

N

CHRISTIAN REST HOME
ASSOCIATION

Newsletter

1000 Edison Ave., N.W. • Grand Rapids, MI 49504 • 616-453-2475 Fall/Winter 2011



VOLUNTEERS:

SERVING GOD THROUGH SERVING OTHERS

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms."

— 1 Peter 4:10

The apostle Peter reminded his readers that even though they were scattered throughout Asia Minor, they should live as one holy nation, a people belonging to God. He went on to explain that when you help other people, God accepts your work as praise.

Many people have discovered that God often shows love by offering opportunities to help others. That's because, as almost any volunteer will tell you, it's a joy to use your talents, especially when what you do helps other people.

Jodi Twardize-Walker, our activity director, says that she and her staff of seven—some of them part time—depend on volunteers to help carry out activities in Christian Rest Home, Edison Manor, and Edison Assisted Living Center. "We are very thankful that we have been able to add some new volunteers this year, while keeping the many faithful volunteers who have been with us for years. We are thankful for our volunteers' dedication, empathy, and compassion as they work to serve others. They are a gift from God," Jodi says.

Meet three volunteers who gladly share their God-given gifts with our residents.

On a Friday in summer 1999,

Barb VanderMolen was visiting her mom at Christian Rest Home for a "Praise and Poetry" evening. Barb recalls, "At this particular one, why, they were using a taped accompaniment. The tape would go on for three verses or more. The leader would sing and the residents would join in. I asked, 'You want a live one?'"

The leader gladly accepted Barb's offer to play the piano. "From then on I had a volunteer job every Friday and once in awhile for



Barb VanderMolen and her dog Bebe

Wednesday afternoon sing-alongs or Sunday afternoon worship services," Barb says. As other pianists aged out of volunteering, Barb took on their slots. For the last four or five years, she has played for nearly every Sunday service at Christian Rest Home. She also plays on Wednesdays when activity assistant Yvonne Sharporn can't find someone else to play the piano for sing-along.

Potential volunteers sometimes hold back because they wonder whether they are talented enough. Barb trusted that God would use the gift she offered. "I'm not good or fancy, but I'm an adequate piano player," she explains.

Barb had piano lessons as a girl and played piano in her classrooms while teaching elementary school in Wyoming, Michigan and Orange County, California. She continued to accompany worship at her church in California for several years and now plays piano when her church takes its turn leading worship at Spectrum Health Kent Community Campus.

The ministers who lead Sunday worship choose four to five hymns from the blue *Psalter Hymnal* or red *Hymns for the Family of God*. Barb finds out their choices when she arrives. She also plays 15 minutes of prelude music and a couple of songs after worship dismisses. "The residents sing quite well when the minister sings into the mic. If the minister stands back, there's a little less energy," she says.

Barb's aunt, Pearl VanderMolen, keeps track of which minister prefers which hymnal so she can hand out the right book before worship. "My aunt is 96. We alternate between her house and mine for Sunday dinner. She doesn't drive and can't see or hear well, so she gets church at the rest home.

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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 have used their talents to play the piano, provide pet therapy visits, and assist with resident activities and outings.

We are grateful for more than 350 volunteers who, as a group, consistently provide more than 10,000 hours of service per year. Their service to our residents includes folding clothes, conducting chapel services, leading Bible studies, and helping with various games and socials. Their assistance blesses many lives and glorifies our heavenly Father.

The Women's Service Board thanks all who attended their October 16 concert with The Staffmen Quartet and The Voices of Victory Quartet at Westend Christian Reformed Church. The concert was inspiring, God honoring, and a blessed time of fellowship. The offering provided over \$3,500 for items to benefit our residents. Recent purchases include activity supplies, therapy equipment, resident beds, and wheelchairs.

We recently completed several energy savings projects within our facilities. We retrofitted 500 light fixtures with energy efficient lamps and ballasts in halls, common areas, and bathrooms. We replaced obsolete heating controls and valves and added individual thermostats where feasible. We also added a cooling unit that uses exterior air for cooling when the outdoor temperature allows. These energy investments total \$77,853, with project paybacks from two to eight years. Besides saving money on utility bills, these updates will give residents more comfortable temperatures in all seasons and brighter light so they can see better. We appreciate your contributions toward our energy savings projects.

The Christian Rest Home cares for 108 residents whose money is gone, 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

CHARITABLE GIFT ANNUITIES: AN INVESTMENT YOU CAN DEPEND ON

If you've been checking your investments more often lately, you've got company. Many Americans, especially those near or beyond retirement, have watched their investment values plunge. That's why you might like to consider investing in a charitable gift annuity through Christian Rest Home Foundation.

"In these uncertain economic times, here's a way to lock in an attractive rate of payment for the rest of your life—and benefit Christian Rest Home Foundation," says Amy Bakker Baty, an attorney at the local Barnabas Foundation office.

A Christian Rest Home Foundation irrevocable gift annuity is a contract between an individual and the foundation. In exchange for your gift to us, we offer you an annuity, with guaranteed lifelong interest payments. The older you are when you begin a gift annuity, the higher the return will be. Especially for people age 70 and up, annuity rates are more attractive than certificate of deposit (CD) rates are.

Amy Bakker Baty points out that the charitable gift annuity rate is 6.2% for a single person age 73 and 6.5% for age 75. That's slightly more than last year and far better than what a 5-year jumbo CD (which requires a \$100,000 minimum) will earn.

Gift annuities help protect investments from fluctuating interest rates. All the assets of our foundation stand behind your contract, so your annuity income is secure.

You get an immediate income tax deduction for creating an annuity. A portion of your annuity payments may be tax exempt. And money placed in a gift annuity is usually exempt from estate and inheritance taxes.

It's 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 attorneys at the local Barnabas Foundation office. Simply phone

(616) 956-1232 and ask to speak with Amy Bakker Baty or Steven J. Baker. Their email addresses are abaty@barnabasfoundation.com and sbake@barnabasfoundation.com.

LAST CHANCE FOR IRA CHARITABLE ROLLOVER

If you are age 70 ½ or older, in a high income tax bracket, and required to withdraw money you don't need from a large traditional or Roth IRA—then you can help Christian Rest Home *and* reduce your tax burden. How? Take advantage of the IRA Charitable Rollover. This law gives you till December 31, 2011, to **give directly from your IRA to a qualified charitable organization tax free**. A single donor can make a gift of \$100,000, and a married couple can join together to make a \$200,000 gift.

You can get details at the Barnabas Foundation website: <http://tinyurl.com/3vcgxc5>. You can also phone Todd Nyeholt at (616) 453-2475 or Amy Bakker Baty or Steven J. Baker (616) 956-1232.

MEMORIAL CONTRIBUTIONS

July 2011 - October 2011

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Mr. Cornelius Kunz*

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*Gifts designated for CRH Foundation

SERVING GOD THROUGH SERVING OTHERS *(continued from page 1)*

Afterwards, we have coffee with friends. So many friends from my church live there, including the mother of a boy I taught 50 years ago at East Newhall School," Barb says.

Barb keeps active. She runs errands with and for a 92 year old neighbor and enjoys reading books she didn't have time for while teaching and taking care of her mom. "I figure that retirement is when you do what you please, when you please, if you please," she jokes. "Volunteering at Christian Rest Home is very rewarding. People express their appreciation because not everyone enjoys the crash-bang music that some churches use now. I hear them sing or hum even during the preludes.

"I know it's very important to get involved at Christian Rest Home. If something were to happen to me so that I couldn't live at home, then that's where I want to be," Barb concludes.

Marcia Pluim has a way with dogs. She joined the all-volunteer West Michigan Therapy Dogs (WMTD) in 2004, after retiring from teaching middle school English. Every first Saturday of the month, Marcia organizes four to six teams to visit Christian Rest Home. "A team is a handler and a dog. We happen to have a lot of teams with



Marcia Pluim and her Portuguese waterdog Perro

purebred dogs, like golden retrievers or Rhodesian ridgebacks, but many kinds of dogs make good therapy dogs," she says.

Potential WMTD members and their dogs must complete a seven-week course and do three shadow (trial) visits. Marcia explains that therapy dogs are calm, obedient, friendly dogs that sit quietly and welcome petting. They're different than service dogs, animals trained to assist someone with a disability. Petting service dogs is not okay.

"I take my dogs Perro and Porter. They're male Portuguese water dogs, the same kind that Senator Kennedy had and that President Obama chose for his girls. This breed was used by Portuguese fishermen. The dogs would sit quietly in the boat, till the fishermen told them to jump into the ocean and school fish into a net. After fishing became automated, the breed became almost extinct.

"Porter and Perro weigh about 45 to 50 pounds. They shed very little and are extremely friendly. My dogs are really soft. When people pet them, they know not to jump on the people," Marcia explains.

She and other teams start in the front day room at Christian Rest Home, then go to Ritzema Hall, and, if they have time, cross over to Edison Assisted Living Center. "It has been proven that working with dogs lowers blood pressure. Residents like the tactile touch. It's enjoyable to see their eyes light up and hear about dogs they remember. I recognize a lot of faces, because I grew up on the West Side. My mother was at the rest home for a few months, and my aunts volunteer there," Marcia says.

She and her dogs visit four other places each month, including hospitals, schools, and libraries. "Team members have remarked that they feel really welcomed at Christian Rest Home. There's always activity staff present, and it's really pleasant.

"Our dogs are bathed and groomed, and our teams are appropriately dressed. Many of us handlers have become friends. We're always looking for new teams,

because WMTD has a waiting list of places that would like to receive visits," she says.

Ruth Jacobson has had both hips, both knees, and a shoulder replaced. Yet as long as the weather and her arthritis do not interfere, she volunteers three days a week at Christian Rest Home. "I usually come in at 8:45 a.m. on Mondays, Wednesdays, and Fridays, go home for lunch, then come back to do what I can," she says.

Ruth helps with bingo, cleanup, sing-alongs, socials, and Lunch Bunch. She goes room to room to visit with whoever's awake. "I start by reading from a daily devotional and then read from *Chicken Soup for the Soul* or something similar. With most of them, conversation is real easy. They're anxious to visit. I enjoy it—just to see them and hear them ask for another story. I do an average of 10 to 12 visits a day and have done as many as 16," she says.

Ruth describes herself as a Hollander who married a Swede. She and her husband, Paul, raised their four children in Kentwood. Over the years they visited Paul's mother, Ruth's sister, and friends from their church, First Evangelical Covenant, at Christian Rest Home. Paul moved to Christian Rest Home in the summer of 2009, and Ruth

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Ruth Jacobson brings smiles to many faces as she makes her faithful visits.

MEMORIAL CONTRIBUTIONS *(continued from page 3)*

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Bill & Glenda Masselink

Paul & Michelle Sietsema

The Versluis Family

JACKIE VISSER

Mr. & Mrs. George Visser*

JOHN VOSHOL

Harvey & Joyce Brinks

Memorial Gifts totaled \$20,368

*Gifts designated to Christian Rest Home Foundation

rehabbed there from shoulder surgery.

"Paul's mind was fine till his last six months, and we got acquainted with lots of residents, aides, and nurses. I felt they were all friends. He died on January 27, 2011. We'd been married 62 years, lacking a few weeks," she says.

After Paul died, Ruth had more time for her children, 11 grandchildren, and nine great grandchildren

and more time to attend Bible study at church. She still had clients from the sewing business she'd begun 50 years ago to embroider bowling shirts and varsity jackets. "I get the Whitecaps baseball team uniforms ready each spring and keep them in repair. I also sew nametags on clothes for Christian Rest Home residents who don't have anyone to do it for them," she says.

Still, she says, "After Paul passed on, I was just floundering. I thought, 'What am I going to do?'"

That's why she began volunteering so much at Christian Rest Home. "It's rewarding. You give a little and receive a lot. I feel it's what the Lord wants me to do. The rest home has become my second home. If I had to go someplace, I wouldn't hesitate to go there," Ruth says.

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 12 to the mid 90's. Middle school, high school, and college students often earn class or service learning credits while volunteering here.

More than 200 volunteers assist in various ways in our facilities. Dozens of church groups volunteer to fold resident laundry. Other groups present evening programs. About 28 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 coffee and 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 work on service projects—cutting greeting cards for mission projects, sorting pop can tabs for recycling for the American Legion Post, and cutting soup labels for schools. Volunteers help deliver mail, clean tables after meals, escort residents to and from activities, assist residents in making meal selections, 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 are **always in need of others who can share their time and talents**," says Jodi Twardize-Walker, our activity director.

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

Even with all the people already volunteering here, there's still room for you to share your talents and build relationships. In fact, you'll find more than 50 hours a week of volunteer options in Christian

Rest Home alone. Volunteer schedules are flexible. We offer volunteer opportunities every day from morning through evening.

"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:

- Call bingo or help residents play bingo
- Lead Bible study
- Lead prayer group
- Play the piano for Wednesday afternoon sing-alongs
- Provide manicures for residents
- Play Wii bowling with residents
- Play the piano for Sunday afternoon worship
- Help staff lead activities on Ritzema Hall
- Perform an evening musical program (as an individual or part of a group)
- Play your accordion, guitar, keyboard, or other instrument for residents
- Play cribbage, board games, or cards with residents
- Visit one-on-one to read, pray, give wheelchair rides, or simply socialize with residents.

Would you like to volunteer in a way that's 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."

ADMISSIONS TO CHRISTIAN REST HOME

July 2011 – October 2011

Doris Jorgensen	July 1
Elsie Montgomery	July 1
Egberdena VanderMolen	July 2
Theodore Videan	July 11
Beulah Neilson	July 13
Helen Nyholt	July 14
Edith Wierenga	July 15
Rosemary Cook	July 18
Margaret Moore	July 19
Marie VanderArk	July 26
Sara Andrews	July 27
Mildred Feenstra	August 1
Marjorie Vos	August 5
Mildred Heyboer	August 5
Jacob Steenwyk	August 10
Joan Steenwyk	August 10
Lee Roode	August 10
Jean Shooks	August 18
Joan VanderVennen	August 18
Henrietta Dornbos	August 22
Gene Wax	August 22
Ilene Reichelt	August 22
Dora Daling	August 22
Arlene Fuller	August 24
Louis Buffham	August 25
Florence VanderWoude	August 29
Helen Hones	August 30
Othella "Sue" Alkema	September 7
Helen Doezema	September 7
Marie Steenland	September 8
Audrey Gutowski	September 9
Lucille Gregory	September 14
Cornelius VanHoute	September 15
Edith Wierenga	September 17
William DeYoung	September 22
Kittlynn Wright	September 22
Elsie Montgomery	September 26
Bernice Muilenburg	October 3
Elizabeth Novitsky	October 3
Audrey Gutowski	October 10
Bonnie Carlson	October 17
Ruth VanDoorne	October 18
Barbara Miller	October 19
Jean Dreyer	October 19
B. Lorraine Peterson	October 20
Virginia Pomarius	October 25
Evelyn VanManen	October 27

ADMISSIONS TO EDISON ASSISTED LIVING CENTER

July 2011 – October 2011

William Jorgensen	July 9	Apt. 213
Marie VanderArk	August 26	Apt. 115
Lee Roode	October 18	Apt. 117

ADMISSION TO EDISON MANOR

July 2011 – October 2011

Ruth Tuinstra	August 9	Apt. 321
Robert Moore	August 27	Apt. 211
Marilyn King	September 23	Apt. 315
Eileen VanderMeulen	October 4	Apt. 208

DISCHARGED RESIDENTS

July 2011 – October 2011

Dorothy Holm	July 8
Floretta Sheridan	July 14
Elsie Montgomery	August 2
Egberdena VanderMolen	August 9
Madeline Navitskas	August 11
Marian Vader	August 16
Joan VanderVennen	August 27
Florence VanderWoude	September 12
Othella "Sue" Alkema	September 19
Audrey Gutowski	September 30
Helen Crossman	October 6
Anna Jennings	October 10

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

IN LOVING MEMORY

July 2011 – October 2011

Robert York	July 5	age 93	William Kroeze	August 12	age 87
Fern DeMott	July 6	age 86	Hazel Kunst	August 13	age 93
Bertha VanderKodde	July 8	age 90	Alvin Vegter	August 14	age 93
Florence Minier	July 9	age 93	Hendrika "Mary" Sturuss	August 14	age 82
Marjorie Sharporn	July 21	age 84	Marie Baas	August 19	age 89
Dena Frisbie	July 21	age 81	Barbara Berry	September 2	age 87
Geraldine VandenBosch	July 23	age 89	Jean Shooks	September 12	age 81
Jean Stevens	July 25	age 96	Warren Versluis	September 21	age 80
Lois Nelson	July 25	age 68	Lavina Baas	September 21	age 96
Eleanor Norton	July 28	age 90	Ruth Welke	September 29	age 99
Rosemary Cook	August 10	age 90	Ethel Stolsonburg	October 6	age 92
Marian Keas	August 12	age 92	Florence Haadsma	October 17	age 88

CONTRIBUTING CHURCHES

July 2011 – October 2011

Alger Park CRC	Eastmanville URC	Netherlands Ref.
Beckwith Hills CRC	First Protestant Ref.	Walker URC
Blythefield CRC	Highland Hills Baptist	Westend CRC
Calvin CRC	Immanuel CRC	

CHRISTIAN REST HOME ASSOCIATION

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