

Faithfully Focused

A Quarterly Publication



Fall 2022
Issue 16


Resthaven
faithfully caring.



While we've focused more on Resthaven's future this year, we also continue to be diligent in our commitment to who Resthaven is, why we are here, and what we are called to do.

Cover photo:
Sunrise at The River Place
in downtown Holland.

Dear Friends of Resthaven,

As I reflect on the past year, I'm pleased that it feels like Resthaven is finally in a post-pandemic state. We still have occasional outbreaks, but we have the tools, resources, and knowledge to manage them and mitigate the spread. Praise God for that! This has given us back the gift of time, and we're now able to turn our focus back to some of the projects that were either put on hold or not given the attention we had originally intended.

In 2022, Resthaven has been able to welcome the entire community back into our homes. Our chaplains gather with residents for Bible Studies and Chapel Services. Our Recreational Therapists and Life Enrichment Coordinators plan off-site events for the residents and host group activities in gathering spaces, rather than from their doorways or in hallways. Our residents eat together in the dining rooms, instead of alone in their rooms. It has been so good to be in fellowship together once again. We see the positive impact this has on the well-being of our residents and our staff.

While life at Resthaven has largely returned to normal, we are also moving forward. In March, The River Place opened its doors to the first residents, who have already developed community with one another. In August, after more than three years of planning, Resthaven broke ground on The Farmstead. We have spent time advocating with the Michigan legislature for more resources and services for seniors, and for our dedicated team members who care for them. We have implemented new practices and evidenced-based treatment models.

We've completed nearly \$1.5 million in capital improvement projects to ensure our buildings are comfortable for our residents, and we have the equipment and technology needed to care for seniors at many different stages.

While we've focused more on Resthaven's future this year, we also continue to be diligent in our commitment to who Resthaven is, why we are here, and what we are called to do. Resthaven's mission "to demonstrate the love and compassion of Jesus Christ by serving, supporting, and enriching the lives of all those in our care," remains at our core. That led us to roll out our updated values: **Know My Name, Hold the Door, Walk With Me.** We are excited to see how our renewed focus on our mission will impact our staff and the residents who call Resthaven home.

We are thankful for your financial support as we continue to strive to meet the needs of each resident, most of whom receive benevolent support. All seniors deserve quality care even when they have outlived their resources. Your generosity allows us to provide this. The need for quality care, financial support, and enhanced services for seniors persists year after year, since we were first called to serve 77 years ago. Please consider helping us answer that call through your financial gifts and prayers.

With gratitude,

Deedre Vriesman
President/CEO



Maple Woods Cottage residents enjoyed a visit from the Humane Society of West Michigan and a day out on the Star of Saugatuck.

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
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Our Mission

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

Resident Centenarian and Benevolent Care Recipient Spreads Joy at Resthaven

Resthaven has had the incredible joy of celebrating many residents who joined the Century Club over the years, and Maxine is another Resthaven resident who will hit 100 years old next month. When asked how she feels about the big milestone approaching, her response was, **"It doesn't seem any different than turning fifty!"** followed by a large grin and a laugh. Maxine has a contagiously positive attitude about life, eagerness to continue to experience new things, and an incredible love for those around her.

Maxine is a true born-and-raised Hollander. Some of you may have shopped at her parents' IGA grocery store on the corner of 14th Street and Columbia once upon a time. Maxine grew up above the store, walking down those few steps to work at the front counter after school, on weekends, and during school breaks. She accredits her love of people to her days working in the store, and some of her favorite memories took place there. She and her sister, Joyce, also enjoyed singing and playing brass instruments. They performed at many West Michigan churches and recorded some of their music on vinyl records with Sacred Custom Records. Maxine proudly displays her record and record cover in her room at Resthaven, and it is the perfect conversation starter for Maxine when talking with new visitors, residents, and staff alike.

Maxine has called Resthaven home for eight years. She is one of the first people who will welcome you with a smile and warm greeting when you enter the home in which she lives.



Resthaven is honored to serve and support Maxine, and celebrate such a significant milestone with her. Happy 100th Birthday, Maxine!

Her fellow residents, and the staff who care for her, have become like family. Kelsey, a Resthaven team member, expressed her gratitude for being able to work with Maxine: “She lights up the room when she enters!”

Maxine enjoys living at Resthaven for many reasons. When initially asked, she shared her favorite thing about Resthaven was, “I don’t have to cook anymore.” Again, her comment was followed by a big smile and a laugh. She continued by mentioning that her mother was a wonderful cook, and that she wasn’t sure why she herself never was, or why she never enjoyed the art of cooking as much as her mother did. Maxine never misses the opportunity to tell a story or reminisce about her life.

Through stories and further conversation, it is clear that the fellowship she shares with others, the engagement opportunities that are offered, and the safety that she feels all make Resthaven a happy home for Maxine.

Family member, Luanne Mersman says, “I am very happy with the care Resthaven has given Maxine—and she has been very happy there as well. Everyone is so kind and caring. It is a GREAT place to have your loved one!”

Whether it’s hosting visitors from local elementary schools or visiting with her own five grandchildren and 14 great-grandchildren, Maxine’s greatest joy is spreading love and kindness to younger generations. She is quick to offer words of encouragement, make a joke, or give a warm hug. Maxine keeps up with the children in her life with ease, despite the many years of life between them. Maxine is certainly a gift to those around her; we are blessed that she calls Resthaven home.



Here We Grow!

Too often we neglect to take time to commemorate the milestone moments in our lives, careers, churches and communities. It is important, however, to pause and reflect on what God is doing in our midst and how He has helped lead us in the accomplishments and progress we make. An organization like Resthaven has over 75 years of support, and we find it important to mark special occasions as they come.

In August, after more than three years of planning, Resthaven broke ground on The Farmstead. Resthaven's Leadership Forum group spent time on the property praying over the future residents we will serve and the staff who will work there. We also hosted a small groundbreaking ceremony. We were honored to have board members who have been involved in the project, as well as retired Resthaven leaders who helped support the early stages of the project join us. Many of our partners came out to support us as well, including EV Construction, Macatawa Bank, Old National Bank, HJ Sims, and Wit & Craft. We are grateful that Mayor Nathan Bocks and City Manager Keith Van Beek were also with us.

Resthaven is excited to grow to meet our community's needs, and for the high level of interest we have received for The Farmstead.

More than 94% of the independent living units are already reserved. In September, those who have made a reservation at the Farmstead were invited to gather with us and their fellow future neighbors for social hour. It has been a gift to see future residents getting to know each other, building relationships, offering feedback, and celebrating with us along the way.

In the midst of the busyness, it is good to take time to pause and acknowledge the exciting work and progress that is being done. We have much to rejoice in!



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Artist renderings of The Farmstead independent living apartments.

THE
FARMSTEAD
by RESTHAVEN



Top:
Resthaven's Leadership
team breaking ground.

Above:
Deedre gives comments
during the ceremony.

Right:
Resthaven's Leadership
Forum prays at the new
Farmstead grounds.



Identifying Our Community Impact by the Numbers.

At Resthaven, we regularly take the pulse of our progress and accomplishments to ensure we're living up to the standards we hold to ourselves and those of our donors, residents, families, and neighbors. Here's how we currently measure up:

400

Staff Members

703

Residents Served



5-Star Facility

\$2.5M

in Benevolent Support Provided

\$1.1M

in Building Upgrades and Technology Costs

91.3%

Average 2022 Occupancy





From the Chaplain's Desk.

I have been a chaplain with Resthaven for just over a year now, and I've been privileged to meet incredible people, both staff members and the residents who call Resthaven home. I've also had the opportunity to see firsthand how Resthaven cares for the whole person: physically, mentally, and spiritually. With Leigh Boelkins VanKempen's retirement at the end of September, I transitioned to Director of Spiritual Care at Resthaven. I recognize the significant impact that Leigh has had on thousands of residents and their families over the last 22 years. Resthaven will continue to build upon that strong foundation while creating new partnerships and growing the Spiritual Care program. I am excited for the opportunity to lead Resthaven in this way, but I would never have gotten here without completing Clinical Pastoral Education (CPE).

CPE is the primary educational program for Chaplains to learn their craft and is the standard requirement for chaplaincy. To qualify for CPE, one must have a master's degree in Theology and demonstrate a desire to learn about providing spiritual care in a clinical setting. CPE students desiring to be chaplains in a setting like Resthaven must complete 1,200 hours of clinical chaplaincy work and 400 hours of educational instruction. Throughout the program, CPE students must continuously demonstrate competency of specific learning objectives.



I am proud to say that Resthaven has partnered with Pine Rest Christian Mental Health's CPE program to welcome a CPE intern to Resthaven through March 2023. Pine Rest is the leading CPE program in West Michigan. We are excited to have Brett Busch, a student at Western Seminary, join us as a chaplain intern through the Pine Rest program. Brett has already been serving Resthaven as a volunteer minister at The Warm Friend, and we are excited that he was willing to continue his formal education with Resthaven with our new partnership with Pine Rest.

We have two primary reasons for becoming a CPE ministry site. First, as Resthaven grows, the need for spiritual care is growing as well. Many of our residents no longer have a church they call home, have moved

away from their home church, or have never been connected to a faith tradition. Chaplains become experts in providing care to a wide variety of people, helping them connect to the things that give their lives meaning, purpose, and value. Second, by welcoming a CPE intern, Resthaven advances our mission of faithfully caring for our elders by training a new generation to do the same.

I am so grateful to those who support Resthaven and the priority of caring for the whole person. Resthaven's commitment to our mission allows us to care for the spiritual needs of our residents, which sets us apart from other senior living communities. We are committed to providing the best care possible for our elders both now and into the future.

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 our 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

