

Faithfully Focused

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Resthaven
faithfully caring.



We are grateful to have a team of staff who show up and give of themselves for the residents.

Cover photo: The first residents of The River Place: Welcome Vern and LaNell! We are so glad you are here!

Dear Friends of Resthaven,

Over the last several months Resthaven has had the opportunity to share parts of our story in multiple ways. We have spoken at conferences in Atlanta, GA, Greenville, SC, and Washington, DC. We have had articles written in *Senior Living News*, *MLive*, and *The Holland Sentinel*. We've had TV appearances on WZZM and WoodTV's *Eight West*. It's an honor to continue to be asked to share our story, the work we have been doing and the work we plan to do into the future.

Resthaven's new projects, The Farmstead and The River Place, will help us serve a growing population of seniors entering their retirement years. While we are excited to expand in this way, we know that Resthaven's appeal is firmly rooted in our mission as a faith-based not-for-profit that provides quality care and services. Being able to care for people even if they cannot always afford the care they need and deserve is part of why we exist. New projects will be successful because of the dedicated team members who have been faithfully caring at Resthaven over the last 77 years.

We recently completed an employee survey and hosted several Learning Circles to hear directly from our staff why they come to work each day, what keeps them working at Resthaven, and how we can meet their needs as employers. Without fail, the immediate and consistent response was "the residents." Our staff love those that they serve. They know the impact they have on the seniors that call Resthaven home and the families that trust us to care for their loved ones.

We are grateful to have a team of staff who show up and give of themselves for the residents.

We are advocating for better reimbursement from the Center for Medicare and Medicaid Services so that we can pay our team members appropriately. We are also advocating for resources to purchase updated equipment. We are applying for grants to fund additional education for staff and retention of team members. We have become a training site for caregivers in our area so that we can help grow the workforce needed today and in the future.

Resthaven is growing, but perhaps even more importantly Resthaven is staying the same. We have the same mission. We have the same passion. We have the same responsibility to each resident. We have the same joy in caring for the seniors in our community. And we have the same commitment to implementing best practice.

Your support has been invaluable to us over the years. We continue to rely on your generosity as we serve older adults in our community. Thank you for remembering Resthaven in your prayers and in your giving.

Deedre Vriesman
President/CEO



Resthaven's current and past board members attend an opening reception for The River Place.

BOARD OF TRUSTEES

Resthaven's Board of Trustees is a dedicated group of community volunteers who share their expertise in a variety of areas.

- Nate Baumann
- Bob Carlson
- Doug DeLeeuw
- Kaitlin DeMaagd
- Barb Kleinheksel
- David Lutz
- P. Haans Mulder
- Annie Sterken
- Kevin VanderKlok
- Pam VanPutten



Our Mission

To glorify God by providing a continuum of quality care and services that demonstrates the love and compassion of Jesus Christ.

Faithfully Caring for Today.

Resthaven is a community-based organization that stands upon the tradition and commitments of those who have gone before us. Our story begins when a group of people asked the question: how do we help those that have helped us?

In particular, what does it mean to care for older adults in such a way that they receive the care they want, need, and deserve? The way we as a community answer mattered in 1945, and it matters today.

Over the past 77 years, individuals have had the opportunity to respond to this question to meet the needs of the moment in which they found themselves. Each generation called upon the community to develop a team, raise support, build a building, or create new programs. All this was done because the mission of Resthaven matters, in the past, for today, and into tomorrow.

Looking forward and recognizing that Resthaven is again growing to meet the needs of seniors in Holland, our current leadership team sensed it was time to reflect on what the call of our mission means for today.

How do we articulate how we live into this mission together as a team? As a community? What does it mean to faithfully care today?

The result of these and many more questions was the development of Resthaven's Core Values. Core Values describe what it means to faithfully live into our mission today and for future years of serving our meaningful purpose.

Over the next year, our staff and leadership team will be focused on bringing these values to life in the people we care for, the colleagues we work with each day, and the community we serve.

Resthaven is more than buildings, more than a health care provider, and more than a place to work. It is community driven by its mission to faithfully care for people and a community. We look forward to the ways we will seek to live our Core Values and continue the story and mission of Resthaven.



We believe these Core Values will shape the way we seek to live and work together in big and small ways. Our Core Values are:

HOLD THE DOOR

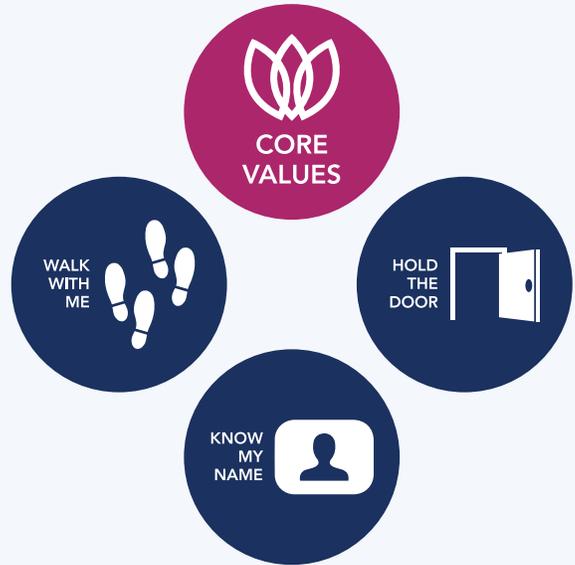
Commitment, Service, Patience, Hospitality, The Extra Step

KNOW MY NAME

People First, Respect, Whole Person, Dignity, Belonging, Active Listening

WALK WITH ME

Relationships, Communication, Community, Partnership, Learning Together



The Warm Friend residents on an ice cream outing.



Growing with Purpose.

The River Place, a new independent living community for older adults, officially opened in March on the corner of 9th and River in downtown Holland. We also plan to break ground on The Farmstead, an independent and assisted living campus, in the coming months with a planned opening in early 2024. Growth, momentum, and the need for quality care and services continue to define our present and future opportunities.

Above: River Place residents Terry and Ruth Hofmeyer enjoying The River Place.

Right: The Farmstead Independent Living apartment building.

What does this mean for Resthaven?

It means that the need for our mission and work with and for seniors continues to increase in our community and beyond. A statistic we often reference at Resthaven is this: 10,000 people a day in America turn 65. The baby boomer generation, born between 1946 and 1964, is the second largest generation in our country. When you dig into the numbers, no matter how you interpret the data, the story we know is that the need to care for older adults is going to increase, and not slowly over time but at an exponential rate.

In Michigan, it has been predicted that the number of people with Alzheimer's alone will increase by nearly 16% from 2020 to 2025.

At Resthaven, we are working hard to meet the current needs of today and planning for the needs of tomorrow. We are focused on innovative ways to resource our vision to faithfully care for seniors so that they receive the care they want, need, and deserve.



Above: The Farmstead apartments.



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At Resthaven, we are working hard to meet the current needs of today and planning for the needs of tomorrow.

1. The Farmstead dining room.
2. The River Place lounge.
3. The Brower apartment flex room.
4. The Farmstead cafe.



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Today we provide a continuum of care and services that begins with Independent Living (The Warm Friend and The River Place), then transitions to Assisted Living (Maple Woods), and then Short-Term Rehab and Skilled Nursing (The Care Center).

Each program meets different needs of seniors in different and necessary ways. With the opening of The River Place, we are intentionally growing our Independent Living program to be able to serve the next generation of seniors.

The effort to increase our Independent Living campuses is twofold: First, it presents the opportunity to provide better overall care and quality of life for older adults as they age in place with the right kind of environment; physically, emotionally, and spiritually. Research shows that if older adults are in an environment that is designed to meet their needs as they age, their overall quality of life and well-being has a greater potential to be meaningful and intentional.

Second, the number of older adults in our community is projected to increase significantly over the next decade. Our emphasis on independent living is one of our strategies to prepare for the anticipated needs of older adults in our community.

We know that financial questions often drive how seniors get the care and services they need, and we want to be ready for what is coming. The emphasis on independent living will help Resthaven be financially sound as we move forward because it increases the number of adults we are able to serve. Our new communities will model the mission of our history and will seek to take care of the new generations Resthaven is called to serve.



Left: The Farmstead Independent Living apartment.

Top Right: The Farmstead Clubhouse.

Right: The Community Room at The River Place is a great place to socialize.



From the Pastor's Desk.

Recently, the leadership at Resthaven has been talking about intentionally teaching and modeling our Core Values. These values have grown out of observation and conversation with staff and residents at Resthaven. Naturally, these values are already happening in the day-to-day life of the folks here. I have carried one of these values with me for many years. To explain how important it has become for me, I have to give you a little history.

I once had a Sunday School teacher who was terrible at remembering names. Almost every time we would come on Sunday morning, he would forget someone's name and say, "I'm just no good at remembering names." As a young man growing into ministry, I took this saying and stuck it in my back pocket. For years, I had internalized and absorbed his reality, saying, "I am no good at remembering names." What I discovered, however, was that this was a lie.

In truth, the problem wasn't remembering names; it was having a good strategy for remembering names. In my previous position as a chaplain in a large hospital, remembering names became "my thing." I would meet someone and write their name down in my book with a snippet of info about them to remember them by. This was especially challenging during this pandemic, as I came to know people by their eyes and mannerisms.



Before long, I had folks saying, "I'm really thankful you took the time to know my name."

During my first six months here at Resthaven, I have done my best to learn and remember people's names. And the thing about learning names is you get to know people's stories.

In learning a name, I have walked with so many folks and learned their stories.

These stories inform our lives—they shape and mold us. Knowing a name is knowing a person, and the connection is deep and revelatory.

A name is connected to a soul, and that soul has so much to tell me about what it is to be that person.

So, when I hear from residents "I am so surprised you know everyone's name!" I smile and say thank you. I may not remember all the names all the time, but I want to know your name and your story. So, if I haven't met you yet, don't be surprised if I take a few notes when we meet for the first time.

Rev. Sean Jarchow
Chaplain, Maple Woods and
The Warm Friend

Schouten Legacy.

Resthaven benefits from a long-standing tradition and history of giving back in our community.

One of the ways we benefit from that history today is through a wonderful donor who remembered Resthaven in her estate. A teacher for 43 years, Elizabeth (Bess) Schouten earmarked these funds to be used for “the social, recreational, and educational needs of the residents of Resthaven.” With this gift, a special endowment fund was created at the Community Foundation of Holland and Zeeland. The Life Enrichment Team at Resthaven assesses our current needs and opportunities, and then creatively imagines ways we can amplify resident experiences. Our leadership team recently approved using funds from the Schouten Grant to improve the Atrium at The Care Center.

The Care Center is home to those who require specialized dementia care. The Atrium is a vital part of that space and is used for gatherings, holiday parties, and as a quiet place for families to meet with their loved ones. The Atrium is a large room, and our team recognized that, due to lack of sound absorption, there was an echo occurring in the room, often making sound muffled or unclear.

Dementia greatly affects the language and auditory processes of our brain, impairing one’s ability to distinguish between different sounds, to tune out unwanted noise in the environment, and to clearly hear and understand the words being spoken. With funds from the Schouten Grant we were able to add sound-absorbing items such as plants, throw pillows, and blankets, which made the space more homelike, cozy, and enjoyable.

We are so thankful for the Schouten Grant, put in place because of Bess’ wishes over two decades ago, continuing to improve our residents’ lives. It truly is a gift that keeps giving by providing meaningful resources that sustain Resthaven’s mission and work.

As you and your family engage in estate planning, please consider how you might support the needs of Resthaven residents through your will or your trust.

For more information please call Seth Weener, Chief Financial Officer at 616.796.3504.

Below: The Atrium at The Care Center.

Char and Bill Reicks at The Care Center.



We are so thankful for the Schouten Grant, put in place because of Bess’ wishes over two decades ago, continuing to improve our residents’ lives.

We All Cover for Each Other.

“We all cover for each other.” These are the words of Barb VanHuis, one of our Clinical Nursing Managers at Resthaven who also serves as our MDS (Minimum Data Set) Coordinator. One of the reasons she loves working at Resthaven is the team she gets to work with. They not only provide amazing care for residents but also care for and cover for each other.

Barb grew up in Holland and always wanted to be a nurse; in many ways she was following in the footsteps of family members who served in the profession. Her history with Resthaven began the summer after high school when she became a caregiver and worked as a CNA (Certified Nursing Assistant) at The Care Center, and then continued to work each summer while studying in Hope College’s nursing program.

After finishing nursing school, she and her husband moved to Georgia for a time before finding their way back to Michigan where they have raised 6 children together.

In 2011 Barb saw an advertisement in *The Holland Sentinel* about a hiring fair and when she walked in, a nurse who she had worked with a number of years prior greeted her by name.

She then joined the nursing team and has served in a variety of different roles. Not only has Barb been part of the staff, she has also experienced what it is like to have family members cared for by our team. Her uncle lived at Resthaven for 11 years and her mother was also a patient in our rehab center.

For Barb, Resthaven is more than a place of work; it’s a place about relationships, community, and meaningful care.

In 2019, Barb took a new position with another health care provider, but came back to Resthaven in the spring of 2020. When asked about this time of transition, she said she learned so much about why she is committed to the mission and people of Resthaven. In her time with Resthaven she has been supported in receiving credentials and certifications that both improve the care we provide and advance her gifts and skillset.

We are so thankful to have Barb as part of the Clinical Nursing team at Resthaven because she fully lives our commitment to provide a continuum of care that demonstrates the love and compassion of Christ.



Barb VanHuis
Clinical Nursing Manager

What is a Minimum Data Set? (MDS)

Minimum Data Set (MDS) Defined: A Minimum Data Set is a standardized primary screening and assessment tool of health status that forms the foundation of the comprehensive assessment for all residents of long-term care facilities certified to participate in Medicare or Medicaid. This essential work provides required reporting for eligibility, enabling care and services for many residents.

Keep the momentum going.

Providing opportunities for life enrichment for all residents requires the support of our community. As a non-profit, we are dedicated to ensuring quality of life for all residents. Consider a donation today to join our mission of providing a true home and a vibrant life to those in our care.

\$3,000

Support Benevolent Care for one resident per month at The Care Center.

\$1,000

Support Benevolent Care for one resident per month at our Maple Woods campus.

\$100–500

Supports out expansion of the Pastoral Care program.

Donate online at: resthaven.org/help-us-serve

Donate by check

Please send checks made out to “Resthaven” to:

Resthaven
948 Washington Avenue
Holland, MI 49423

Did you know you can donate stock? Give through a Donor-Advised Fund to Resthaven at resthaven.org/help-us-serve

Your gift helps support:



Benevolent Care

Your gift supports care to residents even when longevity or level of care required exceeds financial capabilities.



Sustainability and Growth

Your donation can help us provide quality activities, events, and outings that focus on bringing joy to our residents' days.



Pastoral Care

With your generous contribution, we're able to honor our mission, supporting residents and their families in their faith and through life's transitions.

Resthaven
948 Washington Avenue
Holland, MI 49423



NOT JUST CLOSE TO IT ALL. PART OF IT ALL.

With only 21 units, The River Place by Resthaven is close-knit by design, to give you a real sense of community. Reserved especially for independent seniors, this new apartment residence and Life Plan Community is close to all your favorite shops and restaurants.

Learn more at: the-river-place.org

