

“The Haven” at Massey Springs

Proverbs 3:5-6 NIV: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." We do not have the wisdom God possesses. Yet, if we trust God, listen, and submit to him, with our whole heart, all will work out as God plans.

In 2018, my husband, Kenny, was diagnosed with Alzheimer's Disease and Parkinson's Disease. I was his full-time caregiver. His disease advanced, and, around 2021, I was given a tour of "The Haven" Memory Care at Massey Springs in Bowling Green, by Sara Jo. She answered my questions and encouraged me to pray about how best to care for my husband (which I did and continued to do throughout his disease). Over several months, I emailed her with questions. She was always gracious and kind. At the time, Lea was the director. She answered my questions about my moving to either the assisted living building or moving to one of the villa's. She helped me decide that, when my husband moved to memory care, I could move to the assisted living until a villa was available.

As stressful as caregiving, decision making, and moving is, the moving transition for me and my husband went very smoothly. I was able to begin to relax a bit, as I did not have to bathe and dress my husband (which was wearing down my body), and my decision making became easier because of staff support.

In August, 2022, a room became available at "The Haven", there was an empty room at the assisted living, and, a villa would be available in just one month. Everything fell into place. I remember Lea explaining that, because I am in my 60's, how living in a villa would be the most comfortable for me. Staying at the assisted living for a month allowed me to be close to the memory care if I was needed and allowed me to be taken care of...which my tired body and soul needed. I listened to these comments from Sara and Lea: "God always opens the door when the time is right; always in God's timing!" "You see, we are available for you. We are here when you need us." "You are part of our family. We welcome you and your husband and are glad that you are here." Their kind words are scripture based, as stated above (Proverbs3:5-6).

The memory care staff (all of them) love caring for their residents. They attend to their needs with a smile, and do their best to interact with each person in a friendly way. They know how to "think on their feet" when a resident needs special care and when a resident is having an upsetting day (so common with dementia). At times, my husband was difficult to handle. His behaviors were managed with grace and love, without judgment.

As you know, we are human, and I wasn't always the most pleasant person to be around when I had concerns about Kenny. When I questioned something that the staff decided, or didn't understand how things were going, Sara was always helpful with an explanation and a fix when something went "bump." (There NEVER was any major issue.)

(A bit about the memory care home: I looked at several memory care communities in Bowling Green. I preferred the open floor plan, the cleanliness, the welcoming staff, and the resident rooms being easily accessible. The staff can readily see the resident without having to walk

down a hallway and disappear. The only time staff does not see another staff member is when they are busy caring for the resident in their room. The staff does their best to alert other staff of their whereabouts.)

In May 2024, my husband's Parkinson's Disease began affecting his ability to function. When I took him to the hospital, I had hope he would somehow still be able to manage. While at the hospital, the staff at Massey Springs contacted me several times to learn how things were going. After a few days, it was obvious that God was going to call my husband to His loving arms.

The staff stayed in touch and prayed while my husband was cared for at Hospice House, here in Bowling Green. When I called to inform the staff that Kenny had passed, it wasn't long at all that Abby and Sara arrived at our room there. Their love and support meant so very much. *Sara even came to his funeral in Stanford, Kentucky. She is truly a gift!!

And then, after all of that, the staff (which includes Abby now) has been wonderful to me. They understand grief (as best they can), and support as needed.

While Kenny was at memory care, I would attend the worship service offered every other week. On the alternative weeks, I would tell the memory care residents a Bible story and pray with them. Starting this January, each Wednesday, I started meeting with them again (as I know most of the residents anyway). It is a pleasure to be able to minister with the residents. They do still have a relationship with Christ!

As a side note, I have had exercise physical therapy with EmpowerMe, and currently work with Miranda with some speech issues. While Kenny was at memory care, they worked with him to help his speech, to help him take care of himself, and with exercises and therapy when he broke his ankle. Massey Springs is blessed to have this group.

Philippians 2:4: "not looking to your own interests but each of you to the interests of the others." I chose this verse to express how the staff acted as they worked with my husband. This verse means that it is fine to care for our own interests; yet, we should equally care for the interest of others. The staff does not do their job to gain glory; they humbly attend to those they care for. Their concern for others fulfills the law of Christ - the law of love.

Overall, my husband had wonderful care, fun activities, physical therapy, and help with all of the daily living needs he required. He was loved, cared for, honored and respected as an adult man. I believe that he was shown God's love as the staff attended with him. I thank the good Lord for everyone at this Massey Springs community.

Blessings,

Marie Weaver