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Dear Residents, Friends and Family,

Throughout this newsletter, you will see many references to bidding a hearty farewell to 2020 and looking forward with hope to 2021 and a much more peaceful year. That theme was not orchestrated, it simply happened organically. I must admit, "I second that emotion", as Smokey Robinson and the Miracles used to sing. Forget New Year's Resolutions to lose weight. It seems most are simply praying for a more peace-filled year ahead with new, fun things to which we can look forward and actually see them come to fruition without restrictions getting in the way. To that, I say, "Amen, let it be so, Lord".

The Vision Statement for Christian Living Communities is "Creating communities where aging is honored and celebrated". The execution of that vision truly rests more with the residents, families and team members who live and work in our communities than with anyone else. Some might suggest that is the responsibility of our Corporate Office leadership, however that is not the case. Their role is to support the Vision – our role is to imagine what that vision is for Someren Glen.

Starting the 2nd week of January and extending through the first part of February, you will see a large white, blank banner placed on one of the common area walls at each of the two buildings on our campus. Additionally, you will find an assortment of colored markers and other art supplies for your use. We want to invite residents and team members to use this space to draw, color, paint, or paste from magazine clippings any representation you can think of that captures your hopes for the coming year, and how you would like to see aging honored and celebrated on our campus.

This is a great opportunity for us as an organization, because we are hoping to capture elements from your artistic handiwork and incorporate them into the long-range planning of the culture of Someren Glen, and how that culture needs to be supporting in future building on the campus. So think of this project as a blank canvas on which you have the opportunity to paint the future for yourself, and for residents and team members who will come behind you.

Look for more information in the coming weeks and begin thinking about what you would like to put up on this wall. Let's dream big and have fun. Let's work together to honor and celebrate aging at Someren Glen. And as we do, let's imagine the happiest of new years.

Blessings to you all,



Tim Rogers – Executive Director



Suites Notes

Achieving your Goals through Rehabilitation

The Suites at Someren Glen is home to an 18-suite Skilled Rehab Neighborhood where guests can receive individualized doses of physical therapy, occupational therapy, and speech therapy to rehabilitate newly acquired deficits or conditions. Our therapy team is trained to treat a wide variety of conditions, including: musculoskeletal injury, post-operative treatment, stroke, traumatic brain injury, Parkinson's Disease, vestibular deficits, etc.. Our goal is to build rapport with our rehab guests, learn about their goals, and help them to recover their ability to enjoy their lives as independently and safely as possible.

We take a functional approach to train our guests to be able to navigate their home environment successfully with adapted strategies or equipment, if needed. Despite the challenges COVID-19 has presented the rehab team, our creative therapists are able to provide interventions that are conducive to advancing function and independence while adhering to the state mandates of isolation periods for new guests. Our therapy team is proficient in infection control practices, such as proper hygiene and personal protective equipment. Our diligence has resulted in our rehab neighborhood being COVID-free for the entirety of 2020. We are proud of our success in maintaining a safe environment to rehabilitate our guests, and despite the circumstances, we are still consistently and objectively improving our guests' overall function, independence and safety upon their discharge.

— Tyler Shearrow, Director of Rehab

New Year Promises

In our teams, families, and communities, we are reflecting often on the challenges of 2020, and what 2021 will look like. It seems very few people are thinking about making new year resolutions. 2020 has brought so much change, challenge, and sacrifice, that I for one have no intention of trying to lose weight, give up chocolate, or eat fewer potato chips. I want to hang on to my simple pleasures! And as long as there is moderation, we should be able to hang on to those small, pleasurable things that have helped see us through these tough times.

Here at Someren Glen, we routinely work to identify opportunities for joy and simple pleasures for the associates and residents. For 2021, I encourage all of us to make some 'promises' rather than resolutions. These promises should center on bringing joy, self-care, and active listening to our residents, families, co-workers, and ourselves! Take an extra moment to watch that sunrise, nurses, as you pull into the parking lot. Send an extra text to your relative, you wonderful families, to let them know you love them, and then savor their sweet response. Spend an extra 60 seconds, CNAs, talking with a resident about their traditions and sharing yours with them. All of us can close our eyes, take a deep breath in and out to the count of 6, and do small things to take better care of ourselves and each other. That's a promise!

The challenges of 2020 are still ongoing and the sacrifices continue, but the promise of the end of this pandemic, with a vaccine on the way, helps us shift our focus to enjoying life again. We greatly look forward to when we can be in one another's company once more. Thank you to all of Someren Glen for your patience and understanding and for keeping your promises to each other and yourselves throughout this year, and into the next.

— Christine Beson, Associate Executive Director & Nursing Home Administrator



Resident's Corner

Reflecting, While Anticipating – on the Threshold of New Year 2021

Recently I heard the expression, “I’m going to stay up until midnight on December 31, 2020 – not to see the New Year in, but to make sure the year 2020 leaves!” Everyone knows that 2020 was a very unusual year with strange weather, Covid, politics, riots, and here at Someren Glen – temporary moves/construction, isolation.

But, through it all, I’ve been amazed at the flexibility and caring shown to us residents by the kitchen/dining staff, and all of our other team members! Love and caring prevailed! Activity sheets were made available to keep our brains active, and challenge us a bit. Meals were faithfully delivered to our apartments. In addition to the masks that we were all required to wear, staff endured wearing face shields, and, when necessary, other PPE as well. We saw many team members leave/others came on board. Our Christian Living Campuses welcomed a new CEO – Jill Vitale-Aussem. We said “Good-bye” to many residents/friends, but we’ve also had the opportunity to welcome, and say “Hello” to others. We’ve been blessed with a beautiful campus, and had opportunities to sit and visit on the porch or patios, or walk around and enjoy nature. We’ve been blessed with surprise treats. During storms, our maintenance men faithfully keep our outdoors cleaned and available for us to venture out. Housekeeping staff faithfully keep our apartments cleaned and sanitize/clean our common areas. Our concierges are always cheerful, approachable, ready to help in any way possible, even when they do have to “police” our wearing masks, sanitizing our hands, keeping distance, etc. Our chaplain(s) make

personal, caring visits. How blessed we are!

And now, New Year 2021 is upon us. What does the future hold? Before I moved, I had a plaque outside my door, which said, “I don’t know what the future holds, but I know Who holds the future.” That is a true comfort! God is the Alpha and Omega – the Beginning and the End. He has the whole world in His hands, even when it seems that evil prevails.

Maybe one of the big anticipations of the new year is the possibility of combating the Coronavirus with the recently released vaccines, and life returning to normal, even if that’s a new normal. On the political front, we must pray for our new administration. Here at Someren Glen, we’ll continue to be blessed with a lovely campus. We have the hope of remodeled apartments. The possibility of updated in-house communication on TV Channel 22 is exciting!

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand.”

–Philippians 4:6,7 (NLT)

— Resident Vi Sjaardema



Chaplain's Corner

New Beginnings

I am not sad to see 2020 go. It was certainly a year none of us will ever forget – one marked by so much upheaval: a pandemic, separation, isolation, loss, social protests, violence, political division, and natural disasters. I feel like we all just ran a marathon, crawled over the finish line, and collapsed. Individually and corporately, we will need some time to recover – and we will. We are a resilient bunch, able to bounce back together and overcome all sorts of challenges and adversity.

Although I am certain 2021 will have its own set of challenges and difficulties, thankfully the calendar has turned. We enter a new year with the possibility of a new beginning. Vaccines are rolling out, and there is growing optimism that perhaps we can finally see the light at the end of this pandemic tunnel. And, as excited as I am about that possibility, I am more aware than ever that our hope cannot solely or primarily be anchored in the circumstances around us – for they will come and go.

As a person of faith, my hope is anchored in a God that is with, and for us, and carries us through all the storms of life. Our hope transcends any given year, any circumstance, any experience.

There is a promise from God, found in the Bible, that we can hold onto:

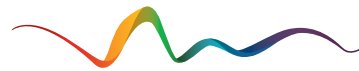
“Those who wait for the LORD shall renew their strength; they shall mount up with wings like

eagles; they shall run and not be weary; they shall walk and not faint.” –Isaiah 40:31

Happy New Year my friends. May you know and experience a new-found, deeper, stronger hope, peace, and rest in the year ahead.

— Chaplain Cindy Simpson

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