

A Publication of Sunset Retirement
Communities & Services

 **ourtimes**

Winter 2015

WATERFORD REHAB CENTER *Grand Opening*

The rain clouds could not dim the excitement as hundreds gathered in the foyer to celebrate the culmination of years of planning and construction. Before the Ribbon Cutting, CEO Steve Zuiderveen summed up the spirit of the new Waterford Rehab Center, ***"Residents at Waterford Rehab Center are valued, by God and those who serve them selflessly. It is a privilege to serve God and our neighbors and friends from West Michigan."***

...continues on page 4 & 5



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Winter 2015

Brookcrest

Nursing & Rehabilitation Care
Phone: 616.534.5487

Home Services

Home Health Care
Phone: 616.667.4663

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
Rehabilitation &
Assisted Living
Phone: 616.667.1725

Emmanuel Hospice

Hospice Care
Phone: 616.719.0919



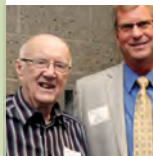
LOCAL • CHRISTIAN • NONPROFIT

MISSION STATEMENT

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

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2015



Fall Gala 2015



CHAPLAIN MARK MINEGAR



How do you remember significant events?

Thousands of years ago, our LORD commanded Joshua to instruct one man from each of the 12 tribes to grab a stone from the bed of the Jordan River, hoist it on his shoulder and place it with others on dry land—together, the stones reminded Israel of God's faithfulness. Just as God rescued his people out of bondage in Egypt by creating walls of water out of the Red Sea, so God would preserve his people as they moved into territory held by pagan peoples. The initial sign of that promise was the parting of the Jordan's water to create a dry river bed. The monument constructed from stones from the river bed attested to the LORD's sovereign hand.

At our Fall Gala we stacked 42 stones as a reminder of

Joshua and the 12 tribes. Each stone represented one year of God's faithfulness in developing Sunset Communities. God was faithful to provide the vision and remains faithful in expanding it. Presently, that includes residents who are part of Sunset Manor, Brookcrest, Waterford, Rose Garden, Home Services, Meals at Home, and most recently—Waterford Rehab.

Sunset Communities unapologetically declare that we are NOT focused first on structures of steel, brick, wood and man-made materials; our eyes are fixed on Jesus as His Spirit empowers us to serve God's building as Peter describes it in his 1st letter.

"As you come to **(Christ), a living stone** rejected by men but in the sight of

God chosen and precious, you yourselves **like living stones** are being built up as a **spiritual house**, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ" (2:4-5).

I'd like to offer this prayer of thanksgiving:

"LORD, we praise you for 42 years of guiding Sunset's development—we need you just as much as we walk into your future. We praise you for those who serve on Sunset's Board, the residents who live in Sunset Communities, the staff who works in each context, and the volunteers who bring you delight in this Christian, Local, Non-profit community." Amen!

DIANE KAZMA
Director of Clinical
Services

CONNIE VANDERWALL
Administrator / Director of
Nursing



A conversation with **Connie VanderWall,** Administrator/Director of Nursing Waterford Rehab Center

What does Waterford Rehab Center (WRC) mean to the community?

WRC is a place close to home where residents in eastern Ottawa County can receive quality care for themselves or their loved ones in a beautiful setting.

What makes WRC so special?

In addition to the beautiful building to serve residents, we have been blessed to be able to hire a great team of nurses, caregivers, therapists, and support staff. The people that are providing care are the ones who make a facility great. WRC staff are all universal workers, meaning that everyone is trained to provide great customer service and is willing to go out of their way to serve. The quality of care is what distinguishes WRC. By using many of the same processes and procedures that have made Brookcrest so successful, we anticipate the same outcomes that Brookcrest typically sees, e.g., short lengths of stay, low re-hospitalization rates, and improved quality of life for our residents.

How might someone access WRC?

If you are in need of short term rehab, e.g., recovering from joint replacement, congestive heart failure, pneumonia, or just need help getting back on your feet, WRC may be able to help. Call the central admissions number (616.531.4999) or ask your case manager at the hospital to contact WRC to arrange admission.

Assisted Living



Private Rehab Room



Ribbon Cutting Ceremony

(left to right) Dan LaMore, Mike Novakoski, Nicole Swart, Steve Zuiderveen, Doug Haveman, Chris Matzke, & Connie VanderWall



Crowd at Ribbon Cutting



Doug Haveman,
President Sunset Board

John Helder, Doug Haveman
& Jim Krol



Here are just some of the incredible amenities Waterford offers:

- 70,000 square feet
- 39 private rehab rooms
- 24 assisted living homes
- Private baths/showers
- High staff ratios
- Pool for rehab, exercise, and recreation
- State of the art therapy gym
- Rooftop patio with a 'living wall'
- Beauty salon with manicure and pedicure station
- Bathing spas
- Bistro

To inquire about rehab or to schedule
a tour call 616.531.4999.



Spotlight



SUE HAMM & PAM WERRA

Sue Hamm, our new Executive Director of Sunset Manor and Villages

Sue is a tremendous addition to the Sunset team. She brings a passion for people and a wealth of knowledge and experience. When asked how her first few weeks have gone, Sue exclaimed, "I love it here! The residents and staff are outstanding!"

Sue started her career as a social worker in a nursing home setting and has since worked in marketing and admissions. She has been a Nursing Home Administrator for 17 years.

As Executive Director over Sunset Manor and Villages, Sue is responsible for ensuring that all of the programs and services provided for our residents and community reflect the highest quality and are in line with Sunset's mission.

Sue said she was compelled to accept this position because of Sunset's excellent reputation. She

enjoys challenges and was looking for the opportunity to use the skills and experiences that she has acquired over her many years as an administrator.

When not at work, Sue enjoys the outdoors. She loves the water and spending time with family. She fondly remarked, "In addition to my husband and twin boys, I am very fortunate to still have both of my parents. I cherish the times that we can spend with them."

Thank you Sue for bringing your proven leadership experience to Sunset!

Pam Werra, our new Director of Clinical Services at Sunset Manor and Villages

Pam brings experience and a commitment to quality to her position as Director of Clinical Services. "I have always had a passion for the geriatric population and I feel blessed to be surrounded by the amazing

residents of Sunset!" Pam remarked.

Pam has been a registered nurse for 30 years. She has worked in Medical and Surgical ICU's. At Sunset Manor and Villages, Pam will be responsible for the clinical staff, overseeing resident care.

When asked what compelled her to come to Sunset, Pam replied, "As a nurse consultant, I had the pleasure of working with the Sunset organization for the last eight years. I have always been extremely impressed with the quality of care that was provided to the residents. I also enjoy the Christian approach taken by Sunset and the talented people that are part of the team."

When not working, Pam enjoys spending time with family, boating, exercising, and baking.

Thanks for sharing your talents with us Pam. We are glad you're on the team.

DEMENTIA ~ ALZHEIMER'S

What are some of the early symptoms of Alzheimer's?

- Memory impairment is the first obvious symptom.
- Increasing difficulty paying attention, reasoning, and understanding abstract concepts. (example: balancing a check book)
- Inability to adapt to change.
- Loss of word-finding ability is commonly the first language difficulty.

***Remember you are not alone!
There is help for you and
your loved one.***

Alzheimer's Association

Greater Michigan Chapter
West Michigan Region
2944 Fuller Ave. N.E
Grand Rapids, MI 49505
westmichigan@alzgm.org
616-459-4558

Zeeland Community Hospital

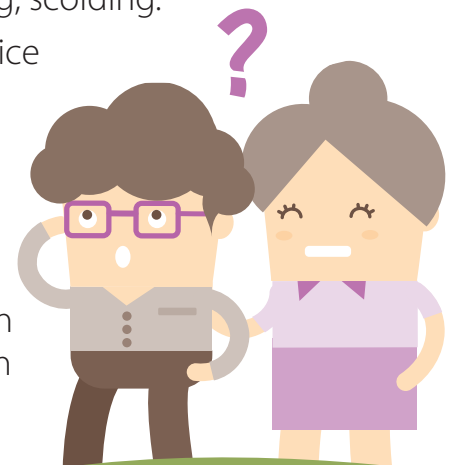
(Spectrum Health Zeeland)
Dewitt Professional Bldg.
Conference Room F
8333 Felch Street Zeeland
Monthly support group meeting
3rd Thursday 7:00-8:00pm
Contact: Rachel Bonyje 616-459-4558

Wyoming/ Metro Health Village

Metro Health Conference Center
2225 Main Street
Wyoming, MI 49519
Monthly group meeting
4th Tuesday 10:00-11:00am
Contact: Kendra Schumaker 616-530-6700

How to handle day-to-day challenges of caring for a loved one with Alzheimer's

- Support and encourage your loved one to maintain their customary activities, social connections and community involvement.
- Encourage loved one to do as much as they can for themselves in order to maintain a higher level of functioning.
- Avoid criticism, blaming, scolding.
- Use yes/no or two-choice questions, avoid using questions that rely on memory.
- Understand that behaviors are usually a form of communication and often represents an unmet need.





Sunset Association
725 Baldwin Street
Jenison, MI 49428

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If at any time you would like to be taken off our mailing list, please call 616.457.2770, ext. 1116, or contact us through our website at SunsetCommunities.org.



Partake in Serving

STEVE ZUIDERVEEN • CEO

It was a beautiful fall day to be outdoors. The weather presented us with a wide variety of things to do. It also provided me an opportunity to learn another lesson about attitude. My teenage daughter joined other teenagers from church to help rake leaves for some widows in the community. She was less than thrilled and the situation required some parental persuasion. Later that afternoon, I asked how her morning went. It's hard to describe the body language, but her words indicated that she barely survived the ordeal.

Shortly after that, I was talking with one of my sons who was excited because he had an opportunity to go help someone remove some trees that had come down in their yard. We commented about how he hasn't done a lot of helping out since he has moved out of town. He said with a touch of remorse, "I miss not being

able to partake in helping." I had never thought of helping as being something you partake in. When we partake in something, it involves sharing.

So often I think that when help is being given, someone is the giver and someone is the receiver of the help. But if we have the right attitude before God, I think that when we serve each other we are giving and receiving at the same time. The word partake is in my Bible only once, and it reminds us that we share in the death and resurrection of Christ. But the Bible often reminds us to share. We are reminded in Hebrews 13:16, "And do not forget to do good and to share with others, for with such sacrifices God is pleased." We get to decide every day if our attitude towards serving will be one of surviving or partaking. I would much prefer to partake in it with you.