



## A Purpose for the Pain

One in four women will experience a miscarriage.

Carolyn is no stranger to this statistic. Over the last four and half years Carolyn has endured four miscarriages. It was not something she was expecting when she and her husband decided to try to have another baby around the time their daughter turned two.

It has been an emotional road dealing with her losses. **And that's why she was excited to partner with Pine Rest to raise money for the Patient Assistance Fund (PAF) as a River Bank Run Road Warrior.**

After Carolyn's fourth miscarriage, a close friend suggested Carolyn sign up for a race, something she used to be passionate about. While she was still dealing with the grief of another loss, she was able to set a goal for herself.

"Running became the place that I could deal with my grief in a physical way. The icing on the cake was the people I would meet and connect with as a Road Warrior, as well as through sharing my story," she said.

Carolyn has also been in counseling over the last few years, and she knows the work involved with being honest in counseling sessions is just as difficult as training for a 25k. But counseling and working through the pain has allowed her not just to live with the grief, but to rise above it. Training for the 41st annual Fifth Third River Bank Run 25k and crossing the finish line on May 12 provided a purpose for her pain.

"I want others to know that they don't have to sit on the sidelines. Their pain doesn't have to destroy them. There is a way through it," she said.

Carolyn knows she is not alone and her story is not unique. She wants to talk about what she has gone through because it may help to set someone else free, to give them hope. Carolyn plans to get more involved with Pine Rest so that others have access to behavioral health care.



*Last year, nearly 2,500 individuals received care because of gifts to PAF. 100 percent of all gifts made to PAF go directly and immediately to help reduce the cost of treatment for individuals and families with financial need.*

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“It really is about showing someone a gesture of compassion and hope, at a time when they may need it the most.”

– Jamie Anderson, Patient Experience Officer

## Patient Card Project

The risk of suicide is three times more likely the week after being discharged from a psychiatric hospital. The risk continues to be high over the first year, so Pine Rest is dedicated to doing our part to minimize this risk for patients.

Pine Rest staff were awarded a fiscal year 2019 Wondergem Grant for a Patient Card Project. The card is a tangible item that patients are able to take home with them when they are discharged from the hospital. The card, which includes a motivational quote, is signed by all staff who worked together to care for the patient.



Wondergem  
WORKS

*“The project is very important because having any kind of hospitalization can be an extremely stressful and life-altering experience for individuals and their loved ones. For many of the patients seen here, there is often the added burden of societal and internalized stigma surrounding their mental health condition and hospitalization. An important step to helping individuals transition from inpatient hospitalization to outpatient services, beyond the clinically appropriate discharge process, is to send our patients off with a concrete affirmation that we at Pine Rest care about their continued health and wellbeing and that we are honored to have been able to walk beside them during this difficult time in their lives. It really is about showing someone a gesture of compassion and hope, at a time when they may need it the most.”*

–Jamie Anderson, Patient Experience Officer



Delivering notes of encouragement (L to R): Jamie Anderson, Pine Rest Patient Experience Officer; Patty McCormick, Development Director, Ronald McDonald House of Western Michigan; and Joline Dreyer, Pine Rest Quality Coordinator

The card will help communicate to each patient that the staff at Pine Rest care about them during their tough transition from an inpatient stay to outpatient services. These cards are shown to increase the likelihood that a patient will continue with outpatient treatment services, follow their discharge plans, and decrease their chances of being readmitted in their first 30 days. Research also shows that patients who receive a tangible piece are more likely to reach out for help if they begin experiencing a reoccurrence of symptoms.

The Ronald McDonald House of Western Michigan (RMHWM) also recently wished to provide support to Pine Rest patients. During a RMHWM hosted Lunch-and-Learn series on mental health, those in attendance were invited to write their own notes of hope and encouragement to Pine Rest patients. Pine Rest is one of the largest referral sources for the RMHWM, which has a unique focus on supporting families impacted by mental health diagnoses. Currently, other Houses across the country do not provide a “Home Away From Home” for these families. Pine Rest is grateful for their partnership.

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# 2018 Golf Classic

The Pine Rest Foundation hosted the annual Golf Classic at Eagle Eye Golf Club in Bath, MI on June 11, 2018. Because of our generous sponsors and golfers, we have exceeded our goals for the event and raised more money for the Patient Assistance Fund than ever before. The Golf Classic sold out once again this year and proceeds of over \$150,000 will directly and immediately benefit those we serve who are unable to cover the cost of necessary behavioral health services.

The 17th Hole Challenge, sponsored by Allen & Nancy Vander Laan, raised an additional \$1,700 for the Patient Assistance Fund!

Next year we will celebrate our 10th annual "Special Course for a Special Cause" event at Arcadia Bluffs. Please mark your calendars for June 10, 2019 and join us in Arcadia, Michigan. For more information, please contact Dana Stenstrom at [dana.stenstrom@pinerest.org](mailto:dana.stenstrom@pinerest.org) or 616.258.7575. Sponsorship and marketing opportunities will be available this winter.

## Congratulations to our winners!

Men's Longest Drive: Ed Douma  
 Women's Longest Drive: Beth Van Portfliet  
 Longest Putt: Dan Lennon  
 17th Hole Challenge: Steve Hansma



**ASR Health Benefits - Scramble First Place**  
 Left to right: Brian Telzerow, Todd Stacy, Gabe VanderJagt and Joe VanderJagt



**Lumbermen's - Best Ball First Place**  
 Left to right: Steve Petersen, Roger Vanderheide, Henry Bouma and Dale Bryant



**Windemuller Electric, Inc. - Scramble Runner-up** Left to right: Chuck Alles, Steve Alles, Josh Alles and Tim Alles



**David & Carol Van Andel Family Foundation Foursome** Left to right: Dave Van Andel, Carol Van Andel, Beth Van Portfliet (Women's longest drive winner) and Dave Van Portfliet



**Pioneer Construction Foursome**  
 Left to right: Randy Zandbergen, Steve Hansma (Closest to the flag winner), Tim Schowalter and Sam Schowalter



**MTM Recognition Foursome**  
 Left to right: Jim Hoekwater, Andy DeVries, Ed Douma (Winner of the men's longest drive) and Dave Zondervan



## Please SAVE THE DATE!

The Pine Rest Foundation Leadership Dinner will be held on November 12th, 2018. Please save the date and plan to join us at the Amway Grand Plaza Hotel to celebrate Pine Rest programs and the people that help transform lives each day.

For sponsorship information, please contact Dana Stenstrom at [dana.stenstrom@pinerest.org](mailto:dana.stenstrom@pinerest.org) or 616.258.7575. Tickets will be available to purchase beginning in September at [www.pinerest.org](http://www.pinerest.org).



On Saturday, May 12, 53 runners from Team PR Pacing crossed the finish line at the 41st annual Fifth Third River Bank Run in downtown Grand Rapids. These runners dedicated their training and race to raising money for Pine Rest's Patient Assistance Fund (PAF).



Last year, nearly 2,500 people who came to Pine Rest without the financial resources to meet the costs of care were aided through PAF. 100 percent of race fundraising went directly and immediately to help reduce the cost of treatment for individuals and families with financial need. Team PR Pacing's efforts in raising funds will allow more individuals to receive care at Pine Rest, without cost being a barrier.

Together the team raised more than \$11,000 that will be used to support individuals needing financial assistance through PAF this year.

For more information, questions, or comments, please contact [pinerestfoundation@pinerest.org](mailto:pinerestfoundation@pinerest.org) or 1.800.248.3485.



# THANK YOU TO OUR GENEROUS SPONSORS

For information on sponsoring next year's Golf Classic, please contact Dana Stenstrom at 616.258.7575 or [dana.stenstrom@pinerest.org](mailto:dana.stenstrom@pinerest.org).

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