

# Insights

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## Inland Resident Celebrates 103rd Birthday

Inland Christian Home works hard to provide a safe and nurturing environment where seniors can get the support they need to thrive. When residents reach the centenarian milestone, meaning they have reached 100 years or older, staff and residents enjoy helping them celebrate this remarkable achievement.

Betty (Gage) Nehrig, a seven-year resident of Inland Christian Home, recently attained such a milestone when she turned 103 on February 22nd. The facility was honored to help her commemorate the day by throwing her a surprise party in the Friendship Center where her friends and staff, along with a few special guests, gathered to help her memorialize the occasion.

The city of Ontario joined in on the action by including the local police department in the festivities. On the day of the party, several squad cars pulled up in front of Betty's cottage to provide her with a police escort to her party. Police officers approached Betty in a mock effort to "arrest" her but instead escorted her to the gathering, where she was honored with a celebration just for her. "They were so nice," Betty said about her police escorts, "even when they pulled out their handcuffs like they were going to arrest me."



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# Happy Birthday

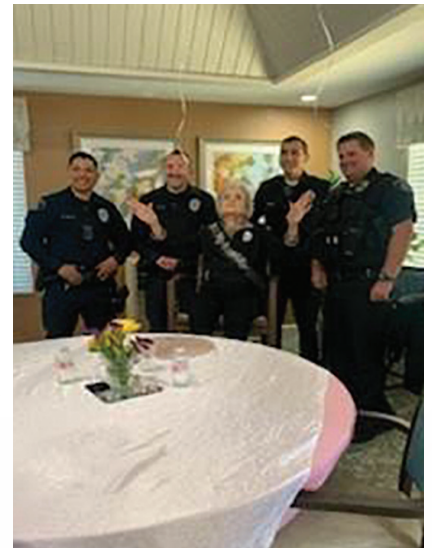
Betty (Gage) Nehrig

Throughout her 103 years, Betty has lived an active life. Although she was born only 3 miles from Inland Christian Home, she spent many years in Ventura County with her husband where she managed their one-and-a-half-acre property before finally moving back to the area. She was also an avid golfer in her younger days, playing her favorite sport until she was 93, which helped keep her mind and body active and fit. It is precisely this sort of active lifestyle to which she attributes her impressive longevity.

When asked what advice she would give to someone about achieving the longevity that comes not only from becoming a centenarian (plus some), but also staying fit, active and alert at this remarkable age, she said the key is to keep busy. "Just keep moving," she says, "and do the things you like to do."

Betty has clearly taken her own advice to heart. These days, she continues to keep herself busy by taking advantage of Inland Christian Home's community, services, and activities. She does her own cooking most days but gets food from the dining hall when she feels like taking a break. She plays cards with her friends, attends social events at the Friendship Center, and three days a week she joins the exercise group that meets in the Fitness Center on campus.

She feels the campus offers plenty of opportunities to stay busy, active and social, and it is up to the individual to decide what they want to make of it. ICH is honored to have residents like Betty Nehrig and many more like her who are committed to enjoying their golden years and are proud to provide them with a safe and supportive setting that allows them to live their best lives.



# New DON for Skilled Nursing

Skilled Nursing is an integral part of Inland Christian Home, providing critical medical care to those who need it. While it serves a very important purpose, it has long had a reputation as a “last stop” of sorts, a place for long-term care that people seldom leave. The skilled nursing unit has worked hard to change that opinion by striving for a homelike environment that focuses on short-term care. Thanks to a new care model, a new Director of Nursing (DON), and a dedicated team encompassing every department from administration to housekeeping, that goal is coming to fruition.



On June 20, 2023, ICH welcomed Daryll Whitehead to the team as the new DON of skilled nursing. Daryll came to Inland with more than 30 years of experience in long-term nursing care, acute care, managed care, and a philosophy that the staff in skilled nursing should always do their best to give the residents the best quality of life possible.

Daryll and the dedicated SNF staff have been working hard to help realize the community’s long-held ambition of a skilled nursing unit that focuses on short-term rehab rather than long-term convalescent care. While long-term care is still available for those who need it, skilled nursing is working hard to get residents rehabilitated and back home at their highest possible level of functioning, something that has been in the works behind the scenes for some time.

Upon arriving at ICH, Daryll found what he calls a “hidden gem.” Inland Christian Home was a pleasant surprise for him compared to other nursing communities, with a clean, well-supplied nursing unit and an atmosphere designed to create a home-like environment. His mission aligned perfectly with that of Inland’s administration to provide quality care to a mix of residents who are appropriately placed for the care they need. By working with those who are the right fit for this setting, all residents can receive care in a safe and secure environment that allows them to rehabilitate with minimal stress and anxiety, emotions that are common obstacles to healing and recovery.

The community is taking care of residents with more complicated wounds, higher numbers of IV therapies, and an increased number of admissions and discharges. While this may sound like a challenge, that challenge is proving to be beneficial to everyone.

The nursing staff is able to develop and utilize more technical skills, which benefits them in their careers and manifests in the care they can provide. Additionally, residents of ICH and the local community are less likely to be sent elsewhere to receive the level of care they need.

One of the ways they are achieving this success is with consistent staffing, meaning that more full-time positions are being filled and maintained, and the community can rely less on registry staff to fill open nursing shifts. This allows residents to benefit from consistent care from staff who have the chance to get to know them and their unique needs. This also results in higher accountability for the staff, which equates to more accurate documentation, fewer errors, and ultimately, a better quality of care.

Daryll’s focus on maintaining dignity and quality of life for the residents, a shared mission that has long been held by Inland Christian Home, is doing wonders for the community and its residents, who no longer view skilled nursing as a place to avoid. “We (the staff) get to go home at the end of the day,” he says. “We get to choose not to come to work. When the residents come here, they don’t have that option, so we are going to do our best to make sure they have the best quality of life possible while they are here.”

# Discover the Benefits of Adult Day Care

Alzheimer's disease and dementia are devastating conditions that affect not only those afflicted but those who care for them as well. They require a special kind of care, often involving 24-hour supervision, and placing a loved one with cognitive impairment in long-term care is not always an easy choice. Luckily, adult day care offers a solution that is beneficial to both family members and the loved ones for which they care.

The Haven, Inland Christian Home's memory care unit, is well known as a safe, long-term placement option for those with dementia or Alzheimer's disease. Many are unaware that Inland Christian Home also offers day care services and the many benefits of this program.

Adult day care is an extension of the Haven, allowing members of the community who require supervision due to dementia or Alzheimer's disease to benefit from the many advantages of a memory care unit without having to live there full-time. If someone is diagnosed with one of these illnesses, they can be enrolled in day care services at ICH and visit the memory care unit as needed. While there, they receive all the services that a full-time resident would, such as meals, medication management, and activities. They can even receive personal care including showers, and benefit from the same infection control protocols that are paramount to keeping residents safe and healthy.



Day care participants can attend during regular daytime hours, which makes it convenient for their family members who care for them at home to maintain a full-time or part-time job. This also allows family members to attend to other personal needs like family emergencies or out-of-town trips by offering flexible hours and overnight respite stays.

People diagnosed with Alzheimer's or dementia are often resistant to going into a community for a variety of understandable reasons. They are afraid of change, afraid of losing their independence and afraid they won't know anyone. Family members are also resistant for different reasons. They often struggle with the anxiety and guilt that comes from placing a loved one in a care facility.



Not only is day care an ideal solution for these concerns, but it also helps pave the way for the possibility that your loved one may eventually need a full-time placement. Although moving into memory care can offer safety, security, and supervision, it is a drastic change and a big commitment. That commitment comes in the form of furnishing a room, paying for care, and sometimes even giving up a home or apartment before moving. But what happens if it doesn't work out? A failed placement benefits no one and creates even more confusion and frustration for someone already suffering from a cognitive deficit. Through attending day care, clients gradually become acclimated to the campus, the other residents, and the staff. It alleviates having to commit to a memory care community, moving in furniture, and putting your loved one through the stress of moving, only to find out that the placement isn't a good fit.

If or when the time eventually comes to transition to long-term memory care, attending day care helps smooth the transition. Day care participants will already have connections at the community, both with staff and peers, and will already be familiar with the surroundings and the programming.

With an estimated 1 in 9 Americans over the age of 65 diagnosed with Alzheimer's or other dementias, and those numbers on the rise, day care and memory care are becoming increasingly pressing needs. Inland Christian Home is proud to offer both types of care to give the local community options for dealing with this growing need.



# Inland's Beloved Chaplain Retires



Chaplain Dan Dundon has been a fixture at Inland Christian Home for nearly twelve years, providing spiritual guidance to its residents across the campus. In December 2023, he made the decision to retire from his position. Although he has taken the next step in enjoying life on his terms, his smiling face will remain an Inland Christian Home staple.

After retiring from the state of California in 2011 where he worked as a psychiatric nurse for many years, Chaplain Dan began his service to ICH in July 2012. Since that time, he has touched the lives of many residents by bringing spiritual support, guidance, and sharing the gospel with all levels of the community.

During his years as Inland's chaplain, he facilitated bible studies, held church services on Sundays, led the daily prayer in the dining room before lunch, and visited residents in their homes and during hospital stays. He loved all aspects of his work but particularly enjoyed using music to spread the Word, something he found particularly effective in the Haven. Studies show that music helps those with Alzheimer's disease to connect with others, even if they struggle with verbal communication. It also improves the mood by reducing depression and helps spark memories associated with music. In his work at Inland Christian Home, Chaplain Dan saw these positive effects first-hand by singing hymns during his visits to the memory care unit, where he found that music brought joy to the residents and allowed them to engage more with the world around them.

During his years working at ICH, he loved many things about his job, but his favorites were talking about Jesus, teaching the bible, and visiting with the facility's residents. His retirement has not stopped him from enjoying these things, as he continues to volunteer his time once a week at the facility.

While he feels that the time was right to retire from his role as Inland's chaplain to let someone younger step into his shoes, he is still committed to sharing the Word of God with the community's residents. Now, as a volunteer, he can be found once a week leading bible studies in Skilled Nursing and Assisted Living and singing hymns with the residents of the Haven. In what is left of his free time, he also volunteers with the Food for Life Ministry, a charitable organization that helps bring food and much-needed support to those in need. In addition to his regular contributions to this organization, he also leads bible studies twice a week.

Chaplain Dan is adjusting to retirement by doing the things he enjoys most or, as he says, "the things retired people do." He watches sports (he is a big Dodgers fan), reads, and is "getting used to being completely retired." His wife is adjusting to him being home more as well. They are busy making travel plans (New Zealand is on his bucket list) and recently purchased an X-Box so they can spend some fun, quality time together.

Inland Christian Home is honored to have had such a dedicated chaplain provide spiritual support and guidance for its residents, and we look forward to many more years of his volunteer service. It is with deep gratitude that we thank him for his service and wish him all the joy and happiness that retirement can bring.

# Long-Time Employee Retiring After More Than Three Decades of Service

Joyce Mitchell is one of those few employees who can honestly say she has worked in all levels of care at Inland Christian Home. After 36 years of service to the community, her retirement from ICH will leave residents and staff across the campus feeling her absence.

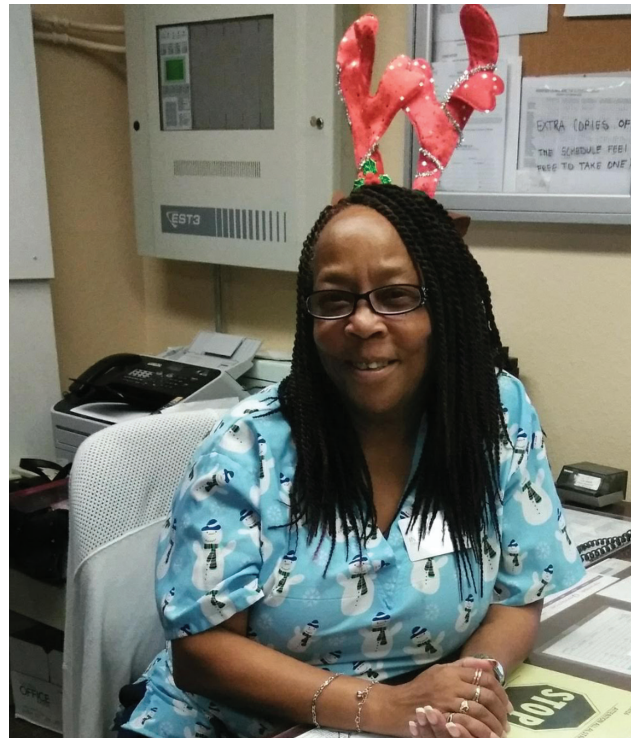
Joyce began her career at Inland Christian Home as an employee of another company. She worked as a CNA for a registry company that dispatched her to skilled nursing facilities to fill vacant shifts. She and the staff at the community clicked, and she was eventually convinced to leave her registry position to work full-time at ICH in 1994. She remained in skilled nursing until the memory care unit, the Haven, opened in 2004, where she took on the position of the unit supervisor. At the time, the unit had no residents, so she and the staff would spend their time vacuuming the rooms and dusting the rails, making sure the unit was perfect for the residents who were soon to move in.

Eventually, Joyce transferred to assisted living, the only level of care in which she had yet to work. This is where she worked until her retirement on February 9th of this year. While she has fond memories of working on each unit, it is assisted living she enjoyed the most. During her thirty-plus years at the community, she shared many good times and a lot of laughs with residents and coworkers, but the lifelong friends she made she will miss the most.

Joyce currently enjoys her retirement, especially being able to sleep in past 4 a.m. and not having to be at work for the start of an early morning shift every day. She is taking advantage of her newfound free time to do some spring cleaning, give her home a facelift, and is looking forward to working in her garden.

She is loved by residents and staff alike who will remember her for her professional work ethic, her beautiful smile, and her joyful laugh. Above all, they will miss her kind heart. Tonia Netter, one of Joyce's assisted living coworkers and close friends, says that what she will miss the most about working with Joyce is "everything." She described Joyce as "someone you could always count on, someone who always went above and beyond."

This caring approach to her work and her long-time dedication to her residents and coworkers has made her such a valuable addition to the community through the decades. While her position may be filled, her absence will be felt for a long time by all the lives she touched. Inland Christian Home has been honored to have had such a dedicated employee as part of its community and wishes her health and happiness in her retirement.



# 2023 Annual Fund Drive

Each year, Inland Christian Home relies on the Annual Fund Drive to raise much-needed funds for the community, and each year, our generous donors and loyal supporters come through in a big way. Our most recent drive did not disappoint, raising a total of \$126,894.

The 2023 Annual Fund Drive, which began in the fall and ran until the beginning of this year, allowed donors to contribute to either the Care Fund, the Foundation Fund, or the Building Fund. Picking a fund is not mandatory as donors can also make an unspecified donation, allowing the community to add the funds to whichever category is most in need.

While each category received generous donations from the 2023 Annual Fund Drive, the Care Fund received the most contributions, which will go a long way in directly helping the people we serve. This fund is used to help supplement the rising costs of health care so our community remains true to one of its core beliefs, that quality care should be available for everyone.

The Care Fund allows those who can no longer afford the full cost of care at Inland Christian Home to apply for assistance to offset the price. Those in need of aid can simply complete an application, and each request is evaluated by the board of directors to determine if financial assistance can be provided. Each application is considered equally based on need, without bias, and residents living at any level of care across the campus are welcome to apply.

This financial support has had a huge impact on residents over the years and continues to do so, allowing members of the community to receive care in a faith-based environment from caring and dedicated staff. It also allows individuals to remain in a community they are familiar with and trust, rather than having to move to somewhere new because they have outlived their retirement savings. This stability, support and familiarity are key factors in making life successful for the residents we serve, thus making donations to the Care Fund critical for the community.

Donations to the Building Fund go toward maintaining the property and special projects designed to bring improvements to the campus that will keep things modern and meet the ever-changing needs of the community.

Foundation Fund donations go toward an investment fund that creates revenue for the community which helps to keep the quality of care high and the cost affordable. Along with the Building Fund and the Care Fund, these donations help to maintain the highest quality of care and allow our residents across the campus to remain as independent as possible.

The 2023 Annual Fund Drive raised valuable funds from a total of 95 donors, many of whom support Inland Christian Home year after year. These generous benefactors are imperative to the community's success and are a large part of why we are able to do what we do.

Before we know it, it will be time once again for another Annual Fund Drive. Anyone interested in donating to Inland Christian Home doesn't have to wait until then to make a contribution. Donations are always welcome and can be made in person or online by clicking "Donate" under the "About Us" tab on our website ([ichome.org](http://ichome.org)). Each donation is appreciated and used to better the lives of the residents in our care!



# New EV Chargers Prepare Inland for a Cleaner, Greener Future

If you've noticed a few changes to the parking lots of Inland Christian Home lately, it isn't your imagination. A few upgrades were recently made, adding six electric vehicle (EV) charging stations across campus.

The charging stations, which were installed at the beginning of this year, were added to meet a growing need for environmentally conscious solutions to the energy and pollution problems our world is facing. Statewide efforts to reduce emissions through green initiatives like banning the sale of internal combustion engine vehicles, including those powered by gas and diesel by 2035, are part of the driving force behind the increase in EVs, which require special charging devices to operate.

The facility worked with the state of California to subsidize the cost of these EV charging stations through the assistance of government funding programs. While there is currently a low number of EVs parking at Inland Christian Home on a regular basis, the number of these vehicles across the campus is expected to rise in the very near future and with it, the need for EV charging stations.



Although some of these stations are only accessible to those with basement access, none of them are assigned parking spots. These chargers can be found in four different areas across campus: two next to the generator outside of the Fitness Center, two in the basement of the Mountain Apartments, one in the basement of the Courtyard Apartments, and one in the basement of the Fountain Apartments. They are available on a first-come, first-served basis for use by residents, employees and visitors who drive EVs.

When the spots were introduced, ICH also unveiled a policy to establish proper procedures for using them. To charge an EV at one of the stations, users first must download the Loop app to their mobile device and create an account. At the station, simply scan the posted QR code, which will connect directly to your app so your account will be charged for the electricity used during charging.

The spots are designated solely for EVs to use while charging. This will ensure they are available for other EV users to charge their cars throughout the day. With these new charging stations, Inland Christian Home plans to be ahead of the game as California works toward its goal of tackling pollution through the 2035 EV mandate.

# Employees Receive Much-Deserved Recognition

It's time once again to honor staff members who have dedicated years of service to Inland Christian Home. Each year the community hosts a special ceremony to acknowledge and honor those individuals who have been employed at ICH for five or more years, with honors awarded for five-year increments.

This year's award ceremony, held in the Friendship Center on March 27th, recognized employees in departments across the community. It is through dedicated staff like these, who bring their skills, knowledge, and talents to the job caring for the residents of Inland Christian Home, that we can provide quality care in a faith-based environment to the local community.

Please join us in celebrating these staff members and thanking them for their dedication and service.



Elizabeth Raza Morales (Haven)

Liliana Ornelas (Housekeeping)

Lupita Collins (Laundry)

Jane Atudo (Skilled Nursing)

Carolyn Gammill (Skilled Nursing)



Christina Harris (Personal Care Assistant)



Carmen Portillo (Skilled Nursing)

# Memorials & Honorariums

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

**Betty Burke**

Dorine and Paul Hoffman

**Hank DeWitt**

Tony Van Beek

**Elsie Gorzeman**

The Van Der Kooi Family

**Mary Lou Hettinga Van den Berg**

Jeanne Vander Poel

**Elmer and Betty Meendering**

Sheryl Meendering

**Juanita Poling**

Sharon Moore

**Bud Ringeisen**

Lauri Allen

**Fred and Annie Troost**

Randy and Joanne Verhoeven

**Lena Van Der Kooi**

The Van Der Kooi Family Dairy

**Syros Westra**

Sandra Rudder

**Gus and Corrie Wybenga**

Nellie Vander Poel

Lowell and Elizabeth Ligtenberg

Cornelius and Eleanor Vanderham

*Inland Christian Home would like to offer its sincerest apologies to the family of Adriana Weeda for the misspelling of her name in the previous issue of this newsletter*



# INLAND

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CCRC #268

## *We're Hiring!*



Inland Christian Home is always on the lookout for quality staff to provide first-rate care for the residents we serve. There is currently a need for Certified Nursing Assistants (CNAs) in the skilled nursing unit and we are pleased to offer competitive pay and great benefits. Staff at ICH find it a great place to work, especially for CNAs who enjoy some of the best staff-to-resident ratios in the industry, a clean and well-maintained facility, well-stocked supplies, and work that is fulfilling and rewarding.

**If you or someone you know is a qualified CNA and looking to work at a place where you can utilize your skills, work with a wonderful team, and serve a wonderful community, then contact Sherry Aguirre at (909) 467-6156 and apply today.**