

A MAGAZINE *from* BRIO LIVING SERVICES

Community

Special Edition: A SPRING UPDATE FROM BRIO LIVING SERVICES AND UMRC-PORTER HILLS FOUNDATION

What is *Philanthropy*?



Residents engage in Artful Aging class at Chelsea Retirement Community.



What is Philanthropy?

A letter from Steve Fetyko, President & CEO, Brio Living Services and Interim President & CEO, UMRC-Porter Hills Foundation

Many of us give to charities we care about—like the UMRC-Porter Hills Foundation. But do we ever stop to consider why we do it? What exactly is “philanthropy” and why does it fill a purpose in our lives?

“Philanthropy” literally means “love for humankind.” It is precisely this desire to promote the welfare of others that brought our faith-based organization to life. Our Methodist and Presbyterian founders envisioned a better way to care for older adults of limited means.

As a nonprofit organization, Brio Living Services relies on philanthropic gifts from individual donors, corporate sponsors, and grants from funders to provide the highest quality care for the older adults we serve. From the earliest days of our collective history of UMRC and Porter Hills, gifts of time, talent, and treasure have been—and continue to be—crucial to our efforts to offer outstanding care and programming for older adults, to be a workplace of choice for our dedicated team members, and to be an advocate for aging well in our communities.

We hope you will enjoy reading the stories in our Spring **CommUnity** magazine that illustrate just a few examples of the ways

your philanthropy makes a difference in the lives of those we serve. All of us at Brio Living Services and the UMRC-Porter Hills Foundation are grateful for your commitment to caring. ■

In Service,



Steve Fetyko
President & CEO,
Brio Living Services

Interim President & CEO,
UMRC-Porter Hills
Foundation

“Philanthropy has the power to accelerate progress where it’s needed most, and support the causes that can fuel real change in the world. This benefits people, the planet, and society as a whole.”

—Charities Aid Foundation

This is the House that Philanthropy Built...

Chelsea Retirement Community (CRC): In 1906, local Chelsea industrialist Frank



Glazier donated 33 acres from a former county fairground site to build what is now, Chelsea Retirement Community, serving over 800 older adults each year through its continuum of care.



Porter Hills Village (Grand Rapids): When Westminster Presbyterian Church was looking for a site to fulfill its dream of

serving older adults, Ruth and Don Porter offered 35 acres of her father's farm to create Porter Hills Village.

Towsley Village Memory Care (Chelsea): A naming gift from The Harry A. and Margaret D. Towsley Foundation



brought state-of-the-art care to the Chelsea Retirement Community campus for older adults living with dementia.

Cook Valley Estates (Grand Rapids): In 1998, a naming gift from Porter Hills Foundation Board member Peter Cook



and his wife, Pat, created a new independent living community in Grand Rapids — Cook Valley Estates.



Kresge Healthcare and Rehabilitation Center (Chelsea):

The Kresge family and Kresge Foundation have been instrumental

in supporting the needs of older adults at our Chelsea campus throughout our history — most recently, to help expand and renovate CRC's Kresge Center.

The Thome Rivertown Neighborhood (Detroit) and Thome PACE Day Center (Jackson): Gifts from the Edward N. and



Della L. Thome Memorial Foundation helped create innovative affordable living in Detroit and PACE services in Jackson for low-income older adults. A gift from the Thome Foundation is also supporting the new dining room space and common area renovations to better serve our residents at Porter Hills Village. ■

“Philanthropy is voluntary action
for the public good.”

—Robert Payton and Michael Moody

Enhancing Health and Wellness for Affordable Living Residents

A two-year Thome Aging Well grant of \$200,000 is helping to enhance physical and mental wellness for residents at each of Brio Living Services' eight Affordable Living communities from Detroit to Grand Rapids. This grant, made possible by Enterprise Community Partners, the Edward N. and Della L. Thome Memorial Foundation, and Bank of America, is helping older adults living in affordable communities to age safely and securely at home.



Residents at The Pines enjoy making music.

“Reaping the benefits of this generous award are the older adults who call our Affordable Living communities home,” says Brio Living Services Senior Executive Director for Affordable Living, Debbie Steggle. “We are delighted that this grant supports their overall wellness, including mental and physical health, through a variety of programming, as well as training for our community managers.”



Sharon tries out NuStep at Oak Ridge Affordable Living Community.

Features of this project include physical movement and dance classes, music appreciation and therapy, and the purchase of NuStep fitness equipment. In addition, the managers of each community will complete Mental Health First Aid training to better recognize mental health symptoms and provide early interventions before a crisis occurs.

“One of our residents was so excited, she cried when she saw the new NuStep at **Harvest Way** [Affordable Living community in Sparta],” says Debbie.

Mary Rynbrand, Service Coordinator at **Bailey's Grove** in Kentwood, says residents there are enjoying the wellness classes taught by Val Cobbs. “The instructor is so nice,” says one resident. “I really am moving in this class, and I love the music we exercise to. This is so fun!” ■

Grant Supports Dementia Care, Dementia Fair at LifeCircles PACE

On January 12, Brio's LifeCircles PACE, with day centers in Muskegon and Holland, hosted a virtual Community Dementia Fair, the result of a two-year grant awarded by the Michigan Health Endowment Fund to support dementia care training for LifeCircles team members, families, and community members. The project's intent was to build awareness about people living with dementia and to make West Michigan more dementia friendly.

All LifeCircles team members received Positive Approach to Care® (PAC) training, an innovative dementia care model founded by Teepa Snow. PAC provides care partners with practical skills that focus on building relationships, recognizing unmet needs, and improving the quality of life for people living with dementia. Two dementia specialist roles were developed to serve as a resource at each day center. In addition, nearly 500 area community members participated in training, including family members, emergency responders, 118 West Michigan police officers, and the Safe Senior Coalition. Dementia care information was also shared on Michigan Business Radio and WGVSU Radio.

The Community Dementia Fair featured presenters Beth Nolan, Ph.D., Director of Research and Policy for PAC, as well as members of the National Council of Dementia Minds, the first national nonprofit

organization founded and governed by persons living with dementia. Over 400 individuals registered for the virtual Dementia Fair from all over Michigan and the U.S., Canada, and Great Britain. Attendees represented a host of professions, including clinicians, hospice care, social work, and elder law. Said one attendee, "The Dementia Fair was incredibly insightful, valuable, and inspiring."



PAC presenter Beth Nolan and Jennifer Haak, LifeCircles PACE dementia specialist, demonstrate Hand-Under-Hand technique.

"The LifeCircles Dementia Fair brought together the voices of many who are working to reduce stigma and make life with brain change more meaningful, including professional experts and people who have lived experience," says Allison Ilem, Ph.D., BCBA, Director of Behavioral Health for LifeCircles PACE. "Right here at home, this event helped honor those we care for at LifeCircles. It also contributed to the work happening in West Michigan as multiple organizations collaborate to make our community a more dementia-friendly place to be." ■

Business and Family Connections:

NPF Investment Advisors and its employees have had a longtime connection to Porter Hills (now Brio Living Services) over the years. As NPF celebrates its 90th year as West Michigan's oldest independently owned financial advisor, we recognize the company's long history of support of Brio Living Services and, in particular, the service and family connections of Jay Wisentaner, Partner & Investment Advisor, and John Darling, Of Counsel, at NPF.

Jay Wisentaner attributes his dedication to Porter Hills to John's mentorship. John Darling credits his mother for his engagement with Porter Hills.

"It all started when my mom moved her mother from Royal Oak to **Porter Hills Village** in one of the early rooms," says John. "Later, my mom, Janet Englehardt Freeman (she had remarried) was just the second person to move into the Garden Apartments East when they opened at the Porter Hills Village campus. She eventually moved to the Health Center in 2000 when she needed more care. Before she died, she made a major gift to create the store at Porter Hills Village."

"Philanthropy is an effort an individual or organization undertakes based on an altruistic desire to improve human welfare."

—Adam Hayes, Investopedia.com

Other family members who made Porter Hills Village their home included John's paternal grandparents, Dallas and Helen Darling, and his great uncle, Harold Englehardt. Another interesting fact—John's parents were married by Rev. George Douma, Porter Hills' first director. Charlie French, one of NPF's former partners, also moved into a townhome at Porter Hills Village in 2006. Coming full circle, John and his wife, Rene, have also recently taken up residence at Porter Hills Village!



John and Rene Darling enjoy life at Porter Hills Village.

Long History of Support

Woven into the Fabric of Porter Hills Village

Seeing the excellent care his mom and family members received at Porter Hills Village, John got involved in Porter Hills' Professional Advisory Committee, a feeder committee for the Porter Hills governing board. Eventually, Jay, whose aunt lives at Porter Hills Village, replaced John on the committee. "I'm standing on John's shoulders," says Jay who has served both the Porter Hills and Brio Living Services governing boards as well as the UMRC-Porter Hills Foundation Board.



Jay Wisentaner celebrates his Aunt Cecelia's birthday.



NPF Investment Advisors marks its 90th anniversary of serving Grand Rapids.

Jay says the mission of Brio Living Services aligns with NPF which instills in its employees the philosophy of giving back to the community.

"Both organizations are a trusted part of the fabric of the Grand Rapids community, and both serve with similar values of helping people retire well and working with not only the client but their families as well. Very similar to how Brio cares for older adults, NPF is doing it from the financial side, making sure our clients have the chance to leave their legacy and continue their lifestyle when they retire."

We are grateful for John and Jay for sharing their experience and wisdom with our organization over the years, and for NPF Investment Advisors which has been supporting the older adults we serve through gifts and event sponsorships for the last 35 years. ■

The Creative Spark

Artful Aging Classes Inspire Creativity at Any Age!



Jean Downs and Artful Aging student Eileen Cheek.

Artful Aging classes at **Chelsea Retirement Community** began in 2017, thanks to an initial grant from Aroha Philanthropies (now E.A. Michelson Foundation). Over the



last six years, with additional grant funding, more than 150 CRC residents, across all levels of care, have participated in at least one Artful Aging class. These have included pottery, watercolor and acrylic painting, creative writing, ukulele, fused glass and mosaics, theater, and more. Today, the Artful Aging classes are still going strong!

Local artists teach residents over an eight-week period, and each class builds on the skills learned in the previous week. “It’s not arts and crafts,” says Assisted Living Life Enrichment Coordinator, Kori Rochefort. “Residents get the opportunity to hone an artistic skill, or to learn something they’ve always wanted to try.

It also gives them a chance to be social and engage with other residents.”

Each course is followed by a culminating event, when Artful Aging students can show the artwork they produced. “It’s so wonderful to see residents’ children and grandchildren come to their art show and to be so proud of the artwork their family member has created,” Kori shares. “Our residents also show a lot of pride in being able to accomplish and create something beautiful.”

Jean Downs, a resident at **The Cedars of Dexter**, enjoys teaching older adults and has taught several drawing classes for the Artful Aging program. “I love their eagerness to learn, to try something new they felt was beyond their reach,” says Jean. ■



Drawing by Mary Wald

“Jean said anyone can draw,” said Glazier Commons resident Mary Wald, who recently displayed her artwork at the Drawing Class culminating event. “She really encouraged us.”

Marjorie Bjork Concert Series

Brings Joy of Live Music

The Marjorie Bjork Concert Series recently completed its second season of providing live, world-class music at the **Cook Valley Estates Theater**. Hosted by the UMRC-Porter Hills Foundation, in partnership with the Shoreline Music Society, these concerts have highlighted a variety of music performed on the Helen Wykes Steinway piano.

The original gift to launch this series came from Marjorie Bjork's children, the Hartger family, to honor the musical legacy of their mother and grandmother, Helen Wykes.

The first year of the concert series was so successful that residents have continued to support these concerts through their gifts, and we are planning ahead for a third season to begin in Fall 2023.

In addition, this year the UMRC-Porter Hills Foundation has made the Marjorie Bjork Concert Series available to older adults across Brio Living Services, including our communities and PACE centers, by live-streaming them via Boxcast.



Pianists Hyesook Kim and Mary Scanlan perform with Cook Valley Estates resident Lois Nordling, narrator.

“Each of our Brio campuses enjoys memorable life enrichment experiences,” says Rachel Webster, UMRC-Porter Hills Foundation Director of Philanthropy. “Live-streamed concerts connect and bring vibrancy to the lives of our residents and PACE participants, no matter their income level, through the power of music.”

Said one resident, “We love the quality of music we can hear right here in our community, from classical, to Broadway, to jazz. There is something for everyone.” ■

To learn more about how you can support Life Enrichment for the older adults we serve at Brio Living Services, contact the UMRC-Porter Hills Foundation at **734.433.1000 ext. 7397 (east) or 616.577.2297 (west).**

Expressing Our Compassion and Love for Others

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.—2 Corinthians 9:7-8



Cathy Rafferty,
Porter Hills Village
Lead Chaplain

When people say philanthropy, I hear stewardship. In the Wesleyan Methodist tradition, stewardship is a means of grace and experiencing God's grace in our lives. It's an expression of faith, no different

from worship or prayer, because we trust in the abundance of God, rather than a sense of scarcity that makes us want to hold tight to what we have. We are stewards of the resources and gifts we have because they come from God, and we all belong to God.

In his 1789 sermon entitled, "The Use of Money," John Wesley, the founder of Methodism, said, "Earn all you can, save all you can, and give all you can."

This plea for generosity and compassion for our world still rings true today, no matter your faith background. Giving is foundational in most faith traditions; for example, the giving of Alms (*zakat*) is one of the Five Pillars of Islam. *Tzedakah* is the Hebrew word for philanthropy and charity, seen as a form of social justice in which donors benefit from giving as much or more than the recipient.

Giving is not transactional. It is an expression of our compassion and love for others. In turn, we see the amazing good that giving makes possible. ■

At Brio Living Services, gifts to the UMRC-Porter Hills Foundation provide the safety net of Benevolent Care for our qualified residents who outlive their savings; offer Scholarships and Emergency Aid for our hard-working team members (part of the Team Member Support Services Fund); create beautiful spaces and wellness programming; and much more. For more information, visit Foundation.UMRCPH.org.



PORTER HILLS VILLAGE

By Brio Living Services

If you haven't visited us in the last few months,
YOU DON'T KNOW WHAT YOU'RE MISSING!



All this is just the beginning for exciting changes to come in 2023 and beyond!

- On March 1, **logo unveiling** parties for residents and team members were held at 10 am, 2 pm, 4 pm, and 10 pm. We wanted to be SURE our night shift team members got a chance to celebrate, too!
- On March 13, another week of celebration began at Porter Hills Village! Team members and residents enjoyed grand opening events for **NEW spaces**: the theater, Mosaic Market, recording studio, and learning center!
- In March, we also announced **The Ravines**, a new independent living building and apartments coming soon to Porter Hills Village!
- This summer, we will unveil a new independent **dining room** and other exciting, fresh common spaces!

Come in for a tour and see for yourself!

LEARN MORE AT PorterHillsVillage.org



Changing Lives for Generations

“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.” —John Wesley

These words inspire many of us to live in service to others. While we may interpret “as long as ever you can” to mean: do good as long as we’re alive, we can also “do good” long after we’re gone with a legacy that outlives us. When you make a gift in your will to the UMRC-Porter Hills Foundation, you have the power to:

- 1. COMMIT OUT LOUD:** Tell us how you would like your gift to be used.
- 2. CREATE IMPACT:** Help ensure that tomorrow’s older adults live their best lives.
- 3. BUILD A LEGACY:** Reflect the mission you care about and change lives for generations to come. ■

To learn more about Planned Giving, contact the
UMRC-Porter Hills Foundation at
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