

A "Silver" Bucket List



By Emily Foster, LNHA
Executive Director Brookcrest

For many, discussing our "Bucket List" is a popular pastime we enjoy debating with our friends and family. A "Bucket List" is a list of achievements or experiences that someone would want to accomplish in their lifetime. Everyone these days, no matter the age, seems to have a "Bucket List." Bucket list items can range from the grand; a trip to Europe, to the ordinary, learning to play the guitar.

As we grow older and wiser, our priorities change. A youthful wish to go skydiving might later in life pale in comparison to a memory filled drive down Route 66.

For residents at Brookcrest, the bucket list takes on greater meaning and a sense of urgency. As you can see by Selma's story (page 3), her once in a lifetime trip at 102 years old, to see

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SILVER BUCKET LIST "Grant A Wish"

- ✓ Go for a Hot Air Balloon Ride
- ✓ Visit Mackinaw Bridge
- ✓ Sail on Lake Michigan
- ✓ A Date with Spouse
- ✓ Publish Memoirs



Brookcrest

Nursing & Rehab Center
Phone: 616.534.5487

Home Services

Home Health Care
Phone: 616.254.8115

Manor & Villages

Independent & Assisted Living
Phone: 616.457.2770
Toll Free: 877.457.2770

Meals at Home

Delivered Meals
Phone: 616.457.7777

Rose Garden

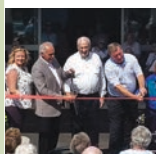
Assisted Living
Phone: 616.538.1914

Waterford Place

Independent Living
Assisted Living
Memory Care
Phone: 616.667.1725

Emmanuel Hospice

Hospice Care
Phone: 616.719.0919



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MISSION STATEMENT

To provide quality services for senior adults
in a spirit of Christian love.

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Thank you Devoted Neighbor**



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Facebook

www.facebook.com/sunset.retirement

2018



A "Silver" Bucket List

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the Detroit Tigers, uplifted her, her family, her Brookcrest team, and everyone who met her at the ballpark.

It takes compassion to make these once in a lifetime wishes come true. At Sunset we call it our "Silver Bucket List."

Silver Bucket List items are just like regular bucket list items except they are sparked by the perspective of a life well lived, benefit everyone involved, and provide memories that uplift generations.

Silver Bucket List items may include:

- Attending the wedding of a great granddaughter
- A steel worker visiting the Mackinaw Bridge 61 years after working on the original construction team
- Taking one more ride in a sailboat
- Riding a horse again
- Playing a round of golf

At Brookcrest, our caring staff help residents accomplish these types of experiences all the time.

The capacity to make these **"Silver Bucket List"** items a reality is due in large part because of compassionate donors who designate their generous gift to the "Silver Bucket List."

A Tigers Fan for 102 Years



By Abe Cohen, CRTS
Recreational Therapist,
Brookcrest

One of our residents, Selma, was a huge Detroit Tigers fan. We would talk about the Tigers often, but she had never been to the ball park, never been to any ball game. I would ask her at the beginning of every season, even once or twice during the season, if she wanted to go to the ball game.

"No, I don't want to go, I can't do that" she'd say.

So, about three or four years into the making, I asked her one day, and she finally said "Yeah, yeah, I'll go to the ball park." I was taken aback and said, "Yes, okay, let's do this."

I wrote the Detroit Tigers Foundation and they supplied 6 free tickets. So, her family, another Brookcrest Resident Aide, and I went. She was taking in all the sights and sounds and absolutely loved it. They even upgraded us to sit right behind home plate.



We even made a poster for her saying, "I've been a Tigers fan for 102 years!"

Everyone would salute her and applaud her throughout the ball park. She was so happy and her family loved the experience.

That's where I take a step back. The resident and their family have that moment forever. And I do too, but that's what makes our job so special – knowing that we connect with their heart and when that happens, their quality of life is so much better.

It's a pretty cool gig.



people & places *Events*

Our community is as active as ever! Here's a quick glimpse of what's been happening at each of our communities over the past few months.

FALL GALA 2018



BROOKCREST



Halloween Fun!



ROSE GARDEN



Halloween Fun!



Generations Music Class

HOME SERVICES



Wellness Classes



Grand Idea Gardens

MANOR & VILLAGES



Ribbon Cutting Ceremony



Christmas Bazaar

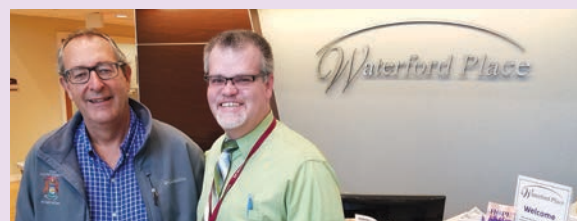
WATERFORD PLACE



Halloween Fun!



Zoo Outing



MI State Senator, Roger Victory visits Waterford Place



Fall Gala 2018

The rave reviews from Sunset's annual Fall Gala on October 26th keep coming in...

"Voices of Lee was amazing. When can we get them back?"

"What a wonderful program. I feel so blessed."

"I am so proud to be a part of Sunset."



We thank God for ***Voices of Lee*** from Lee University who thoroughly entertained the 531 attendees and helped make this year's Fall Gala one of the most successful yet.

The Gala's theme, Devoted Neighbors, was inspired by Sunset's 45th anniversary of being a devoted neighbor and the many humble Sunset stories like Marge Salamone. Marge's love and devotion to her late husband Pete, will inspire us for generations.

Throughout the Gala program we heard other living examples from Steve Zuiderveen, Chris Matzke, Abe Cohen, and Melinda Haight of the power a devoted life has to transform us and our neighbors.

Attendees received the ***Devoted Neighbors*** book as a thanks for being devoted to Sunset's mission and resident benevolence. The true stories in the ***Devoted Neighbors*** book remind us of what really matters in this world and how God desires for us to live. Their lives inspires ours.

The purpose of the Gala was to support Sunset Resident Benevolence – an unwritten commitment that Sunset has

honored for 45 years, "...that once you are a part of the Sunset family you will never be asked to leave your home and the care you need because you have outlived your life savings."

Individuals on benevolence are in their mid-90's and started saving for retirement around the end of World War II. Who know at that time, with all the rationing, when the world was seemingly balanced on the edge of a knife, that you would live to be well into your 90's?

Thank God we have received \$200,005!

Resident benevolence for 2019 is expected to be \$325,000.

To support resident benevolence please return your special gift inside the gift envelop stapled to the center of the newsletter.

Your special gift will help our amazing residents keep their Sunset home and the care they need.

Thank you for being our devoted neighbor and giving as you feel led.

God Bless You!



Neighbors Devoted

**Steve Zuiderveen,
President/CEO**



I came across the following quote from G.K. Chesterton who was born in London in the late 1800's - **"The Bible tells us to love our neighbors, and also to love our enemies; probably because generally they are the same people."**

I Corinthians 10:24 says, "Let no one seek his own good, but the good of his neighbor." The more I thought about this, I was reminded that in every situation where kindness is being shown, there needs to be someone (a neighbor) receiving that kindness.

There was a special time in my life where my wife Brenda and I were blessed by devoted neighbors. It was almost exactly 12 years ago that I was told that my position that I had held for 10 years was being

eliminated. At that time we still had 6 of our children living at home. At this same time, one of our adopted daughters was living at Hope House, a group home for troubled youth in Idaho.

One night, we received a call from Hope House telling us that our 14 year-old daughter had threatened suicide, she was at the hospital. We were told that she could not return to Hope House and that insurance would not cover her stay of \$890/day. We would need to pick her up immediately. Oh, and by the way, she would not be able to come into our home because she might be at risk of harming the other kids, but if we didn't pick her up we would be charged with child abandonment. This had to have been one of the most difficult times in my life.

When our situation became known in our neighborhood, things started happening. One woman called to offer her frequent flyer miles to cover the flights for Brenda and one of my sons to go get our daughter. On Sunday morning I was invited by several guys from church to join them at the bowling alley for coffee after the service where they then proceeded to give me money they had raised to help cover some of the hospital bills and other legal expenses. We were encouraged in so many ways by those who intentionally told us and showed us that they cared.

Sunset's Fall Gala is a prime example of that same love and compassion to people who need to know that someone cares and that they are loved. We anticipate providing over \$300,000 in benevolent care this year. **These are people that are anonymous to you, but I can assure you that they are real and so are their needs.** Thank you for being a devoted neighbor.



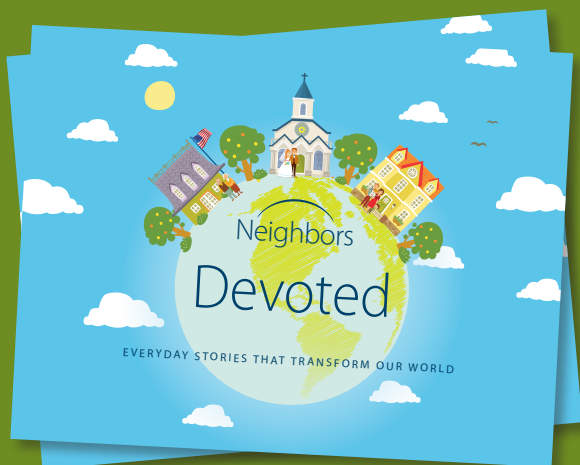


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If at any time you would like to be taken off our mailing list, please call 616.457.2770, ext. 1118, or contact us through our website at SunsetCommunities.org.



"DEVOTED" BOOK FOR SALE - \$15.00

Benefiting Resident Benevolence



FEBRUARY 15, 2019

Sunset Winter Golf Cup

Where: X-Golf

When: Friday, February 15

For: Benefit Waterford Place
Memory Care

RSVP: 616.254.8090



Support Residents Benevolence

SunsetGala.org

calendar
OF EVENTS