



RESTHAVE REVIEW

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We've had such a full and exciting quarter that one newsletter is simply not enough! Let's kick things off with some exciting news—Resthave has been voted the #1 favorite Assisted Living Community and recognized as one of the top nursing homes in the area!! Thank you Sauk Valley for your trust and support. We are truly honored. Our Easter celebration was a blend of faith, fun, and a visit from Mr. E. Bunny for the kids. Some of our residents love to keep active, so they lent a hand filling hundreds of Easter eggs and the kitchen gave them a fun task - snapping beans while they reminisced together. Our Mother's Day Tea was a full house, with guests filling the building and enjoying decadent desserts crafted by our talented dietary staff. We celebrated National Skilled Nursing Care Week with a spirited game of kickball under beautiful sunny skies, a mini canvas art project, a petting zoo, a cultural taste test, karaoke, mocktails, movies and more! One of our favorite highlights was creating a beautiful fingerprint heart tapestry featuring both staff and residents - a heartfelt symbol of our unity and care. As for our staff, we said a fond farewell to Rita Mitchell who stepped into retirement leaving behind a legacy of care and dedication. About the same time, we celebrated Lori Neighbor for her incredible 15 years of service at Resthave. What a milestone and Lori is still going strong! We partnered with the American Legion Post 328 for a touching Memorial Day service in honor of the brave men and women who have served our country. Finally a huge thank you to Mrs. Modglin and her awesome 3rd graders who met their Resthave pen pals—such a special inter-generational event. Check out our Facebook page for more great information and pictures.



3rd graders meet their pen pals



Our Memorial Day Service



What Our Residents and Families are Saying

I Just Love old Ladies

A poem written by Resthave Resident Beverly Bealer

I just love old ladies.
They smile when I come to be with them awhile.
They sigh and wonder why they've gotten so old.
They wonder why their feet are always so cold.
Thunder bothers them, keeps them awake.
They worry little worries, magnify every ache.
They nod off. Blink open their eyes,
a little surprised to find me still here.
They don't understand why — nor do I —
That I like to be near.
Only God knows why. That's how come he sends
me, to love His old ladies, to be friends.
I just love old ladies.
It takes nothing at all to please them.
Just that I've come to call makes them happy.
Others get snappy...
if you don't meet their expectations.
Not my old ladies.
Just that I've come is reason for some celebrations.
I listen to the same old story fifteen times. And I know...
I'll hear it once again before I go.
I don't care.
Maybe that's all they have to share.
Sometimes they whine a little and complain
of someone's meanness, or of some small pain.
I don't mind.
Telling their pain is analgesic for them, I find.
Often they can't remember my name.
I love them just the same.
I just love old ladies.
They only break my heart when I think of them, lonely, lying awake,
in the dark, scared to take a breath, for fear
of noises, of sickness, of darkness and Death Ever Near.
They only break my heart when I know how much it would
mean if someone would only just touch them.
And I think maybe no one's there
to touch them, to show they care.
Who loves old ladies enough to touch? I do.
And, they love me, too.
I just love old ladies.

Author's note: "I Just Love Old Ladies" was written three generations ago, approximately 60 years ago, when I was a young woman.

Both of my grandmothers lived at Resthave at the time. My mother and mother-in-law were next to reside there.

Now I am living at Resthave, and I am observing the same capacity of caregiving as the care that inspired the poem. Quite a tribute.

THANK YOU RESTHAVE!

~ Beverly Bealer

Dear Jill and RH staff -
How do I even begin to thank you all for the love and care shown to my mom. She loved Resthave and all of you!

From the 'FROG' on her wheelchair -
Forever Rely On God -
the cowboy hats and the Isabelle Bloom Hippo and then the wind chimes and card signed by you all.
Thank You!

We will always recommend Resthave to others looking for care for their loved one.
Sending hugs... ~ Cindy & Ted
~ Marty & Deb

Dear Resthave staff,
Thank you for the care you gave mom while at Resthave, from nursing staff to janitorial, to food prep and office staff, to activities and any other groups I missed. In my college days, while working in laundry/cleaning I saw firsthand what all is involved. I was especially touched by the way the nurses and aides ministered to mom in her last days. She was treated with dignity and respect as well as compassion. Everyone was friendly and kind to us as a family. We are thankful for the Christian values and atmosphere there. It is well kept and the surroundings are pleasant. Whatever capacity you work in, you are the hands and feet of Jesus! You do not have a menial job, but rather a very important one. Thanks for the candle too.
~Connie Venhuizen

Our Story

Our Story Begins... on January 15, 1955 a meeting was held in the Emmanuel Reformed Church in Morrison, Illinois to explore the idea of creating a "Home for the Aged." That day marked the beginning of what would become our beloved Resthave.

Just months later, on September 13, 1955, the dream took a major step forward when the proposal was unanimously approved. A motion was made to elect 10 board members - one from each of the supporting churches.

In the early planning stages, the committee explored the possibility of renovating existing buildings in the area. However, after careful study, it became clear that bringing these structures up to code would be too costly. As a result, the focus shifted to finding a suitable site for new construction. Their search led them to approximately five acres of land at the east end of Wall street in Morrison, the future home of Resthave.

On May 24, 1960, a meeting was held where a motion was passed to authorize construction indebtedness of up to \$140,000 to fund the building of the new facility.

On January 9, 1961, the board convened for the first time in the newly constructed *"Resthave Home of Whiteside County."*

In 1965, discussions began about adding a nursing unit to the existing building, and in the Spring of 1967, construction commenced on the new nursing unit. In April, 1969, an open house was held to celebrate the completion of the new 43-bed nursing wing.

In November 1982, the addition of the new Activity Wing was completed. This expansion was designed to support a broader range of diverse and enriching activities for our residents.

In the Spring of 2011, the board expressed interest in pursuing Medicare certification which would require major modifications of our nursing wing. A market study was launched to assess the need for expansion due to growing waiting list. Following the decision to move forward, a major construction project was launched. On August 7, 2015, Resthave celebrated this milestone with a ribbon-cutting ceremony marking the grand opening of a significant expansion. This included a 70-bed nursing unit, 37 assisted living units, a beautiful large chapel, a new kitchen, and two dining rooms.

In February of 2017, a dedicated Hospice Suite was added to enhance end-of-life care services. In April 2019, Resthave became a VA-contracted home following a successful visit and approval from the Veterans Administration.

On August 7, 2025, we will proudly celebrate the 10 - year anniversary of the major expansion to our building. This milestone continues to transform our services to provide a full continuum of care, all under one roof.

For over 60 years, Resthave has been honored to serve generations of residents and their families. This remarkable journey has been made possible by the vision and dedication of those who came before us. We are deeply blessed to be part of such a caring and supportive community, and remain steadfast in our commitment to carrying forward a legacy built on compassion, service, and excellence.

We are proud to be a non-profit, stand-alone Christian home - locally owned by our churches and faithfully guided by our Board of Directors. This dedicated board continues to be composed of volunteer laypeople, elected from the churches they represent, ensuring that our mission remains deeply rooted in faith and community.

This strong foundation continues to guide our commitment to compassionate care. Through this enduring partnership, we have been privileged to serve generations of resident and families with love, dignity, respect and purpose.

Resthave Home of Whiteside County, 1961



Resthave Care & Rehabilitation, Today





Stay Hydrated

Carefeed.com

Staying hydrated is important for your overall health and well-being, especially during hot weather or when you're physically active. Here are some hydration tips to help you stay hydrated:

- **Drink Water** - Drink water regularly throughout the day: Aim to drink at least 8-10 glasses of water daily, and more if you're sweating or physically active.
- **Eat Foods** - Eat foods with high water content: Fruits and vegetables such as watermelon, cucumbers, grapes and strawberries have a high water content and can help you stay hydrated.
- **Monitor Urine Color** - Your urine should be light yellow or clear if you're properly hydrated. If it's dark yellow or amber, it may be a sign that you need to drink more water.
- **During Exercise** - If you're exercising or engaging in physical activity be sure to drink fluids before, during, and after to stay hydrated.
- **Water Bottle** - Keep a reusable water bottle with you throughout the day to stay consistently hydrated. It is especially important to be mindful when you are at the pool or beach—while the water may keep you feeling cool and refreshed, it can mask signs of dehydration. Make it a habit to sip water regularly, even if you don't feel thirsty.
- **Alcohol and Caffeine** - Avoid caffeine and alcohol, which can worsen dehydration.
- **Recognize the Symptoms** - Severe dehydration can be dangerous. Symptoms may include: extreme thirst, very dark or no urine output, dizziness or confusion, rapid heartbeat or breathing, fatigue or fainting, dry skin that doesn't bounce back when pinched or no sweating, even in the heat. Do not attempt to self-treat extreme dehydration and seek immediate medical attention.
- **Remember** - staying hydrated is important for your overall health and well-being. It can help prevent dehydration, heat exhaustion, and many other health issues.

Quote Corner

“The moment you accept responsibility for everything in your life is the moment you gain the power to change *anything* in your life.”

~Hal Elrod



- **Father's Day Car Show and Cookout**
Thursday, June 12th
10:30am - 11:30am
If you are able to participate by bringing a vehicle to show off - please consider staying for lunch - on us!
- **Ice Cream Social**
Thursday, June 19th
5:00pm - 6:30pm
Dinner, desserts and entertainment included!
- **Food Trucks and Fun Photos**
Date and time TBD
Food trucks will be on-site with delicious lunch options available for purchase. While you're here, we invite you to stroll through our halls to explore our Resthaves Gallery of fun canvases featuring our very own residents! Who will you know??
- **SAVE THE DATE!**
Family Fun Day
September 28th

Resthave Word Search

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

American Legion
 Churches
 History
 Mocktails
 Number One
 Resthave
 Tapestry

Beans
 Easter
 Karaoke
 Moms Tea
 Pen Pals
 Retirement
 Taste Test

Blessed
 Fingerprints
 Kickball
 Nostalgic
 Petting Zoo
 Sauk Favorite

Christian
 Four H Federation
 Memorial Day
 Not-for-profit
 Remember
 Snapping



A Recipe From Our Resthave Cookbook

Corn Salsa

Susan Mack (Ollie Nagel)

4-5 tomatoes, chopped
1 bunch of green onions, chopped
1/2 bunch of cilantro, chopped
1/2 pepper, chopped (any color)
1/2 cucumber, chopped

1 chopped jalapeno pepper, seeds removed, chopped
2 ripe avocados, chopped
2 T. lime juice
1 tsp. salt (or more to taste)
3 ears of sweet corn, cooked and cut from cobs

Mix ingredients in large bowl and chill. Serve with your favorite tortilla chips. Better the next day.