

# Declare Your Independence.

INDEPENDENT LIVING BY RESTHAVEN

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# Rooted in History. Focused on the Future.

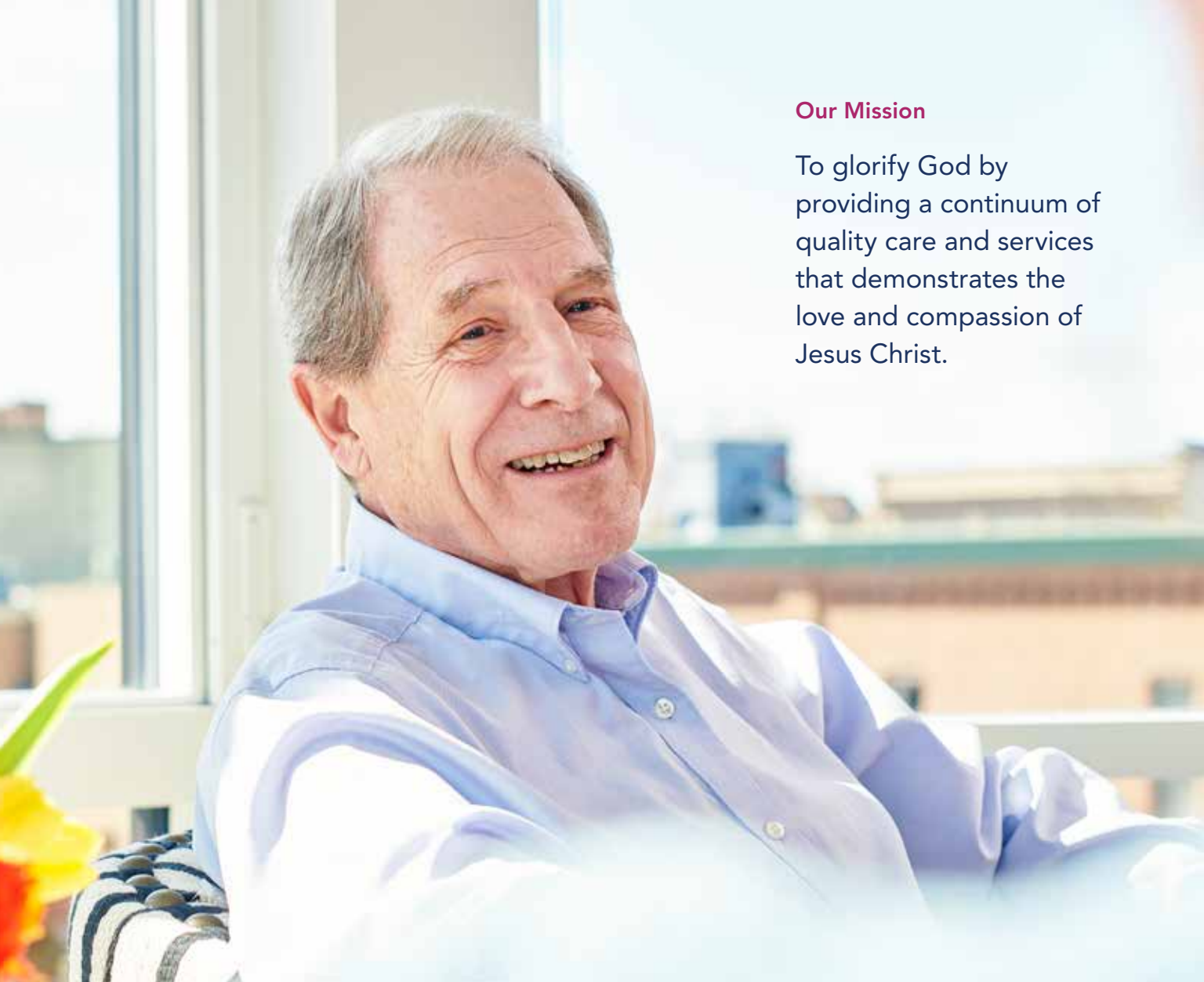
For more than 75 years, Resthaven has served the Holland community, providing seniors with a full continuum of healthcare and services that are innovative and tailored to their individual needs and different life stages.

As the only faith-based, non-profit health and living organization in the area, we're equipped to support seniors not only on a physical, mental, and emotional level, but also spiritually.

## A modern take on carefree, independent living.

Leave household maintenance behind and start living a vibrant, carefree lifestyle at one of our Independent Living options. The Warm Friend and The River Place offer downtown excitement, while The Farmstead blends countryside serenity and recreation. You'll enjoy an active, safe, social atmosphere with a real sense of community. And, if your needs change, you'll have the peace of mind that you have full access to the Resthaven continuum of care.





### Our Mission

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

## What is Resthaven's Continuum of Care?

Resthaven provides the entire spectrum of quality care, services, and resources, including independent living, assisted living, long-term nursing care, memory care, rehabilitation, and home care.

At whatever life stage you enter the Resthaven family, you'll have the opportunity to remain with us, continuing to receive the proper support and accommodations that suit your needs.



By RESTHAVEN

## A Building **with Heart.**

It all started as the Holland Furnace Company, touted as the largest furnace installer in the world. In the early 1920s, contractors broke ground on the Warm Friend Tavern – a place for employees and the Holland community to gather and relax. All were made welcome in a warm and friendly environment that eventually became a luxury hotel in the heart of a bustling downtown.

Today, The Warm Friend is more than a local icon in Holland. It's the centerpiece of a historic downtown district alive with dining, shopping, personal services, art, entertainment, and wide, heated sidewalks made for strolling and taking in the sights. All year long. Right outside our back door is a beautifully manicured garden, with colorful flowers and shady places to rest and relax, or a place to get together with friends and family. As always, the choice is yours.

### Features

- One- and two-bedroom apartments
- Maintenance-free downtown living
- Life plan membership or or rental with community fee

### Location

5 E. 8th St.  
Holland, MI  
49423

### Contact

616.796.3550  
WarmFriend@resthaven.org  
thewarmfriend.org



THE  
**FARMSTEAD**  
*by* RESTHAVEN

## Simplicity Comes **Naturally Here.**

The retirement you've always dreamed of does exist — at The Farmstead. This nature-rich setting encourages healthy, active living and offers a vibrant space to build community and make rewarding connections. Leave home maintenance behind and enjoy freedom, friendship, and all the extras to live out your best days.

Set on 39 acres of countryside, this innovative community reimagines senior living. The Farmstead is surrounded by nature while offering a range of accommodations from independent residences and homes to assisted living and memory care. At The Farmstead, you'll be guaranteed full access to Resthaven's continuum of care.

Enjoy views of the pond or Van Raalte Farm Park, plus walking trails, pickle ball, planned activities on-site, and outings along the lakeshore, so there's no shortage of ways to get active and boost your energy.

### Features

- Freestanding, semi-detached, and apartment living options
- Maintenance-free and no-step design
- Clubhouse
- Dining options
- Life plan membership only

### Location

558 E. Greenwood Circle  
Holland, MI  
49423

### Contact

616.796.3888  
Farmstead@resthaven.org  
thefarmstead.org





## THE RIVER PLACE

*By Resthaven*

# Not Just Close to It All. Part of It All.

In the heart of it all, amid the shops, restaurants, and entertainment of downtown Holland, this five-story apartment building features intimate one- and two-bedroom units and an onsite fitness center. A top-floor terrace also provides a space for socializing and taking in the exhilarating views of the city.

Everything you've envisioned for your retirement exists at The River Place, whether it's laid-back days spent exploring shops and having lunch with friends, or taking up new hobbies now that you have more free time and fewer responsibilities. Safe, modern apartment living in a vibrant downtown is finally here!

And as a resident of The River Place, you'll have guaranteed access to Resthaven's full continuum of care, if the time comes when you need more care and support.

### Features

- One- and two-bedroom apartments
- Maintenance-free downtown living
- No-step design
- Life plan or rental with community fee

### Location

212 S. River Ave.  
Holland, MI  
49423

### Contact

616.796.3885  
RiverPlace@resthaven.org  
the-river-place.org



# Understanding Life Plans.

Seniors are actively taking up hobbies, traveling on dream vacations, staying physically and mentally active, having rich life experiences, and forming new friendships and social circles.

Senior living and care centers are responding by offering options for not just living independently, but living vibrantly. Also known as Continuing Care Retirement Communities (CCRCs), Life Plan

Communities come with an important added benefit: **priority access to a quality continuum of care and guaranteed care if resources are exhausted.**

At Resthaven, this continuum of care includes the entire spectrum of quality care, services, and resources, including independent living, assisted living, long-term nursing care, memory care, rehabilitation, and home care.

At whatever life stage a senior enters the Resthaven family, they'll have the opportunity to remain with us, continuing to receive the proper support and accommodations that suit their individual preferences and needs.





### What are Life Plan Communities?

Better than just an apartment complex or condo village, which offer little more than maintenance-free living, Life Plan Communities are focused on lifestyle and well-being. They commonly include a host of amenities such as fitness and educational programs, communal gathering spaces, and access to arts, entertainment, education, culture, and inspired dining — whether on-site or nearby.

Most importantly, they give peace of mind to seniors who are living independently now but want to be proactive and secure the care they may eventually need — before they need it. Whether it's assisted living, skilled nursing and home care, memory care, or rehabilitation, these services are all included in Resthaven's Life Plan Community agreements. And, our contracts factor in maintenance, housekeeping, utilities, recreation, classes, transportation, and, often, a meal plan.

### Why choose a Life Plan Community?

The advantages are clear: Life Plan Communities offer all the conveniences seniors desire — with predictable monthly costs — plus opportunities for activity and lifelong learning, and the guarantee of both housing and physical, mental, and emotional care for life. Life Plan Communities also help combat isolation by keeping seniors engaged and social.

Studies, such as the one published in 2019 in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, suggest that this kind of interaction among older adults can result in a lower risk of depression and a longer life span.

# What's Next?

Finding the best living option for your next chapter can be overwhelming. We understand and we're ready to help — and here to answer all your questions. Whether you're looking for yourself or a loved one, our experts will guide you every step of the way.

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## Next Steps

- 1 Contact Resthaven and set up an introductory meeting.
- 2 Get all your questions answered and review information with your family and financial advisor.
- 3 Reserve your spot by joining our Priority Club.
- 4 Move in, relax, and enjoy your retirement.

## Contact us today to get started!

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