



*He counts the number
of the stars;
He calls them all
by name.
~ Psalm 147:4*

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Rest Haven Homes Bulletin

Your Starring Role in God's Production

Have you ever thought about playing the starring role in a production about your life? No? Your life is not interesting enough? We would disagree! We believe that every life is worth recording. God has created each of us with unique gifts, talents and experiences. We firmly believe that we need to capture that knowledge and preserve it. That's why we are so excited!

November is National Lifewriting Month. What is life writing? It is a process of recording memories, thoughts and interesting tidbits of information about a person's life. We know from experience that memories make a meaningful legacy to leave for the next generation.

At this time of year stores are filled with stars. Scripture

tells us that when the wise men saw the star they were filled with great joy. Why? Because it acted as a beacon to lead them to Jesus...the One they wanted to know. Perhaps some of you are scrambling to think of just the right Christmas gift for a loved one. Have you stopped to consider looking for "a star"? Maybe there is someone about whom you want to know more. May we make a suggestion?

We have put together life story notebooks. Each notebook contains questions, trivia games, anecdotes, quotes and a family tree. Additionally, we have enclosed plastic protector sheets for including pictures and memorabilia. The questions can be answered individually or a page at a time depending on how much time one may have.

The Bible is filled with stories of lives transformed by God's grace. He has given these life stories to include our faith. In the same way, this project can act as a form of thanks to and for the people that are most special to you. Don't let any loved one become a falling star before you have the opportunity to capture their unique life stories.

As an introductory offer, we are offering this notebook for \$10.00. If we have to ship the book to you, there will be a small additional fee. To order, simply stop by Rest Haven or call us at (616) 363-6819 and ask for Kim or Terry. We hope you will share our enthusiasm and begin "star gazing!"

Points of Light on the Rest Haven December Calendar

- ★ **Holiday Sounds**
The Bowman's 12/2
- ★ **Marimba Concert**
featuring Dave Hall
12/5
- ★ **Men's Alzheimer's Support Group**
12/6 & 12/20
- ★ **Samaritan's Carriage Outing** to Meijer Gardens 12/11
- ★ **Joyful Sounds Singers**
12/16
- ★ **Christmas Cantata**
Forest Hills Bible Chapel 12/17

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Rest Haven Update...

Since our last newsletter we bid a sad farewell to several of our residents, Margaret McKendrick, Betty Wunsch, Rich Karelse, Jim Pizzulli, Virginia Huizinga, Eleanor Kaschel, and Robert Shannon. We are always sad for ourselves and for the families in their time of loss but we know that each of these dear friends had placed their hope in Christ and in His finished work on the cross and that they have received their reward and entered into the presence of their Lord.

We were happy to welcome several new residents into the home during the same period. Margaret Trythall, Jim and Barb Dahnke, and Paul and Ruth Petro moved into the cottages. We were joined in the assisted living by Angie Arnao, Millie Livingston, and Dorothy Mason. We are glad to be able to continue to serve the Lord's own at Rest Haven. Currently our nursing

home has several vacancies and of course we earnestly desire the opportunity to serve the Lord's people. If you know someone who might be looking for the kind of care Rest Haven provides, why not have them call Brian Wilson for more information.

We had a lovely time at the 65th and are grateful to each one who took time to join us for the day. We enjoyed the wonderful singing, encouraging ministry and fellowship with friends and family. Many of our team members really extended themselves and we are grateful to each one. Special thanks to Nona Fitzhugh, Kim Murphy, and Ruth Johnston for all their extra effort to make the day a success. We also enjoyed a fun, Rest Haven harvest day. Instead of our usual fall Country Fair we had a fun day together with just our Rest Haven family, enjoying fall themed activities.



"You shine like stars in the universe as you hold out the Word of Life..."

Phil 2:16

Dwindling Stars... Facts About Alzheimer's

Alzheimer's disease in the United States

- An estimated 4.5 million Americans have Alzheimer's disease. The number of Americans with Alzheimer's has more than doubled since 1980.
- The number of Americans with Alzheimer's disease will continue to grow — by 2050 the number of individuals with Alzheimer's could range from 11.3 million to 16 million.
- Finding a treatment that could delay the onset of Alzheimer's disease by five years could reduce the number of individuals with the disease by nearly 50 percent after 50 years.
- A Gallup poll commissioned by the Alzheimer's Association found that 1 in 10 Americans said they had a family member with Alzheimer's and 1 in 3 knew someone with the disease.
- Increasing age is the greatest risk factor for Alzheimer's. One in 10 individuals over 65 and nearly half over 85 are affected. Rare, inherited forms of the disease can strike individuals as early as their 30s and 40s.
- A person with Alzheimer's disease will live an average of eight years and up to as many as 20 years from the onset of symptoms as estimated by relatives. From the time of diagnosis, people with Alzheimer's survive about half as long as those of similar age without dementia. Average survival time is affected by age at diagnosis and severity of other medical conditions.

The cost of care to families

- National direct and indirect costs of caring for individuals with Alzheimer's disease are at least \$100 billion, according to estimates used by the Alzheimer's Association and the National Institute on Aging.
- The average lifetime cost of care for an individual with Alzheimer's disease is \$174,000.
- More than 7 out of 10 people with Alzheimer's disease live at home, where family and friends provide almost 75 percent of their care. The remainder is "paid care" costing an average of \$19,000 per year. Almost all families pay this out of pocket.

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Recognizing the impact Alzheimer's makes on families as well as victims we decided to start a support group. Our Men's Support Group has been meeting for a couple of years every other Wednesday.

There is a desire to see a family support group started. Ruth Johnson, one of our Team members, has gone through the Alzheimer's Association training and is looking to begin a new group in the near future. If you would like information on joining us for that support group, please contact Brian or Kim.

We're looking for a few stars!

- ★ **The "Ready Helping Hands" is our ladies auxiliary.** They meet once a month, with needle and thread to keep us in stitches. If you enjoy sewing and would like to join the group, please contact Cyndee for times.
- ★ **Hostess with the mostess!** We need beverage servers to circulate during meals to keep coffee and tea cups warm and full. Contact Nona for more information.
- ★ **Secret Pals.** Opportunities still exist to be a Secret Pal for a Rest Haven resident. Contact Cyndee for more information.