

Summer 2016

Sunset Rehab

Delighting in the Success of Others

Gina Chesla

*Registered Occupational Therapist
& Director of Therapy at Brookcrest
& Waterford Rehab*



Sunset Rehab Programs Tops Local Rankings*

** Waterford Rehab #1 and Brookcrest #3 based on 2nd quarter quality results for admissions, length of stay, outcomes, and re-hospitalization.*

Getting out of bed, getting dressed, standing in the shower, cooking a meal, or writing out a check are things we take for granted until we can't do them anymore!

The older we get the more complicated our injuries become. When an older adult falls, their hospital stay is almost twice as long as those elderly patients who are admitted for any other reason. The most profound effect of falling is the loss of function associated with independent living. Sunset (through Brookcrest & Waterford) provides physical, occupational, speech and recreational therapy to help heal the hurting senior and restore their body to perform tasks at their best.

I have been an Occupational Therapist for 21 years; 20 of those have been spent at Brookcrest! Now as the Director of Therapy

for all Sunset campuses, my role has changed but I continue to see clients who come into therapy, which gives me great joy. I believe in serving with the dignity and respect that everyone deserves. Many therapy companies are in it for the money and are not looking out for the best interest of the clients. At Brookcrest and Waterford Rehab, this is not the case! There is a genuine care and concern for those we serve. You are family! I try to treat each resident as if they were my own family member. There are many options to receive these therapies, however, Brookcrest and Waterford Rehab are a step above others!

- **We provide one on one, patient-centered therapy.**
- **We collaborate with the patients to set their goals.**
- **We empower them to meet their goals.**
- **We give them the tools to live a safe and healthy life.**

It matters to us that they are happy with their therapy achievements, as we strive to provide great customer service, in case they should ever need us again!

Sunset's reputation is great! People in the community typically give a smile when I mention, "I work at Brookcrest or Waterford Place" (or really any Sunset campus!).

There is so much personal reward in providing therapy. One of the first clients I worked with at Brookcrest had come into

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Summer 2016

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

Meals at Home

Delivered Meals
Phone: 616.457.7777

Rose Garden

Assisted Living
Phone: 616.538.1914

Waterford Place

Independent Living
Phone: 616.667.1725
Assisted Living & Rehab
Phone: 616.667.6000

Emmanuel Hospice

Hospice Care
Phone: 616.719.0919

WEST
MICHIGAN'S
101
BEST AND
BRIGHTEST
COMPANIES
TO WORK FOR
WINNER 2016



LOCAL • CHRISTIAN • NONPROFIT

MISSION STATEMENT

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

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2016



Our therapy team is empathetic, energetic and has a heart for the older adult population.

Sunset Rehab ...continued from front page

rehab after a massive stroke. She was living alone and completely independent prior to this stroke. She went through three months of rehab to learn how to walk, talk, dress herself, feed herself, and be as independent as she could. Unfortunately, she still had deficits that would not allow her to return to be independence at home. Her left hand limited her ability to crochet and this was her favorite hobby. She had become depressed about her situation and loss of the ability to do something she enjoyed. Recreational Therapy and I worked together to adapt her crochet needles so she could hold them better. I provided her with exercises and stretches for her hand so she could work on them daily. We incorporated other types of activities that she enjoyed so she had a sense of purpose to her day.

Over the course of six months, this client continued to work on her exercises independently and Recreational Therapy continued to help her gain independence with other leisure tasks. One day, she came down to my office and left a crocheted pot holder. Taken aback, I asked if she made this. She began crying and smiling saying, "I kept it a secret from you-SURPRISE! It took hours but I did it...with all your help!" She continued to get faster with making them and soon made so

many that she sold them in craft shows. This determination spilled over into her basic life skills so that she became more independent with walking, toileting and dressing. She was able to stop taking antidepressant medications. She even left Brookcrest to live with her daughter since she had become more independent. A very happy day for her and such a success story for all of us at Brookcrest. I can still recall her smile and laugh to this day!

One of the wonderful things about Sunset is that we are a non-profit. As a therapist with high ethical standards, this means that you always "do the right thing for the client". In for-profit companies, management decides which client gets seen by therapy and for how long, to maximize insurance reimbursement. The longer you stay in a facility for rehab, the more the facility gets paid by insurance. Brookcrest and Waterford Rehab have one of the lowest length-of-stays in the area: an average of about two weeks! Other rehabs are averaging 3-4 weeks. Also, our outcomes relating to meeting goals is higher than other places. In a nutshell, staying for a shorter period and still meeting all your goals equals a successful rehab experience!

Our therapy team is empathetic, energetic and has a heart for the older adult population.

When our patients are meeting their goals we get as excited as they do! We have so much knowledge in our core group of therapists, a combined 160 years of experience, 86 years with Sunset. We are educating you, your family and cheering you on during your sessions. We spend your allotted therapy time with you, not hiding behind the computer while you do the work (as some for-profit companies expect!). Having a team of doctors and nurses on staff also helps to limit the need to return to hospital, as in most cases we can monitor you then and there, right in Sunset's treatment space.

If you are not able to return to your prior activity level or tasks after an illness or hospitalization, then you may want to consider subacute rehab. If you are having a pre-scheduled surgery, take advantage of touring both Brookcrest and Waterford Rehab beforehand and put your name on the room reservation list with Admissions. This will ensure that the campus you have chosen has a room available when you need it. Otherwise, take advantage of open houses at either of the campuses to familiarize yourself with what we offer.

One great thing about staying under the Sunset umbrella is the communication between campuses. We collaborate for a seamless rehabilitation stay from the hospital to subacute rehab to homecare. If you are in the hospital unexpectedly, let the doctors, nurses, discharge planners, anyone you come in contact with, know that you want to go to Brookcrest or Waterford Rehab. We promise to take care of you like family, because you already are!



Holding Hands



“For I am the LORD, your God, who takes hold of your right hand and says to you, ‘Do not fear; I will help you.’”

~ Is. 41:13

Lately, I have been noticing how much hand holding goes on in life. Parents hold their young child’s hand to keep him from touching the waterfall outside of my office. Adult children holding the hands of their mother as she passes from this earthly life into eternity. Even walking to church with my wife involves holding hands.

The Bible has a lot to say about hands but I often wonder why there is a differentiation between the right hand and the left hand. When we read about God’s strength, it is described as His mighty right hand. Ps.118:15 *“The Lord’s right hand has done mighty things!”* This week I prayed that God would let me hold His hand but I wanted him to take my left hand so that I could still respond with my own “strong right hand”.

Instead, God did something that I didn’t immediately understand. He brought to mind Psalm 73:21-24 *“When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you. Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory.”*

I believe that my heavenly Father grabbed ahold of my right hand with his left hand. This prevented me from trying to help myself by using my own right hand, which would likely have created more trouble for me. But it also left God’s mighty right hand free to reign as he knows best. *“For I am the LORD, your God, who takes hold of your right hand and says to you, ‘Do not fear; I will help you.’”* Is. 41:13. Never hesitate to let God hold your hand, and if you get an opportunity to hold someone else’s hand, grab it.



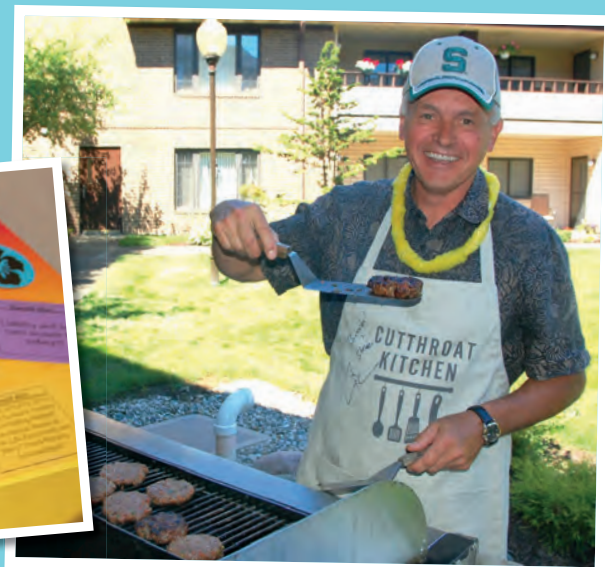
Where do you find Sunset employees outside of work?

During the hottest days of July, you might have noticed a few of them picking up trash along I-196. Participating in MDOT's Adopt-A-Highway program, Sunset has "adopted" the stretch of highway from 32nd Avenue to M-6. Three times a year a group of employees will pick up trash in that two-mile stretch in an effort to help keep our Michigan roadways looking beautiful. We're thankful for this dedicated group of volunteers who braved the heat and traffic to share Sunset's spirit of Christian service with our community!



Employee Appreciation Lunch

Thank You!



Celebrating Life, One Day at a Time

WHY WE DO, WHAT WE DO.



Benjamin Leavell, LNHA

Executive Director/Administrator Brookcrest

I consider myself blessed to be surrounded by so much life, knowledge and love! Often I am asked, "Do you like working at a nursing home?" or "Isn't it depressing to work at a nursing home?" My reply is always the same: I love working in the home of my dear friends and no, it is not depressing, it is life-giving! There is such an abundance of fun, joy, happiness, and fulfilling relationships that happen at Brookcrest, it is truly hard to keep up.

Yes, most the people that live with us are older and may have some kind of physical or mental impairment, but with age come great stories, wisdom, and life experiences that can be shared with multiple generations. This is in itself truly a blessing to all those who are witnesses and it would never happen, except in a setting such as Brookcrest. Brookcrest is a unique community and all those who have worked, visited or lived here would agree. We have a culture that promotes community and the sharing of life. When one of the Brookcrest team members has a baby, they don't simply go on maternity leave and come back eight or so weeks later and go about their job. While on maternity leave, the Brookcrest team member always comes in and brings their newborn babies to see all of their friends and share this great life experience with those they share life with daily. We celebrate one another's birthdays, anniversaries, and other milestones together, as families do. We mourn

the loss of each resident who passes away, and celebrate the good times that we had and rejoice together that the one we have lost is now with the Lord.

The Bible states in Psalm 118:24 *"This is the day that the Lord has made, we will rejoice and be glad in it."* This verse holds even more weight in the later years of life than it does in our younger years. I have been witness to so many great people who, despite their age, physical, or mental disability, love each and every day of life as it were their last! It is truly an inspiration. I get the pleasure of talking to and spending time with people who are wheelchair bound, blind or have had strokes, yet who tell me how blessed they are by the Lord and how happy they are to spend time with and fellowship with our team and other residents. Every morning when I come in I am greeted by a smiling group of people on their way to breakfast who are happy to be alive and are truly celebrating life one day at a time. We greet each other and crack jokes and just plain live life together. I would not trade experiences like this for anything, they are truly irreplaceable.

Most everyone who resides with us will tell you, life is not about what you have, but it is about who you have and the experiences




“This is the day that the Lord has made, we will rejoice and be glad in it.”

~ Psalm 118:24


that you can share with them. Material things get old, lose value and tarnish but relationships and friendships build stronger and more secure over time. When we come to work in a place such as Brookcrest, it starts out as a job, but for many of us it becomes a calling. I find most days I get back as much or more than I am able to give due to the kind hearts and kinds words of all of our great residents and team members. I truly enjoy celebrating life one day at a time with such a fantastic and unique group of individuals.

Fall Home Care Classes

This fall Sunset Home Services is offering a series of wellness classes that focus on you! There will be light refreshments, combined with classes presented by our professional staff. After a successful spring term we are providing similar classes with a few modifications. This fall each class will be Tuesday at 2:00pm at Waterford Place in the Multi-Purpose Room near Door A, and we are excited to offer:

 **SEPT 27: Exercise and Wellness** with Jen Edwards PT (Learn the benefits of exercise and the best way to strength train as we age.)

 **OCT 4: Bladder Health** with Stephanie Smit PT (Tips and tricks to bladder health and maintaining wellness.)

 **OCT 11: Emotional Wellness** with Mary Bollman RN, MSN (Understand how our emotional well-being plays a part in our whole health.)

 **OCT 18: Digestive Health** with Stephanie Smit PT (Identify how diet and regulation affect many areas of life.)

Life-long learning is an important aspect of mental well-being; we hope to see you all there!

 **Please RSVP by calling 667.4663.**

Continuum of Care Seminars

We know that senior living can be overwhelming. So many options: independent living, home care, assisted living, short-term rehabilitation and long-term care. As an organization, we want to help you navigate these choices by offering Continuum of Care Seminars later this fall. These seminars are geared towards those individuals and families exploring senior living resources and those already a part of the Sunset family. We have assembled a panel of experts including admissions counselors, social workers, physical therapists and nurses, to name a few. Our goal at each event is to answer key questions about the various levels of care, such as: ‘What is this? What does it cost? How do I get there?’ Look for an invitation in your mailbox this September!



Sunset
Retirement Communities and Services

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

Waterford Place & Rehab Center
616.667.1725
1725 Fort Sheldon
Jenison, MI 49428

Sunset Manor & Villages
616.457.2770
725 Baldwin
Jenison, MI 49428

Rose Garden
616.538.1914
3391 Prairie
Grandville, MI 49418

Brookcrest
616.534.5487
3400 Wilson Ave. SW
Grandville, MI 49418

Sunset Home Services
616.667.4663
725 Baldwin
Jenison, MI 49428

Meals at Home
616.457.7777
725 Baldwin
Jenison, MI 49428

PARTNERSHIPS:

Emmanuel Hospice
616.719.0919
2161 Leonard St. NW
Grand Rapids, MI 49504

TANDEM365
CARE IS BETTER TOGETHER
616.588.5290
1279 Cedar St. NE
Grand Rapids, MI 49503



Sunset Association
725 Baldwin Street
Jenison, MI 49428

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With the help of our amazing donors, wonderful things have happened at Sunset. We've been able to help resident benevolence, give nursing scholarships, and lives have been enriched. You can help by gifting through the enclosed envelope, online at SunsetCommunities.org, or call 616.457.2770, ext. 1117. Thank you!

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.



you're invited... *Sunset's*
FALL GALA

TUESDAY October 4th @ 6pm

FEATURING...

Dr. Dennis Swanberg

Attend Sunset's Fall Gala, a benefit for resident benevolence. Laugh and be inspired by Dr. Dennis Swanberg and be a blessing to a select group of Sunset residents who have outlived their resources and need financial assistance.

Gala Theme:

Stewards of Grace

"We are stewards of God's gifts used to serve others."

Time:

Punch & Welcome – 6:00pm

Dinner & Program – 6:30-8:30pm

Location:

The Pinnacle Center , 3330 Highland Drive
Hudsonville, Michigan

RSVP required:

Return RSVP by September 26, 2016

For more information, contact Barb Faasse

616.457.2770 ext. 1116 or bfaasse@sunsetmanor.org

calendar **OF EVENTS**