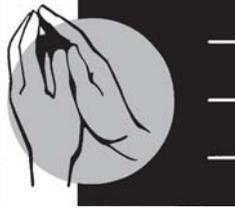


# N

CHRISTIAN REST HOME  
ASSOCIATION

# ewsletter

1000 Edison Ave., N.W. • Grand Rapids, MI 49504 • 616-453-2475 Spring 2017



## S T A F F :

### APPRECIATING GIFTS, RESPECTING DIFFERENCES

*“There are different kinds of gifts, but the same Spirit distributes them.  
There are different kinds of service, but the same Lord.”*

— 1 Corinthians 12:4-5

People who come to Christian Rest Home are often surprised to learn how many activities we offer. They discover a wide range of options to fit many personalities, preferences, interests, and abilities.

The apostle Paul often reminded believers that the Holy Spirit gives each of us unique gifts to serve the common good. That is why he often spoke of the church as Christ’s body and urged people to honor each part, each gift. That is why Christian Rest Home aims to see each resident, employee, volunteer, and family member as having something to contribute.

Our activity department plays a key role in celebrating differences and creating a sense of mutual caring in God’s family. Jodi Twardize-Walker, our activity director, leads a staff of nine—some of them part time—and more than 200 volunteers. Together they carry out activities in Christian Rest Home, Edison Manor, and Edison Assisted Living Center.

This spring newsletter profiles three activity staff members who all say they appreciate the diversity among their team.

**Tina Kleinert** is good at making friends. She heard about Christian Rest Home from a friend and began working here as a dietary aide in 2000. Six years later, a co-worker told her about an opening in the activity department, so she applied. She works full time on varied days and weekends. “I know a lot of the staff and all the residents by name,” Tina says.

Each day begins with a morning meeting. Then she leads an activity or

helps whoever is responsible for leading it. She mainly works in Christian Rest Home but also offers morning exercise at Edison Manor, our independent living building.

“Exercise or Sit and Be Fit classes are always in the morning. We adjust classes for various cognitive and ability levels. We make arm and leg exercises fun, like having people swat balloons with something that looks like a fly swatter or having everyone grab handles on a parachute. Then we all bounce balls and balloons on the parachute,” Tina says.

When volunteers lead an activity, such as bingo, then Tina and her co-workers transport residents to and from the activity. Tina, two other activity staff, and a nurse aide help 25 to 30 residents with lunch. “We take turns saying the prayer. Then we serve each resident the plate they have ordered, help them put on clothing protectors, offer to cut up



*Tina Kleinert maintains the CRH bird aviary.*

food and assist them with straws and cream for coffee,” she says.

Building relationships over lunch makes residents more likely to accept invitations to activities. “A lot of the job is trying to encourage them to attend and transporting them. When we do Name That Tune, we also find an interesting fact to share about the song’s origin. Hearing music brings back memories. People say, ‘Oh, I remember dancing to that polka!’”

Tina often leads or helps with musical programs, Bible study, Prayer warriors, and food-related socials. “Whether it’s an ice cream, popcorn, or root beer float social, residents love their treats!” she says.

Cleaning the bird aviary is one task unique to Tina. “The gal I replaced did an awesome job of training me. Right now we have 12 adult and three baby birds, mostly finch types. Every Thursday I pull down front shades in the aviary, and the birds slide to the other side. This keeps them safe inside while I clean. I pick up feathers and droppings, wash and refill the water containers, and clean windows inside and out. The birds love to perch on a swing branch, and I clean that too.

“After all these years, I think the birds recognize me. Cleaning the aviary is a little scary for me, even though I haven’t had an escapee in quite some time. However, it’s been interesting and exciting for residents when I have had to chase down escapees with a little green net,” she says.

Tina welcomes what improved technology and internet access do for residents. “On our team, we all have our own tablets. The internet has been a valuable resource to find recipes for baking classes and interesting facts for trivia events. We use our tablets to play energizing music, like polkas or the Mitch Miller Orchestra, for exercise, or Pandora.com’s Hymns Radio when we do Create and Color,” she says.

Tina enjoys the recordkeeping aspect of her job, including the chance to help co-workers shift towards paperless records. “Paperwork is rewarding, because it makes you think. When we chart residents’ likes, dislikes, and activity participation, it’s almost like making a story. If someone stops attending an activity, maybe their preferences have

*(continued on page 4)*

# From the Administrator . . .



Our spring newsletter features our activity department. The activity department assures that our residents' recreational and spiritual needs are met. They assist residents in past and present interests and often help them discover new leisure outlets. Our activity department leads a variety of group activities such as baking class, prayer warriors,

crafts, and sing-alongs. They are also responsible for weekly staff visits for all of the residents. Documentation is another essential part of their job responsibilities. Staff members chart residents' attendance at activities as part of our interdisciplinary care planning for each resident. Our activity team plays an essential role in resident life by bringing them to and from programs, visiting them, and leading group activities. The activity department greatly impacts the quality of our residents' daily lives.

Through service awards and an annual banquet, our board members honor staff members who have reached milestones of 5, 10, 15, 20, 25, and more years of service. You can see recent award recipients pictured in this newsletter. We are thankful for the stability that long-term staff members provide for our facilities, and we value each member's unique contribution to our ministry.

At our website, [www.christianresthome.org](http://www.christianresthome.org), you can read about our three facilities—Christian Rest Home, Edison Assisted Living Center, and Edison Manor. You

will see details on job opportunities and different ways to give to Christian Rest Home. You can also link directly to Barnabas Foundation (for free estate planning help) or LeadingAge Michigan, our state association (to support programs and policies benefiting older adults in Michigan).

We have completed a \$50,400 project to replace our wornout laundry room dryers and our trash dumper and compactor. Our laundry staff members say the two new dryers hold more laundry, dry faster, have better protections against overheating, and are more reliable. Our new hydraulic trash dumper and 35-cubic-yard trash compactor manage our 24/7 output of trash that we can't recycle—mainly incontinence products and kitchen scraps. We appreciate your support to purchase crucial equipment needed to care for our residents.

Christian Rest Home recently restructured the bed configuration within the nursing facility. We are now able to offer additional private rooms as well as some larger two-person rooms. This change has increased residents' quality of life and improves our ability to market our facility to the community. We are committed to providing both quality care and quality of life for our residents.

Thank you for your continuing support through prayers, gifts, and volunteer time. Please consider donating again to help us meet residents' needs. We praise God for his grace and blessing in our ministry.

—Todd Nye Holt

## TRY THIS FREE WAY TO HELP CHRISTIAN REST HOME

It cost them nothing to make the change. It didn't take much time. Yet many prudent people did something that made a significant difference for Christian Rest Home in recent years.

What was this simple action? At some point, these people accepted an offer of free help with their wills and estate plans. They decided to include a bequest in their estate plan for Christian Rest Home or Christian Rest Home Foundation (though it's fine to receive help and not give to us). In the last 12 months, we received six bequests totaling \$64,553.

You can take advantage of this same free help. The top reasons people give for making bequests to us are: to express appreciation for care provided to a loved one; to support work they've witnessed while volunteering here; to help older adults because they're aware of the need here.

Almost everyone wonders how to pass property to a surviving spouse, provide for orphaned children, or avoid heavy estate taxes. But many Christians have extra questions.

Those who have faithfully tithed from their income want to know how to use their will to tithe from their estate.

More than 6,000 people have already accepted the Barnabas Foundation offer to work out a plan to provide for loved ones and give to Christian causes. This plan can also include answers to key questions, such as:

- How will my property be distributed when I die? (You need a will.)
- Who can manage my property if I lose my ability to think straight? (You need a durable power of attorney for finances.)
- Who will make health decisions if I become unable to do so for myself? (You need a durable power of attorney for health care.)

Steve Baker and Amy Bakker Baty, the local Barnabas Foundation representatives, have practiced law in business and estate planning.

Typically, they need to meet with you just once, for only 60 to 90 minutes, to develop a free written analysis for you to bring to an attorney. Steve or Amy

can recommend attorneys who know how to include charity in wills and estate plans. Gifts to the Barnabas Foundation are neither solicited nor encouraged, because 200 Christian member organizations support the foundation. So you won't be asked for a "donation."

For free, confidential advice on estate planning, phone Todd Nye Holt at (616) 453-2475. You can get the same free, confidential advice from attorneys at the local Barnabas Foundation office. Simply phone (616) 956-1232 and ask to speak with Steve Baker or Amy Bakker Baty. Their email addresses are [sbake@barnabasfoundation.com](mailto:sbake@barnabasfoundation.com) and [abaty@barnabasfoundation.com](mailto:abaty@barnabasfoundation.com).



**BARNABAS**<sup>®</sup>  
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# MEMORIAL CONTRIBUTIONS

November 2016 – February 2017

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Gary & Esther Baas \*

Gary & Esther Baas

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Lorraine Beerthuis

**Phyllis Bianchi**

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Linda Detz

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Mr. & Mrs. Jerry Bos \*

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Ruth Zylstra

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Timothy Katerberg

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\*Gifts designated for Christian Rest Home Foundation

## STAFF: APPRECIATING GIFTS, RESPECTING DIFFERENCES *(continued from page 1)*

changed, so it's time for us to offer them something new.

"Had I not interviewed new residents and made notes, I wouldn't have known which activities to invite them to. If faith has always been important to them, I make sure they know about Bible study and Prayer warriors. Some people love music and socializing and go to everything, because they like to stay busy. Others prefer small group activities like Wii bowling, or they prefer to spend time in their room—reading, watching TV, and visiting family. We respect that and make sure they get enough audio books or one-on-one visits. It amazes me that many residents now come with cell phones, so they can text, or laptops, so they can keep up with Facebook."

She also enjoys her co-workers. "Our department does a great job of working together and helping each other out. Each of us brings something unique to our department. We're all different and appreciate that in each other."

Tina lives in Standale. She loves to walk, hike, shop, and spend time with her parents, who live nearby, or her brother and his family in Kalamazoo.

**Patty Tryc** [pronounced like "rice" with a "T" in front] spent 22 years working for an eye doctor who serviced 40 nursing homes. "Every time I was onsite at Christian Rest Home, I'd hear people singing in the halls. I never saw any activity department as busy or with as many staff as here. Three years ago, when my boss left that part of his business, someone at Christian Rest Home asked me what I planned to do. I said I was going to retire. She said, 'You're too young.' The next day I got asked to apply for an activity department position," Patty says.

She applied in late December, but is grateful that the job didn't start till April. "God knew what he was doing. It was a real snowy winter. My husband was already retired. I remember sitting home with him and thinking, 'This is it?' I've



*Patty Tryc at the afternoon popcorn and pop social*

never regretted accepting this job," she says.

Patty works 32 hours a week on rotating days, including weekends. She sometimes stays till 8:30 p.m., when evening programs end. She leads a few activities in Edison Assisted Living Center and Edison Manor, but she mostly works in Christian Rest Home. She works about two shifts per month in Ritzema Hall, our memory loss unit.

"My days on and off vary so much that I get to do many activities at work—Prayer warriors, exercise, trivia, coloring, baking class, bingo, manicures, birthday parties, and Sunday afternoon church services. And I love getting to talk with residents as we serve them their noon meal. If they don't like what's served, we can get them something else.

"We are so grateful for all our wonderful volunteers. Still, as a paid employee, I feel more responsible for residents. We keep track of their activities, as mandated by the regulations. I take attendance at every activity I lead. I am also responsible for charting activities for about 20 residents. This charting lets me know, for example, which residents like reading. So I make sure the library cart gets to their rooms. We also stop in for chats with 'our' residents and ask the social workers to follow up if they feel upset or worried," Patty says.

Like her colleagues, she is always looking for ways to promote interactions. When it is her turn to do baking class with volunteer Val Uekert, Patty tries to spark memories. "I used Pam spray on a baking pan and said how easy it was compared to greasing and flouring. 'Remember doing that?' I asked. One resident said, 'Spraying is so neat!' Another said, 'I used to bake bars similar to those.'"

Two evenings a week, volunteer groups or individuals come in to do instrumental or singing programs. "These are nice for family members to attend with residents. We get to know the relatives well enough to call each other by name and trade recipes. They include us in their worlds," she says.

She enjoys decorating for themed meals organized by our dietary department. During the winter, when the weather is too bad for residents to go out for monthly Lunch Bunch outings, the staff orders in. Patty especially had fun decorating for a recent Chinese takeout lunch.

Given that she had planned on retiring from the eyecare office, she says, "I wouldn't have considered working anywhere else than here. I'd never worked in a large office with so many different personalities, and I really enjoy that. There is so much knowledge and experience here. There are good kind people in

every department. I wouldn't hesitate to be a resident—although we joke to each other, 'You'll do your own paperwork when you move in.'"

Patty and her husband, David, live in Comstock Park and attend Holy Trinity Catholic Church. Their son is married, has a young daughter, and lives near Grand Rapids. Their daughter, also married, lives in Ypsilanti. In her spare time, Patty makes mittens recycled from sweaters and gives them away. "It's basically doing everything to wool sweaters that your mother told you not to, starting with drying them on high heat," she says.

In 2011, **Jenni Hurst** was a stay-at-home mom who had homeschooled two of her four kids. Then her husband, Paul, got laid off after 23 years of employment. "A friend at Christian Rest Home suggested I apply for an activity job. Paul started work again two months after I got my job, but I stayed on. At first I almost felt guilty getting a paycheck," she says.

Jenni works 32 hours a week on rotating days in all three buildings, but mostly in Christian Rest Home. She and one other activity staff member work most often on Ritzema Hall, inviting residents to play Wii bowling or toss Frisbees, balloons, and bean bags. "I was a music education major, so, occasionally, I play the piano and we do hymnsings with Ritzema residents. We also play music videos a lot. Music is a big thing for elderly people with dementia. They love it," she says.

Although she had never met anyone with dementia till she started working here, Jenni says, "Ever since I was a young girl, I made my way toward elderly people. I love their stories and wisdom, their amazing examples of faith, and how they've dealt with challenges.

"On Ritzema, it can be a challenge, mentally and physically, but I'm a pretty patient person. I try to remember who they are deep inside. Sometimes what comes out is the disease, not the person. We get pretty close to their families, too.

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*Jenni Hurst plays piano in the CRH front day room*

## MEMORIAL CONTRIBUTIONS *(continued from page 3)*

Everhardt Katerberg *(continued from page 5)*

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Patti & Girls  
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**Sandra & Ida Tuori**  
Tom Tuori

*(continued on page 7)*

\*Gifts designated for Christian Rest Home Foundation

## STAFF: APPRECIATING GIFTS, RESPECTING DIFFERENCES *(continued from page 4)*

It's important to listen to what they are saying and respond with a friendly ear, hug, or smile. If I can brighten someone's day, the time spent is well worth it," she says.

Elsewhere in Christian Rest Home, her varied work includes paperwork, Bible study, setting up for Sunday worship, one-on-one visits, manicures, food socials, and small group exercises with hand manipulatives. She says the activity staff "would be lost without volunteers." She's noticed, however, that few volunteers want to stand up and lead sing-alongs. Doing so comes naturally to Jenni, who says, "I've been singing into a microphone at church since I was a teenager."

Jenni is the only staff member who offers a monthly U.S. travels event. "I take a state, research its prehistory and history; explain how it became part of the union; and show pictures I've printed out about tourist things and points of interest. I always try to find something they didn't know, like a unique geographical feature or Al Capone's hide-away in Wisconsin.

"I started this in 2014, and people love it. Our attendance has doubled to about 15 to 20 residents. Almost every state we've covered has Native American effigy mounds, made in shapes of scorpions, snakes, eagles, and more. It's amazing how many we've come across," she says.

Several residents have told Jenni that Christian Rest Home has more activities than other facilities have. "Our residents deserve good treatment, respect, and dignity to the end of their lives. I love my department. It's so great working with people who share that commitment. I've gotten to know so many aides, nurses, and people in maintenance and housekeeping. They're really dedicated and hardworking," she says.

The Hursts live out in the country near Crockery Lake. Two of their four children are married, and they have four grandchildren. All of their children are involved in music and youth ministry in Catholic churches. "A lot of us sing in my second son's church choir," Jenni says.

## 2016 Service Award Recipients



**5 & 10 YEARS OF SERVICE** – Bev Black (5), Brad Nyeholt (10), Shannon Boeskool (5), Connie VanOeffelen (10). Not pictured 5 years of service: Diouly Benoit-Hooper, Jordyn Bowers, Angie Green, Diane Kramer, Trish Looks, Frank Patis, Joshua Taylor. Not pictured 10 years of service: Pamela Emerson, Susan Ortiz, Connie Schuiling.

**15 YEARS OF SERVICE** – Cheryl Visser, Kay Engelsman, Jody Tolsma, Heather Anderson, Jena Kass. Not pictured 15 years of service: Anne Green, Karel Powell, Sam Sutton, Nancy Zerfas.



**20 & 25 YEARS OF SERVICE** – Sandy Stepek (20), Darlene Anderson (20), Donna Oetman (25). Not pictured 20 years of service: Angie Poffinbarger. Not pictured 25 years of service: Sue Stephens.

**30 & 35 YEARS OF SERVICE** – Todd Nyeholt (30), Marge Houskamp (30), Karen Hengeveld (30), Nancy Veenstra (30), Marsha Heyboer (board member), Lois VanderStel (board member). Not pictured 35 years of service: Rose Ley, Connie Vainavicz.



## MEMORIAL CONTRIBUTIONS *(continued from page 5)*

**Paul Van Deusen**

Mrs. Trudy Block

**William VanDenToorn**

Andrew VanDenToorn

**Carol VanderClay**

Mrs. Margaret L. Houskamp \*

**Owen VanderMolen**

Mr. & Mrs. James Elzinga

**Edward & Anne VanDriel**

Mr. & Mrs. Mark VanDriel \*

**Henry & Betty VanDyke**

Ms. Karen Porter

**Jasper & Anne VanDyke**

Mr. & Mrs. Carl DeBruine

Mr. & Mrs. Carl DeBruine \*

**Hannah VanHouten**

Mr. & Mrs. James Elzinga

**Walter VanMeeteren**

Mr. & Mrs. Peter VanderStel \*

**Yvonne VanPortfliet**

Mr. Ray VanPortfliet \*

**Marian Veenboer**

Robert Offringa & Janet Helleckson \*

**Jim Veenstra**

Mr. & Mrs. Gerald Coon

**Lena Veenstra**

Mr. & Mrs. Gerrit DenHartog

**Mr. & Mrs. Otto Verbeek**

Mr. & Mrs. Ralph Verbeek

**Robert & Gertrude Verhey**

David & Mary Bazen

Verhey Carpets East Inc.

**Henrietta Verwys**

Mr. & Mrs. Kenneth Westveer

**Charles Westra**

Mrs. Audrey Gezon \*

Alma Kuiper \*

Mrs. Carl Olson \*

Wilma Tumbling \*

Al & Evelyn Vander Plaats \*

**Caroline Westveer**

Mr. & Mrs. Kenneth Westveer \*

**Edna Wieland**

Todd Pearce \*

**Laverne Woldyk**

Mrs. Doris Matcheck \*

**Henry Wolters**

Dr. & Mrs. Burton Wolters, M.D.

**Henrietta WonderGem**

Mrs. Norma Brunger \*

**Total Memorial Gifts ....\$43,414**

\* Gifts Designated for Christian Rest Home Foundation

## IN LOVING MEMORY

November 2016 – February 2017

Martina DeBoe	November 4	age 92
David DeGroot	November 8	age 78
Ruth Wilczak	November 12	age 91
Lillian Pylman	November 18	age 94
Marion Rosema	November 22	age 89
Frances Ales	November 23	age 90
Lois Stapp	November 23	age 89
Leo Olszewski	December 2	age 94
Paul VanDeusen	December 15	age 89
Joyce Jaglowski	December 15	age 76
Marilynne Kelley	December 24	age 83
Scherry Karafa	January 9	age 71
Frances Dewey	January 13	age 89
Marie Ludwick	January 25	age 97
Everhardt Katerberg	January 30	age 94
Lawrence Peasley	February 11	age 83
Robert Fatum	February 15	age 90
Fayrene Shaler	February 27	age 83

## EDISON MANOR

has immediate occupancy available for studio apartments and apartment suites.

Edison Manor provides senior citizen independent living and offers meals, activities, and housekeeping services. Our residents enjoy secure, homelike comfort and Christian companionship.

For more information and a tour, call:  
(616) 453-0993 [www.christianresthome.org](http://www.christianresthome.org)

## RECENT CRHA RETIREES

*In honor of your service from the Board of Directors:*

<b>Lucy Bronkema</b>	<b>18 years</b>
<b>Kathie Pearson</b>	<b>21 years</b>
<b>Barb Groenendyk</b>	<b>33 years</b>
<b>Yvonne Sharporn</b>	<b>35 years</b>

*With our appreciation for your commitment to our residents!*

## CONTRIBUTING CHURCHES

November 2016 – February 2017

Bethany URC	Grace Protestant Ref.
Bethel URC	Immanuel CRC
Creston CRC	North Park Presbyterian
Eastmanville URC	Oakview Ref.
Faith Community CRC	Remembrance Ref.
First CRC of Hudsonville	Seventh Ref.
First Evangelical Covenant	Walker URC
First Netherlands Ref.	Westview CRC
First Protestant Ref.	Zion Baptist
Free Ref.	

## GIFT RECEIVED IN HONOR OF

November 2016 – February 2017

*In honor of... Dorothy Koll  
from Jon & Joyce VanderBee*



**CHRISTIAN REST HOME ASSOCIATION**

1000 Edison Ave. N.W.  
Grand Rapids, MI 49504

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Michigan  
Christian Rest Home Association  
is a member of  
LeadingAge Michigan

Check out our website at:  
[www.christianresthome.org](http://www.christianresthome.org)

Michigan Charitable Contributions Solicitation License Numbers:  
Christian Rest Home Association – MICS 6594  
Christian Rest Home Foundation – MICS 8956