

Woodhaven

Senior Community

"Where Seniors Love to Live"

August 2022



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Creating Something New

It is with sincere gratitude that I can announce the expansion of our latest addition to Woodhaven Senior Community. "The Gallery" will soon be under construction across from the Resident Clubhouse. This single story "sensory" building will consist of approximately 3,000 square feet of open floor space to allow residents to imagine, create and fulfill many hobbies that might have been sidelined over the past few years. 1,000 square feet will be dedicated to a working woodshop while the other 1,000 square feet will be used for arts and crafts. Additional space will allow for a specific library used for books, manuals, and reflection to harbor new inspiring ideas. I have often been asked, why build a "Gallery"? To me, the answer is simple. Woodhaven Senior Community was built to create a living atmosphere that allowed for a retirement lifestyle that suited everyone to the best of their ability. My mother, Suzanne Dixner, who passed in 1996, was an Art Major who graduated from the University of Michigan. Eventually, she played a major part in assisting with the activities of daily living when Woodhaven opened back in 1989. This building will honor her for her dedication to creating something special with one's mind, body and soul.

Have a magical day!


David Dixner
Managing Member





Beverage Can Pull Tabs

We are collecting the pull tabs from beverage cans. A container has been placed in the Resident Clubhouse entrance for the tabs. They will be donated to charitable organization.



Need someone to help you with a small job, hanging a shelf or curtain rod, mounting a T.V. or put up some shelving. Let Matt Babieracki help you out. You can contact him any time between 8:00am and 6:00pm for a quote at 810-210-8299

Remember!!!

If you refer someone to Woodhaven, and they stay here for 6 months, you will receive a month's rent free!!!



HOME
sweet
HOME



**WE'RE
HIRING**

DO YOU KNOW ANYONE LOOKING FOR A REWARDING CAREER? IF YOU KNOW SOMEONE WHO WOULD ENJOY THE OPPORTUNITY TO BE IN SERVICE TO A WARM SENIOR COMMUNITY AND WORK WITH A GREAT TEAM, WOODHAVEN IS HIRING FOR SEVERAL POSITIONS.

INTERESTED PARTIES MAY ASK FOR AN APPLICATION AT THE MEADOWS FRONT DESK, PRINT ONE FROM OUR WEBSITE, OR APPLY ON INDEED.

Karen's Korner

It doesn't seem possible but, summer is almost over. While cooler temperatures may be a welcome change, I feel we just don't have enough of the warm weather months for my liking. As we enjoy the end of the season I have many exciting changes and additions for our August calendars. This month each building will be getting a visit from a Woodhaven favorite, Dairyland Dave from Uncle Ray's. He will be serving up ice cream sundaes made to your liking. Also this month we will be doing our first ever "Concert in the Courtyard" which will be held at the Resident Clubhouse. "Jazz on Wheels" is a 5 piece band playing popular jazz pieces. The show takes place in the back of a semi truck which has been transformed into stage. This will be an evening event beginning at 6:00. Family and friends are invited to attend as well as residents. The Pub will be open for those who would like a cool beverage and "Cops & Robbers" ice cream Paddy Wagon will be able to satisfy your sweet tooth.

Due to extenuating circumstances our Clubhome ladies and gentlemen were unable to have their galas in both May and June. I am happy to announce that we will be doing a cookout and car show for all our Clubhome residents on August 31st at 5:00. Please contact me if you plan to attend. All other residents are welcome to come down and view the automobiles on display. Last month we brought back the Pot Luck Lunch at the Clubhouse. Due to the great response, I have scheduled two for August, Wednesdays the 3rd & 17th. The time has been changed to 1:00 moving the Movie Matinee to 3:00 on those dates.

I have also scheduled a lunch outings for this month. We will be going to Valley Bistro on Elms Rd. on Wednesday the 24th at 11:30. We will be able to provide rides to a limited number of residents who do not drive but feel free to car pool with each other. Please sign up for all our events if you would like to attend in the sign-up books provided in each building.

We have been diligently working on opening up the Pub for dining and while we are still searching for another chef that would allow for the restaurant part of the clubhouse to be open on a consistent basis I have found someone to do a Fish & Chip night on an occasional basis. We will have our first one on Friday, August 12th. See the newsletter for further details.

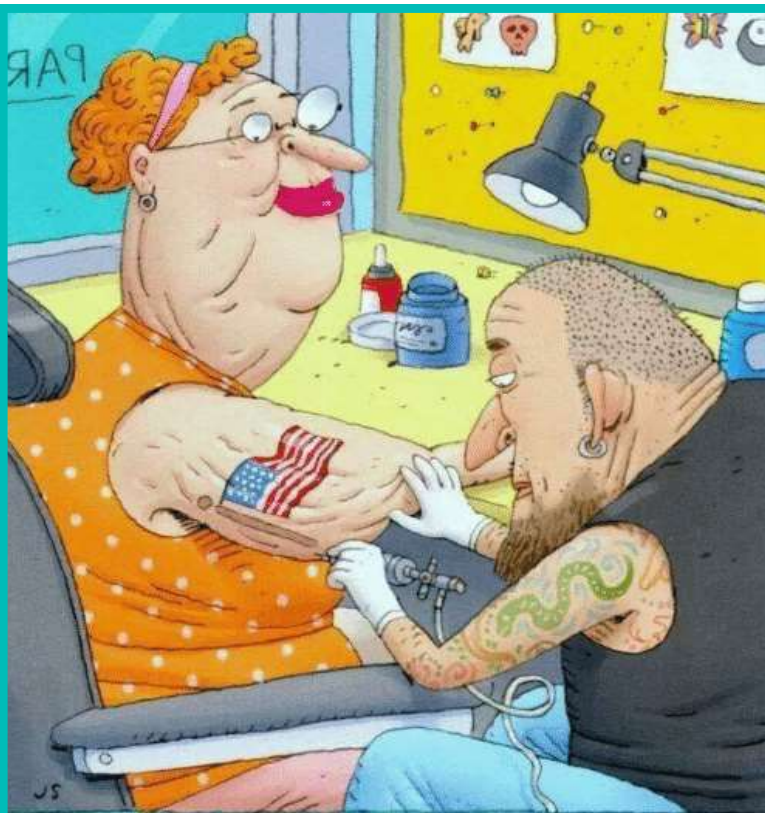
As we head into September you can look forward to not just one, but two afternoon clubhouse concerts.. Details will be announced. Many of these events have come from residents suggestions. If you have any ideas of activities or events you would like to see happen here, I always have an open ear and an open door and I am always interested in hearing your thoughts and suggestions.



**Nurse Chat with
Sara Taylor
Topic
"Nutrition Labels"**
**Meadows- Friday
August 26 at 10:30**
**Clubhouse- Friday
August 12th at 3:00**



Just For Laughs



*Madge figured if her upper arm
was gonna flap, she might as well
make patriotic use of it.*

Let's do
LUNCH

**Valley Bistro August 24th
11:30**

**Please sign up if you would like to
attend. If you need a ride please
indicate when you sign up**



**CLUBHOUSE
REMINDER
THE CLUBHOUSE
IS OPEN FROM
9:00 - 12:00
CLOSED FROM
12:00 - 1:00 FOR
STAFF LUNCH
REOPENS AT 1:00
TO 4:30**

Frasier's Facts



- The “dog days of summer” refers to the weeks between July 3-August 11 and are named after the Dog Star (Sirius).
- In the summer heat the iron in the Eiffel tower expands making it grow an additional six inches.
- Popsicles, a popular summer treat were created by accident. In 1905 an 11-year old boy left a glass of soda sitting
- outside, which froze over night. He began selling them at an amusement park in New Jersey. Cherry is the #1 flavor in the U.S.
- Before the Civil War schools did not have summer vacations. Children did not attend school in the spring planting and fall harvest seasons. Summer vacation did come about until the early 20th century
- In August of 2015 when temperatures reached 111° F a man successfully cooked an egg using on the heat off the pavement proving the saying “It’s so hot you can fry an egg on the sidewalk”.



**Wednesdays, August 3rd & 17th
1:00 at the Resident Clubhouse**

Everyone is invited to attend. Please sign up in the book with your name and the dish you will be bringing.

Religious Services Schedule

St. Pius

First & Third Wednesday

Fountain View-10:00

Meadows-10:30

United Methodist

Third Thursday

Meadows-10:00

Fountain View-10:50

Sunday Services

Meadows-10:00

Fountain View-10:45



**Ann from Hear USA will be
here on
Wednesday
August 17th
9:00 Fountain View
9:30 The Meadows**

Health News

Flu Vaccines Linked to Lowered Risk of Alzheimer's Disease

A recent study lead by a research team from UTHealth Houston found a link between patients who have received annual flu vaccines and a reduced risk of Alzheimer's disease. Findings from the study indicated that people who received at least one influenza vaccine were 40% less likely than their non-vaccinated peers to develop Alzheimer's. The extensive study group consisted of participants 65 years of age and older, including both vaccinated and unvaccinated seniors. Even one dose seemed to contribute to a reduced risk, but the strength of the protective effect increased with the number of years that a person received an annual vaccine.

An earlier study showing the link between flu vaccines and reduced incidence of Alzheimer's gave cause for further research with a much larger study group which consisted of 935,887 vaccinated and 935,887 non-vaccinated participants. During the four year follow-up study about 5.1% of lu-vaccinated participants were found to have developed Alzheimer's compared with 8.5% of non-vaccinated participants who had developed Alzheimer's. Senior author of the study results stated, "Since there is evidence that several vaccines may protect from Alzheimer's , we are thinking that it isn't a specific effect of the flu vaccine. Instead, we believe that the immune system is complex, and some alterations, such as pneumonia, may activate it in a way that makes Alzheimer's disease worse."

Past studies have found a decreased risk of dementia associated with exposure to various other vaccinations including tetanus, polio and herpes in addition to the flu vaccine. Future study will use data from the introduction of COVID-19 vaccines to determine if there is a link to reduce risk of Alzheimer's for those fully or partially vaccinated.

UTHealth Houston. (2022, June 24). UTHealth Huston study: flu vaccination linked to 40% reduced risk of Alzheimer's disease. Retrieved July 14, 2022, from <https://www.uth.edu/news/story/uthealth-houston-study-flu-vaccination-linked-to-40-reduced-risk-of-alzheimers-disease>

Podiatrist Dates

Dr. Schon's next visit will be:

Fountain View: Friday August 12th

The Meadows: Thursday August 18th

Clubhomes: Friday, September 9th

If you are not currently being seen by Dr. Schons and would like to be, please contact Karen.

Meal Time Reminders!!

Remember, if you are not going to be at any meal you should notify the front desk in the Meadows building, or the waitstaff in the Fountain View building. If you want to substitute for the designated meal you must select from the substitution list the day prior to that meal. These few extra steps help the kitchen and waitstaff greatly!



Books have been placed in each building to sign up for activities and events.



**Clubhouse Pub
Fridays 4:00 - 6:00
Cocktails, snacks & Games**

Great pricing on drinks. Pay with cash or house charge

August Birthdays **Fountain View**

| | |
|-------------------|------|
| Mary Jane Wheeler | 6th |
| Harry Baker | 7th |
| Alice Fischhaber | 24th |
| Bruce Goodrich | 28th |
| Ella Bonner | 28th |
| Gloria Harding | 29th |

The Meadows

| | |
|----------------|------|
| Anna Boyd | 13th |
| Beverly Tuttle | 21st |
| Judy Collins | 27th |
| Amos Rink | 29th |

Clubhomes

| | |
|---------------|------|
| Joan Robbins | 5th |
| Marilyn Hoss | 8th |
| Muriel Goebel | 10th |
| Bob Smith | 12th |
| Suzanne Davis | 16th |
| Dayron Jones | 18th |



Literary musings

Love & Honor

The Creator, God, made two special gifts. He called them *Love* and *Honor*, but he had one worry. It was the two legged creatures that he knew could twist them around for selfish reasons so he asked the animals for help.

The eagle soared in from the East and offered to fly the gifts to the moon. The Creator shook His head, "One day another eagle will land on the moon along with the two legged creatures and they will find the special gifts."

Mouse scurried in from the South and offered to bury the gifts under the tall grass. "No", said the creator, "the two legged creatures will someday turn over the soil with their plows and they will find the gifts."

Bear lurched toward where the Creator sat, huffing his way from the West. He would take the gifts to the highest mountain and dig a deep cave for the gifts and then block the cave with large rocks. The Creator said, "The two legged creatures are resourceful and they will bring giant machines and dig the mountain away looking for shiny things that will make them crazy."

When it was dark the wolf loped in from the North and said that he would take the gifts and bury them in huge chunks of ice that would never melt. Shaking His head, the Creator replied, "the two legged creatures have special boats that cut through the ice and they will find the gifts."

Just before sunrise, mole pushed his way to the Creator and asked, "what is the matter?" The Creator explained the problem to him. "I know about the inside of Earth and inside of other things and I have an idea. Why not bury Love and Honor deep inside the two-legged creatures hearts. So the creator did just that and to this day, the only two legged creatures to have found the gifts are the ones who knew where to look."

What August Did

August looked across the land,
I must be careful," she said.
I must touch the leaves a little bit,
But I must not make them turn red.

She went to the flowers in the summer garden,
Time for you to sleep!
Go to the land of summer dreams,
And there sleep long and deep.

Last of all she went to the orchard,
She touched the fruit that was near.
It blushed and reddened and August cried,
I announce that harvest is here

My greatest task is done, said August,
The harvest has begun.
And now I shall go to my winter rest,
Beyond the setting sun.

Submitted Anonymously

WHAT HEAVEN IS LIKE

Three guys die together and go to heaven. St. Peter says, "We only have one rule here: Don't step on the ducks, as they are God's favorite creation." They enter heaven and see ducks everywhere, and it's almost impossible NOT to step on a duck. The first guy accidentally steps on one, and soon here comes St. Peter with the ugliest woman you've ever seen. St. Peter chains them together and says, "Your punishment is to be chained to this ugly woman forever." The next day the second guy steps on a duck, and sure enough, St. Peter comes with another real ugly woman and chains them together. Seeing this, the third guy is very, very careful. He goes for months and doesn't step on any ducks. Then one day, St. Peter comes along with a woman, but this time she is a gorgeous blue-eyed blonde. He chains them together and leaves without saying a word. The man remarks, "Wow! This is great! I wonder what I did to deserve this?" The Blonde says, "I don't know about you, but I just stepped on a duck."

Resident of the Month

Jim & Donna Weir

Jim & Donna Weir are new residents in The Meadows who have been here about a month. Jim was born in Flint Michigan, one of 2 siblings, in 1925 and Donna was born in Cadillac Michigan in 1927 one of eleven children. Donna's family owned a gas station and Jim's father worked at General Motors. Jim and Donna met while both were attending college in the Kalamazoo area. Jim went to Western Michigan University while enlisted in the Navy, studying to become an officer. Donna was getting her RN degree at Borgess hospital. It was through mutual friends that Jim and Donna became acquainted. Jim was with 2 of his navy buddies having a beer in a bar when two girls walked, which one of the guys knew from school. The girls joined them but mentioned said that the ratio was off and they needed a third female to balance things out, so they called Donna. The rest is history. Donna and Jim were married on September 6, 1947. This coming September they will be celebrating their 75th anniversary. Congratulations!!!

Jim's navy career took him overseas to Japan and he served as an officer during the repatriation period there. When he returned he took a job at G.M. leaving there in 1955. Afterward, he dabbled in many different areas of employment. Donna spent her nursing career working at St. Joseph Hospital in Flint. She retired in 1987. They have 12 children, 7 boys and 5 girls. They also proudly boast of 29 grandchildren, 28 great-grandchildren and 3 great-great-grandchildren. I asked them for an interesting story about themselves. Jim told a story about the two nights he spent in the Holland jail, not as an inmate, but instead as a guest of the police department when there were no hotel rooms available in town. Donna spoke of her academic achievements with accomplishment in perfect attendance and as the president of her nursing graduating class. Nowadays they enjoy family and a good game of cards.

Resident Council Ideas Corner

Meadows

The hot days of summer are upon us as we enjoy all the beauty surrounding our home here at Woodhaven. We hope that each of you are able to take advantage of the many activities being offered and an opportunity to see the wild life out at the pond. Yes, it is the lazy hazy days of summer, but your Meadows Resident Council is still working on your behalf, so please continue to send your ideas for activities, your concerns, and your suggestions to enhance our lives here at Woodhaven Meadows. You may also contact one of the council member with your ideas as well.

Enjoy the summer while it is with us!

Clubhomes

The Resident Council continues to meet on a bi-monthly basis discussing the many new and innovative ideas that have been presented to them via the suggestion box and in different conversations. One of the ideas discussed was the reinstatement of our Welcome Committee for new residents. Thank you to Peggy Irwin and Christine Campbell for filling these roles. It was also suggested that the Clubhome residents would enjoy a cookout in place of a Gala. It just so happens that the Car Show event this month will be a cookout which will include steak, bake potato, slaw, corn on the cob, and desert. Please remember, the council has been put in place to allow for the expression of ideas and suggestions



Norma's Noshes & Helpful Hints

Goosey Coffee Cake

1 box yellow cake mix
1 stick margarine, melted
1 egg

2 cups powdered sugar
2 eggs
1 tsp vanilla

Mix cake mix, margarine, and 1 egg together. Press evenly into 12 x 18 inch cookie sheet. Optional, sprinkle with nuts. Mix remaining 2 cups powdered sugar, 2 eggs and 1 tsp vanilla together well. Pour mixture over crust. Bake at 350° for 30 minutes. Sprinkle with additional powdered sugar while hot. *(You may use any flavor cake mix in place of yellow.)*

Snickerdoodle Cookies

1 yellow cake mix
1/4 cup oil
2 eggs

Mix all ingredients together. Form into 1 inch balls. Roll in cinnamon and sugar mixture. Bake for 10-12 minutes at 350°

Snicker Apple Salad

6 Apples (I used Galas)
8 oz. Cool Whip

4 Snickers candy bars (full size) diced
1/2 cup sour cream

Mix the Cool Whip and sour cream. Fold in apples and chopped candy bars. Serve chilled.



Fountain View - August 11th at 2:00-Community Room
Meadows - August 18th at 2:00-Dining Room
Clubhouse - August 25th at 2:00-Grand Hall

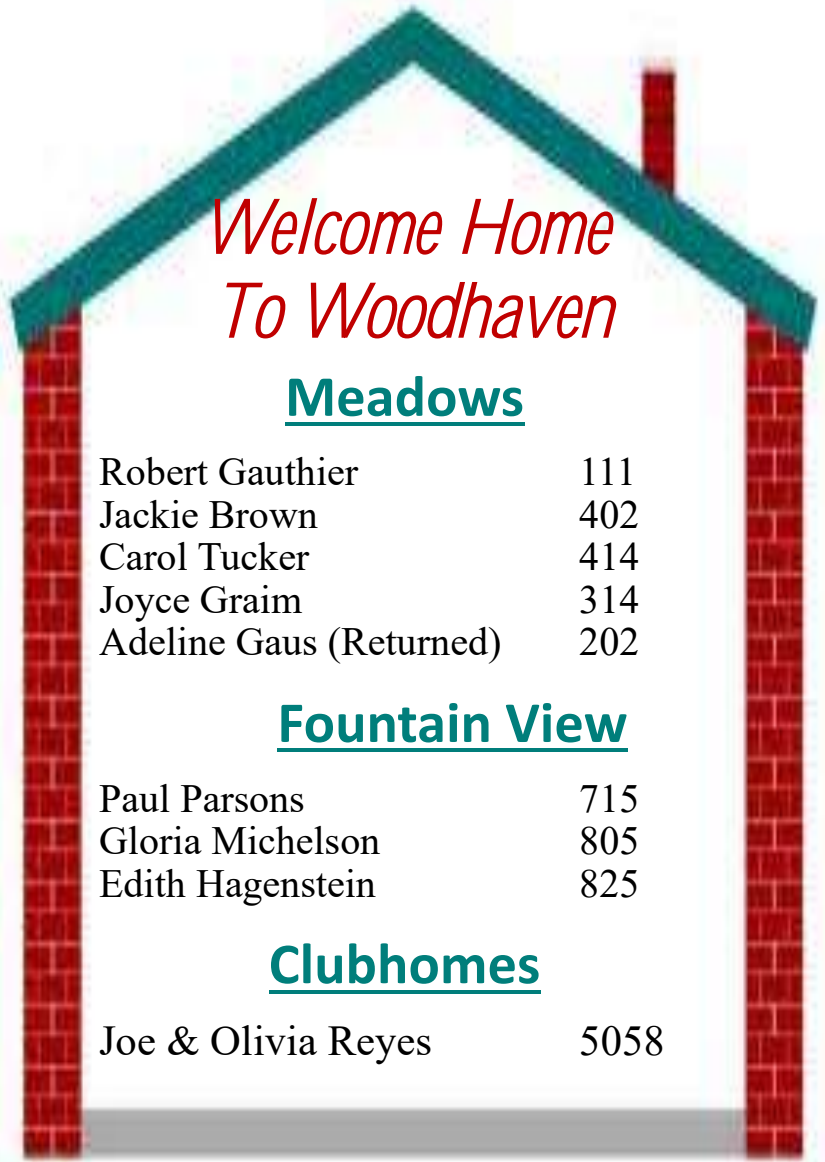


Clubhouse Resident
 Birthday Celebration
 Monday, August 29th
 2:00

(Bunco will follow afterward)

Grand Hall

All Clubhome residents
 are welcome to attend



*Welcome Home
 To Woodhaven*

Meadows

| | |
|-------------------------|-----|
| Robert Gauthier | 111 |
| Jackie Brown | 402 |
| Carol Tucker | 414 |
| Joyce Graim | 314 |
| Adeline Gaus (Returned) | 202 |

Fountain View

| | |
|------------------|-----|
| Paul Parsons | 715 |
| Gloria Michelson | 805 |
| Edith Hagenstein | 825 |

Clubhomes

| | |
|--------------------|------|
| Joe & Olivia Reyes | 5058 |
|--------------------|------|



At long last we will have the
 Clubhouse Oak Room open for
 dining. We are still searching for a
 chef so that it will open on a
 consistent basis but for now, we will
 schedule these dining opportunities
 when we can.

Friday, August 12th
 Orders begin at 5:00
 2 or 3 piece fish dinner
 slaw, fries & roll
 2pc.-8.99 3 pc.-10.99



**Clubhouse Courtyard Concert
 "Jazz on Wheels"**

Date: August 16th

Time: 6:00-8:00

**Cops & Robbers Ice Cream
 Paddy Wagon will be on site
 Clubhouse Pub will be open for
 beverage purchases.**