

PROVIDENCE LIFE SERVICES



A NEW  
SEASON  
A FRESH  
START

PROVIDENCE LIFESTYLE  
I S S U E N O 1 — 2 0 1 7

W I T H Y O U



F O R Y O U !

# A New Season, A Fresh Start

By Richard C. Schutt, CEO



*Spring has a way of making everything feel fresh, doesn't it?*

*Sure, many of these early*

*Spring days are still gray and cold, but there's a promise that warmer weather is imminent. The days are getting longer. The trees are budding, the tulips are blooming, and soon it will be time to throw open the windows.*

*The fresh air of spring often brings on feelings of a fresh start and new beginnings, and that's a theme that kept coming up in this Spring issue of the newsletter. There are many new and exciting things happening in the Providence family. As you read the following pages, I hope that you will:*

- *Enjoy a story about good friends and long-time neighbors who have started the next chapter of their lives at the brand new Park Place of St. John.*
- *Learn how social workers serve residents and clients in our skilled nursing and rehab communities, helping them navigate a new home or adjust to life with a new knee.*
- *Allow the "rightsizing" information to inspire you to do a little spring cleaning of your own, no matter what stage of life you are in.*

*I hope that the articles in this edition are enjoyable and informational — but most of all, I hope they are a refreshing reminder of God's work through Providence and the many people who contribute to this ministry's efforts:*

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## UPCOMING EVENT NOTICE

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**TORCHLIGHT 2017** — Friday, November 3, at the Union League Club of Chicago

# Sticking Together in St. John

## PARK PLACE RESIDENTS CONTINUE 55-YEAR FRIENDSHIP AT NEW COMMUNITY

Elverna Dykstra and Lois Vander Pol have been friends for more than five decades — and counting.

Lois and her husband built a house near Elverna and her family in Lansing, and the two women were neighbors for 55 years before Elverna decided to make the move to Park Place of St. John. She was one of the first to commit to the new community, and spent the next months trying to convince Lois to come along; Lois wasn't so sure.

However, after a short hospital stay, Lois realized that she was missing her friend — and her family encouraged her to follow Elverna's lead. Lois picked her apartment from the building floor plan, and when Park Place staff took her to see her new home, she was pleasantly surprised to find Elverna living just across the hall!

"I couldn't believe she was coming," Elverna said.

The two women go back and forth like sisters. It's not that they finish each other's sentences — they don't even have to finish sentences.



*Elverna Dykstra, left, and Lois Vander Pol have been friends and neighbors for more than 50 years. Now, they live across the hall from each other at Park Place.*

"You remember that guy who —"

"Yeah! He was married to —"

"Right. Well, ...."

They share memories of all their time spent together — they attended the same church, where they were in a couples' club together: they threw parties, hosted auctions, and went camping at Potato Creek. On their own,

Lois and Elverna watched each other's children so they could clean houses. They canned together, using vegetables from Elverna's brother's garden. They went to the Dykstra family cottage together at Coldwater Lake in Michigan. "She helped me paint my fence," Elverna said.

"We did everything together," Lois said.



*Community continues to develop at Park Place, as more and more residents move in to the brand new building.*

Now, Lois' canning jars have been sold, and Elverna gave away her pressure cooker. There aren't any fences left to paint. Their husbands have passed away; their kids are grown, and the ladies aren't cleaning any more homes. They don't even have to clean their own apartments at Park Place — though Elverna still likes to do some dusting in between the cleaning crew's visits.

They'll have to come up with some new activities to share instead. They know they'll have card games — they enjoy playing Crazy 8s. They'll have coffee together like they always have, and they are eager for spring weather to arrive so they can start taking walks outside.

While they enjoy talking about their past, they also look forward to their future. They reminisce about all the events they used to plan together for their couples' club, and suddenly those days don't seem so distant a memory.

"Maybe we can do some of those things here," Lois said. After all, there are plenty of other residents to share in community events.

"I know a lot of people (at Park Place)," Lois said. "Everyone's moving out here!"

## PARK PLACE OF ST. JOHN

# Moving Day at Park Place

On Dec. 15, 2016, the retirement living building at Park Place of St. John officially welcomed residents.

George and Darlene DeVries moved into a third-floor apartment — they were some of the first to arrive at the new community. Dutch Movers stayed busy all morning in the DeVries apartment, and family was available to help move, unpack, and organize.

That same day, Bob and Jean Dorman arrived at 7:15 a.m. with a carload of goods from their home. They weren't able to move in right away, but they couldn't wait another day to see their new home. Despite the fact the apartment was bare, the room was full of joy, excitement, and relief: after 30 years of hard work on a hay farm, they are ready for new friendships and a fresh community.

"We viewed a few other facilities," Bob added, "but Park Place had exactly what we were looking for."

Since moving in, residents have attended events at Crown Point Christian School and have taken trips to Target on the Park Place bus; they have shared many meals, and have already played countless



*Family helped George & Darlene DeVries move in on the first day Park Place opened.*

games of cards or dominoes in the lobby downstairs.

"It is very exciting to visit the building now that residents are settling in!" said Park Place Executive Director Nancy Van Drunen. "A real sense of community has developed."

After the big opening on Dec. 15, residents kept trickling in. At the end of March, the total number of apartments occupied was at 43 — and counting. There were at least three more move-ins scheduled for April.

# Making Park Place Home

PARK PLACE HEALTH & WELLNESS CENTER, ST. JOHN, INDIANA



*Staff was excited to welcome Martha, the first resident of the Park Place of St. John Small Houses, in October. The Park Place Health & Wellness Center is the first of its kind in Northwest Indiana.*

The retirement living residents are still getting settled in their new apartments, but the Small Houses have been up and running since the fall. In October, Martha Winiarczyk became the first official resident at Park Place of St. John — she was the first to move into Small House care at Northwest Indiana’s newest senior living option.

This was the moment that the Park Place staff had been waiting for. This was the moment Martha’s family had been waiting for too

— they had watched construction progress each time they drove past the site, and Martha’s niece Kathy received regular mailings from Park Place. When she attended an information event in June, Kathy was surprised at what she saw. “There were, like, 400 people there!” she said. “I thought, ‘We have to stay on top of this to make sure we get in when they open. These will go fast.’”

Executive Director Nancy VanDrunen understands people’s eagerness. “Right away when they see the furnishings and the layout, they ‘get it.’ They can see that this is not a traditional nursing home, it’s not an institution, it’s not a facility. The architecture and the staffing are set up differently, so the whole experience is different.”

When Martha moved in, Kathy, a retired nurse, had not yet seen how the Small House philosophy of care would play out in her aunt’s day-to-day life — but from day one, she was impressed. “Staff have been very accommodating,” she said about the admissions process.

“That’s exactly what we’re here for,” said Nancy.

# Providence grateful for 56 years of service as Auxiliary disbands

PROVIDENCE PALOS HEIGHTS



*The Auxiliary Board was honored at the last Fall Luncheon on Oct. 11, 2016, at the Garden Chalet in Worth, IL. Pictured, from left, are: Dolly King, Millie DeGroot, Harriet VanBeveren, Marian Kickert, Judy Eldrenkamp, Helen Noort, and Gert Buikema.*

After nearly six decades and more than a million dollars raised, the Providence of Palos Heights Ladies Auxiliary has decided it is time to disband.

The group is getting older, and their events have dwindled.

“Several of the women are up in age, and they can’t come anymore,” said President Helen Noort, noting that most members are in their 70s, 80s, or older — and the younger generations aren’t joining the efforts. “We can’t get new ladies to take our places. So many ladies are working now, especially with children in school.”

Helen has been in the Auxiliary for more than 20 years. “I’ve enjoyed meeting all the people, enjoyed

the lunches, enjoyed seeing all the churches,” she said. “I am going to miss it.”

In the last sixty years, the Auxiliary’s efforts have funded many projects. The first thing the group did was outfit the kitchen — it was a couple thousand dollars, a significant amount in 1960. They raised the funds to build the chapel and provide the organ in the 1980s, and more recently purchased whirlpools for the spa, TVs for rehab, songbooks, and blood pressure equipment, among other things.

“People have been faithful,” Helen said.

They used to host auctions, bake sales, birthday parties, and on-

site luncheons. But over the years, events for other causes have popped up, and the expansion of the rehab department in Palos Heights used up their space.

“We’ve been able to see the organization grow,” Auxiliary member Marian Kickert said.

Marian joined the Auxiliary after working at Providence of Palos Heights for 26 years.

“I saw the difference that the Auxiliary made, raising money for things that weren’t in the capital budget,” she said.



*Pictured is the first Executive Board of the Rest Haven Women's Auxiliary, formed in 1959. Mrs. John Van Harn (center, seated ) served as the first president.*

Many other members, like Marian, have personal ties to Providence.

Gert Buikema lives at Victorian Village and spent some time at rehab at Palos, her son works for Providence, and she had a number of family members, including both parents, who lived at Providence Palos Heights. Helen has also been to Palos twice for therapy (“The meals are really good,” she said).

“Our roots gave us a heart for this ministry,” Marian said.

Those roots will continue to grow as Providence serves the next generation.

“I don’t think this is the demise of the Auxiliary — I think it will resurrect in a different form,” said Joan Schutt, Providence’s Director of Advancement Services. The current Auxiliary members agree — but they are not sure what that will look like.

“That’s for the younger generation to figure out,” Helen said.

While the future is uncertain, one thing is sure: Providence will always be grateful for the time and effort that current and past Auxiliary members have offered in service of our Palos Heights residents and clients!



## RIGHTSIZING | Making Your Move Manageable



*Moving into a smaller apartment or senior living community can be stressful. Having a plan can make it manageable. Providence can help!*

When seniors move into retirement communities, they are often coming from a house they've lived in many years. The move can mean parting with possessions that have meaning and history, and making other tough decisions about what comes with during the transition.

Making the decision to move can be tough, and so can the move itself. Having an organized approach to this process is key to making it manageable.

Most people call this big move to smaller space “downsizing.” Author Ciji Ware prefers to call it “rightsizing” — fitting your possessions into the space that's right for you at that time in your

life. We tend to get weighed down by the things we accumulate: more stuff means more to clean and care for.

But rightsizing isn't just for seniors who are moving to a retirement community. It is for anyone in a major transition — moving for a job, or adjusting your lifestyle after the kids move out — or anyone who is ready to declutter their home. It's for people with two unused bedrooms and an extra thousand square feet, who want to exchange a busy city lifestyle for a peaceful country option (or vice versa), who have countless knick knacks gathering dust, or who are starting to think that keeping up the yard is more work than it's worth.

Ware's book, *Rightsizing Your Life*, is used by Providence staff to help seniors and their children with the moving process. She offers some helpful advice for each person who attempts to "rightsizing" their homes and lives.

Ware notes that, though the process can be difficult and sometimes upsetting, it ultimately gives you freedom from your possessions. She speaks from experience, having been through a rightsizing move herself.

"The experience of paring down to only the possessions we loved and actually used had ultimately brought us relief...and even elation," she writes.

Rightsizing is not just about wanting "less" or "smaller" – it's about wanting better. This can mean a home that's a better fit, and reducing your possessions to the best and most important of what you own.

Ware offers a systematic process for this decluttering: evaluate your goal and your timeline, and go through your possessions room by room. The earlier you start, the better – it can be a time-consuming job.

As Baby Boomers get older and live longer, they will likely make more moves than their parents and grandparents did. Some will need

to "rightsizing" a few times – maybe first to a new city, then a smaller house or town home, and finally to a retirement or assisted living community.



The "Rightsizing" book is not the only resource that Providence offers for seniors who are considering a move. We've had seminars addressing this topic and others, like how to apply for veteran benefits, as well as room planners to help people visualize where their most prized possessions would fit in their new home. Some of our locations even have move-in coordinators, dedicated to making the process easier.

If you are thinking about a move and are interested in learning more about retirement living at a Providence community, please visit [www.providenceliveservices.com](http://www.providenceliveservices.com).

# Smooth Sailing for Seniors |

## SOCIAL WORKERS AID IN TOUGH TRANSITIONS



*Social workers can help seniors transition in and out of long-term care and rehab. They also help residents navigate through the continuum of care.*

Moving parents to a long-term care community can be an emotional and often difficult process.

Coordinating care with a hospital and rehab center before, during, and after an illness and injury can be complicated. Navigating the continuum of senior living services and care levels can be confusing.

Fortunately, social workers can help with all of it.

At Providence, social workers are a key part of our skilled nursing and rehab services — these professionals play an important role in the lives of many residents and their families.

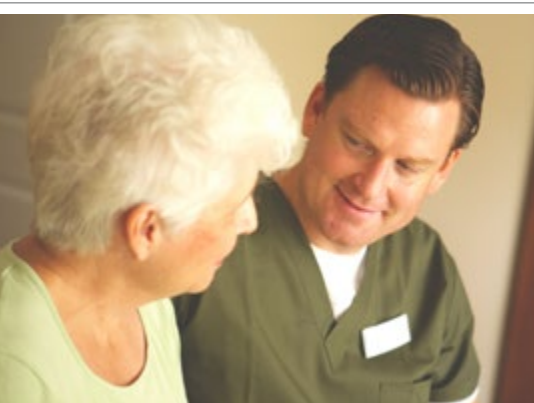
There are social services departments at Providence of Palos Heights, Downers Grove, and Zeeland, as well as the Health & Wellness Centers at Park Place of Elmhurst, Park Place of St. John, and Victorian Village. The main goal of these departments is to smooth the transition process for everyone involved — rehab clients, long-term residents, families, and staff — and through it all, to advocate for the residents and clients.

Geriatric social workers plan discharges, meet with everyone involved in a resident's care, assess residents for cognitive abilities and mood, and connect families with the resources they need.

They provide emotional support, especially for those walking through a dementia diagnosis. They offer guidance for rehab clients upon discharge, and can help seniors navigate through the continuum of care. They help residents with just about anything that comes up.

When family members don't know what to do, the social services department is usually their first call.

Senior living may not be the first thing that comes to mind when



*Social workers can assist residents and their families with just about any challenge.*

you think of social work. But for the Providence employees in these positions, it was a natural fit.

“I like the elderly population — they are my favorite to work with,” said Amanda Zdarsky of Park Place of Elmhurst.

The work isn't always easy or simple — when seniors move into long-term care at a Providence community, it's often a health crisis that prompts the move. It is a stressful time for both seniors and their families, and an emotional process for everyone involved. For rehab clients, the stay is shorter, but the cause is similar — a medical event, like an illness or injury, that requires physical or occupational therapy before clients can return to their normal lives.

Every client is unique, with his or her own medical history, family relationships, goals, plans, and personality — so for social workers, no two days are alike.

But while the work is challenging, it is also rewarding. For Alison Jackson of Providence Palos Heights, helping a resident, client or family through a difficult situation is her favorite part.

“The best part of the job is having a positive effect on someone's life — seeing them through a crisis and coming out on the other side.”

# STEP UP FOR SENIORS | Passing the Torch to the Next Generation

BY BILL BUIKEMA, VP OF MINISTRY ADVANCEMENT



*The task of caring for the elderly needs to be shared, taught, and eventually passed on to the next generation.*

## Parents, tell your children...

In our family, we share a lot of stories. My parents have always enjoyed gathering together as many of us as possible to talk about the past, present and future. Many of the stories revolved around their faith journey, their travels, time spent in the military, or their work experiences. Other stories were about family: their siblings and parents, health issues, the care they received, and the visits they took at an independent living community or in a nursing home. Our family recognizes the importance of the care that Providence Life Services provides, and they supported the ministry with gifts and volunteer time. They also prayed for Providence and

were thankful that, for over 100 years, there was a place for their family — and themselves, when they needed it.

Two years ago, my parents moved into Victorian Village, a Providence community in Homer Glen. Now my family and extended family visit them there, where we continue to share stories. We talk about the peace of mind we have, knowing they are part of a community where they feel safe, and they enjoy good food and fellowship with others. They know that if something happens to one of them, they are in a familiar place with familiar friends. Now I find myself sharing stories and assurances with my children and grandchildren,

keeping them connected to a ministry that serves the elderly with love, kindness and dignity, and provides spiritual encouragement as they walk through the journey of aging together. I have told my children about this generation and the generation before them, and trust that they will respond by supporting this ministry as well.

**...it's time to step up.**

Each generation has to take its place as the next responsible group to care for our society and particularly the elderly. This is our time and your time to step up. We need to step up for seniors, who need us urgently — people are living longer, some with shrinking resources and a vulnerability that we all need to recognize. Our society places a lot of emphasis on the youth and their future, and on us and how to take care of ourselves, but often forgets about the elderly. We are already seeing tens of thousands of baby boomers starting to retire, and that number will reach the millions each year over the next decade. We need to step up and share our resources, as well as our time, to ensure that the ministry to seniors will be sustained for generations to come.

Would you be part of the support and celebration of our work in service to the elderly? Please consider a gift to Providence Life Services this year: if all of us step up for seniors, we can truly make a difference for them when they need us most.

As we go through the coming year, we will continue to share a number of ways that you can step up and assist the elderly, to ensure that the ministry of Providence will be here for our parents — and when the time comes, for us as well.



*A gift to Providence is in service to the seniors who need it most.*

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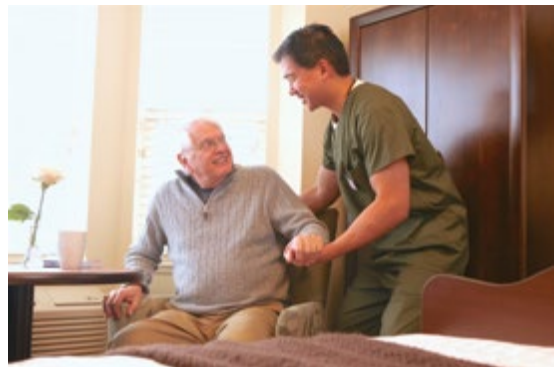
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**100th birthday of Ada Dekker**  
Evelyn Huiner

**87th birthday of George Tamminga**  
Henrietta Tamminga

**100th birthday of the late Peter Ooms**  
Russ Ooms

## ANNIVERSARIES

**Bill & Gert Buikema 65 years**  
Ray & Anita Kozlowski

**Mr. and Mrs. Richard Poortinga**  
Arthur & Eleanor Boer

**Bill & Jean Strong**  
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**Emerald Meadows** (AL, M)  
6117 Charlevoix Woods Court S.E.  
Grand Rapids, Michigan 49546  
(616) 954-2366

**Park Place of Elmhurst** (IL)  
1050 S. Euclid Avenue  
Elmhurst, Illinois 60126  
(630) 333-4343

**Park Place Health & Wellness Center** (AL, SN, R, M)  
1150 S. Euclid Avenue  
Elmhurst, Illinois 60126  
(630) 936-4100

**Park Place of St. John** (IL)  
10700 Park Place  
St. John, Indiana 46373  
(219) 351-5200

**Royal Atrium Inn** (AL)  
400 Parkside Drive  
Zeeland, Michigan 49464  
(616) 772-1248

**Royal Park Place** (IL)  
500 Parkside Drive  
Zeeland, Michigan 49464  
(616) 772-2224

**Saratoga Grove** (IL, AL, M)  
3460 Saratoga Avenue  
Downers Grove, Illinois 60515  
(630) 971-1995

**Victorian Village** (IL, AL, M)  
12600 Renaissance Circle  
Homer Glen, Illinois 60491  
(708) 301-0800

**Village Woods** (IL, AL)  
2681 Route 394  
Crete, Illinois 60417  
(708) 672-6111

## REHABILITATION & SKILLED CARE

**Providence Healthcare & Rehabilitation Centers**  
13259 S. Central Avenue (SN, R)  
Palos Heights, Illinois 60463  
(708) 597-1000

3450 Saratoga Avenue (SN, R)  
Downers Grove, Illinois 60515  
(630) 969-2900

285 N. State Street (SN, R, M)  
Zeeland, Michigan 49464  
(616) 772-4641

**Park Place Health & Wellness Centers**  
1150 S. Euclid Avenue (AL, SN, R, M)  
Elmhurst, Illinois 60126  
(630) 936-4100

10820 Park Place (SN, R, M)  
St. John, Indiana 46373  
(219) 351-5200

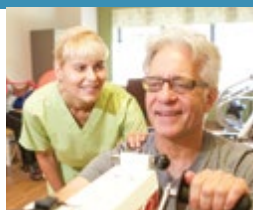
**Victorian Village Health & Wellness Center**  
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