



## PRESIDENTIAL UPDATE

September 2011

Dear Friends of *Resthaven*,

Wow, have we had a great summer at *Resthaven*! I'm excited to share a few highlights with you....

### **Care Center Project Begins!**

As I write this newsletter, front-load trucks and excavating equipment line up at our *Care Center* on 40th Street. Over the course of the next month, site development for Phase I of our improvements will continue.

The temporary entrance to the *Care Center* will be located at the southeast corner, well marked for visitors. Before the frost arrives, construction of a new entrance, lobby, and *The Commons* will begin. *The Commons* will include a café for gathering residents, families, and friends. The café opens into a chapel to be used for worship and events. A new hallway and sitting area will connect *The Commons* with our *Good Shepherd Home*.

To the south of the entrance will be a new *Rehabilitation & Wellness Center*, equipped to provide our physical, speech, and occupational therapists with state of the art equipment to serve our rehabilitation residents. These are people coming to *Resthaven* for a short time following surgeries, accidents, or illness.



Phase I of the Care Center improvements include the *Rehabilitation & Wellness Center*, a new entrance, and *The Commons* with a cafe, gathering space, and chapel.

Phase II of the project, dependent on fund-raising efforts, will include a *Rehabilitation Cottage*. A residence designed for 16 people in need of comprehensive physical rehabilitation, the cottage will have its own kitchen, dining room, fireplace, and living room amenities.



Phase II of the Care Center project is the *Rehabilitation Cottage*, a cozy place where people can enjoy Resthaven's expert physical, occupational, and speech rehabilitation.

Why is *Resthaven* initiating this two-phase building and renovation project? We believe it will enrich and enhance the lives of the seniors we serve in our *Care Center*, and meet the needs of a growing senior population who will need rehabilitation services.

I will be sharing with you further updates through the *Presidential Updates* and *Reflections* newsletters as this exciting project unfolds.

## Sharing Our Expertise in Dementia Care

Last month, Rebecca Reed and Shannon March, who oversee the care at the *Good Shepherd Home* and the *Boersma Cottage*, joined me for a television interview on MAC-TV titled "Finding Joy in the Midst of Alzheimer's." We discussed the challenges that caregivers face in caring for those with memory loss and how the *Resthaven* staff address those challenges. For example, our "Simple Pleasures" program identifies activities and hobbies that were a part of one's earlier life and, together with volunteers, our staff members re-engage the residents in those activities. A major goal in our dementia care program is to discover and nurture one's strengths by maximizing abilities that still exist, rather than focusing on weaknesses.

It's been reported that one in eight Americans age 65 or older have some level of dementia, and nearly half of those over the age of 85 years. *Resthaven* provides specialized programming at the *Good Shepherd Home* and *Maple Woods*, as well as end-stage dementia care in our *Care Center*. We also provide assessments, and home care services through *Resthaven At Home* for clients who wish to remain in their homes.

At some point in our lives, dementia will impact most of our families directly or indirectly. *Resthaven* is well-poised to serve our families with the same compassionate care with which we've built our reputation over 66 years.

### Recognizing Seven Over Seventy

Every other year, *Resthaven* coordinates a process and hosts an event to recognize seven individuals or couples for their extraordinary achievements in their retirement years. Titled *ENCORE! Lakeshore Awards*, we intend to bring community awareness to the incredible talents, gifts and fortitude of people over 70 years of age who continue to contribute to the betterment of society. The 2011 award recipients were chosen by a panel of community leaders from nominations submitted by people throughout the Lakeshore area.

This year's recipients are: **Elton Bruins, Harvey Buter, Joan Conway, Max DePree, Roy Keech, Calvin Langejans, and Larry and Karen Mulder.**

Award recipients will be recognized at a special dinner/program event on Thursday, October 20 at the Midtown Center in Holland. Those who wish to attend may register on-line at [www.resthaven.org](http://www.resthaven.org) or by calling *Resthaven* at 616-796-3510. As a vital part of *Resthaven*, I would like to extend a special invitation for you to join us for this wonderful evening.

### Residents On the Move

Providing life enrichment experiences for our residents in each of our locations has long been a priority for *Resthaven*. From exercise classes to Bible studies, staff members offer our residents meaningful activities by offering a full schedule of programs to appeal to a wide variety of interests. But, our activities aren't limited to our campus locations.

This summer, we provided opportunities for our residents to attend outdoor music concerts in Kollen Park, outings to John Ball Park Zoo and Meijer Gardens in Grand Rapids, and boat trips on Lake Macatawa, to name just a few. Frequent trips to area ice cream shops were highlights. We even had to buy a new transportation van to accommodate our busy folks!

Our commitment to resident-centered care includes life enrichment activities available to all our residents, from those living independently to those requiring high levels of care. We encourage all those who call *Resthaven* "home" to remain vital and active, and engaged with others through life-enriching experiences.

## Thankful for Supporters of Resthaven

As we approach the fourth quarter of 2011, I'm certain that you, like my wife and I, will receive many requests for support. As a non-profit organization, we count on contributions from many individuals, churches, and organizations to continue to care for the seniors we serve in one of our residences or in their own homes. We hope you will consider a year-end gift to *Resthaven*.

Many of the residents we serve cannot meet the full cost of their care. In fact, almost 70% of our *Care Center* residents rely on outside resources for financial support. Contributions help meet the financial gap between the resources available and cost of care, and help *Resthaven* staff members continue to provide good quality services and programs.

Thank you for standing beside us as we minister to a full range of seniors... from the most active, to some of the most fragile members of our community.

Kindest Regards,



Charles Vander Broek  
President/C.E.O.