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CHRISTIAN REST HOME
ASSOCIATION

Newsletter

1000 Edison Ave., N.W. • Grand Rapids, MI 49504 • 616-453-2475 Fall/Winter 2018



VOLUNTEERS:

SERVING GOD THROUGH SERVING OTHERS

"Each of you should use whatever gift you have received to serve others, as faithful stewards of 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 is because, as almost any volunteer will tell you, it is a joy to use your talents, especially when what you do helps other people.

"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.

Arlene Roelofs has been a caretaker for most of her adult life, and she has done it with love and acceptance. She sees the value in people no matter what their abilities are. Arlene visited her stepmom as often as possible until her death in 2002. She and her husband, Jim, cared for their daughter, Diane, at home for 40 years. Now Jim has Parkinson's,

and Arlene is doing her best to keep him at home for as long as she can.

Like any caretaker, she also enjoys a break in routine. She has found that volunteering provides a very satisfying type of break.

"I started volunteering by calling bingo at Edison Manor. At first, I filled in until they found a volunteer who could do it regularly. Later, I did the same at Christian Rest Home. Now I run bingo by myself every Friday morning at Edison Assisted Living Center. If I cannot come in, an aide does it. We average about a dozen people, and everyone talks together before we start playing. I get to know the regulars," Arlene says.

They use large bingo cards and do many patterns besides a straight



Arlene Roelofs calling bingo

line bingo—such as letter E, letter I, and log cabin with chimney. Arlene says that everyone recognizes letters and numbers but some find patterns hard to grasp. "Four corners is their favorite. You try to get four spots covered in each corner," she explains.

Aides and regular players invite new residents to play, and aides often help residents get from their rooms to the game. She keeps a tally for each person's bingo points. Once a month, players spend their points to "buy" from a prize stash of word search books, Kleenex boxes, and candy. "They especially love chocolate," she says.

Over the years, Arlene has noticed that staff give very good care and stay on the job for years. "I've never heard residents complaining. If Jim has to go somewhere, it will be Christian Rest Home."

Sometimes Arlene does not see a resident for several Fridays. When she asks about them, she often discovers they have moved to Christian Rest Home for more care. "It's kind of hard," she admits. But she has learned to adjust to loss by helping others.

"Our daughter, Diane, had severe handicaps. Her mental age was about three months. She looked about age 15 but lived until age 54. She had seizures every day of her life. Along with other Christian parents of children with multiple needs, we helped start Harbor House Ministries in Jenison. Diane moved there when it opened in 2004. Parents, children, and staff all became family. The staff took it really hard when Diane passed away in April 2018.

"I volunteered there every Thursday morning for Harbor House outings. I took a month off after Diane died. Now I care for another parent's kid whom I've known since Day 1," she says.

Arlene and Jim live in the home they built 58 years ago between

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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 are using their talents to call bingo, provide musical programs, and fold residents' clothes and linens.

We are grateful for nearly 180 volunteers who, as a group, consistently provide more than 6,000 hours of service per year. Their service to our residents includes 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 7th 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 over \$3,500 for items to benefit our residents. Recent purchases include activity supplies, cable programming, a shower bed, a vital signs machine, and ongoing expenses for our bird aviary.

Christian Rest Home recently spent \$55,900 for Life Safety Code upgrades. We replaced our outdated fire panel, smoke detectors, and audible alarms. We have also

begun replacing electrical outlets and repairing or replacing fire doors, as required by new regulations. We are committed to meeting all current standards for nursing home fire safety to keep our residents safe from fire danger.

The Christian Rest Home cares for over 101 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—and rates rose in July 2018. For example, the rate is now 5.9% for a single person age 73 and 6.2% 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. Say 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. Each year, Christian Rest Home receives about ten IRA rollover gifts from \$500 to \$5,000. Might you be one of those ten donors this year?

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 Steve Baker at (616) 956-1232. Their email addresses are abaty@barnabasfoundation.com and sbake@barnabasfoundation.com.

MEMORIAL CONTRIBUTIONS

July 2018 – October 2018

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Pearl Mallekoote

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*Gifts Designated for Christian Rest Home Foundation

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

Grandville and Standale. She still enjoys yard work but appreciates that one of their sons cuts the grass. The Roelofs attend Bethany United Reformed Church. They have three married sons, nine grandkids, and 14 great-grandchildren.



Marilyn and Paul Schurmann presenting a musical program

Marilyn and Paul Schurmann say that being the babies of their families meant they grew up with older parents. "We both loved hearing stories of ancestors and singing the old hymns and songs. We have always thought it a joy to spend time with older people," Marilyn says.

They took a purposeful path to their current life of living in a motorhome and presenting three or four musical programs a week at nursing homes within an hour's drive. Neither grew up playing a musical instrument. "Decades ago, we became aware of and interested in Southern gospel music, especially Gaither-type music and quartets. We loved how people sang along at those concerts. In the 1980s, Paul learned to play trumpet and musical saw, and I learned to play an electric accordion, which doesn't require any push-pull to make sound. We played in our church occasionally but didn't have time to keep it up," Marilyn says.

Meanwhile, they raised two daughters. One is married and now lives in Texas. The other has emotional and mental challenges and lives in a group home in Flint, Michigan. The Schurmanns ran a meat business from 1976 to 1986.

After that, Paul was a rural mail carrier near Holland and Marilyn drove a school bus, but they never forgot their retirement dream of using music to bless older adults.

Now, they perform and lead sing-alongs twice a month from May through October at Christian Rest Home. Their theme song is "Precious Memories," and the Schurmanns focus on universally loved gospel favorites, such as "Amazing Grace," "In the Garden," "Oh, What a Day," "Old Rugged Cross," "One Day at a Time," and "What a Friend." They say that whether residents are alert or have dementia, most sing along or respond in some way.

"We have a big book of a couple hundred songs, but we don't have a pre-arranged program. Paul has a gift to sense how the crowd is reacting, and he picks songs as we go along. Sometimes we go with a theme, like grace, heaven, love, or the cross," Marilyn says.

Paul adds, "We also ask for song requests, and we give them time to think about it. Once in a while Marilyn asks for her favorites."

Marilyn grew up in the Netherlands Reformed Church, joined Paul in the Christian Reformed denomination, and now they attend a Presbyterian church in Holland, Michigan. They spend half the year in a Zeeland campground, about a month in Florida, and the remainder in Texas, near their daughter, son-in-law, and two grandchildren. While in Michigan, they visit the daughter in Flint twice a month. Marilyn flies in for a week

each February or flies their daughter down to Florida or Texas for a motorhome stay.

In each location, the Schurmanns present musical programs in nursing homes. They volunteer for free but accept donations.

"Christian Rest Home stands out for several reasons. It has had the same administrator, activity director, and activity staff for years. The staff is really dedicated. We get at least 50 people every time at Christian Rest Home, because the activities are publicized very well and aides make every effort to transport residents," Paul says.

They say it is heartwarming to witness such care and commitment. "Residents have done so much for the next generations. They have passed on their Christian, patriotic, and family values. It's a privilege to show appreciation for these dear people and to work with staff who share that goal," Marilyn says.

For **Marilyn DeGroot**, folding laundry for 23 years has been a constant source of contentment through several life changes. She began coming monthly with a group from Remembrance Reformed Church, where she was church secretary for 27 years. She continued after her husband, Bob, died in 2005. When she moved to Edison Manor in 2012, she kept folding with her church friends and also joined folding groups from Edison Manor.

"I think that God gives us gifts that we don't realize we have, like the gift of service and doing for others.

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Marilyn DeGroot (far right) folding clothes with residents from Edison Manor

MEMORIAL CONTRIBUTIONS (continued from page 3)

Trudy McNulty
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Kurt McNulty

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Robert J. Mulder *

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Nella Daves

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Total Memorial Gifts...\$22,409

*Gifts Designated for Christian Rest Home Foundation

SERVING GOD THROUGH SERVING OTHERS *(continued from page 4)*

It's a privilege to be able to help out," Marilyn says.

Many Remembrance volunteers that she started with have passed away or are no longer able to join us. "Folding with my church is fun, because I get to talk with church members who are younger than me. Christian Rest Home always provides coffee, pop, and cookies, so we can take a break between loads," she says.

Church folding groups usually arrive early afternoon, after the laundry staff have had time to wash and dry giant loads. Volunteers fold all towels, washcloths, and some of the residents' clothing. (Some families do their residents' laundry.) The laundry staff sorts dried laundry by type. Volunteers fold so resident names can be seen on their clothing. Staff members cart laundry to each wing, where it is dispersed into closets.

"The whole process, including waiting for dryers, can take up to two hours. We just have a good time. It's nice fellowship—lots of laughs. Some volunteers are lonely at home or have other challenges, so they appreciate a chance to get out. If people forget how to fold, we help them," she says.

Edison Manor volunteers fold every Saturday and on first Mondays and first Thursdays. They often step in when church groups have to cancel because of bad winter driving conditions. "I'm kind of, sort of, in charge of Edison Manor folders, though I try not to be bossy. I always say, 'If you have a doctor appointment or get a chance to go out to lunch or do something with family, then, by all means, go.'"

Marilyn says that up to six volunteers can fit comfortably into the folding room. Edison Manor serves dinner at noon, so volunteers

usually do 40 minutes before dinner, and finish the job after their meal.

Most Edison Manor folders started after they moved in. "Maybe two had already been on church folding teams. As new people move in, we invite them to join us. One woman moved here two years ago from Allendale. She said that when I invited her to fold, it made her feel like she belonged.

"I divvy up the laundry types. I always do hospital gowns while standing up. The gal next to me, Maxine Schut, is 91. She started folding after she moved here from Coopersville. She folds personal nightgowns and stands the whole time. Some of our ladies can't stand long, so they sit and do small things like washcloths," Marilyn says.

She "just kind of fell into" taking care of the Edison Manor library. She acquires donated shelves, labels book spines with stickers for easy

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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. Our 180 current 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.

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, manicures, 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.

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 call activity director **Jodi Twardize-Walker at 453-2475 x212** if you can:

- Lead Bible Study on Tuesday afternoons at Christian Rest Home.
- Lead an exercise group at Edison Manor or Edison Assisted Living Center.
- Lead a prayer group at Edison Assisted Living Center.
- Help with manicures at Edison Manor or Christian Rest Home.
- Perform a musical program (individual or group).
- Play the piano for a hymn sing.
- Call bingo or assist residents with playing on Saturday mornings at Christian Rest Home.
- Help staff with activities on our memory loss unit.

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."

SERVING GOD THROUGH SERVING OTHERS *(continued from page 6)*

filing, and, through donations, has built up the collection to nearly 400 books. Book borrowing and returns operate on trust. Marylin has served on the Women's Service Board, and she still tends a flower garden begun by a former resident in her 90s.

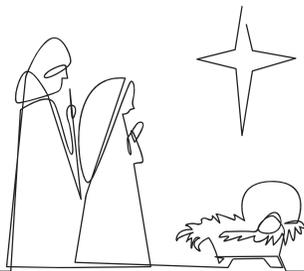
"I enjoy going to Bible study but probably wouldn't do too well at

leading. We're here to serve the Lord any way we can—and we can all do a small part," she says.

Marylin has four married children, ten grandchildren, and four great grandchildren, all in West Michigan. Family members drive her to church each week. She recommends the Christian Rest

Home continuum of care to everybody. "Some people wait way too long to come. I didn't think I was lonely on my own when my kids first suggested moving. I discovered that I really love the fellowship here."

Christian Rest Home has been blessed for more than 40 years with volunteers who fold towels and resident laundry six days a week. Groups from 20 churches volunteer monthly or more on designated days. Their service saves us more than \$20,000 a year. Some volunteers have been folding for more than 25 years!



Merry Christmas

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 lolders@crhome.org

IN HONOR OF

July 2018 – October 2018

In honor of... **DOROTHY KOLL**
from Jon & Joyce VanderBee

In honor of... **ELEANOR BRUMMEL'S**
90TH BIRTHDAY
from Helen VanNeuren

IN LOVING MEMORY

July 2018 – October 2018

Marian Verhage	July 7	age 97	Robert VanHouten	September 4	age 82
Suzanne Fitzgerald	July 11	age 82	Robert Hoeksema	September 14	age 85
John Grooters	July 16	age 81	Henry Hoekstra	September 15	age 93
Gordon Larink	July 25	age 94	Bernard Hendriksen	September 29	age 91
Robert Bonner	July 31	age 85	Howard Beelen	October 2	age 88
Paul VanderMeulen	August 1	age 90	Harriet Gillesse	October 13	age 92
Janice Taylor	August 4	age 63	Mina Van't Hof	October 21	age 91
Karl Waivio	August 6	age 92	Priscilla Zeider	October 24	age 96
Marilyn Potts	August 17	age 84	Willard Veenstra	October 29	age 92
Sveri Larson	August 29	age 97	Lucille Maat	October 30	age 90
Norm Toebes	September 2	age 92			

Edison Manor

has immediate occupancy available for 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



CHRISTIAN REST HOME ASSOCIATION

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Grand Rapids, MI 49504

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July 2018 – October 2018

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Blythefield CRC	Congregation
Eastmanville URC	Netherlands Ref. - Covell
Free Ref.	Seventh Ref.
	Walker URC

RECENT CRHA RETIREES

In honor of your service from the Board of Directors:

Betty Bouwman	28 years
Julie Schultheiss	20 years

With our appreciation for your commitment to our residents!



LeadingAge™
Michigan

Christian Rest Home Association
is a member of
LeadingAge Michigan

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