

# Hope Woods

Community



5749 Stadium Drive • Kalamazoo, MI 49009

July 2006

## Birthday Salute

In the spirit of the Fourth of July, we'd like to salute all our residents with birthdays this month. Everyone is invited to help us celebrate July birthdays by attending a birthday party on Friday, July 7th, at 1:00pm in the community room. Cake will be served, so be sure to stop by. We hope it's a star-spangled birthday for you!

Linda Underwood 6th

Mildred Israel 8th

Joyce Boltjes 9th

Keith Eddy 9th

Carol Bolin 16th

Ray Blalock 18th

Edna Baylor 22nd

June Wehner 24th

June Walton 25th

Leona Wank 26th

Johanna Vandenberg 26th

## Beautiful Summertime!

Have you noticed the beauty around you now that summer is in full bloom? The staff has been putting forth their best effort to keep the grounds beautiful and our residents have out done themselves again, providing patios and balconies ablaze with color. Thanks to everyone for a job well done!

## Can We Reach You?

Please keep us up to date on changes in your work or home phone numbers. We need to be able to reach you for deliveries or if an unexpected situation arises. Thanks for keeping us informed!

## Thank You For Your Patience

We are proud of the upkeep and quality of life provided in our community. Our maintenance staff tries to respond to work order requests within 24 hours, but this is not always possible. Maintenance emergencies take priority over non-emergency maintenance requests and sometimes work volume may cause a delay in the completion of your work request. Our goal is to assist you as promptly as possible. Your patience is appreciated. Please call the office if you have a concern about your work request.

## Stay Fit Close To Home

Want to start a fitness routine, but can't find the time? Our fitness center is open for your convenience with many types of equipment to meet your needs. Stop by today and make regular exercise a part of your life.

## Salute To The Fourth

"And the star-spangled banner in triumph shall wave  
O'er the land of the free and  
the home of the brave." - Francis Scott Key

## Hope Woods

### Team

Cathey  
Manager  
Shelly

Leasing Manager  
Nancy

Activities Director & Leasing  
Dave

Maintenance Supervisor  
Keith  
Tom

Maintenance  
Jay  
Driver

## Important Numbers

Office: (269) 353-4712

Maintenance Emergency:  
(269) 353-4712

Fire, Police, Emergency: 911

## Office Hours

Monday - Friday

9:00am - 4:00pm

Saturday - Sunday

Closed

## Web Site

[www.hopewoodshome.com](http://www.hopewoodshome.com)

## E-Mail

[hopewoods@sbcglobal.net](mailto:hopewoods@sbcglobal.net)



## eBay Express Lets Buyers Buy Fast At Fixed Prices

If you like eBay selections but don't like the bidding process, which could take a week, maybe you'll like eBay Express instead. It will be just like other on-line retailers which ask you to just give a credit card number, or shoppers can use an account with eBay's PayPal online payment unit.

eBay does offer fixed-price goods from individuals, but they are scattered among auction search results and other locations. eBay Express aggregates those fixed-price listings in an attractive design with many pictures, unlike its plain listings.

This move is eBay's most aggressive grab for mainstream commerce. It is also a way to keep its customer base growing.

## He Called It Liquid Gold; We Call It Olive Oil

Few foods have the foundation in history that olive oil has. Homer called it "liquid gold." Greek athletes rubbed it over their bodies. It was used as medicine, food, and cosmetic. Olive branches are still emblems of peace. Today, the venerated olive is playing a major role in the area of health. Until recently, it was valued primarily for its monounsaturated fat, which makes blood cholesterol and blood pressure go down. Olive oil strengthens omega-3 fatty acid's anti-inflammatory effects. New research reported by the American Institute for Cancer Research shows that many of olive oil's health benefits also come from the more than 30 plant compounds it contains. Its antioxidants and anti-inflammatories promote heart health. Additionally, olive oil contains compounds that increase enzymes, which block development of cancer cells and increase their rate of self-destruction. All types of olive oil provide monounsaturated fat, but to get the highest levels of protective plant compounds, extra virgin or virgin oil are the best. Light olive and pure olive oil are lighter in flavor and color but not in fat or calorie content. They have fewer phytochemicals and fewer of protective qualities. Extra virgin or virgin have more. To keep olive oil fresh and its protective compounds intact, store it in the refrigerator or a dark, cool place.

## Are You Insured?

Do you currently have renter's insurance on the contents in your apartment? If not, look around your apartment and calculate the value of your personal belongings. You'll probably find the total to be well worth the low cost of renter's insurance. Contact a local insurance agent to find out how you can be protected by renter's insurance.

## The Lighter Side

Cop stopped this kid for speeding and told him, "I've been waiting for you all day!" "Yeah?" the kid replied, "I got here as fast as I could." When he stopped laughing, the cop let him go.

## Declaration That Changed The World In 1776

Many believed that the English King had heaped abuses on the people of the new world. And they decided to do something about it. Thus was born the Declaration of Independence, signed July 4, 1776, and within it were listed a series of complaints the Founding Fathers had against the King. While people in every country and in every time have had complaints against their governments, the Founding Fathers of the United States had the singular opportunity to remake their world exactly as they wanted it. First they enumerated the abuses. Then they did something that was simply unique. They declared their independence from the king and set about remaking their world. The Declaration of Independence was the framework for the Constitution of the United States, the first document of its kind, the oldest such document still in use, and a document that has been used as the basis for constitutions in dozens of countries throughout the world. For each abuse the Founding Fathers accused the King of in the Declaration, they remedied in the Constitution. Indeed, the Founding Fathers so completely changed the way government operates, that modern Americans are barely aware of the kind of problems the colonials had.

## Ziplock Omelets

This works great! Good for when all your family is together and no one wants to wait for their special omelet!

- Have guests write their name on a quart-size Ziploc freezer bag with permanent marker.
- Crack 2 eggs (large or extra large) in the bag (not more than 2) shake to combine them.
- Put out a variety of ingredients such as: cheese, ham, onion, green pepper, mushrooms, tomato, hash browns, salsa, etc.
- Each guest adds prepared ingredients of choice to their bag and shakes it.
- Make sure to get the air out of the bag and zip it up.
- Place the bags into rolling, boiling water for exactly 13 minutes. You can usually cook 6 to 8 omelets in a large pot. For more, make another pot of boiling water.
- Open the bags and the omelet will roll out easily. Be prepared for everyone to be amazed!

## Hamburger Trivia

1. At which World's Fair did the "hamburger" begin its popular life in America?
2. The first hamburger chain was founded in Wichita, Kansas, in 1921. What was its name?
3. Where did the first McDonald's Restaurant open?
4. What year did the first McDonald's Restaurant open?
5. A 1,000 pound steer will yield how many quarter-pound hamburgers?
6. Which chain introduced the first double patty burger?
7. How many hamburgers do Americans eat on average each week?
8. What percentage of sandwiches eaten are hamburgers?
9. How many people from around the world have graduated from McDonald's "Hamburger University?"
10. Which fast food chain created the first modern-day drive-thru window in 1970?

## Protect Your Keepsakes

Here's how to preserve your stuff... Nearly everyone has boxes of stuff they save. Inside them are old letters, newspaper clippings, vinyl records, photographs, maybe an old wedding dress, and old kindergarten drawings. Now, authors Louisa Jaggar and Don Williams tell what to save and how to do it in their book [Saving Stuff: How to Care for and Preserve Your Collectibles, Heirlooms, and Prized Possessions](#). First, they provide a worksheet to prioritize keepsakes and determine what to keep and what to toss. One of the keys to saving stuff is knowing what can damage it. Light will fade everything from photos to textiles and paintings. Both sunlight and fluorescent light can be harmful. To protect valuable wall hangings, switch to lower-wattage lights. Temperature extremes, too hot or too cold, make many items brittle. Museums keep their thermostats at 70 degrees. Moisture will dissolve, stain, or mold your treasures. Keep them in a plastic tub with a tight seal. Never wrap anything in plastic cling wrap. Air pollution, tobacco smoke, and oily polishes are bad for antique furniture. Use furniture wax to protect it. Handling with bare hands can damage delicate papers, fabrics, metals, and ceramics. Wear cotton gloves when handling antique books and papers.

Answers to Hamburger Trivia: 1. The 1904 World's Fair in St. Louis 2. White Castle 3. Des Plaines, Illinois 4. 1955 5. 1,000 6. Bob's Big Boy 7. Three 8. 60 percent 9. 50,000 10. Wendy's



**June**

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# Hope Woods July Activities

**August**

			1	2	3	4	5
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						<p>1 <b>Rent Due</b> Thank You!</p> <p><b>Bingo</b> 7:00pm</p>
2	3 Office Closed Movies 1:00pm Cards 3:00pm	4 Independence Day Office Closed Mens Movie 7:00pm	5 Exercise 9:00am Hardings 10:00am Movies 1:00pm Cards 3:00pm Cookout 4:30pm	6 Crossroads Mall 9:30am Dominos 1:00pm	7 Exercise 9:00am Free Blood Pressure 9:00am Birthday Party 1:00pm Movie 1:00pm Tia Chi Craft 2:00pm Cards 3:00pm	8 Potluck 5:30pm Bingo 7:00pm
9	10 Movies 1:00pm Cards 3:00pm	11 Meijer 10:00am Bible Study 2:00pm Men's Movies 7:00pm	12 Exercise 9:00am Hardings 10:00am Movies 1:00pm Cards 3:00pm	13 Book Club Library 11:00am Dominos 1:00pm Choc. Tasting 2:30pm	14 Exercise 9:00am Movie 1:00pm Tia Chi 2:00pm Cards 3:00pm	15 Bingo 7:00pm
16	17 Movies 1:00pm Cards 3:00pm	18 Meijer 10:00am Bible Study 2:00pm Men's Movies 7:00pm	19 Exercise 9:00am Hardings 10:00am Movies 1:00pm Cards 3:00pm	20 Plainwell Movies Lunch Wal-Mart 9:30am Dominos 1:00pm	21 Exercise 9:00am Movie 1:00pm Tia Chi 2:00pm Cards 3:00pm	22 Bingo 7:00pm
23	24 Movies 1:00pm Cards 3:00pm	25 Meijer 10:00am Bible Study 2:00pm Men's Movies 7:00pm	26 Exercise 9:00am Hardings 10:00am Movies 1:00pm Cards 3:00pm	27 Shipshwana Shopping Lunch 9:00am Dominos 1:00pm	28 Exercise 9:00am Movie 1:00pm Tia Chi 2:00pm Cards 3:00pm Social Hour 1st Floor 4:00pm Black Tie Dinner	29 Bingo 7:00pm
	30		31			