



Lynelle Mulder, LPN, Resthaven's Transitions Coordinator

Let's Talk!

Most people never imagined their parents, or a cherished loved one, as less than self-sufficient. A recent survey snapshot published in USA Today indicates 61% of adult children have never spoken to their living parents about long term care.

As issues of aging unfold, no matter how seemingly insignificant, they can create an opportunity for meaningful conversations about the aging process and the support available to assist in the process.

“Don’t leave it to chance; don’t wait until that moment of urgency when everything seems confusing and chaotic,” advises Lynelle Mulder, *Resthaven's* Transitions Coordinator. “Talk with your parents or friends while they are physically, emotionally and mentally able to be a

constructive part of planning their long term quality of life.”

Lynelle is a nurse with 25 years of experience in helping families navigate through the pathways of life’s transitions. She is prepared to talk with seniors and their caregivers about safety at home, medical challenges that compromise independence, or perhaps memory loss. With compassion and respect, Lynelle can help those around the older adult speak candidly about aging and what forms of support exist through *Resthaven* or in the greater community.

“Let’s talk,” says Lynelle. “Let’s begin those conversations about health care and quality of life.” Lynelle can provide a consultation, free of charge, to those who anticipate needing care and support for themselves or a loved one near them.

2014 GOOD SHEPHERD AWARD RECOGNIZES Jim & Jean Cook

Recently the *Resthaven* Board of Trustees selected Jim and Jean Cook (posthumously) as the 2014 Good Shepherd Award recipients. The award is given annually to an individual or couple who exhibit, in action and spirit, qualities that promote the well-being of older adults and support their care in a way “that demonstrates the love and compassion of Jesus Christ.”

Dr. Cook was an active member of *Resthaven's* Board of Trustees from 2000-2006. He served as a professor at Western Theological Seminary and was widely recognized for his gifts of preaching, teaching, and writing. He passed away in May 2007. Jean Cook served as a dedicated partner in ministry with Jim throughout their 56 years of marriage. She served in many leadership roles in the RCA denomination, her home churches, Hope College, and Western Seminary. She passed away in March 2014.



The late James I. and Jean R. Cook

Both Jim and Jean Cook demonstrated their love for and care of seniors throughout their lives. In 2012, *Resthaven* dedicated its new chapel at the *Care & Rehabilitation Center* to the Cooks, naming it the James I. & Jean Cook Chapel. They were generous contributors of time and resources to *Resthaven* and its mission.

The Cooks truly were “good shepherds,” living their lives to serve others.



Dan Mutschler RECEIVES THE NATIONAL VOLUNTEER SERVICE AWARD

*Charles Vander Broek, Resthaven's President/
CEO, Dan Mutschler, Debbie Driza,
Resthaven's Volunteer Coordinator*

BOARD PROFILE

Scott Patchin

Beginning his second year as chair of the *Resthaven* Board of Trustees, Scott Patchin is passionate about the care and nurturing of older adults. He recalls the attention his family gave to his grandparents as they aged, and he is now providing to his parents. When he left a local manufacturing company to begin his own business, he determined it was also time to give back to his community. When asked to serve on the *Resthaven* Board, he knew *Resthaven's* mission was aligned with his values and his interest in playing a part in preserving the dignity of seniors.

Scott grew up in Midland, Michigan, and attended Michigan Technological University followed by a graduate program at the University of Illinois/Chicago. He worked in computer programming and developed a keen interest in leadership development, both within organizations and with individuals. He now operates a consulting company, the TruGroup, and serves as a leadership “coach” for many corporations and individuals within them.

As a member of *Resthaven's* volunteer community board, Scott quickly stepped up to a leadership position. “I truly



Scott Patchin, Chair of the Resthaven Board of Trustees

enjoy working with the other members of *Resthaven's* Board and with its Leadership Team,” says Scott. “But what I really cherish is attending *Resthaven* events or visiting its residences to witness the impact of Board and staff activities or decisions.”

Scott’s wife, Jenny, is a nurse at the Helen DeVos Children’s Hospital in Grand Rapids. The Patchins have four children, ranging from college sophomore to sixth grade.

“I want to do what I can do for *Resthaven* to continue its long legacy of holistic care for seniors,” says Scott. “I hope to look back someday on this time of my service with the satisfaction that I and the other Board members helped to make a strong organization even stronger.”

The U.S. President’s Volunteer Service Award recognizes residents of the United States who demonstrate lives of service, inspire others, and make a difference in the communities in which they live. This spring, *Resthaven* volunteer Dan Mutschler was honored with the award for his eight years of volunteer service, representing over 2500 hours of time with our residents.

“Residents, staff, and even residents’

families truly look forward to Dan’s weekly visits,” says Debbie Driza. “He specializes in balloon art, card tricks, table pool, or just a listening ear ready and willing to spend time with seniors.”

When asked what he loves most about *Resthaven* and what keeps him coming back each week, he simply says, “It’s a lot of fun to share my entertaining skills and just see the smiles they bring.”



Karri Ouwerkerk, Home Assistant, Home Care by Resthaven

EMPLOYEE PROFILE

Karri Ouwerkerk

It takes a special person to begin each day by providing assistance to a home-bound senior, traveling to the homes of two or three other clients to provide care and companionship, and finishing the day by preparing a senior for bed and lovingly “tucking them in.” This is the profession and avocation chosen by Home Assistant Karri Ouwerkerk, who joyfully works for *Home Care by Resthaven*.

“I see my role as one to help an aging client maintain dignity and as much independence as possible,” say Karri. “I’m empathetic but also determined to sustain a spirit of self-worth and significance in the clients I serve.”

“Karri is an extraordinary caregiver,” says Doug and Deb DeLeeuw from Maple Grove, Minnesota, whose mother is a resident of *Resthaven’s Maple Woods*.

“The personal interest and attention she gives our mother provides us with great confidence and trust that mom is cared for, and cared for well.”

Karri worked 31 years for manufacturing companies before making the transition to home care. Taking care of her aging parents, which she continues to do in addition to her time at *Resthaven*, convinced her she had the talent and the patience to care for seniors. Over her four years with *Resthaven*, Karri has served 63 clients with a total of 3,772 visits to their homes.

“I love working for *Resthaven*,” says Karri. “I’m treated as a professional not as a line worker. My co-workers in *Home Care* listen to me, and take my observations and recommendations seriously. *Home Care by Resthaven* is a wonderful team, and I’m pleased to be one of the players.”



Residents, volunteers, and staff serve as hosts for the opening tea

“Downton Abbey” Comes to *The Warm Friend*

When a *Warm Friend* couple suggested viewing the series “Downton Abbey” as a group activity, no one anticipated it would become a long-running program of great interest and conversation.

“Downton Abbey” is a British period drama series first aired in 2010 in Great Britain, then on Masterpiece PBS in the U.S. in 2011. There are four “seasons” on DVD, with a fifth available soon. The series is set in the fictional Downton Abbey country house and follows the lives of the Crawley family from 1912 to 1923... so far.

“Residents gather twice, sometimes three times a week to watch the series,” says Gayla Hoekwater, Life Enrichment

Coordinator. “When it was suggested that we each watch the series on our own televisions, the response was: We want to watch it together.”

To introduce the series, Gayla and volunteers planned a British-style tea. Residents brought tea sets, many of which had been in their families for generations. The dining services staff prepared scones and clotted cream, served by appropriately costumed characters.

In the fall when Season Five begins, you can anticipate a full house of *Warm Friend* residents continuing to follow the lives of the Crawley family as another chapter of history unfolds.



A Visit to the Good Shepherd Home

Shannon March, Unit Director of the Good Shepherd Home, and Rebecca Reed, Resthaven's Dementia Coordinator, welcoming visitors.

“*Resthaven* was one of the first senior care communities in all of West Michigan to recognize the kind of environment and staff needed to care for residents with dementia, including Alzheimer’s Disease, in a safe and compassionate manner. We also recognized our mission demanded we maintain the dignity and identity of those we serve,” says Charlie Vander Broek, *Resthaven’s* President/CEO.

In June of 1996, *Resthaven* opened the *Good Shepherd Home*, a specialized dementia community for 40 residents. Created as much like “home” as possible and offering private rooms, a beautiful atrium, and special programming for those with memory loss, the home continues to provide state-of-the-art care and life enrichment activities for those experiencing dementia.

The *Good Shepherd Home* consists of two adjoining households, David’s House and Rachel’s House, each with its own kitchen, dining room, living room, and community space. In addition to the *Good Shepherd Home*, *Resthaven* provides dementia care in other areas of the *Care Center*, known as *Jacob’s Cottage*, in the memory care area

of *Maple Woods*, and in seniors’ homes through *Home Care by Resthaven*.

Rebecca Reed, Dementia Coordinator, and Shannon March, *Good Shepherd Home* Unit Coordinator, recently received certification as Dementia Practitioners and have a combined tenure at *Resthaven* of 28 years. When asked what they feel makes *Resthaven’s* care program most distinctive, they indicated:

- *Resthaven* provides care and activities appropriate for residents at each stage of dementia, bringing joy and meaning to their lives
- *Resthaven* is committed to educating staff, families and community members in understanding the behaviors and needs of those with dementia
- *Resthaven’s* staff is dedicated to caring for those with dementia, with many serving for decades.

As the senior population continues to grow, so does the number of those experiencing various levels and forms of dementia. *Resthaven* continues to stand out as a leading provider of dementia care throughout West Michigan.



Estate Gifts... GIFTS THAT KEEP ON GIVING.

Each year, *Resthaven* receives charitable contributions as gifts or memorials from over 600 individuals or families. These contributions are critical for *Resthaven* to continue to provide the quality care and life enrichment for all its residents, including those with limited financial resources.

However, when *Resthaven* receives a planned gift, designated from one's estate plan, it provides resources that can be invested to generate annual dividends in perpetuity. This income can be an annual gift for operational needs or provide needed funds for a special project or program.

Mr. Adrian VandenBosch, a long-time friend of *Resthaven* who died in 1991, established a trust that paid income to *Resthaven* and several other organizations for a twenty year period, after which the principle of the trust would be distributed to each of those organizations. When *Resthaven* received the trust principle a portion was added to the *Resthaven* Endowment Fund, held by the Community Foundation of Holland/Zeeland, which will continue to generate

a gift each year... in perpetuity.

More recently, *Resthaven* received notification of an estate gift by Betty D. Cook, a long-time *Resthaven* volunteer and active community member. Betty's gift reflects her interest in and love for *Resthaven* and its mission.

Those who establish *Resthaven* as a beneficiary of their estates, in wills or trusts, are given membership to *Resthaven's* Founders Circle. Dr. Vern and Lois (Hinkamp) Boersma are members and take great pride in their long affiliation with *Resthaven*. "We continue to be impressed with the many ways *Resthaven* remains faithful to its mission, and we want to support its legacy of care far into the future," says Lois.

Designating *Resthaven* as a recipient of a percentage or specified amount of your estate is a relatively simple process, and should be coordinated with your financial advisor and/or estate attorney. If you need more information, or would like to discuss the process, please contact Glenn Lowe, *Resthaven's* Director of Development, at 616-796-3510.

Recent *Resthaven* Events



***Boersma Cottage* Residents Enjoy “Day at the Farm”**

Animals from the Critter Barn visited the *Boersma Cottage*, followed by a special cookout and a celebration of resident Jay Janssen’s 94th birthday.

***Warm Friend* Resident Harold DeRoo Conducts Tulip Time Tours**



After the week of Tulip Time festivities and the departure of hundreds of tourists, Harold DeRoo conducted personalized bus tours for residents of both *Maple Woods* and *The Warm Friend*.

LEADERSHIP:

Charles Vander Broek, President & C.E.O.
Taryn Bradtmueller, Director of *Home Care by Resthaven*
Susan DeJong, Director of *The Warm Friend*
Bev Donahue, Director of Finance
Nancy Frens, Director of *Maple Woods*
Barbara Huls, Director of Human Resources
Mike Jalacki, Administrator of *Resthaven Care Center*
Glenn Lowe, Director of Development

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If you choose not to receive this newsletter in the future, please call (616)796-3510 or email info@resthaven.org. Thank you!

Resthaven Care Community

9 E. 8th Street, Holland, MI 49423 • (616) 796-3500 • www.resthaven.org

*The Warm Friend • Resthaven Maple Woods • Home Care by Resthaven
Resthaven Care Center • Good Shepherd Home • Resthaven Memory Care
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