

Insights

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A Special Thanks to
3 Way Thrift

Reflecting and Looking Forward

BY DAVID STIENSTRA

The pandemic has impacted senior living in a profound way and continues to be felt by Inland Christian Home and communities like it. As they have for the rest of the world, the past few years have been a difficult period for Inland, but they have also been a time of learning and looking forward. While the pandemic continues to impact Inland, we are using what we have learned to build a better future for our campus and our community.

Throughout the pandemic, Inland has continued to provide quality care and services to our residents despite the ups and downs in census and the ever-changing regulatory requirements. The community continues to operate from a sound financial position and adjusts operations as needed to ensure this continues.

Over the past two years, the community has completed a record number of physical plant improvement projects, including the purchase of two homes adjacent to the campus which added a total of 1.1 acres to the grounds. Inland continues to pursue its Long-Range Plans and will adjust them as needed to accommodate the new property additions.

Donor support during the past few years has been tremendous! The Annual Financial Drives have been extremely successful, and Inland has received many large individual donations.

Through change, one thing remains constant: God's sovereignty over all things. Despite the difficulties we have faced in the past few years, God has provided answers and has blessed ICH greatly. We will continue to look to Him for guidance in all circumstances.

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Elegant Dining

Residents of Inland Christian Home are enjoying a newly redecorated Assisted Living dining room that brings elevated style to each meal. In addition to a fresh coat of paint, the makeover includes new tables and comfortable chairs. New lighting and artwork complete the look by adding modern style and sophistication to the already peaceful and relaxing ambiance.



The remodel was designed to provide an elegant space for residents to enjoy their meals, creating an experience that feels more like dining out in an upscale restaurant. The community's dining staff also received special training to provide each guest with a personalized experience that caters to delivering excellent customer service in addition to delicious food.

The remodel, which pairs perfectly with Inland's new outdoor dining area, is the ideal complement to the creative menu offered by our dining services, completing the restaurant-style atmosphere. Residents can choose from a variety of delicious menu options that offer something for everyone.

While Assisted Living and Independent Living residents are welcome to enjoy their stylish new dining room surroundings, they are still able to enjoy Inland's delicious food served up daily in their rooms if they prefer. The dining delivery services continue to be available to resident rooms and apartments upon request and are delivered by the same smiling, attentive staff that offer such impeccable service in the dining room.

The warm, welcoming environment is the perfect way for residents to get out of their rooms and socialize with peers, friends, staff, and loved ones. The spacious, well-lit dining room continues to offer a daily devotion before lunch and is open for all Assisted Living residents at each meal and for Independent Living residents by reservation.

Outdoor Dining

When Inland Christian Home residents first began asking for outdoor dining, planning got underway, but with the onset of the COVID-19 pandemic, the need to offer a safe space for friends, neighbors, and families to gather became pressing.



Thankfully, Inland had the ideal space to bring this plan to fruition. In 2021, construction got underway on the grassy area adjacent to the Assisted Living dining room, creating a warm and welcoming patio that offers the chance for diners to relax and enjoy companionship and a shared meal in the fresh air.

The new space debuted in April, just in time for residents to take advantage of the fresh spring air. Wooden windscreens and shade sails adorned with Inland's beautiful signature colors let in the perfect amount of light and fresh air while shielding diners from the elements. Combined with a firepit in the center of the patio, these touches provide added comfort on warm days and cool evenings.

With seating for up to 25 guests, there is plenty of room for groups of various sizes to enjoy a cozy meal or a small gathering. The patio is wheelchair accessible and can be accessed from either the parking lot or the Assisted Living dining room. Coffee service is offered every morning at 10:00 am and tables can be reserved for meals or gatherings by contacting reception.

Inland Expands with Additional Property

Inland Christian Home has long anticipated the opportunity to purchase additional land with the purpose of expanding our community. As 2021 came to a close, this dream began to look like a reality when two homes directly adjacent to the property became available.

As the two properties went up for sale a mere three weeks apart, the community made the decision to attempt to purchase them both. Bids were placed and accepted, allowing Inland to proceed with plans that were decades in the making. With escrow closing for one property at the end of December 2021 and the other one month later, Inland began the process of adjusting its Long-Range Plans (LRPs) to include the additional space.

The two properties, which together comprise 1.1 acres of land, are located on Magnolia Avenue and border the staff parking lot along the western side of the campus. The funds to make these purchases were made available from a 2020 refinance loan secured by the community and a very generous donation. As everything came together for the purchase of these properties, it became evident that God's hand was at work to ensure that Inland Christian Home was able to acquire much-needed space to accommodate its ever-growing community.

The community is working on obtaining a lot line adjustment of the property and a zone change for the land so that work can begin on demolishing the existing homes and converting the lots into usable space for the community. In the meantime, the maintenance department has moved into one of the homes to secure additional room for offices, equipment storage, and workspace. The department staff has been busy overseeing some of the initial work on the properties, such as filling in a pool and removing dried brush.

While no official plans are in place, some possibilities for the newly acquired space include additional Independent Living apartments along with an additional community building such as a permanent maintenance office. Plans are also underway for how to best use the building that previously housed the maintenance department with an ultimate goal of creating space designed for resident use.

By acquiring these properties, Inland has taken a major step toward its LRP, which is designed to meet the needs of a growing senior population. According to studies, the number of people over the age of 65 is expected to increase by more than 40% in the next two decades and there will be a need for 986,000 Assisted Living beds in addition to those currently in existence, making additional space and bed availability at Inland Christian Home an extremely important priority.



A New Look for Assisted Living

Sometimes a fresh coat of paint is all it takes to give a space a whole new look, but at Inland Christian Home, we like to pull out all the stops. Our Assisted Living branch recently got the royal treatment with a remodel that gave it a fresh face and some much-needed upgrades.

Common spaces like hallways and the activities area have all been revamped with much more than the obligatory coat of paint. New carpeting and artwork are beautifully matched to create a peaceful experience as you stroll down the halls, while modern LED light fixtures complete the look and create a warm and welcoming ambiance.



Doors and fixtures have all been upgraded to go with the refreshed look and new handrails along the hallways are the perfect complement. These touches, all paired with brighter lighting throughout, also provide an increased level of safety for our cherished residents.

Perhaps one of the most exciting upgrades is the security-access hardware that has been installed on all exterior doors. This card-access system ensures that Assisted Living residents can enjoy an added level of security and privacy, knowing that the only people entering the building are those that are either invited or have authorized access.



The arrival of new furniture for our common areas completed the new look, and Inland Christian Home's residents can now enjoy comfort and luxurious style. Warm, inviting spaces give them a place to relax, participate in activities, and socialize with friends and family.

These upgrades not only provide a refreshed look with modern luxury and a warm and welcoming environment, but the added security of the card access system, handrails, and brighter lighting offer peace of mind; every detail has been carefully designed to create safe and secure accommodations. At Inland Christian Home, it is our hope that the new look, along with increased security and comfort, will help our residents relax and enjoy their lives in style.

Luxury and Convenience



In recent years we have seen the demand for Assisted Living rooms increase, along with a desire for seniors to maintain an independent lifestyle in a homelike environment for as long as possible. At Inland Christian Home, where we continuously strive to meet the changing needs of the population we serve, we have been hard at work to make that a reality for our residents. By upgrading several of our Assisted Living rooms to create living spaces that provide a comfortable and spacious environment along with the support of personal assistance, we are giving our residents more options to age in place.

Assisted Living now offers two 450-square-foot one-bedroom units that feature a luxurious design and all the comforts of living in your own apartment. Combined with the amenities that provide the safety and support many need, these units contain a bedroom, bathroom, kitchenette, and combined living room/dining room space. These suites offer a spacious floor plan designed to maintain independence and allow plenty of room for entertaining guests.

These new suites are ideal for individuals looking for an Assisted Living unit with additional space or for couples who are ready for Assisted Living but want to remain together in an Independent-Living-style apartment.

Additionally, we have upgraded three studio units by removing the old bathtubs and replacing them with roll-in showers that are wheelchair-accessible and perfect for anyone who has trouble getting in and out of a bathtub. These 300-square-foot rooms also feature a small kitchenette, allowing for additional independence within the Assisted Living setting.

With handicap-accessible bathrooms and additional space, these redesigned units are perfect for someone who needs assistance from a caregiver or needs additional space for self-care, allowing them to safely remain in Assisted Living longer without having to advance to a higher level of care before they are ready.



All of the newly remodeled Assisted Living units are ADA compliant and include their own patios that give each resident convenient outdoor access and a lovely space to receive visitors outdoors or enjoy the peaceful landscape of the Inland Christian Home campus. Assisted Living amenities like nursing call lights and regular staffing checks, along with shower seats, bathroom grab bars, and hand-held shower heads, provide safety and convenience for residents while upgrades like ceiling fans, beautiful tilework, and new flooring bring sophisticated style to each room.

Keeping Residents Active

The activities departments in Skilled Nursing, Assisted Living, and the Haven are blessed with employees that bring creativity and compassion to their jobs. These dedicated individuals ensure that daily life for our residents continues to be active and rewarding, regardless of the ongoing challenges COVID-19 continues to present.

Since taking over as the AL Activity Director in October of last year, Cassidy Adams has been incorporating new ideas into a program that already includes long-time favorites like bingo, bunco, and bible study. Activities like “The Price is Right” and a “Pop-Up Shop” (where residents can shop for personal items using rewards from games they’ve won) keep things lively along with a variety of crafts and visits from local school choir groups.



Cassidy makes a point to celebrate all the holidays, including the little ones. This practice allows residents to experience foods and traditions they may not be familiar with and to celebrate all the joys life has to offer. Another new addition is the monthly ‘Zine,’ a booklet Cassidy creates to showcase each month’s activities and celebrations. This allows family members to stay up to date and connected with their loved ones’ daily lives.

COVID-19 restrictions require activities to be separated for each department, but Independent Living residents get plenty of their own fun thanks to Cassidy and her team. Birthday parties, holiday parties like a donut social to celebrate St. Patrick’s Day, and events like a Rat Pack-themed game show get residents out of their apartments and into the community to socialize and have some fun.

In Skilled Nursing, Activity Director Laura Alcantar, who assumed her position in December of last year, has been leading a talented team that brings quality activities to all residents even when COVID-19 quarantines are in effect.

Whenever group activities are possible, the department offers games, crafts, and entertainment that celebrate both daily life and special occasions like





birthdays, Mother's Day, and Cinco de Mayo. From holiday parties to visits from groups like Ontario Christian School students who entertain the residents with singing and playing musical instruments, there is always something fun happening in Skilled Nursing.

SNF residents who are quarantined due to COVID-19 have not been left out of the fun. Activity staff provide room visits and create individualized activity packets designed to give residents fun things to do like puzzles, magazines, and books. Three new Alexa devices were a welcomed addition to the department's toolkit. These devices are placed in each of the hallways so residents can always enjoy music to both relax and entertain them, even if they can't leave their rooms.

In the Haven, residents continue to receive specialized activities that focus on sensory stimulation and social interaction. A team of staff led by Director Denise



Perez that includes staff and volunteers incorporate fun activities into the daily life of the residents. They participate in gardening, crafts, and games like bingo and memory exercises.



In addition to these fun activities and events, residents and their families are able to enjoy the fresh air and sunshine on the unit's attached outdoor patio. From family visits to relaxing morning activities, our residents enjoy the benefits of fresh air and vitamin D whenever the weather permits. Birthday parties and holiday celebrations reinforce their memories of celebrating life's special occasions while keeping them engaged with others and the world around them.

Independent Living Enjoys a Luau

This summer, the Independent Living residents enjoyed a special day when Activity Director Cassidy Adams hosted a Polynesian-style luau. The event took place on July 22nd in the Friendship Center, which was transformed into an island paradise complete with tiki carvings. It was a great opportunity for residents to socialize with their peers, sample delicious luau-themed snacks, and enjoy some entertainment.

Residents and staff enjoyed special treats designed just for the event like pineapple cupcakes (vanilla cupcakes decorated like pineapples), pearls of the sea (vanilla wafers filled with frosting and candy pearls), and sand pudding (vanilla pudding topped with graham cracker crumbles). Tropical fruit and ocean water (water infused with fresh fruit) rounded out the menu.

The highlight of the afternoon was a performance by Aloha Islanders, a group that does both traditional and contemporary dances from the islands of Polynesia. The Hula dancing, colorful traditional costumes of the dancers, and the rhythmic beats of Polynesian music were the perfect complement to the island vibe created by Cassidy and her team.

The afternoon was a great way for residents, staff, and caregivers to beat the heat, spend time with friends, and enjoy the kind of stimulating social interaction that the pandemic prevented so many from doing for far too long.



Skilled Nursing Aces 2022 Survey

Each year, the Skilled Nursing department undergoes a licensing inspection conducted by the California Department of Public Health and the Centers for Medicare and Medicaid Services (CMS). The purpose of the inspection, commonly known as a 'survey,' is to ensure compliance with both state and federal regulations and to ensure that quality care is being provided to residents.

In March of this year, Inland's Skilled Nursing unit underwent the annual survey process, and the results were phenomenal. The survey team spent an entire week observing staff, reviewing policies and resident charts, and interviewing residents and their families. The hard work and dedication of the staff were evident as the survey results were the best in the community's history.

Survey results are available for viewing in the Skilled Nursing department. Inland appreciates the hard work of everyone involved in making this year's survey a success and we look forward to continuing that success during future inspections.

INLAND CHRISTIAN HOME 2022 Annual Fund Drive

Our Mission is to provide seniors with quality, affordable, individualized care in a Christian environment.

Operations Update

The pandemic impacted and continues to impact senior living in a profound way. This has been a difficult period, but also a time of learning, looking forward, and using what we learned to build a better future.

Throughout the pandemic, Inland continued to successfully provide care and services to our residents despite halting admissions, limiting visitation, and meeting ever-changing regulatory requirements.

Despite going through this difficult period, Inland is operating from a sound financial position, census levels are slowly returning to pre-pandemic levels, and we are adjusting operations to ensure this continues.

Long-Range Plans

Over the past two years, Inland has completed a record number of physical plant improvement projects. Inland was also able to purchase two homes adjacent to its campus with a combined total of 1.1 acres.

Inland is continuing to pursue its Long-Range Plans (LRPs), beginning with the completion of Phase 0. This project would integrate a covered vehicle approach and enlarge the lobby and dining room. The project would also transform the main entry and front parking areas.

The purchase of additional property has made it necessary to rethink the LRPs. Inland is continuing to pursue Phase 1 of the LRPs, which includes new dining, kitchen, and resident activity spaces. Phase 1 may also include the addition of Independent Living apartments.

3 Ways to Support Inland Christian Home's Ministry:

1 Building Fund

The Board of Directors is actively developing and pursuing the community's Long-Range Plans. It is essential that Inland continues to modernize its physical plant. **The LRPs and improvement projects are designed to address this need.**

2 CARE Fund

Inland has a program that offers reduced rates to residents who can no longer afford the full cost of care and services. Applications for this program have increased during the past few years. **In 2023, it is estimated that the CARE Fund will provide \$70,000 in reduced rates to residents.**

3 Foundation Fund

Donations to the Foundation Fund are invested to produce revenue that assists with Inland's operations budget. **The Foundation Fund assists Inland in meeting its goal of providing seniors with quality, individualized care in a Christian environment.**

Please visit www.ichome.org/donate to make your donation today.

Chaplain's Corner:

The Commandment and The Mercy of God

by Chaplain Dan Dundon

On one occasion an expert in the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?"

"What is written in the Law?" he replied. "How do you read it?"

He answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind and love your neighbor as yourself."

"You have answered correctly," Jesus replied. "Do this and you will live."

- Luke 10:25-28

None of us loves God with all our heart, soul, and mind. None of us loves our neighbors as we love ourselves. We stand before a just and Holy God as sinners to be condemned. We all suffer from same sin nature. But the Gospel of Jesus Christ sets us free from the power of sin. Let's consider what the Apostle Paul wrote in the New Testament in Romans 8:1-4:

"There is therefore now no condemnation for those who are in Christ Jesus."

No condemnation! No wrath of God! No eternal punishment in the fires of hell for those who are in Christ Jesus. *"For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death."* God sent His only begotten son to live for all His people and to die for all the sins of all His people...and not one of us is lost!

"For God has done what the law, weakened by the flesh, could not do."

God's law in His commandments can never save sinners simply because we cannot keep His law. We cannot keep His law due to the weakness of our flesh. *"By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh..."* Jesus paid the penalty for all our sins. He took on flesh that He might save all His people from all their sins by His death on the cross. But His death alone does not bring salvation to us. He first pays the price for all our sins on the cross, and then He gives us his own righteous life, *"...in order that the righteous requirement of the law might be fulfilled in us..."*

Oh how marvelous it is to be able to say "I am *in* Christ!" His righteousness before God is my righteousness before God. That is the Gospel!

Memorials & Honorariums

Inland Christian Home has gratefully received gifts in honor and/or in memory of those listed below:

JUDY HETTINGA

Henry and Lena Vander Weide
Stacy Voortman
Rheta Haringa
Tony Van Beek
Riverbed Dairy

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Bernard and Carol Gabrielse
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Larry and Yvonne Rardin

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BIRTHDAYS

92ND

ALICE VANDER MEER

Alice Bouma

A Special Thanks to 3 Way Thrift

Inland Christian Home has long enjoyed a partnership with 3 Way Thrift, a local organization that provides a range of services for its local community. One of the ways it helps is by providing support to Inland as well as two other local organizations: Salem Christian Homes and Ontario Christian School.

Each year Inland identifies important projects for which to earmark donated funds, such as infrastructure improvements or technology upgrades. Past projects included new garage doors for the apartments, new flooring for Assisted Living, and a new Wander Guard System for the Memory Care branch. This year's project, a new electronic medical records system and related training for staff, will be extremely beneficial in providing care for the residents we serve.

In addition to supporting organizations like Inland, 3 Way Thrift also provides jobs for the community and helps get much-needed items like clothing and household goods into the hands of those who can't pay full retail price. Inland Christian Home is extremely grateful for the ongoing relationship it shares with an organization that does so much to help the local community.





INLAND
CHRISTIAN HOME

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New Software to Streamline Resident Care

The staff at Inland Christian Home has been busy preparing to adopt a new electronic medical records system. The new system, known as PointClickCare, is a healthcare software designed specifically for the senior care industry so that quality healthcare can be delivered more efficiently. The advanced technology will help to streamline the entire process, from resident care documentation and maintaining/updating records to billing and ensuring ongoing compliance with guidelines and regulations.

Inland staff in Skilled Nursing, Assisted Living, and the Haven have been undergoing a lengthy training process to learn the new system and prepare for the rollout of the new software, which occurred in November. In addition to streamlining community processes, the new PointClickCare software will provide increased security for community records as the cloud-based system will store all records electronically. This will ensure that records are safe from unforeseen events such as fire or flooding.

The new system was made possible thanks to the generous support of 3 Way Thrift Stores, which works to support Inland Christian Home as well as Salem Christian Homes and Ontario Christian School.