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CHRISTIAN REST HOME
ASSOCIATION

ewsletter

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



VOLUNTEERS:

BUILDING FRIENDSHIPS

*"Dear friends, let us love one another, for love comes from God.
Everyone who loves has been born of God and knows God."*

— 1 John 4:7

You have probably heard a pastor say, "On their deathbed, no one ever tells me they wish they'd spent more time at the office. When they look back over their lives, it's the relationships—with God, family, and friends—that matter most."

Some of our residents, staff members, and volunteers have always been good about making time for friendships. Others have come to this joy more recently. "Our residents have been blessed by wonderful volunteers who share so much talent," says Jodi Twardize-Walker, activity director.

Even so, there are still many more opportunities to share talents and build friendships with residents. Jodi and her staff truly appreciate every volunteer and would love to talk with you about how you might get involved. Call her at 453-2475 x212.

Meet three volunteers who gladly share their reasons for volunteering.

Vera VanVels so enjoyed working part time at Christian Rest Home that when she retired in May 2015, she said, "If you ever need me to volunteer, just call." She worked for nine years as a certified nurse aide while her kids were in school. About six years later she joined the activity department, where she worked for 23 years, leading sing-alongs, current events, trivia, devotions, and prayer groups.

Now Vera leads Bible study once a month on Tuesday afternoons. "God's Word has been my support and my stay all my life. I used to be a discussion leader for Bible Study Fellowship and also helped start a Coffee Break (women's Bible study) group at our church," she says.

Each time she comes, she leads Bible study at Edison Manor and an hour later at Christian Rest Home. Each study goes for about 45 minutes.

Attendance averages 15 to 20 residents at Christian Rest Home. Many are people she got to know during her years of work. "Bible study has been a part of their lifestyle, and they continue to enjoy



Vera VanVels leads Bible Study.

participating at various levels. Some just want a hug, which I am happy to give. I know which ones are hard of hearing, so I get them to sit closer to me."

Recently, a resident asked to study the gospel of Matthew, so Vera is using *The Beatitudes: Developing Spiritual Character* by John Stott. "I read the Bible passage and pause so people can fill in the words, like 'Blessed are the...for they shall...' Then I do the lesson and we discuss what God has been doing in our lives. I ask the Holy Spirit to take over our discussion. Some nod, others share stories. We end with prayer. A man who's often quiet recently asked us to pray for his wife's health."

The group at Edison Manor is smaller, but discussions are lively. "Often we get five ladies. Recently, just one came, but we had a very good one-on-one study and prayer time together," she says.

Vera appreciates the flexibility of when to come in. She does not have a given week, such as every first Tuesday. Instead, Sandie Dunn, who schedules volunteers, calls to offer Vera her pick of Tuesdays.

Over the years, Vera has inspired others to volunteer to lead Bible study or bingo or to play piano. "Especially if you like older people, Christian Rest Home is a great place to volunteer. It's smaller than some facilities, so Bible studies are more intimate. You're right there together. Also, we can't just live our lives for worldly pleasure. We need to share our gifts," she says.

She and her husband, Alex, live on three acres up on Fruit Ridge. They have three children, two of whom live in the area; nine grandchildren; and 17 great-grandchildren. Alex's brother, Art, lived at Christian Rest Home until he passed away in October 2017. Vera

(continued on page 4)

From the Administrator . . .



Our year-end newsletter highlights the significant contribution volunteers make toward improving our residents' quality of life. The volunteers featured in this issue touch our residents and staff in many ways. They are using their talents to assist with Bible studies, resident exercise classes, and calling bingo.

We are grateful for nearly 210 volunteers who, as a group, consistently provide more than 8,000 hours of service per year. Their service to our residents includes folding clothes, conducting chapel services, leading Bible studies, and helping with various activity programs and socials. Their assistance blesses many lives and glorifies our heavenly Father.

The Women's Service Board thanks all who attended their October 8th concert with the Voices of Victory Quartet and the Covenant Christian Chamber Choir at Westend Christian Reformed Church. The concert was inspiring, God honoring, and a blessed time of fellowship. The offering provided nearly \$4,500 for items to benefit our residents. Recent purchases include activity supplies, cable programming, resident transfer and mechanical lift equipment, and ongoing expenses for our bird aviary.

Christian Rest Home recently spent \$61,560 to purchase three standing-aid lifts and six lifts with slings, for

residents with less mobility. People are waiting until they need a higher level of care before moving to Christian Rest Home, so more of them need lifts. The old lifts required two people to operate. Aides can use the new ones on their own, so they spend less time waiting for staff help and have more time to help residents. Your support of this project will help us increase staff efficiency and morale and provide even better care for our residents.

The Christian Rest Home cares for over 93 residents whose resources are depleted, so they depend on Medicaid funding. Their care costs more than Medicaid pays. State budgets are increasingly strained by the rising cost of the Medicaid program, and our home is diligently working to control expenses. We depend on the covenant community to keep the promise of mutual caring and to support these residents.

May God bless you this Christmas
and in the New Year.

—Todd Nyeholt

CRH REHAB SERVICES

Christian Rest Home provides excellent sub-acute rehabilitation services after surgery, injury or an illness. Our team of nurses and therapists will help you recover and return home as quickly as possible.

CHARITABLE GIFT ANNUITIES AND IRA CHARITABLE ROLLOVER

As much as we value receiving checks to Christian Rest Home Foundation, we realize that other ways to give may offer more advantages to you. That is why we want to tell you about three sure things—charitable gift annuities, deferred gift annuities, and the IRA Charitable Rollover.

The people who have chosen a charitable gift annuity (CGA) say it is an excellent choice if you want to significantly help Christian Rest Home Foundation but still need a fixed income. In exchange for your gift to us, we offer you a CGA with guaranteed lifelong income. The older you are when you begin a CGA, the higher your annual or quarterly returns will be. For example, the rate is 5.5% for a single person age 73 and 5.8% for a single person age 75.

Although a portion of your guaranteed income is taxable, you get an immediate tax deduction for a portion of your original gift amount. The

capital gain is spread out, and money placed in your CGA is usually exempt from estate and inheritance taxes. When you pass away, Christian Rest Home Foundation receives the balance of your annuity.

A deferred gift annuity (DGA) is a popular choice for younger donors who want to plan for retirement. If you have a stock that has soared in value, instead of selling it and increasing your tax burden, you could create a DGA by giving the stock to Christian Rest Home Foundation. You would get an immediate charitable tax deduction and tax savings. Later you would begin receiving annuity income, some of it tax free. DGA donors choose a date, which must be more than one year after their contribution, to begin receiving payments.

If you own an IRA and are at least 70½, you might appreciate a tax break called the IRA Charitable

Rollover. The rollover lets owners of traditional and Roth IRAs instruct their IRA custodians to distribute up to \$100,000 to a public charity. That distribution is not included in federal taxable income but does qualify for all or part of an IRA owner's required minimum distribution.

It is also possible that another type of planned gift, such as a will bequest or life insurance policy, is a better choice for your estate. For free, confidential advice on estate planning, phone Todd Nyeholt at (616) 453-2475. You can get the same free, confidential advice from Barnabas Foundation attorneys. Simply phone Amy Bakker Baty toll-free at (888) 448-3040 or call Steven J. Baker at (616) 956-1232. Their email addresses are abaty@barnabasfoundation.com and sbake@barnabasfoundation.com.

MEMORIAL CONTRIBUTIONS

July 2017 – October 2017

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Gary Andree

Lavina Baas

Gary & Esther Baas *

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Dr. & Mrs. William Bakker

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Bertha Meyering

Mrs. Hazel Stahl *

Arthur Minnaar

Mrs. Ruth Minnaar

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*Gifts Designated for Christian Rest Home Foundation

BUILDING FRIENDSHIPS *(continued from page 1)*

and Alex are especially close to Art's widow, Barb. Vera loves to read, travel, spend time with family and friends, and stay involved at Walker United Reformed Church.

Staci Van Kampen did not know anything about Christian Rest Home until she became roommates with Maria Polonowski, who has volunteered here for 15 years. "Maria does the calling for bingo on Monday mornings, and last year she invited me to come along to help," Staci says.

"I normally arrive at 9:45 a.m. and stay until 10:45 or 11 a.m. Sometimes, as many as 25 people come to the front dayroom to play bingo. I and other volunteers go to residents' rooms to ask if they'd like to come. Most are in wheelchairs, a few use walkers, and some come in on their own.

"I talk to residents as I hand out bingo cards and chips. When I told my mom I was going there, she said I had a great-aunt living there. I started sitting next to her at bingo, until she passed away in August 2016. Now I sit next to one of the residents and help her find the numbers. If I don't see her in the room when I come, then I go get her. She knows my name. We talk about the weather, the weekend, and how the day is going. We've become friends.

"I look forward to helping with bingo every Monday and wish they had it on more days when I could come," she says.

After a knee replacement, Staci stayed at Christian Rest Home for a

week of rehab and decided to experience activities from a resident's perspective. She went to everything she could and especially liked bingo, adult coloring, and getting her nails done. "The physical therapists were so good, and I liked the food. I got to know names of more residents, staff, volunteers, and family members that week. Everyone there is so friendly and caring," she says.

Staci studies at Grand Rapids Community College's Noorthoek Academy, a college program for adults with special needs. She is enjoying her class on Native Americans in Michigan and is looking forward to a winter computer class.

She is not working right now but has held various jobs in retail and at a daycare center. The common thread is that they involve helping people. "Helping people is my passion. I think more people should consider volunteering here, because it makes you feel good inside. When you give your heart to someone, it makes the other person feel good, too."

Staci lives in Wyoming. She loves knitting and spending time with the Polonowski family. They invited her to West Leonard Christian Reformed Church where she now sings on the praise team. Staci also helps in the nursery for the weekly Coffee Break women's Bible study.

It is tough when you have time and talent but no one wants to tap into it. That is how **Roxanne Kukawski** felt before she started volunteering at Christian Rest Home in January 2017. She has always been good with names and enjoyed her work at a local tool and engineering company.

"I thought I would like to volunteer somewhere. My friend, Kim Zylstra, who has been a nurse aide at Christian Rest Home for 23 years, suggested I talk to Jodi. I was especially interested in helping with bingo, and Jodi said I could start on the next Monday," Roxanne says.

Now she helps every Monday morning with bingo and Sit and Be Fit. She has also filled in at times for volunteers who do manicures.

"I usually get in at 9:30 a.m. and start getting people to go to bingo. I've gotten to know who likes to go,

who will only go if a friend is going, who will let me help with their wheelchair, and who won't. I usually sit between two residents to show them the numbers being called. One of those residents is 102 years old, so she appreciates my help. Everyone who plays gets little candy bars, whether or not they get a bingo.

"I like everybody there and have gotten to know the regulars. Ed Glynn, a resident who's a retired police captain, sometimes fills in for bingo volunteers who can't come. Some bingo players stay for Sit and Be Fit, which starts at 11 a.m. in the front dayroom. We get about 20 to 30 people for each activity," she says.

Most residents who attend use wheelchairs. Tina Kleinert from the activity department leads exercises such as kicking balls, playing balloon volleyball, and saying vowels to exercise mouth muscles. Roxanne focuses on residents who are less aware. "After I show them how to move their arms or legs, most of them catch on. I like Sit and Be Fit because it means I get to stay there a little longer.

"I spent a lot of time with my grandparents when I was young and really love old people. I'd recommend volunteering at Christian Rest Home for anyone who likes older people," she says.

Roxanne and her husband, Michael, live on the West Side. She has a daughter in Cutlerville. Roxanne enjoys reading, going for walks, and attending St. James Catholic Church.



Staci VanKampen helps with Bingo.



Roxanne Kukawski helps with Bingo and Sit and Be Fit.

MEMORIAL CONTRIBUTIONS (continued from page 3)

Sena Moberly

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Shannon Kupferer *

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Total Memorial Gifts ... \$34,050

*Gifts Designated for Christian Rest Home Foundation

CHRISTIAN REST HOME

has current availability for rehabilitation,
long term and dementia care
within the nursing facility.

For more information and a tour,
call Linda Elders, Director of Admissions,
at (616) 453-2475 or email lelders@crhome.org

IN HONOR OF

July 2017 – October 2017

In honor of... DOROTHY KOLL
from Jonathan and Joyce Vanderbee

In honor of... ROBERT SJOERDSMA
from Erwin & Patricia Naber

ARE YOU MISSING OUT ON WHAT THESE PEOPLE HAVE DISCOVERED?

Literally hundreds of people have already discovered the joy of volunteering at Christian Rest Home, Edison Assisted Living Center, and Edison Manor. The volunteers are mostly women and range in age from their 30s to 80-plus. High school and college students earn class or service learning credits while volunteering here.

Our 210 volunteers assist in various ways in our facilities. Groups from 20 churches volunteer monthly or more often to fold towels and resident laundry. Other groups present evening programs. About 20 ministers volunteer each year to lead Sunday afternoon services. Volunteers help with weekly activities, such as leading Bible study, calling bingo, bringing in animals for pet therapy, playing games and visiting with residents, serving cookies during Friendship Hour, and playing the piano for sing-alongs or Sunday church services. Volunteers work behind the scenes to fold the Edison Events monthly newsletter and serve on the board. Volunteers help deliver mail, escort residents to and from activities and more.

Some individuals or groups volunteer weekly or monthly, while others are on less scheduled rotations. "We are very fortunate to have those consistent volunteers, but we are always in need of others who can share their time and talents," says Jodi Twardize-Walker, our activity director.

THERE IS STILL ROOM FOR YOU TO GET IN ON THE SATISFACTION OF VOLUNTEERING

Even with all the people already volunteering here, there is still room for you to share your talents and build relationships. In fact, you will find more than 40 hours a week of volunteer options in Christian Rest Home alone. We can use volunteers every day from morning through evening.

"Whether you want to visit on a weekly basis or do a monthly program, we can schedule you. We have opportunities for all, no matter what your schedule is! We provide each volunteer with an orientation to our facility. We train them and pair

them with activity staff," Jodi Twardize-Walker promises.

We need volunteers for Christian Rest Home, Edison Assisted Living Center, and Edison Manor. We welcome male and female volunteers, and we all—staff, family members, and residents—greatly appreciate each volunteer! Please phone activity director Jodi Twardize-Walker at 453-2475 x212 if you can:

- Assist staff with activities on our dementia unit.
- Perform an evening musical program (as an individual or part of a group).
- Play your accordion, guitar, keyboard, or other instrument for residents.
- Lead exercise class Monday or Wednesday mornings at Edison Manor.
- Lead exercise class Monday or Saturday afternoons at Edison Assisted Living Center.
- Lead a Bible study on Tuesday afternoons.
- Fold residents' laundry and towels each month on specific days of the week.
- Play Wii bowling with residents on Monday, Tuesday, or Thursday afternoons.
- Lead a prayer group on Wednesday mornings at Edison Assisted Living Center.
- Assist with manicures for residents on Wednesday or Saturday afternoons.
- Assist with Garden Club two times per month.
- Call bingo at Edison Assisted Living Center on Friday mornings.
- Assist with craft class.

Would you like to volunteer in a way that is not listed above? Then call Jodi at 453-2475 x212. She says, "If you are questioning how you can help or what opportunities are available...please, just call. There are many opportunities no matter what your talent."

Merry Christmas



IN LOVING MEMORY

July 2017 – October 2017

Dewey Bakker	July 9	age 87	Robert Faasse	September 10	age 90
Charlene Hubert	July 10	age 75	Muriel Burke	September 17	age 88
Loraine Doornbos	July 10	age 102	Muriel Kroeze	September 22	age 93
Ralph Panochyk	July 17	age 93	Robert VandeKopple	September 24	age 91
Harriet Higgins	August 16	age 90	Bernice Veenboer	September 25	age 98
Floy Boelens	August 24	age 88	Sena Moberly	October 17	age 86
Beth Lenkiewicz	August 30	age 66	Arther VanVels	October 20	age 83
Marian Veeneman	September 4	age 96	Geraldine Behlen	October 22	age 94

Edison Manor

has immediate occupancy available for studio apartments.

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.christianrethome.org



CHRISTIAN REST HOME ASSOCIATION

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

Non Profit Org.
US Postage
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CONTRIBUTING CHURCHES

July 2017 – October 2017

Beckwith Hills CRC	Netherlands Ref. - Covell
Bethany URC	Remembrance Ref.
Blythefield CRC	Seventh Ref.
First Protestant Ref.	Walker URC

RECENT CRHA RETIREES

In honor of your service from the Board of Directors:

Dave Beute	10 years
Joan Fisher	44 years
Connie VanOeffelen	11 years

With our appreciation for your commitment to our residents!



Check out our website at:
www.christianresthome.org

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