

Raybrook Life

THE MONTHLY NEWSLETTER OF RAYBROOK ESTATES & HOMES

May 2012

FROM THE OFFICE

Please remember that the pool is not available to family members during class hours. Classes are on Mondays and Wednesdays from 9:30-10:30 a.m. Thank you for your cooperation!



CAMPUS ACTIVITIES

Friday, May 4- Sister Sue Tracey will give a hilarious talk about life and her experience with cancer. Please come to laugh till your sides hurt! It will be held in the Friendship Room at 1:30 p.m.

Friday, May 4- Opera Grand Rapids presents "La Boheme". Please order tickets by calling the Opera Box Office at 451-2741. Please sign up for FREE transportation on the bulletin board. The bus will leave Estates I at 6:40 p.m. and at 6:45 p.m. from Estates II.

Sunday, May 20- Piano recital with students of Linda Rozeboom at 2:00 p.m. in the Chapel.

Monday, May 21- The Schubert Male Chorus will perform at 7:00 p.m. in the chapel. Please note that a free-will offering will take place to offset the cost of the concert.

Thursday, May 24- Memorial Day Commemoration featuring the Raybrook Singing Men at 2:30 p.m. in the main parking lot. It will be held in Chapel if it is raining.

FITNESS FOUNDATIONS

Zack, our fitness coordinator, leads balance classes on Tuesdays and Thursdays at 9:00 a.m. and at 10:30 a.m. He also provides seated strength training at 9:30 a.m. on Mondays, Wednesdays, and Fridays following the Richard Simmons aerobic exercise video that begins at 9:00 a.m. On Fridays, at 10:30am, the Wii is available in the Wellness Center to play games like bowling, tennis and so much more! Zack will be offering a new class called water walking. It will be held on Tuesdays and Thursdays at 11:15 a.m. starting on May 29. A new walking group will begin on April 30th and will meet every Monday and Wednesday at 10:45 a.m.

In addition to leading classes, Zack also provides equipment orientation, exercise guidelines, and is always available to answer any questions you may have. It is important to note that Zack is not a physical therapist and cannot prescribe exercise as rehabilitation for an injury. If you are suffering from an injury or ailment, you must see a doctor or a physical therapist before exercising in the Wellness Center.

Being physically active is a key component in

Masterpiece Living so taking part in the Wellness Center is one great way in fulfilling our Masterpiece Living motto which is living with purpose and growing spiritually, intellectually, physically, and socially.

Please contact Zack with any questions at 235-5472 or visit him during his working hours which are Monday- Friday from 8 a.m.- 12 p.m.

WELCOME CENTER

Please extend a warm welcome to all the new residents at Raybrook! Roger and Anne Bouwman reside at Estates II in apartment 3026. Their phone number is 949-8294. Andy and Ruth Bandstra reside at Estates II in apartment 4046. Their phone number is 241-2595. Paul Van Der Weide resides at Estates II apartment 5027. His phone number is 956-8058. Betty Jane Van Dyke resides at Estates I apartment 2012. Her phone number is 956-3245. Please update your directories and be sure to say hello to all our new residents when you see them around campus!

STAFFING UPDATES

Please welcome Shawn Scott, our new per diem nurse for Raybrook Estates and Homes. Shawn is a Grand Rapids native and grew up in the Alger Heights neighborhood. Currently, life is very busy for her as she is raising three of her own children as well as a foster child. When she does have spare time, she enjoys being with her family, reading and collecting music. Shawn has been working at Holland Home in various positions since 2002. Welcome to your new position, Shawn!



NURSES' STATION

A TB skin test is required if you are a Holland Home volunteer or if you are a patient of Dr. Duemler or Dr. Riekse. Also, if you are thinking about becoming a Holland Home volunteer, please come in for testing. We will be testing in the Estates II Dining Room on Wednesday, May 2 from 9:30-10:30 a.m. with those whose last names start with A-L and from 10:30-11:30 a.m., we will be testing those whose last names start with M-Z. Please remember that you must be available to have the test read on your arm 48-72 hours after it has been administered. If you are unable to attend on May 2, an additional clinic is scheduled on Wednesday, May 9, in the Friendship Room. Please come at the same time according to your last name.

SOCIAL WORK CORNER

Reminder for Resident's with Medicare Advantage Plans: Anyone with a Medicare Advantage plan should verify that a medical provider is In-Network before scheduling your appointment. The provider's office will not automatically tell you this, you need to ask. This includes providers which Holland Home has contracts with such as Advantage Health, Mobile Care Group (foot care), St Mary's Lab, and MobileX. Unfortunately, since there are hundreds of different insurance policies it is virtually impossible for Holland Home to know how your insurance works with a particular provider. However, we do want to make sure you are aware of the risks.

MASTERPIECE LIVING NEWS

Walking Your Way to Successful Aging

By Dr. David Gobble

You began life, struggling to move on your own, learning to walk as you established your independence. Walking continues as the foundation for your independence, but as you age, maintaining your normal walking cannot be taken for granted. The old saying, "use it or lose it," is very true for your ability to walk. To walk well, you need to keep walking every day. So, if you are currently walking well, keep doing it, and if you want to do more of it, there are some simple things to know to aid you on your walk toward successful aging.

First, as with all exercise recommendations, make sure your health care provider has approved your exercise routine. Next, a good pair of walking/exercise shoes will make the journey more comfortable. Most shoe brands offer a basic walking shoe, and unless you are really walking long distance (4 or more miles), you will be fine with almost any selection. If you have special foot problems, a Podiatrist or other medical provider may offer suggestions for your foot wear choice. After acquiring proper footwear, you are ready to move forward toward successful aging by walking every day. The hardest part of walking for successful aging is establishing a routine so it becomes natural for you to do every day. Here are some tips on how to make it part of your daily routine:

- *Walk with a partner
- *Walk at a particular time each day
- *Walk to see something
- *Walk with a pet
- *Join a walking group
- *Enter a walking contest or event
- *Join Walk 2 Wellness

Your goal for walking should be to either maintain or increase your walking to between 30 - 60 minutes per day. If you need to increase your walking time, add 5 minutes per day each week until you reach the minimum of 30 minutes per day. Making walking a part of

your successful aging journey will improve the quality of your life, and probably extend your life. It will certainly prolong your independence.

If you are interested in participating in the Walk to Wellness please sign up in the wellness center.

Anti-Aging Games

Anti-AgingGames.com features fun and easy brain stimulation games designed by Nolan Bushnell, the Founder of Atari, and a team of expert neurobehavioral scientists. Their system includes memory, concentration, focus, and relaxation games. Anti-AgingGames.com includes tips distilled from over 17,000 medical studies that teach how to potentially reduce the risk of early memory loss through lifestyle changes. Anti-AgingGames.com is the only brain stimulation site optimized for cognitively healthy people over the age of 35. You're healthy and you want to stay that way!

Masterpiece Living recently made a partnership with Anti-Aging Games.com. All residents that live in a Masterpiece Living community get a free membership. This is wonderful news because the normal charge is \$12.95/month. If you are interested in playing the anti-aging games please contact Amanda at 643-2724. She can give you the special code to get your free membership.

Position Clarification

If you have questions about Masterpiece Living Mobility Reviews, please contact Amanda Baushke, our Director of Masterpiece Living, at 643-2724. If you have questions about any of the activities that happen around campus or about transportation, please contact Kelsey, our Life Enrichment Coordinator at 235-5042. Thank you!

Masterpiece Living Topic of the Month:

The 10 Rules of Healthy Living

By Adam Bornstein

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Rule #8: Stubbornness isn't smart

As much as I have learned about fitness, I still make some big mistakes. This year I participated in a big race. It was a lot of fun, challenging and something I'd recommend for everyone. What I wouldn't recommend? Not preparing for the race. I had good intentions and wanted to prepare, but I didn't. As a result, my feet are still angry at me. As the saying goes, "Rome wasn't built in a day." Be patient with your body and you will be rewarded. Be impatient, and you'll always fall short of your true potential.

