



STAFF:

THERAPISTS ARE GOD’S HANDS

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand” (Isaiah 41:10).

You may have noticed that 2021, like 2020, is not an average year. Although we have made much progress in our ability to respond to the pandemic, its ongoing nature makes things challenging.

Yet, we experience God’s hands strengthening us when we see how well our entire staff works together to notice even small changes in our residents’ abilities to move, eat, swallow, and speak. Residents experience God’s hands through our resident therapy services team. Meet three people dedicated to helping residents restore or maintain their physical abilities.

Kelsey Lothschutz, our therapy director, works full time from Mondays through Fridays. She enjoys being part of teams that pay attention to details and get things done. Kelsey is also a Certified Occupational Therapy Assistant. She spends half her time on management and half on treatment. Like our other therapists, she was placed at Edison Christian Health Center (EHC) by Select Rehabilitation, the resident therapy services

company that Edison Christian Life Services contracts with for therapy services.

“Every morning I send reports to corporate and attend a management meeting with department heads. We review which residents are losing weight or having trouble getting out of bed, toileting, dressing, eating, or walking. I’ve worked in places with high staff turnover, where staff often fail to notice resident declines. Here, the certified nurse aides (CNAs) are very familiar with our



Kelsey Lothschutz

with residents, so they notice who is falling asleep during meals or eating much less than normal,” she says.

After the morning meeting, Kelsey visits and screens residents and talks with CNAs to see whether they can help or whether the resident should be referred for therapy. She consults with Jim Horjus, the Edison Christian Life Services business manager, for insurance coverage information.

“Jim tells me about a resident’s co-pay requirements. Next, I phone the family to get their approval for the referral. We like to see people five times a week but can schedule therapy less often if there’s a co-pay issue. It’s really rewarding to see the process from noticing changes, to screening, getting approval to put someone on a therapist’s caseload, and seeing improvement,” she says.

Kelsey refers residents for appropriate treatments, such as speech therapy for swallowing issues, occupational therapy for declines in self-care performance, or physical therapy for mobility problems.

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FROM THE ADMINISTRATOR



Our year-end newsletter highlights our therapy staff. Therapy staff help rehabilitate residents to regain functional ability after a physical setback. They also help our long-term residents to be as independent as possible in everyday activities. Our services include physical therapy, occupational therapy, and speech therapy. The therapy staff work with our interdisciplinary team to provide the best care possible for our

residents. We hope you enjoy learning more about our therapy program.

The Women's Service Board thanks all who attended their October 10th concert with the Voices of Victory Quartet and the Covenant Christian Chamber Choir at Westend Christian Reformed Church. The concert was inspiring, God-honoring, and a blessed time of fellowship. The offering provided over \$4,000 for items to benefit our residents. Recent purchases include television streaming services, activities supplies, resident diagnostic equipment, shower bed pads, and the ongoing expenses for our bird aviary.

Parts were no longer available, so we had to replace four large air conditioning units that stopped working in offices and common areas; one of three laundry dryers; and our only kitchen steamer. We also updated controls for our energy management system. These replacements and improvements help us save on energy and labor and increase comfort for staff and residents. The new steamer produces more consistent food quality, so residents enjoy their meals more. These projects totaled \$87,800.

Eighty-three percent of the residents in Edison Christian Health Center have depleted their resources, so they depend on Medicaid funding. Their care costs more than Medicaid pays, despite our efforts to diligently control expenses. The cost for the care we provide to our residents significantly exceeds the nursing home reimbursement cap. Our shortfall has increased due to cost increases for labor and supplies, as well as the ongoing effects of the pandemic on our facility's census. We continue to depend on the covenant community to keep the promise of mutual caring and to support our residents who are Medicaid eligible.

May God bless you this Christmas and in the New Year!

Todd Nyeholt

CHARITABLE GIFT ANNUITIES AND IRA CHARITABLE ROLLOVER

As much as we value receiving checks to Edison Christian Foundation, we realize that other ways to give may offer more advantages to you. That's why we want to tell you about three sure things—charitable gift annuities, deferred gift annuities, and the IRA Charitable Rollover.

The people who've chosen a charitable gift annuity (CGA) say it is an excellent choice if you want to significantly help Edison Christian Foundation but still need a fixed income. In exchange for your gift to us, we offer you a CGA, with guaranteed lifelong income. The older you are when you begin a CGA, the higher your annual or quarterly returns will be. For example, the rate is 5.1% for a single person age 73 and 6% for a single person age 78.

Although a portion of your guaranteed income is taxable, you get an immediate tax deduction for a portion of your original gift amount. The capital gain is spread out, and money placed in your CGA is usually exempt from estate and inheritance taxes. When you pass away, Edison Christian Foundation receives the balance of your annuity.

A deferred gift annuity (DGA) is a popular choice for younger donors who want to plan for retirement. Say you have a stock that's soared in value. Instead of selling it and increasing your tax burden, you could create a DGA by giving the stock to Edison Christian Foundation. You'd get an immediate charitable tax deduction and tax savings.

Later, you'd begin receiving annuity income, some of it tax free. DGA donors choose a date, which must be more than one year after their contribution, to begin receiving payments.

If you own an IRA and are at least 70½, you might appreciate a tax break called the IRA Charitable Rollover. The rollover lets owners of traditional and Roth IRAs instruct their IRA custodians to distribute up to \$100,000 to a public charity. That distribution isn't included in federal taxable income but does qualify for all or part of an IRA owner's required minimum distribution. Each year Edison Christian Life Services usually receives about ten IRA rollover gifts from \$500 to \$5,000. Last year, we received \$19,250 in gifts from IRA distributions. Might you be one of those donors this year?

It's also possible that another type of planned gift, such as a will bequest or life insurance policy, is a better choice for your estate. For free, confidential advice on estate planning, call Todd Nyeholt at (616) 453-2475. You can get the same free, confidential advice from Barnabas Foundation attorneys. Simply call Barnabas Foundation toll-free at (888) 448-3040, or e-mail planning@barnabasfoundation.com. They will refer you to their nearest attorneys, such as Amy Bakker Baty or Steve Baker in West Michigan.

MEMORIAL CONTRIBUTIONS

July 2021 - October 2021

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Betty Johnson
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James Wojcik

* Gifts designated for Edison Christian Foundation

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She also schedules appointments. “Brittany Newton, our occupational therapist, works full time and is the backup manager if I’m gone. Steve DeVries, a therapy tech, comes one day a week to help with completing and uploading files.

“I don’t want to speak negatively about some of the places I worked before coming here in September 2021, but working here is a breath of fresh air. ECHC is very professional, and the communication is great. Everyone is so upbeat and resident-centered. When new residents come, there’s great teamwork to meet with the family and find a resident’s baseline, preferences, and dislikes,” she says.

Kelsey also does assessments for people who are here for the short term to recuperate from strokes or major surgeries. “Recently, we had a 98-year-old woman who lives independently but broke a hip while gardening. She still had weight-bearing precautions when she moved back home, so a social worker here found a company that can help with in-home therapy.”

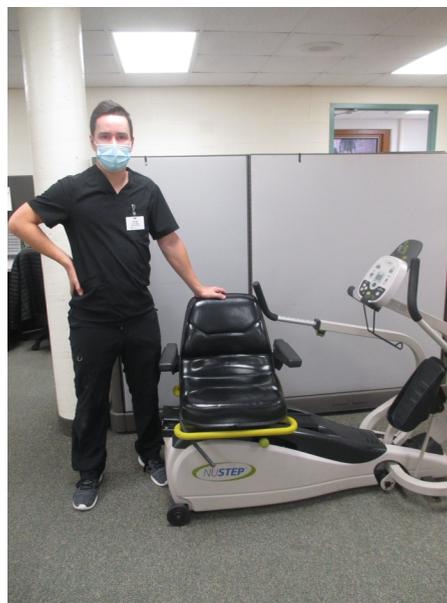
She says that although masks shield people from the pandemic, they can present challenges. “Sometimes it’s harder to hear each other, especially for hard-of-hearing people who used to compensate by reading lips. It can take a bit more encouragement, time, and cueing to build trust. But moods are better now that families can visit and residents can come out of their rooms for meals and activities. In fact, we gladly

rearrange therapy schedules so they don’t miss any family visits or favorite activities.”

Kelsey jokes that growing up on a pig farm in Conklin explains her love of motor-powered fun, such as riding dirt bikes and snowmobiles. She also enjoys co-ed softball. “I’m having so much fun decorating and landscaping the house that I recently bought in Grand Haven.”

Evan Foresman appreciates opportunities to get to know residents. “My grandparents have all passed away. I enjoyed the camaraderie with them even when some of them had dementia. So, it’s nice to do physical therapy with older people,” he says. Evan earned his Doctor of Physical Therapy (DPT) degree in 2020 from Central Michigan University and started at ECHC in June 2021.

He works full time Monday through Friday, has an average caseload of ten to fourteen people, and typically sees eight to ten residents a day.



Evan Foresman

EDISON CHRISTIAN HEALTH CENTER

provides rehabilitation, long term and dementia care within the nursing facility.

**For more information,
call Linda Elders,
Director of Admissions,
at (616) 453-2475**

or e-mail
lolders@edisonchristian.org

Usually one or two people on his list have dementia and live on Ritzema Hall, and one or two are here for short term rehab preparing to return home. As the only physical therapist here, Evan sometimes calls in another PT from Select Rehab when caseloads rise.

“I arrive between 7:30 and 8:00 a.m., check my caseload, and go around to see who’s ready for me. This isn’t the case in all nursing homes, but here the nursing staff and aides really care about residents, and the activities are really great. So we’re happy to change the schedule based on whether someone has a visitor or wants to attend an activity,” Evan says.

His appointments last from 40 minutes to an hour and take place wherever it works best. Some mobility therapy happens in resident rooms, such as helping people roll side to side in bed or get

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MEMORIAL CONTRIBUTIONS *(continued from page 3)*

Paul Longberg
Harriet Longberg

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Total Memorial Gifts...\$14,050



** Gifts designated for Edison Christian Foundation*

in and out of bed. He sometimes works in hallways with residents who need help walking. “We have a really nice therapy gym in the lower level with parallel bars to practice standing and walking. But, really, the whole building can be a physical therapy setting,” he says.

Evan will see almost every resident at some point during the year, because the quarterly screenings for each resident reveal who has become deconditioned from sitting too much or who needs to improve their range of motion.

“For residents who start having trouble with transfers, I sometimes educate CNAs on how use a sling lift or the safest ways to move or walk with residents. I really like improving quality of life and developing rapport. Some residents like PT. Others would rather stay in bed or watch TV. I talk with them about building strength so they can continue to get out of bed, go to the bathroom on their own, or do things with their families.

“I enjoy the challenge of helping people set goals and making exercise fun for them. Say someone has poor balance. If they love golf, then they can use the golf clubs and putt holes in our gym. If they prefer puzzles or card games, then I’ll have them stand on a foam mat while we do the puzzle or game,” he says.

He explains that it can be physically challenging to work with someone who can’t stand or walk on their own. Masks can make communication trickier, but the attention to

YOU CAN STILL PRAY, SEND CARDS, AND DONATE

Want to make a difference in our residents’ lives? We can use your help in three important ways.

- Pray. Please join us in thanking God for advances in preventing and treating COVID-19 and new freedoms for families to visit and residents to mingle. Pray for the well-being and protection of our residents and staff.
- Send cards. You can send encouraging cards, photos, or hand-drawn pictures—for residents or staff—addressed to Edison Christian Health Center, 1000 Edison Ave. NW, Grand Rapids, MI 49504.
- Donate. Support the residents this fall or winter by sending a donation to Edison Christian Life Services or Edison Christian Foundation, 1000 Edison Ave. NW, Grand Rapids, MI 49504.

COVID-19 protocols has helped prevent most residents from getting the virus. “People who do get the virus need a lot of conditioning. Thankfully, I haven’t had many people like that,” he says.

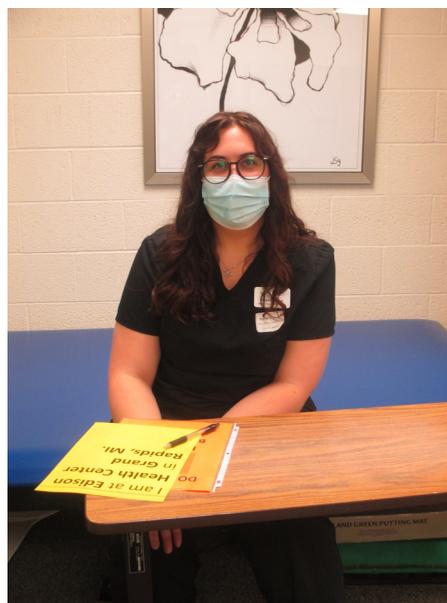
Evan and his wife, Erica, who is also a PT, live in Forest Hills. They enjoy hiking with their dog, traveling, and trying new foods.

Brooke Kramer, our speech therapist, appreciates the resident-centered approach here. “I

am also on call for Hope Network Rehab and other Select Rehab facilities. Working in multiple settings keeps me fresh. ECHC stands out for having a great referral system. I like working together with CNAs, nursing, dietary, activities staff, other resident therapists, and family members. The care here looks at the whole person, not just deficits,” she says.

Brooke works part time Monday through Friday, depending on her caseload. She usually has four to eight people on her caseload, mostly long-term residents. She earned an M.A. in Speech-Language Pathology (SLP) from Western Michigan University in 2020 and started here in January 2021.

“Kelsey Lothschutz goes to the morning meeting, so, when I get in, I check the census update to see if any residents are having changes with swallowing, language, or cognitive abilities. “Most of my case load consists of residents with difficulty swallowing, either due



Brooke Kramer

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THERAPISTS ARE GOD'S HANDS *(continued from page 6)*

to stroke, traumatic brain injury (TBI), or dementia,” Brooke says.

Some people have trouble swallowing because they're eating too fast, so they need cues to slow down and take smaller bites. “People with strokes or traumatic brain injuries sometimes have feeding tubes and need to relearn how to swallow. Length of therapy depends on the person's age and condition and can take months. So far, everyone I've worked with has been able to return to an oral (by the mouth) diet, though sometimes they need a modified diet, such as alternate food and drink or texture modifications. Our goal is for them to have the safest and least restrictive diet possible for quality of life and to improve independence.

“I joke that people like therapy appointments with me because I bring snacks. And ECHC has some of the best food I've seen. The variety, quality, and presentation makes my job easier. Even the presentation for pureed food is visually pleasing, like placed with a pipette or formed into a beautiful shape. These extra touches treat residents with dignity,” she says.

“I like working with people over time because I get to know them and their families. We talk about their daily life and the skills they hope to regain. Dementia often affects cognitive communication skills. For example, this could result in forgetting to use a walker or forgetting how to use a walker. So, in this case, we may work on sequencing, problem solving, and safety.”

“Many residents on my caseload have dementia or may develop it. This can affect a person's ability to speak or understand others. As dementia progresses, we can

sometimes find new ways to communicate, like using gestures. Instead of asking open ended questions, we can ask ones that require just a yes or no. Then, we recap and ask the resident, ‘Is this what you meant?’” she explains.

Brooke is always looking for new ways to communicate. She saves pictures that show how to articulate sounds. She found an iPad app where she speaks and the app puts it into text. Some residents can read the text and respond. Others can use a communication board to point to a picture or icon of what they want.

Brooke has two cats and a dog—”my furbabies,” she says. She recently bought a home in Wyoming. “It's awesome to have such a short drive to work, and it's so great to have the opportunity to make a house a home,” she adds.

EDISON CHRISTIAN INDEPENDENT LIVING

Edison Christian Independent Living provides senior citizen independent living and offers meals, activities, and housekeeping services. Our residents enjoy secure, homelike comfort and Christian companionship. Studio and one-bedroom apartments are currently available.

For more information, call: (616) 453-0993
edisonchristian.org

GIFTS RECEIVED IN HONOR OF July 2021 – October 2021

In honor of... Thressa Evertse from anonymous
 In honor of... Dorothy Koll from Joyce & Jonathan VanderBee
 In honor of... Tom Huizenga .. from David & Susan Huizenga
 In honor of... Marylin DeGroot..... from anonymous

IN LOVING MEMORY

July 2021 – October 2021

Betty Teitsma	July 2	age 91
Roger Fritsma	July 17	age 85
Kathleen Hammond	July 23	age 79
Verne Beemer	August 20	age 91
Donna Briggs	August 20	age 91
Patricia Klappmust	October 4	age 66
Marilyn VanPortfliet	October 5	age 89
Harvey Ouwinga	October 13	age 89
Tom Huizenga	October 18	age 57
Joan Hill	October 19	age 88

CONTRIBUTING CHURCHES July 2021 – October 2021

Beckwith Hills CRC	Heritage Ref. Congregation
Bethany URC	Covell Netherlands Ref.
Eastmanville URC	Remembrance Ref.
Free Ref.	Walker URC



Edison Christian Life Services

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EDISON CHRISTIAN
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NEWSLETTER

Fall/Winter 2021

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