



## WE ALL NEED TO CHECK OUR PULSE

BY RANDALL JOHNSON, MA, LLP

**L**ife is short.

A simple statement of profound significance. A statement that is underscored throughout Scripture: “The sun rises and the sun sets, and *hurries* back to where it rises.” (Ecclesiastes 1:5) The brevity of life compels us to use our time wisely—yet far too many of us neglect the things that matter most.

One morning some time ago, I was working at my desk at the Pine Rest Holland Clinic when my phone rang. The caller quickly identified himself, anxiety and fear in his voice. “I think I need some help. My wife filed papers today and wants out of our marriage. She is really mad. I tried talking to her, but she won’t even talk to me. I think she’s done. I don’t know what to do. I don’t really believe in that psychology stuff, but do you think you could help?”

Phone calls like these break my heart. A marriage was at risk of ending before any attempt at resolving the issues had occurred. Had there been warning signs that all was not well in his relationship with his wife? Had he failed to “check the pulse” of his marriage?

Every day at Pine Rest we seek to bring restoration and renewal to hundreds of individuals and families seeking our help. For some, an overwhelming depression or debilitating anxiety disorder strikes with little warning. For others, a series of choices or a failure to respond to signs of trouble lead to lives and relationships careening out of control.

I was so glad this man called me. To walk along side individuals and families facing a crisis and help them heal and sort out their difficulties is my desire and the calling of Pine Rest. Helping people and working with them to learn the value of continually checking the pulse of their relationships has tremendous rewards. Whether it’s overcoming depression or healing a broken relationship, I know we all need a little help, support, and guidance from time to time. **Expressing the healing ministry of Jesus Christ** is not just part of Pine Rest’s mission statement—it’s something I try to bring to each person who walks through my door seeking help.

Life is short. Are you finding yourself less able to spend time with the people you love? Is it time to “check the pulse” of a relationship with a spouse, parent, or child?

***“Take heed of the path of your feet, then all your ways will be sure.” ~ Proverbs 4:26***

### YOU CAN MAKE A DIFFERENCE BY REMEMBERING PINE REST IN YOUR ESTATE PLAN.

With your bequest, deferred gift, life income agreement, gift of insurance, or real estate, you can strengthen and extend the healing ministry of Jesus Christ at Pine Rest. If you have included the Pine Rest Foundation in your will or estate plan, or would like more information on how to include Pine Rest in your estate plan, please contact Scott Halquist at the Pine Rest Foundation, (616) 281-6375 or [scott.halquist@pinerest.org](mailto:scott.halquist@pinerest.org).

## FIFTH THIRD RIVERBANK RUN

**F**or the second consecutive year, Pine Rest Christian Mental Health Services was named the official charity of the 2004 Fifth Third River Bank Run. We want to especially thank our friends at Fifth Third Bank for this honor, which made it possible to raise over \$10,000 for the Pine Rest Patient Assistance Fund! We would also like to express our gratitude to Sheldon Cleaners and the 30 members of our corporate running team for their contributions. Thanks to all who participated!

## HELPING KIDS THROUGH A UNIQUE CORPORATE PARTNERSHIP

**B**ill Wallace, CEO of Hastings Mutual Insurance Company, has a deep love for and commitment to his community. When he became aware that children in Hastings public schools needed better access to mental health care, he and his staff stepped up. In early 2003,



Bill Wallace, Susan Linacre, and Grey Larison.

with former Hastings Superintendent Carl Schoessel and Bruce Oosterink, a Hastings Mutual Insurance Company Board member and former Pine Rest Board member, they invited Pine Rest to begin collaborating with them.

As the group began to meet, Hastings, like many other school systems, was facing some budget challenges, which impacted the schools' ability to respond to the mental health needs of students and their families. Particularly at risk were low income families without resources to get good psychiatric care. "Schools aren't trained to handle deep-seated problems some children have – they need assistance from places like Pine Rest that have expertise in these areas," said Wallace. "We just connected the dots and said, Why can't we do this?"

Months of planning and collaboration led to a unique arrangement supporting placement of Pine Rest Psychologist Grey Larison, PhD, in two Hastings schools in the Spring of 2003. Influencing the decision to place Dr. Larison in the school setting were national studies showing that only 11% of students referred for mental health consultation in a community clinic ever made it to their first appointment, but 90% made it if there was a mental health clinic in the school ([www.aboutourkids.org](http://www.aboutourkids.org)). Midway through this past school year, an additional corporate partner, Hasting City Bank, made it possible to expand the project to four middle and elementary schools. "Grey has been great," said Susan Linacre, Principal at Hastings Southeast Elementary. "This has been very beneficial to us and our kids."

"Grey is doing a terrific job in Hastings and I'm just thrilled Pine Rest can be of service in this way," says John Nielsen, Clinic Manager for the Pine Rest Caledonia Clinic. Dr. Larison, a staff member at the Caledonia Clinic, loves his "hands on" work in the schools. "The teachers and principals have been fantastic to work with," said Larison. Scott Wagner, who oversees all of the Pine Rest clinics as Corporate Director of the Pine Rest Professional Practice Group, hopes this collaboration can serve as a model for others. "This is a unique arrangement that is working and working well. We appreciate Hastings Mutual Insurance Company and Hastings City Bank for their involvement and support."

## PINE REST SAYS GOODBYE TO A DEAR FRIEND

**H**arvey Rozema, Senior Development Officer of the Pine Rest Foundation, went to be with his Lord on June 2, 2004. Harvey joined Pine Rest in 1965, and in 39 years of service, he touched the lives of hundreds of people at Pine Rest and throughout the community. Although he officially "retired" in 1993, Harvey continued to work part-time for 11 years, representing Pine Rest and cultivating support for the Foundation and various ministries at Pine Rest.



A strong man of faith with a humble, loving spirit, Harvey's legacy to us all is one of compassion, commitment, and kindness to others. With his caring nature and thoughtful manner, he left an indelible impression on those he met. In recognition of his tremendous spirit and numerous contributions in advancing the work of Pine Rest, the Foundation's annual golf event has been re-named the "Harvey Rozema Golf Classic." We thank God for Harvey – and miss his warm smile and generous spirit!

***"Well done, good and faithful servant..." ~ Matthew 25:23***

**GIVE THE GIFT OF MENTAL HEALTH**

Make a gift to Pine Rest online.

[www.pinerest.org](http://www.pinerest.org)

## SUPPORTING THE HEALING MINISTRY OF JESUS CHRIST

When Phil Postema has a vision, great things happen. Phil is the founder of Postema Signs and Graphics, located in Cutlerville. He has been a longtime Pine Rest friend, providing in-kind support to the Pine Rest Foundation Golf Outing for years. Married with four children, Postema grew up in Cutlerville and began his career painting lettering on mailboxes. His company has grown to 12 employees, serving local businesses large and small.

During a stop last Fall to donate some clothing and household items to the Pine Rest Rustic Market Thrift Store, Phil took a look at the signage on the property. He thought increasing the visibility of the store sign might help increase business. "I know Pine Rest does good work," said Postema. "I thought a new sign that tied in the 'barn' theme would raise more awareness of the Rustic Market and draw more shoppers."



When the existing sign was damaged in January as a result of a minor car accident in front of the Rustic Market, Phil began to put his ideas to work. The end result? Postema Signs and Graphics designed an eye-catching and inviting sign that spotlights the store's unique structure, draws attention, and informs the public about the business.

"The Rustic Market has been one of Cutlerville's best kept secrets," said Carrie VandenBrink, Manager of the Rustic Market. "I have met a lot of people who thought the Rustic Market was a store for Pine Rest employees or patients, or they just weren't sure what it was. With our new sign, it's clear what our business is."

The Rustic Market is a volunteer-driven thrift store which accepts donations of clean, gently-used clothing and household items for resale to the public. Proceeds benefit the Patient Assistance Fund (PAF) at Pine Rest. Last year, the Rustic Market generated over \$50,000 for PAF, which provides assistance to individuals, children, and families who need mental health care but have limited insurance or financial resources.

**Don't forget - your donations of clean, gently-used clothing or household items to the Rustic Market are always welcome and enable Pine Rest to help those in need!**

## DID YOU KNOW ...

- Approximately 80 percent of older adults with depression improve when they receive treatment with antidepressant medication, psychotherapy, or a combination of both . (National Institute for Mental Health).
- Nearly 1 in 3 children and adults we serve in our inpatient, intensive outpatient, or partial hospitalization programs are not only in a mental health crisis, but struggling with substance abuse as well.
- When you support the Pine Rest Foundation, you help provide:
  - Better Christian mental health services for all
  - Assistance through the Patient Assistance Fund
  - Advancements in mental health research and advocacy
  - Interventions that save lives

## PINE REST IOWA SERVICES EXPAND TO MEET THE NEED

Hope, healing, and health - that's what Pine Rest Psychologist Heidi Vermeer-Quist, PsyD, has been offering to individuals, children, and families who come to her with concerns about mental health issues in Des Moines, Iowa. Working out of a small office in Meredith Drive Reformed Church, Heidi has been busy providing individual, marital, and group counseling to those in need since early 2003. Since then, demand for an array of mental health services, including mental health education, therapy, testing and assessment services, has grown.

This summer, Pine Rest expanded the Des Moines office by adding Karla Minear, LISW, and Psychiatrist Matt Horvath, DO. In July, the office moved from Meredith Drive Reformed Church to its new home at 6200 Aurora, Suite 302W. Please join us in praying for the continued growth of this ministry in Des Moines.

A newsletter for friends and supporters of  
Pine Rest Christian Mental Health Services and the Pine Rest Foundation



PINE REST  
FOUNDATION

# PINE REST NEWS

FALL 2004



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## 2004 FOUNDATION GOLF OUTING

Thanks to the generosity of our underwriters, sponsors, and golfers, over \$75,000 was raised at the 21<sup>st</sup> Annual Pine Rest Foundation Golf Outing on June 14 at Blythefield Country Club. In addition to supporting the growth of the Foundation, a portion of the



proceeds were directed to the Pine Rest Center for Psychiatric Residential Services, which serves adolescent boys and girls with severe psychiatric problems, many of whom have experienced extensive abuse and neglect. The 2005 Foundation Golf Outing, to be held June 13, has been renamed the Harvey Rozema Golf Classic in honor of Harvey L. Rozema (see article on page 2). Thanks again to all who participated and we look forward to seeing you on June 13, 2005!

The Pine Rest News is a product of the Pine Rest Foundation and is designed to inform our supporters of key developments within the services and programs of Pine Rest Christian Mental Health Services and the Pine Rest Foundation.

**Send changes of address, comments or suggestions, and requests for free subscriptions to:**

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