

Merry Christmas  
and Happy New Year

Wishing you  
peace, joy, and  
unconditional love  
at Christmas and  
always.

# RESTHAVE REVIEW

December 2024  
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resthave.org

At Resthave, we cherish intergenerational events for our residents and this quarter was filled with them! We enjoyed a variety of activities including Family Fun Day, Trick-or-Treating, and a visit from MHS B.L.I.N.D. (Building Lasting Impressions that Never Die) Club honoring our veterans. We continued to celebrate our veterans with a pinning and the D.A.R. (Daughters of the American Revolution) Club donated fun shirts and other items. Check the shirt out on the right which reads “Grumpy Old Vet — I do what I want”. The Emmanuel Youth group also joined us for a game night with our residents. Additionally, we had a wonderful surprise visit from four young women who brought flowers to brighten our residents’ day. So cool!! We crowned our Homecoming kings and queens, hosted Community Bingo, crafted numerous projects, and had several fun outings. We are so blessed to have such strong community involvement. Thank you for thinking of us and making a difference in our Residents’ lives! For those of you who read our newsletter regularly, you know we believe a picture says a thousand words—so we’ll let the wonderful pictures speak for themselves! Check out our Facebook page for upcoming events and tons more pictures. Have a blessed Merry Christmas and Happy New Year!



Our mission is to provide compassionate care while promoting human wholeness in a home-like atmosphere.



During the holidays, we often find ourselves thinking of loved ones who are no longer with us. We hope this poem might offer you some comfort and peace during this holiday season."

### To My Dearest Family

Some things I'd like to say  
But, first of all, to let you know  
That I arrived okay.

I'm writing this from Heaven  
Where I dwell with God above,  
Where there are no more tears  
Just Eternal Love

Please don't be unhappy  
Just because I'm out of sight  
Remember that I'm with you  
Every morning, noon and night

That day I had to leave you  
When my life on earth was through  
God picked me up and hugged me  
And He said "I welcome you"

"It's good to have you back again  
You were missed while you were gone  
As for your "Dearest Family"  
They'll be here later on

"I need you here so badly  
As part of My big plan  
There is so much that we have to do  
To help our mortal man"

Then God gave me a list of things  
He wished for me to do  
Foremost on that list of mine  
Is to watch and care for you

And I will be beside you  
Every day and week and year  
And when you're sad  
I'm standing there to wipe away the tear

And when you lie in bed at night  
The days chores put to flight  
God and I are closest to you  
In the middle of the night

When you think of my life on earth  
And all those loving years  
Because you're only human  
They are bound to bring you tears

But do not be afraid to cry  
It does relieve the pain  
Remember there would be no flowers  
Unless there was some rain

I wish that I could tell you  
Of all God has planned  
But if I were to tell you  
You wouldn't understand

But one thing is for certain  
Though my life on earth is o'er  
I am closer to you now  
Than I ever was before

And to my very many friends  
Trust God knows what is best  
I'm still not far away from you  
I'm just beyond the crest

There are rocky roads ahead of you  
and many hills to climb  
But together we can do it  
Taking one day at a time

It was always my philosophy  
And I'd like it for you too  
That as you give unto the world  
So the world will give to you

If you can help someone  
Who is in sorrow or in pain  
Then you can say to God at night  
My day was not in vain

And now I am contented  
That my life it was worthwhile  
Knowing as I passed along the way  
I made someone smile

So if you meet someone who is  
Down and feeling low  
Just lend a hand to pick them up  
As on your way you go

When you're walking down the street  
And you've got me on your mind  
I'm walking with you in your footsteps  
Only half a step behind

And when you feel the gentle breeze  
Or the wind upon your face  
That's me giving you a great big hug  
Or Just a soft embrace

And when it's time for you to go  
From that body to be free  
Remember, you're not going  
You are coming here to me

**And I will always love you**  
From that land way up above  
I will be in touch soon

**P.S.**

**God and Grandpa send their love!**

It's a Great Day in Heaven  
Today!

### What People are Saying

"Thank you for the wonderful care my husband received while he was there and the touching ceremony when he left. I will always recommend your home for anyone who needs a loving one for their family. The staff is excellent and very caring. You all won't be forgotten. God Bless you all and all the residents there". Sincerely, Sue C.

"Thank you from the bottom of my heart for all that you have done for the last 6 years to take care of mom. Words just cannot express my gratitude. Also, thank you for the gift of wind chimes. They're beautiful. God Bless". Jill & Family





# Resthave Staff



Dietary Staff

Housekeeping Staff



Assisted Living Staff



## Meet our 2024 Homecoming Royalty

Left - Assisted Living King Chester Davenport and his wife, Betty

Right - Nursing King John Almack and Queen Sandy Crouse





## Health & Wellness

### Health in the Winter

Carefeed.com

*Here are some tips to keep moving and staying healthy in the Winter:*

- **Sleep** - Aim for 7-8 hours of sleep each night to help your body stay healthy and fight off illness. With the days being shorter and colder, it's important to make sure you are getting enough sleep to maintain your energy levels and stay healthy.
- **Practice good hygiene** - During cold and flu season, it's important to wash your hands frequently and avoid touching your face to prevent the spread of germs.
- **Consider getting a Flu Shot**
- **Stay active** - Even though the weather may be colder, it's important to stay active and continue to exercise regularly. You can find indoor activities to do like yoga, Pilates, or running on a treadmill. Try to get at least 30 minutes of physical activity each day. This can help boost your immune system and improve your mood.
- **Stay hydrated** - It's important to continue to drink enough water and fluids even though it may be colder outside.
- **Eat a healthy diet** - After the holiday season, it's important to get back to eating a healthy diet full of fruits, vegetables, lean proteins, and whole grains. This will provide your body with the nutrients it needs to stay healthy.
- **Mental health** - Take care of your mental health. January and February can be tough months for some people, so it's important to take care of your mental health by practicing self-care and seeking help if necessary.

## Quote Corner



### CHARITABLE GIFT OPPORTUNITIES

Caring for others is at the heart of who we are at Resthove Care & Rehabilitation. Your generosity helps to support our mission of providing compassionate Christian care that uplifts human wholeness, dignity, respect, peace, and tranquility, even at the end of life. There are a variety of ways in which you can consider giving to Resthove, a 501(c)(3) not-for-profit, including: monetary donations, donations in honor / memory of / celebration of, memorial designations, gift of stocks, and/or real estate, items from our Amazon Wish list, charitable gift annuities, charitable trusts, retained life estates, endowment funds, insurance or retirement beneficiary designations etc. If you are interested in giving, please contact Jill Smith or Karla Burn at 815.772.4021.





# RESTHAVE WORD SEARCH

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Assisted Living	Blessed	Blind	Christian
Christmas	Church Owned	Community	Community Bingo
Crafts	DAR	Family Fun Day	Flowers
Game Night	Intergenerational	Jesus is the Reason	Kings
Nursing	Pictures	Queens	Rehabilitation
Residents	Resthave	Veterans	Youth Groups

Place  
 postage  
 here



## A Recipe From Our Resthave Cookbook

### Cheesy Vegetable Soup

**Chris Reynolds**

2 c. diced potatoes	2 c. boiling water	1/2 c. sliced carrots (or grated)
1/4 c. oleo	1/2 c. sliced celery	1/4 c. flour
1/4 c. onion or onion salt	2 c. milk	1 1/2 tsp. salt
10 oz. shredded cheese	1/4 tsp. pepper	1 can cream style corn

Combine potatoes, carrots, celery, onion, salt, pepper, and water. Cover and simmer (do not drain). Make cream sauce with remaining ingredients and add cheese. When cheese has melted pour mixture into vegetables mixture and add cream corn. Do not boil.