

Stone Crest Assisted Living

Monthly Newsletter



Life Enrichment- Ryleigh

Resident Care- Kalyn

Administrator-Kendra

Updates from the Previous Month and the Upcoming Month

During the month of August, we experienced an abundance of joy at Stone Crest. We engaged in crafting activities with Tender Hearts biweekly, fostering creativity and connection. Kate from Transitions Hospice visited us, providing the residents with exquisite manicures. Additionally, Chelsea from T Hospice delighted us with coffee and donuts, a true treat! We also celebrated the birthdays of Cleo, Mary, Robert S., and Arlene with a festive birthday bash. Live performances by Harry Matt and Dave Britton added to our entertainment. Our community spirit was further enriched as we embraced our diverse religious practices with Vineyard Church, St. Agnes Church, One Ministries, and Chaplain Karen. From enjoyable games and engaging exercises to bingo and snack tastings, it was indeed a memorable month!

September promises to be an exciting month filled with numerous engaging activities. Notably, Assisted Living Week will take place from September 7th to 13th, featuring a variety of vibrant events, such as a sock hop, casino night, and prom night, among others. In addition to these special events, we are introducing several new offerings this month, including coffee socials, a culinary workshop, the bingo store, and a resident-chosen activity every Monday morning. Of course, we will continue to host beloved activities such as bingo every other day, live musical performances, weekly manicures, crafts, and scrapbooking sessions. We are also grateful to receive visits from Vineyard Church, One Ministries, St. Agnes Church, and Chaplain Karen, which enrich our community experience.

As we embrace the month of September, we look forward to fostering deeper connections and creating cherished memories. Your participation and enthusiasm are what make our community vibrant and thriving. We encourage everyone to join in, share the joy, and make this month as memorable as August. Here's to another month of laughter, love, and togetherness!

**Together, we can make a real difference in the lives of those who need it most.
Thank you for your continued support!
Enjoy this month's newsletter!**

September 2025

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newsletter
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Ryleigh Tinglan



Thank you for reading!

Our objectives, principles, and distinctive qualities that define our organization

Stone Crest Assisted Living, located in Freeland, MI, is a nonprofit assisted living community dedicated to providing families with the assurance that their loved ones will receive compassionate care. Our commitment lies in offering personalized assistance tailored to individual needs, fostering an environment of love, community, and comfort—a true home for our residents. Nestled alongside the picturesque Tittabawassee River, Stone Crest stands as a hidden gem in Freeland, boasting four splendid common area rooms with river views and an expansive deck for residents to enjoy the sights of local fishermen and wildlife. The beauty of our grounds and the magnificence of our facility strike visitors upon arrival, yet for our residents, it signifies home.

Operated by Baruch Senior Ministries, a faith-based nonprofit organization established in 1997, Stone Crest Assisted Living is part of a mission to provide compassionate and affordable senior living options throughout Michigan. Baruch's support ensures that the care team at Stone Crest has access to the necessary resources to deliver exceptional and individualized care to your loved ones.

To experience the warmth and tranquility of Stone Crest Assisted Living, we invite you to schedule a visit today.

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Monthly Reflection

My friend shared about his schedule and how he'd barely had a moment of rest. "I'll have time to sleep when I'm dead" he exclaimed. Many of the others around him have spent years following his example. Another person with health issues recently shared that he wished that he didn't sleep so much and that his body was better so he could do things like before. Both were expressing in some way the idea that busyness and activity equal normalcy and productivity. The reality is that our bodies and our souls work together to live out our purpose in work, fun, play and rest. Last week, many speakers at the Global Leadership Summit provided insights about honoring the needs of our bodies and of our souls. You are valued; self-care is important, so I'm passing along a few of these thoughts. -We experience difficult situations in life. Resilience is our capacity to cope with these hard things. But we are NOT energizer bunnies. This coping does drain us. We are not designed to power through everything. Who and what strengthens you when you are worn out? -How do we pray? Do we pray more to be blessed, or to be a blessing? What would it be like if we prayed more to be a blessing? Legacy is really about how we bless and give to others. -We tend to focus on what we have or don't have. Instead, focus on what we DO with what we have. If you can't get out and about, how can you change the days of those where you are? `Getting a full night sleep is essential. Less sleep equals less concentration, less strength and less ability to do stuff (by more than 30%). Sleep is not a luxury. It is mandatory if you want to live out a life of purpose. What one thing could you change to improve your sleep? -Small habits can have big life impacts. What one small habit could you start that you believe would improve the rest of your day? Do it consistently and see what happens. Mine is walking! -What one habit doesn't add a whole lot to the quality of your day or purpose? Try removing it to give more time to focus on what really matters. The scripture above is set in the context of God's love for us and plans for removing barriers between God and people, and amongst people. Tucked into all of that is that other nugget of truth....WE ARE GOD'S HANDIWORK, born into this world to make a difference. How we do that will change through the years, but the truth is the same ALL our years. We have purpose every day of our lives. And we are to care for ourselves, our bodies and souls. What steps can each of us take to better care for ourselves?

*For we are God's handiwork, created in Christ Jesus to do good works,
which God prepared in advance for us to do. (Ephesians 2:10)*
Chaplain Karen Henderlong

