

## Making a difference in her "one brief opportunity"

Dianne Reed is so moved by the work of Faith Hospice, that she supports the organization in many ways. When Faith Hospice approached her to share her story about donating some family bank stock, she was reluctant because she didn't want to be boastful that she had stock to give. Yet after recently hearing author Randy Alcorn speak, something he said resonated with her: "We have one brief opportunity—our lifetime on Earth—to use our resources to make a difference." She hopes her story might inspire others.

She and her husband, Scott, grew up in Lake Odessa. Scott's family owned a local business and were deeply woven into the fabric of the community. Years ago, Scott's family purchased several shares of stock from their hometown bank. Three generations of Reeds banked with this financial institution, and Scott and Dianne eventually inherited some of the original shares. They also purchased some of their own. The share dividends paid well for many years, and everyone took pride in their ownership.

Scott's mom, Shirley, died in 2010 at Trillium Woods under Faith Hospice care. Before then, the Reed family was not familiar with Faith Hospice or its Trillium Woods inpatient facility. They were very grateful and impressed with the loving care she received.



Dianne Reed

Little did Dianne know that Scott would also need Faith Hospice and eventually die at Trillium Woods. Scott passed away in 2014 after being diagnosed with synovial sarcoma, a rare and aggressive form of cancer that first took his entire left shoulder and arm and then his life.

Since Scott's passing, Dianne moved to be closer to her children, and it was no longer convenient to bank in Lake Odessa. Dianne wondered if it made sense to keep her shares of bank stock, or was there a more meaningful way to pay tribute to Scott and his family by donating the shares to an organization that did so much to help them. Dianne decided to donate her bank stock to Faith Hospice.

Even though Diane still misses Scott, she continues to put her faith and trust in God. She gave these shares so that they will bless others today and tomorrow. Dianne honors Scott's life by volunteering and giving to Faith Hospice regularly. She hopes someday God will say to her, "Job well done."

# Getting "tuned up" at Breton Ridge's new Body Shop

Exciting changes at the former Breton Ridge Fitness Center debuted this January after a two-month remodel project. Holland Home and the Vibrant Living Fitness Team were blessed with the opportunity to work with an anonymous donor to completely remodel the fitness space. This project met multiple goals of Holland Home's Vibrant Living model—such as Intellectual Discovery, Social Engagement, and Physical Wellness Together.

The Vibrant Living teams make it a priority to stay current with industry trends and research and were very impressed with HUR (Helsinki University Research), the leading supplier of strength training equipment and wellness solutions for older adults. The HUR fitness equipment does not use traditional weight stacks. Instead, the machines employ pneumatic resistance that start at zero (0.0) kilograms and adjust in 0.1 Kg increments (0.22 pounds). Therefore, even when traditional weight machines and their five pound increments are too much, HUR machines offer resistance in small manageable steps — perfect for older adults.

Additionally, HUR's research-supported impact on balance and decreased risk of falls secured the Vibrant Living Fitness Team's decision to work with their USA-based vendor. In all, the new Body Shop was outfitted with nine HUR pieces of upper body, lower body, core and multi-function equipment; four pieces of HUR cardio equipment; and three HUR-compatible CyberCycles equipped with virtual reality bike rides. Other new room upgrades included gym racks for traditional free weights and mats, a TV and sound system, frosted glass windows, and artwork.

The Body Shop open house, on January 20, included a healthy lunch, a Fitness Team presentation about the new equipment, and registration for one-on-one orientations. HUR-USA CEO, Robert J. McGuffin, was also in attendance for the exciting unveiling and to talk to residents about HUR.



Residents are introduced to the new HUR equipment and CyberCycles at the new Body Shop by members of the Living Fitness Team on January 20, 2020.

During one-on-one orientations, residents will receive a RFID-fob that syncs with the technology-enabled HUR equipment through its SmartTouch interface. Machines will track each resident's individual workout allowing both the Fitness Team and resident to review their workout data and see their progress — such as strength building, cardio endurance, workout duration, or number of repetitions. The fob also automates resistance and seat settings making recalling machine settings a thing of the past. Even if more resistance is added by the user during a set, the fob will communicate that resistance level to the machine the next time that resident works out!

Printed on a plaque on the way into this newly remodeled space is the reminder "The joy of the Lord is my strength" from Nehemiah 8:10. These words serve as a constant reminder of God's faithfulness and how He continues to provide for Holland Home and the residents we serve in so many ways. The Vibrant Living Team is forever grateful for the generous donation that turned dreams and goals into a reality and is confident this space will continue to bless residents for years to come.

## Legacy (leg-uh-see)

**noun. Law:** A gift of personal property such as money, through a Will.

Establish a legacy of love by making a gift to Holland Home and/or Faith Hospice through your Will or Trust. Join more than 250 individuals who have made this meaningful decision. Contact the Foundation Office at 616-235-5125 to learn more.



## Raybrook renovation continues its momentum

The Raybrook “Move To Improve” campaign has helped complete four floors of Memory Care Assisted Living Centers, main lobby upgrade with snow melt system and raised canopy, kitchen, and the Cook Memory Care Unit. Our focus in 2020 will be the third and fourth floor nursing units in the Cook Wing, first floor DeVos that includes the resident lounge, and the Center for Rehabilitation.

Plans for a special project, a Memory Care Courtyard, are underway. Memory care residents in the A-Wing currently have no access to the outdoors unless they travel beyond spaces they are familiar with, which creates great anxiety and fear. This new soon-to-become familiar outdoor space will offer a calm, welcoming, and natural environment where residents can safely enjoy the beauty of the gardens and the outdoors. We are seeking community funds of in-kind services from generous vendors, partners, and donors. If you are interested or able to assist with this project, please reach out to the Holland Home Foundation.



## Trillium Woods build-out

The new Faith Hospice Grief Support Center will be built in the unfinished lower level of Trillium Woods in Byron Center. Designed as a comforting space for grief counseling, training and education, and community outreach, this area will fulfill a long-term dream of having all of Faith Hospice’s staff and volunteers under one roof.

The “Combining Care, Compassion, and Commitment under One Roof” campaign has raised \$670,000 toward the \$2 million fundraising goal. Faith Hospice will invest \$880,000 toward this \$2.8 million project.

A Legacy Walkway will welcome all who enter the Grief Support Center. It will serve as a lasting tribute of a loved one and a daily reminder of the families, businesses, and friends who support Faith Hospice and help us continue our work. Contact Marcia Timmerman at (616) 235-5118 to purchase an engraved brick or paver or to donate to the campaign. Or visit [www.faithhospicecare.org](http://www.faithhospicecare.org) to participate conveniently online.



## Third expansion at Breton Woods Assisted Living

Planning and development are underway for the third 15-bed Assisted Living building for the Breton Woods campus. The project is expected to begin in the spring of 2020. The facility will include spacious private rooms, WiFi and cable, private and communal dining areas, lounges, indoor and outdoor gathering spaces, gourmet meals, and vibrant living programs and outings to keep residents happy and healthy in body, mind, and spirit. Consistent with the two existing 15-bed Assisted Living facilities at the Breton campus, this new facility will have the same excellent Holland Home health care.



## Dining Services becomes a “go to” resource for residents

As part of the new Holland Home Dining Program, both the Raybrook and Breton Markets began selling “Go-Tos” in 2019. This new program offers a variety of prepackaged, ready-to-eat meals that are prepared by the Holland Home Dining Services Team. The well-received program is giving residents the convenience of delicious “home-cooked” meals and the flexibility of eating where and when they choose.





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Questions? Call 616-235-5118.



**31<sup>ST</sup> ANNUAL HOLLAND HOME  
FOUNDATION GOLF OUTING**

Monday, June 1

**FAITH HOSPICE  
SUMMER CONCERT**

Friday, August 7

**FAITH HOSPICE  
LUNCHEON**

Wednesday, September 16

**HOLLAND HOME'S  
KEEPING THE PROMISE  
DINNER**

November 2020

**YOUR CHANCE TO WIN**

2 tickets to 2021's **BIG** game · **Super Bowl LV** on February 7

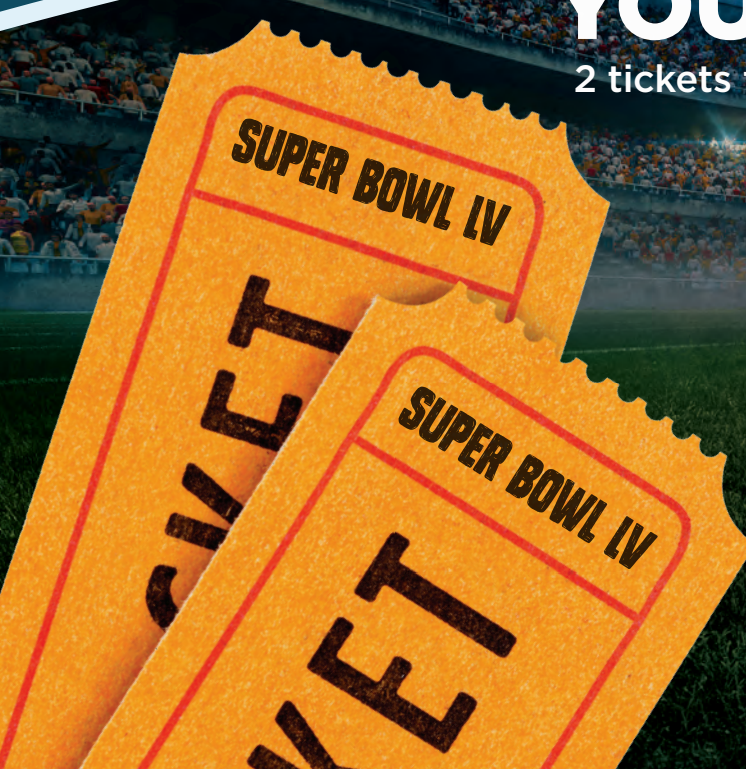
**\$50/Ticket**

Proceeds to benefit Faith Hospice's  
Bereavement Program

To purchase, call 616-389-6600

*Drawing at Faith Hospice luncheon.*

*Need not be present to win. ~Value \$7,000~*



 **FaithHospice™**