

Faithfully Focused

A Quarterly Publication



Winter 2023
Issue 17


Resthaven
faithfully caring.



Our Board members take the time to truly know Resthaven, its history, and how the organization has touched so many individuals and families in its nearly 80 years of operation.

Dear Friends of Resthaven,

Resthaven's not-for-profit status reflects our commitment to investing in our community, the people we serve, and our team members. Our Board of Trustees' leadership is exceptionally important for organizations like ours, as they're charged with making strategic decisions that ensure the best outcomes for all involved. Their main responsibility is to uphold Resthaven's mission, "To glorify God by providing a continuum of quality care and services that demonstrate the love and compassion of Jesus Christ," as the principle guiding how decisions are made.

Our Board also has a fiduciary responsibility to ensure that Resthaven's resources are used for the good of the organization overall. During the five years I have been with Resthaven, I have observed them working diligently to discern how best to approach opportunities and decisions, while keeping our mission at the core. They are a great example of our values in action: **Know My Name, Walk With Me, Hold The Door.**

Our Board members take the time to truly know Resthaven, its history, and how the organization has touched so many individuals and families in its nearly 80 years in operation. They have walked alongside Resthaven in difficult and joyous times. They support our leaders and team members through prayer and words of encouragement.

I asked several of our current and past board members why they serve. These are volunteer positions for which they receive no payment, and yet they dedicate their time, resources, energy, and expertise for Resthaven. In their words, I hear our mission and values clearly:

"I chose to serve on the board out of gratitude for the care my great grandmother received at Resthaven. I continue to serve because I strongly believe Resthaven is a valuable resource for the Holland community and I have great respect for the Resthaven team and the healthcare services they provide to seniors in the continuum."
– Kaitlin DeMaagd

"Resthaven has been part of my life for as long as I can remember. I have seen first-hand the difference that the staff of Resthaven can make in providing compassionate care for - both in the care given to my mom from 2005 - 2015, and now in the care my mother-in-law is receiving as a Janssen Cottage resident. It's an honor to be able to serve the community as a member of the Resthaven Board."
– Doug DeLeeuw

"It's a very meaningful opportunity to give back to our community, especially to those seniors who supported my generation as we navigated through our early lives. Along with parents, teachers, and friends, we owe so much to our senior citizens who helped shape our communities." – Rick Zweering

We are extremely grateful to have current and past Board members who are committed to the work we're doing now and in the years to come. And, I am grateful for you—our supporters, families, partners, and team members—who help provide resources and expertise as we continue to determine how best to care for the residents who call Resthaven home.

Deedre Vriesman

Deedre Vriesman
President/CEO

Cover photo:
Residents of The River Place gather in the community room.



Above:
Daily life at our Resthaven residences.

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.

Wisdom and Experiences from Those Who Call Resthaven Home.

Janet
Morrow



Janet Morrow, a resident of The Warm Friend since 2021, starts each day with gratitude. "Every morning I put my feet on the floor and feel thankful for my home here, friends, family, and health," she says.

Janet moved to The Warm Friend after her husband passed away, and though initially she was unsure if she was ready to make a move and downsize drastically, something nudged her and, today, she sees how much it has benefitted her.

"I think it's so important to be connected; to other people and to things you're interested in."

She notes the longevity of many of her fellow residents and believes being engaged and socializing has contributed greatly to that. For Janet, this includes a special nightly ritual she has with her close friend and neighbor, Shirley.

When asked what advice she'd give to younger generations, Janet says, "Don't give up. We have to look forward with hope and look forward to being a part of something that will produce that." She also holds onto a keepsake that carries a meaningful message to her and others. It says, "It's never too late to start your life over."

Harold
Kuiper



"Cast all your cares on Him; He cares for you." A devout follower of Christ, Harold Kuiper lives by these words every day, and credits his 94 years to his faith. A resident of Maple Woods since 2022, and a native Hollander, Harold spent his whole working life at Baker Furniture where he added finishing touches to many of the pieces, including painting flowers and adding gold accents. He also owned a 90-acre farm — and still does! — which he tended to on the side. He has four children who, today, still keep an eye on the farm.

"Cast all your cares on Him; He cares for you."

At Maple Woods, Harold loves that all the pressure is taken off, which gives him more time to enjoy his life. He likes to spend his days visiting with the other residents— dining with them, praying with them, and giving them something to smile about. "You get to an age when you can't do things for yourself. It's just a blessing to be here," he says.

When talking with Harold, the conversation always returns to his strong faith. "The Lord has been so good to me and has given me great health — and I give Him all the glory," he says.

Resthaven's residences are home to a broad range of individuals who have led and continue to lead vibrant lives. Some grew up and remained in Holland all of their years, while others were drawn to the area to chase a dream, accompany a spouse, or return back to their roots. Whether newly retired or well into their golden years, fully independent or in our assisted care, our residents contribute greatly to the rich tapestry that is Resthaven.

Marilyn Sytsma



"Live every day to the fullest. Experience everything you can experience. Be inquisitive. Find a passion. And read," says Marilyn Sytsma, who resides at The River Place with her husband, Lou. Those are more than just words; she's truly embodied this wisdom throughout her life—and through all the places she and Lou have lived and visited along the way.

An avid seamstress who loves to quilt, Marilyn has three children and numerous grandchildren—with another on the way! Though she wasn't encouraged as a young woman to attend college, she desired to and eventually realized her dream, earning both an undergraduate and master's degree. Her and her husband's professional and personal pursuits have taken them all over, but eventually back to Michigan, where together they love to hike and kayak.

"If you think something sounds interesting, try it out. And, if you don't like it don't do it again."

She also reminds others that, as you age, you don't have to stop doing the things you love, though you may need to alter them a little. "Just LIVE," she says. "And if you find something you think is fun, get really excited about it!"

We took a moment to sit down with a few of our residents who were eager to open a window into their lives and share the paths that brought them to us—as well as impart the lessons they've learned and maxims that have guided their every step.

Read on to get to know them and gain a little insight.

Peter Schakel



Resthaven's Care Center is where Peter Schakel calls home, after spending his entire teaching career as an English professor at Hope College.

Though he's reluctant to pass on any words of wisdom, Peter does believe that following your dreams and pursuing your interests will provide the kind of fulfillment he enjoyed during his tenure.

Peter attended Central College in Pella, Iowa, and obtained his PhD at the University of Wisconsin-Madison. In 1969, he moved to Holland, where he accepted his appointment at Hope. He feels fortunate that the timing was right and there was an opening in his specialty. And, though he had originally thought of attending seminary, he realized his true passion was English—and that he could minister to his students in his own way, through authors of faith, especially C.S. Lewis. "At Hope, I enjoyed the faculty-student interactions," Peter says. "I felt it was a place where I was growing as a Christian and where I could help shape young people's lives."

He adds, "Because I found a place and a niche that I could really enjoy and devote myself to, I was very blessed by a beautiful career."

Right:
Members of Resthaven's
Dementia team.



Embracing Advancements in Dementia Care.

As a leading provider of Senior Care in West Michigan, Resthaven has prioritized expanding and enhancing its services and offerings to meet the needs of today's seniors. With well over half a million Michiganders affected by dementia, Resthaven feels called to invest in updating our dementia homes, purchase new research-based therapeutic tools, and provide innovative training to our team members and the community at large.

At the end of 2022, Resthaven enthusiastically announced the purchase of the Tovertafel, which means "magic table" in Dutch. The Tovertafel is an interactive and stimulating game-based therapeutic tool designed for people with dementia. Research demonstrates that this innovative product increases physical activity, social interaction, and mental stimulation, while reducing apathy, negative behaviors, and restlessness. Resthaven is excited to be the first senior care community in West Michigan and only the second in the state of Michigan to utilize the Tovertafel with its residents. In just the few short months that we have had the Tovertafel, Resthaven team members have marveled at watching residents who don't often participate in activities or engagement opportunities eagerly interacting with the Tovertafel games.

This interactive device also provides a new opportunity for family members and friends to engage with residents in a new way - at a time when it can be challenging to know what to say and what to do during a visit.

In addition, Resthaven is committed to providing ongoing, innovative training to our team members and partners in the community. After much consideration of the various training programs available, Resthaven is excited about using the Virtual Dementia Tour as an additional offering.

The goal with this training experience is to build a greater understanding of what our residents with dementia are experiencing daily. The program is an experience in which participants are outfitted with tools that alter their senses while a guide asks them to complete everyday tasks, similar to what a Resthaven team member would do with a resident with dementia. The tour enables the participant to experience first-hand the challenges that someone with dementia may experience, and therefore provide better person-centered care based on that empathetic knowledge.



Above: Residents enjoy using the Tovertafel.

Aside from innovative engagement opportunities and training, the environment plays a significant role in successfully caring for residents with dementia. From the flooring and paint colors to the lighting and artwork, all aspects of cosmetic and structural updates are reviewed by Resthaven's Certified Dementia Specialists and dementia team members. This past year, we expanded the Memory Care programming at Maple Woods to include 30 apartments. The areas have been renovated to fit the safety, physical, spiritual, and activity needs of those residents, such as the addition of rummaging kits. The Atrium at the Care Center underwent renovations in 2022 to make it a more user-friendly space for our residents and their families. In this renovated space, you will now consistently see activity, such as Bible Study with Chaplain Tricia, painting, seasonal parties, musical entertainment, or a private family gathering.

Just a few steps from the Atrium, you will see a new color palette and new artwork adorning the walls in The Good Shepherd Home. We hope to continue furthering the updates to The Good Shepherd Home, which opened in 1996, as the year progresses.

Although Resthaven has two designated Memory Care homes, Maple Woods and The Good Shepherd Home at the Care Center, we care for seniors with dementia throughout our continuum. Personalized programming, specialized training, and environmental considerations are a standard at Resthaven. The call to further deepen our commitment to our dementia care programing is one way we live out our mission of faithfully caring for our residents with love and compassion each day.

Right: Resident enjoying IN2L software.

Below:
Various rummage kits available to residents & an image provided by Second Wind Virtual Dementia Training.

Below:
The Atrium of The Good Shepard Home.



Introducing Chaplain Tricia Bosma.

Over 20 years ago, Resthaven's leadership determined that a vital element of senior care at Resthaven was providing spiritual care. At that time, a single pastor was hired to serve as a chaplain to Resthaven's residents and the spiritual care department was born. Such a simple decision back then was revolutionary for senior care. Surveys reveal that only 60% of all medical facilities, including hospitals, invest in the spiritual well-being of their residents. When you ask any working chaplain how long their organization has employed chaplains, the answer is often 10 years or less. In 2021, Resthaven's ongoing dedication to the spiritual well-being of residents, coupled with organizational growth, necessitated hiring an additional chaplain. Thanks to the generosity of community members, Resthaven was able to fulfill the need.

In November 2022, I joined Resthaven's caring ranks, serving as chaplain at Resthaven's Care Center. I am thrilled to be living out my calling to ministry in the fulfillment of Resthaven's mission to glorify God by providing a continuum of quality care and services that demonstrates the love and compassion of Jesus Christ. My previous careers provided a wealth of experience and wisdom which I employ every day to live out this mission. I served for 18 years as a middle school teacher, and I have 10 years of experience in congregational ministry. The last two and a half years, I served as a chaplain for both Pine Rest and Spectrum Health.

While these experiences revealed how deep life's sorrows can be, through them I more completely developed the courage to be with people in their sorrows as well as their joyous moments. The spiritual care that I provide at the Care Center consists of meeting our residents in their joys and in their sorrows, helping them to use their faith to navigate through their experiences. This is accomplished through one-on-one visits, small groups, and worship experiences. This is work to which I feel called by God and it is an honor to be able to journey with our residents in their faith life.

My family is also an important part of my life. My husband and I have been married for 31 years and we have raised three children. Like all people we have weathered various storms which have left us with scars from heartache, fear, grief, and anguish. However, through the good times and the challenging ones, we cannot deny that God has been faithful to us and has blessed us with his comfort. While I never desire to sojourn in dark shadows or deserts, I have found gratitude for them. Because of the trials, I have graciously known the tenderness of God's comfort. Without the storm, we would not get to experience the rainbow.



Tricia Bosma
The Care Center Chaplain

I have experienced the faithfulness of God in the past; I also have learned how God has been faithful to Resthaven throughout its history. God is apt to bless us. Together then we have confidence that his faithfulness to blessing will continue in the future. I count Resthaven and my work as a chaplain as one of my blessings, and I look forward to how this work will enrich my life, the life of this organization, and the lives of those to whom I minister. Thanks be to God.

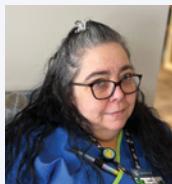
If you are ever at the Care Center, I invite you to stop by my office in the main lobby. My door is open.

Tricia Bosma

I have experienced the faithfulness of God in the past;
I also have learned how God has been faithful to Resthaven throughout its history.

In Recognition of Our Valued Staff.

Resthaven is proud to announce that 25 team members received Service Awards this year! Service Awards are presented at the beginning of each year in five-year increments.



Lesli Borden

"I appreciate Lesli's dedication and commitment to Resthaven and the residents. She views the residents as her family, and goes above and beyond to make sure that they are taken care of."

– Jill Schrotenboer,
Campus Administrator, Maple Woods

5-year

Lesli Borden
Alanna Calvo
Renee Embil
Catalina Estupinan-Renteria
Stephanie Furbush
Maria Guzman
Suzanne Lamb
AbiGayle Lee
Daniela Torres Luna
Tammy McKeever
Michael Pardon
Elijah Soerens
Lindsey Zona

10-year

Tracy Chavez
Sara Douangpangna
Heather Grossman
Kimberly Hicks
Lloyd Mitchell



Lloyd Mitchell

"Lloyd has been such a constant for Resthaven over the last 10 years and his commitment to our residents is unwavering. He has a great personality and goes the extra mile to get to know the residents and their stories. I truly enjoy working with Lloyd and appreciate all that he brings to Resthaven!"

– Abby Waldo, Administrator,
The Warm Friend & The River Place

15-year

Maryke Luke
Kristine Shumate
Ramona Vasquez



Maryke Luke

"Maryke is dedicated to making the residents' lives better every day through meaningful engagement and quality time, and she succeeds! Not a day goes by where she does not put a smile on a resident's face, all while keeping a smile of her own."

– Lillian Venema, Recreation Therapy Coordinator, The Care Center

20-year

Brandy Brown
Angie Sosnovchik
Maria Vargas
Terrie Wilber



Brandy Brown

"Brandy's kindness and dedication is evident in all that she does for her residents, and in all her interactions with her colleagues. She cares for her residents like they are her own family."

– Julie Bruce, Clinical Manager, The Care Center



In Memory of:

Laura Joy Mokma 1984-2022

While we celebrate the dedication and commitment of our team members, we also mourn the unexpected loss of one of our own. Laura worked at Resthaven's Maple Woods campus since 2015, bringing love, friendship, and dedication to countless residents and staff during her 7 years there. She cared for residents with love, patience, joy, and steadfast dedication. She was a bright light and is missed tremendously by the Resthaven family.

How You Can Support Our Mission.

Resthaven's mission is to glorify God by providing a continuum of quality care and services that demonstrates the love and compassion of Jesus Christ. To read that in the literal sense can be a bit daunting. Then I think of all the ways that our team shows the love and compassion of Jesus, and I am instantly reminded that we **do** live out our mission every day.

Our mission shows up in the selfless acts of our team members driving to pick up their colleagues in a blizzard to ensure our residents are well cared for. Our mission shows up in the unconditional love of playing the piano in the hallway outside of residents' rooms who are isolated due to illness. Our mission shows up in the patience and kindness shown through the intentional communication, actions, and cues used with our residents with dementia. Our mission shows up in the comfort of a team member holding a resident's hand during the last moments of life when her family didn't make it in time. Simply put, Resthaven is loving others like He loves us.

Join us in living out Resthaven's mission. When you volunteer your time, engage with us on social media, tell your friends about the essential work we are doing, and donate to Resthaven, you too are spreading God's extraordinary love to others and sharing your God-given gifts.

To simply say 'thank you' doesn't seem nearly enough, so please know that we are incredibly grateful for your support, and honored to be faithfully caring for seniors in our community.

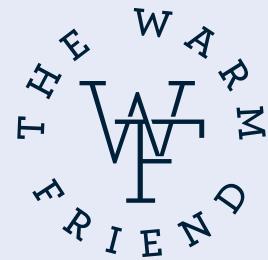
If you are interested in learning more about supporting Resthaven, we would love to connect!



Lindsey Zona
Fund Development Manager

Connect with Lindsey
lindsey.zona@resthaven.org
616-796-3512

ResthavenMI
 resthavenmi



By RESTHAVEN

Call for Stories!

We are approaching 100 years of The Warm Friend, and are looking for community members to share their personal stories and photos of the history of The Warm Friend with us.

If you have any stories or pictures of The Warm Friend when it was a hotel or tavern, or the early days of Resthaven's purchase of the building, we'd love to connect!

Please reach out to Lindsey Zona to share your Warm Friend history.



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

Support our expansion of the Pastoral Care program.

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.

Ways to donate

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

Donate stock through a Donor-Advised Fund at:

resthaven.org/help-us-serve

Have you graciously included Resthaven as a beneficiary in your estate or trust? Let us know so we can welcome you to our Legacy Club!

Donate by Venmo at:

@resthaven-mi



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.

Maintain the lively and active lifestyle you've always loved—but without all the hassles of home ownership—at The River Place by Resthaven. Set amid the energy of downtown Holland, this modern, independent living campus is close to shops, restaurants, and entertainment.

Learn more at: the-river-place.org

