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2023 Annual Fund Drive

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Phase 0 of the Long-Range Plan (LRP) Moving Forward

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- Additional parking
- Enlarging the lobby and dining room

The project will transform the look of the main entry and front parking areas. The covered vehicle approach will provide a convenient a place for picking up and dropping off residents and visitors. Additional parking will allow flexibility for future LRP phases and provide needed ADA improvements to the front entrance area. The new lobby will be much larger and provide a separation from the dining room. The dining room will be enlarged to provide more seating for meals and events. All of these additions will complement future LRP Phases. **Read more about the Annual Fund Drive on page 7.**



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A group of volunteers helped make the High Tea Gala a success.

High Tea Gala Event Celebrates Friendship Center Anniversary and Remodel

The Friendship Center has long been part of daily life at Inland Christian Home, serving as a meeting place for residents and staff alike. Built in 1983 thanks to generous donations and fundraising efforts of the Ladies Auxiliary, the center has been used throughout the years for church services, special events, staff functions, and much more. This year, just in time for the 40th anniversary of the building, the building received a massive upgrade that was unveiled with a High Tea Gala and ribbon cutting ceremony.

Many of Inland's residents, friends of the community, staff, and members of the Ladies Auxiliary came out to help celebrate the event, which included snacks and refreshments from the Dietary Services Department. The gala, which was held on September 21st, was free to attend and concluded three months of hard work and planning.

While the shape of the building stayed the same, the inside has an all-new, updated look that is not only more appealing but much more user-friendly.



A resident enjoys a cup of tea at the High Tea Gala.



Snacks from the Dietary Services Department.

Do not withhold good from those to whom it is due, when it is in your power to act.

PROVERBS 3:27

The old kitchen, library, and bathrooms were completely torn out and remodeled to create more attractive and functional spaces, and new furniture and décor throughout create an attractive, modern look.

Some of the most notable changes include a raised ceiling, taking the room from eight feet to ten feet, which creates a much more open aesthetic. The library has been redesigned to include more space for books, custom cabinetry that includes pull-out shelves, and a computer workstation so residents can always be connected. In the pool room, a space that has long been a favorite hangout for many of Inland's residents, the bulky cupboards were removed and replaced with a flat screen television, resulting in a more spacious, laid-back environment.

The Friendship Center remains available for a variety of functions and can be reserved for private events by contacting the ICH reception desk at (909) 467-6155.



Upgrades to the game room create a spacious, welcoming environment for residents to shoot a game of pool.



A redesigned library features more usable space, a computer for resident use, and a comfortable place for socializing.



New furnishings, carpet, light fixtures, and cabinetry give the Friendship Center a modern look.



Resident Alice Bouma addresses a full house at the High Tea Gala.

Inland Dedicates Space for Fitness

Inland Christian Home has always encouraged its residents to maintain healthy lifestyles and has worked to provide a supportive environment for them to do so. This year, we have taken a great step forward by dedicating a space solely for the use of our residents to pursue their fitness goals.

Many years ago, when a group of Independent Living residents wanted to participate in a regular exercise regimen, Inland arranged for the group to use the Friendship Center, the facility's multi-purpose community space. Under the guidance of the physical therapy department, residents began meeting three times a week for a structured exercise routine that included stretching, cardio, and strength training.

Over the years the group became quite popular, and attendance was always high. The wide-open space of the Friendship Center allowed for residents to exercise safely and maintain social distancing. There were drawbacks, however. As a community space, the room was often used for other purposes and wasn't always available for the exercise group, which made following a regular routine difficult. This was a problem because exercise is most beneficial when it is done regularly and consistently.

Thanks to a generous donation from one of ICH's biggest supporters, 3 Way Thrift, we have been able to solve this problem with a newly dedicated space for our residents to use for the sole purpose of physical fitness and exercise. When the maintenance department moved to a different location across campus last year, it became clear that the space they left behind could be redecorated and repurposed, creating the perfect home for a fitness center for our residents.

Gone are the tool-filled shelves and stacks of supplies, and in their place is now a refreshed space that is welcoming and inviting for anyone wanting to strengthen their body and improve their fitness level. The new fitness center opened its doors in early April and includes a large room for group exercises and a smaller room with gym equipment so residents can keep up with their own independent workout routines. The space also includes a bathroom, storage space, and a hydration station so residents can refill their water bottles during their workouts. The new space will soon be well-stocked with exercise equipment including a recumbent bike, a recumbent stepper, a full body bike, and a cable machine, along with resistance bands and free weights.

The Exercise Group continues to meet regularly on Monday, Wednesday, and Friday mornings at 9:30 and the center is open to all Independent Living residents daily from 7am to 7pm. Anyone is welcome to join the exercise group and new participants need only to show up ready to work out.



TASC Group Delivers a Day of Community Service

This summer, Inland Christian Home was honored to receive a visit from a dedicated group of teenagers eager to help the community through their service to the Lord. The group was part of a nationwide program known as TASC (Teens Actively Serving Christ), which was hosted by the First United Reformed Church of Chino.

TASC gives youths a chance to improve the lives of others while coming together with like-minded individuals and exploring new places. The program, which consists of week-long projects scheduled each summer, is spearheaded by the Federation of United Reformed Churches in North America. Interested teens from churches across the country are invited to apply for a spot in a TASC Week project and choose from a variety of locations around the country and abroad.

The group that visited Inland Christian Home this summer represented a variety of regions, such as Northern California, Michigan, and Iowa. This year's TASC group, which consisted of thirty-six students and chaperones, spent an entire day at Inland Christian Home on June 27th cleaning the area around the cottages. They worked to clean the stucco, wash down windows, and clean patios along with the patio furniture.

The resident response to the visit was a positive one. Not only did the cottages get some extra TLC, but the residents enjoyed the chance to interact with the teens and their chaperones. "They seemed to be doing this from the heart," said Dianne Turnbow, a cottage resident since 2016. "It was just a joy to have them."

Like other residents, she was impressed by how well organized the group was and how thorough they were. Not only did they do a thorough job of cleaning the patios, which also included pulling a few wayward weeds, they made sure to take before photos of each patio so they could replace the furniture just like they found it after everything was cleaned.

This isn't the first time Inland has received visits from TASC groups, and it likely won't be the last. Member churches of the URC Federation take turns hosting TASC groups each summer, thus giving participating teens the chance to visit different parts of the country.

After a week of service projects which included volunteering at the Union Rescue Mission in Los Angeles and Isaiah's Rock, a local ministry that provides food, clothing, hygiene products, and emergency shelter to those in need, the TASC group closed out their week in Southern California with a day at Balboa Beach. While the visiting teens have since returned home, there is no doubt that the service they provided will long be remembered by ICH and its residents.



Ladies Auxiliary Returns with Fundraising Event for the Community

The Inland Christian Home Ladies Auxiliary has always been an integral part of the community, offering support through fundraising events to help with various projects throughout the year. Large-scale events used to be fairly common before the COVID19 pandemic, however social restrictions put a temporary end to this practice.

This November marked the return of auxiliary events with the first major function they have been able to host in several years—the annual oliebolle sale.

The traditional Dutch treat, also known as a Dutch doughnut, is a holiday favorite, and the annual sale has always been a much-anticipated event marking the beginning of the holiday season. This year, eighteen volunteers representing the Ladies Auxiliary worked hard to prepare enough oliebolle to feed more than 125 people, making it a huge success.

The event was held to raise funds for purchasing items for the kitchen of the recently remodeled Friendship Center. While it has been a challenge to organize large-scale events such as this one in the wake of the COVID-19 pandemic, the event went off without a hitch thanks to the auxiliary volunteers, and more events are anticipated for the coming year.

The Ladies Auxiliary is always ready to welcome new members, so if you would like to donate your time and talents to supporting the Inland Christian Home community, contact President Nuggie Lubben by phone at (909)802-4600 or by email at nlubben@aol.com.

If you would like to try your hand at making some oliebolle of your own, Nuggie has graciously shared her cherished family recipe, the one her mother Coba Terpstra, a long-time ICH resident, used and the one that was used in this year's oliebolle sale.



Member of the Inland Christian Home Ladies Auxiliary at the Annual Oliebolle Sale

Oliebolle (for 50 people)

4 Cups Milk	4 Large Eggs	2 Packages Fast Rising Yeast	2 Cups Raisins (Optional)
½ Cup Sugar	¾ Cup Applesauce	7 Cups White Flour	2 Teaspoons Salt

Warm the milk with the yeast on the stove. Beat eggs, pour into milk mixture. Combine flour and sugar in a 5-gallon bucket, pour the milk mixture over the dry ingredients and mix. Add applesauce and raisins.

Let mixture rise for 2 hours. Stir and let rise again, making sure to mix all the raisins, which will sink to the bottom. The batter should not be too thin. Add more milk to thin or more flour to thicken as needed.

Heat oil to 375 degrees in a deep Dutch oven electric pot. When hot, use an ice cream scoop or tablespoon to measure the dough and dip scoop into oil for easier dropping of the dough in the oil. Don't make them too big or the inside won't cook thoroughly.

Cook about 5 minutes per side. The oliebolle should flip on their own, but if not, use a pair of tongs. Lay on paper towels when done, shake with sugar or powdered sugar.

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Facility Operations Update

Operations have returned to a new normal since being disrupted by COVID-19. The pandemic did provide some valuable insights into security and infection control, and we have permanently adopted some of those new procedures to maintain a safer environment for our residents and staff. While census levels dropped across the campus during the height of the pandemic, they are now at near-full capacity! The Skilled Nursing Facility has transitioned into more of a rehabilitation model in which residents stay for shorter periods of time and then return home. Hiring staff and inflationary pressures are currently our biggest challenges.

We welcome donations from anyone who would like to support ICH by contributing to this year's fund drive. Making a donation is easy and convenient — you can drop off your donation in person at the reception desk or donate online at ichome.org/donate. Donations of any size are welcome and much appreciated so we can continue to offer the quality care that our community deserves.

Memorials & Honorariums

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

Duane Benson
David and Lisa Stienstra
Adriana Weda
Charlotte and Marvin Brommer Jr.
Jim and Ruth Ann Harmsen
John and Audrey Tjaarda
Debra Baker
Thelma Van Vliet

Laura Lee and Daniel Weeda
Syros Westra
Loretta Estu
Nancy and Eric Evenhuis
Jan Westra
Pastor Robert Van Earden
Alice Bouma
George De Boer

Jane Devries
Larry and Yvonne Rardin
Todd and Rosemary Wester
Wilbur Veen
Marlene and Donald Klein
Pieter Zanstra
Charlotte and Marvin Brommer Jr.



INLAND

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CCRC #268
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SNF: #240000016

A Special Thanks to 3-Way Thrift

Inland Christian Home has long enjoyed a partnership with 3 Way Thrift, a local not for profit organization that supports our community. Through generous donations, we have been able to accomplish a number of special projects over the years. This year, thanks to the support of 3 Way Thrift, we were able to complete the Fitness Center project and furnish the space with all new exercise equipment, creating a new place for residents to focus on their physical fitness.



The thrift store, which has locations in both Chino and Montclair, uses its profits to support Salem Christian Homes and Ontario Christian School, in addition to the donations it makes regularly to ICH. Through this work, as well as providing jobs and a place for people to shop for affordable items such as household goods, furniture, and clothing, 3 Way Thrift is providing a wide-reaching benefit to the local community.

Both stores, which are open Mondays through Saturdays, are well-stocked with plenty of goods just in time for the holiday season, whether you are looking for holiday decorations, gifts, or cold weather clothing like winter coats and boots. There is also plenty of furniture at affordable prices, especially at the Montclair location which recently opened a brand-new furniture section.

With 2024 right around the corner, 3 Way Thrift is preparing for its 30th anniversary, so keep your eyes open to see what's in store as they celebrate the occasion. In the meantime, Inland Christian Home continues to be thankful for this relationship and the support of this wonderful organization.