September 2026 Volume 13 | Issue 3

RESTHAVE CARE & REHABILITATION REVIEW



Progress Parade

Right and bottom left: We held our very first Progress Parade celebrating our residents who are making their way from skilled care back home! Not going to lie - they were pretty emotional moments!! We are so happy for our residents but we will certainly miss them and their families! What a great and wonderful milestone to celebrate!







Vow Renewal

606 Years of marriage

Love was in the air during our Vow Renewal Celebration this quarter at Resthave. It was truly an amazing event as eleven couples representing 606 years of wedded bliss, renewed their vows surrounded by family and friends. A special thank you to Reverend Dr. Mike Selburg who officiated the touching ceremony. Although this was his first time conducting a group vow renewal, he did a marvelous job, making the service both heartfelt and memorable. The sunflower themed decor brought warmth and cheer to the celebration and DJ, Pat Rosenow, added to the fun with her music. It was a beautiful day filled with renewed committments, love, laughter, goosebumps, memories, and even a few leaky eyes! Definitely a day to remember!







Celebrating Remarkable Milestones and People

Above and Left: Post Commander Larry Zuidema recently presented Resthave resident and Legionnaire Marvin Geerts with an 80-Year Membership Certificate, honoring his extraordinary lifetime of dedication and service to The American Legion, fellow veterans, and the local community. Eight decades of continuous membership is a remarkable achievement and a true reflection of his patriotism and commitment to veterans.

Geerts was also honored with several special recognitions, including:

- **A shadow box featuring a U.S. flag flown over the Capitol in his honor**
- **A Quilt of Valor from the Illinois Valley Chapter of the Quilts of Valor Foundation**
- **A 100th Birthday Certificate from Illinois American Legion District 13**
- **A District 13 Commander challenge coin**
- **Certificates of Appreciation from State Representative Ryan Spain and State Senator Li Arellano, Jr.**
- **A challenge coin from the I-80 Flags of Freedom Committee**



Employee Appreciation and Shooting Star Nominee!

We celebrated our wonderful employees this quarter with food trucks and our quarterly lunchen. Above and left: Tiny Vandervinne Resthave Quarterly Shooting Star nominee! Congratulations Tiny.







Summer Fun!

We've been making the most of summer with fun, laughter, food, music, and plenty of memories! We celebrated the fair with a visit to the fair, along with our very own fair games and delicious fair food right here at home. We also had a Splash Bash—and we may have gotten more than a little wet! There was certainly no shortage of laughter, smiles, and pure delight. Our residents and staff have also been working diligently on our raised flower gardens, and they are absolutely gorgeous! We enjoyed wine time with some wonderful volunteers, listened to music groups, celebrated our dads with a car show and cookout, and even spent time shucking corn and reminiscing about days gone by.

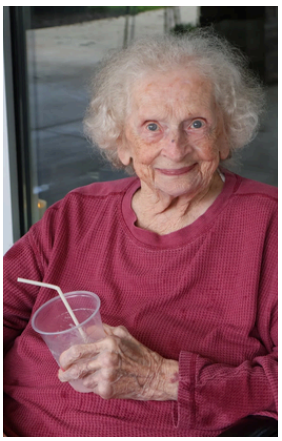
















Health and Wellness

Stroke - BE FAST

Harvard Health and www.stroke.org

The BE FAST Meaning

B - Balance: Watch for a sudden loss of balance or coordination.
E - Eyes: Notice any sudden blurred vision, double vision, or loss of sight.
F - Face: Check if one side of the face droops or feels numb. Ask the person to smile.
A - Arm: Check if one arm is weak or numb. Ask the person to raise both arms to see if one drifts downward.
S - Speech: Listen for slurred speech, trouble speaking, or hard-to- understand words. Ask them to repeat a simple sentence.
T - Time: Call 911 immediately if you see any of these signs, even if the symptoms go away.



How to Lower Your Risk of a Stroke

You can lower your risk of a stroke by managing your blood pressure, eating a healthy diet, exercising regularly, and not smoking.

Check regularly: High blood pressure is the main cause of strokes.
Aim for goals: Keep your blood pressure under 130/80 mm Hg, or the target set by your doctor. Reduce salt: Limit sodium in your meals to help keep blood pressure low.

Eat a Healthy Diet: Eat whole foods: Choose fresh fruits, vegetables, whole grains, and lean proteins. Cut down on saturated fats, trans fats, and added sugars.

Be active: Get at least 2.5 hours of moderate aerobic exercise, like brisk walking, every week. Take the stairs or add short walks to your daily routine.

Manage weight: Keeping a healthy body mass index (BMI) reduces strain on your heart and blood vessels.

Avoid Tobacco and Limit Alcohol: Quit smoking: Smoking thickens the blood and builds up plaque in your arteries.

Cut back on alcohol: Limit drinking to no more than one drink a day for women and up to two for men.

Resthave Word Search

E L R I S J D G P X Y F R L K X S C W Y
H R E A M N P B B J A Y I A M I T O I T
R A I B I I A T P T F E A W C S R U N E
Y A J A V S U R H K G Q E E R D O P E L
K X T Q N O E E E A O U H N E E K L T S
W T K S K N R D I T U K T E M R E E I N
O D S O G S O R G W E Z N R I D S S M I
H P O A D N R I S A G V I W N N Y F E D
S C O A F A I W G B R U S O I U M A V G
R G Y B M E C T Z E W D I V S H P W B A
A T Y C E V B O O J L B E R C X T W Z Z
C J Z R Z M O B U O W A V N E I O V W O
E V A H T S E R K N H E O X S S M J O C
W E D D I N G S V W T S L C B V S Q L V
S P L A S H B L A S H Y Z L C I R X B P
C O R N S H U C K I N G F E N V T W V C
J N P R O G R E S S P A R A D E O H O L
S E L I M S F O S N O T E O I I S F S E
B O O S K C U R T D O O F Y G R R S D F
F Q K T U Y P X R T N T B S R H C W I Y

Be Fast
Car Show
Cookout
Corn Shucking
County Fair
Couples
Fathers Day
Food Trucks
Legionnaire
Love is in the Air
Marriage
Progress Parade
Raised Gardens
Reminisce
Resthave
Shooting Star
Six Hundred Six
Splash Bash
Stroke Symptoms
Tons of Smiles
Veterans
Vow Renewal
Weddings
Wellness
Wine Time

RESTHAVE
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Place
postage
here



Chicken Casserole

Janette Bush

4 chicken breasts
1 c. shredded cheese
½ c. milk
1 can cream of chicken soup
1 pkg. Chicken Stove Top Dressing

Cook Chicken breasts and pull meat into small pieces. Placed in greased 9x13 pan. Sprinkle shredded cheese on chicken. Mix Stove Top Dressing as directed on box, and spoon over cheese. Pour milk over dressing and top with cream of chicken soup. Bake at 350 for 1 hour.