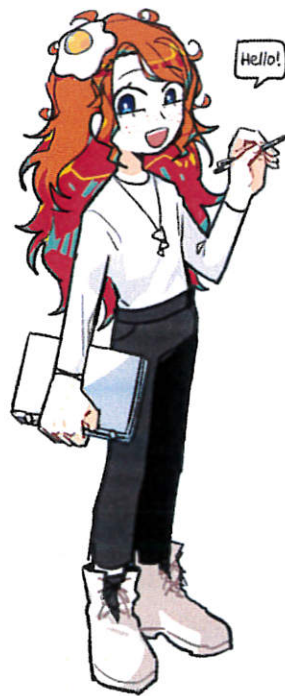
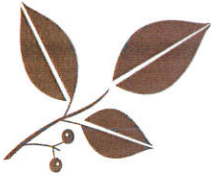
Know the Risks

Of course it is always up to you whether or not you are locking your door, but if you do decide to keep it unlocked, just be aware **you may end up with unwanted visitors.**

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

EXPERIENCE THE
DIFFERENCE

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



—Arya Inez

“ 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. ”

We're Online!

Hope Woods Senior Apartments... ×

hopewoodsseniorapts.com - [Visit Our Website!](#)

Email us at: hopewoods@sbcglobal.net

Search: "Hope Woods" on [Facebook!](#)

Get to Know Your Staff—Suzie Wallace, Housekeeper



Suzie was born in Kalamazoo and was raised by her grandpa and Kay in Vicksburg where she graduated in 1973. She had various jobs until working at the United States postal service from 1988 to 2013 when she retired. She worked after that at Ample Pantry for 1 1/2 years and now has been with Hope Woods for over 7 1/2 years. She enjoys hunting, Harleys and puzzling. She most enjoys spending time with her three daughters and grandkids who live locally.