

# CELEBRATING OCTOBER BIRTHDAYS!

## Estates I

- 03 Larry Kuipers
- 05 Rosemary Radius
- 06 Elnora Tyrell
- 16 Janice Quist
- 18 Gini Hoffman
- 18 Clara Holtrop
- 18 Larry Van Tongeren
- 20 Marianne Kooiman
- 31 Suzanne Lynn
- 31 Thelma Wolffis

## Estates II

- 04 Marilyn DeJong
- 06 Jim Holwerda
- 06 Cristine Smalligan
- 13 Myra Weesies
- 15 Lois DeJong
- 18 Stuart Vander Heide
- 24 Marilyn Vredeveld
- 26 Everett Veldman
- 27 Jessica VanderWall
- 31 Marie Greidanus

## Estates III

- 06 Dorothy Hagedorn
- 09 Peter VanDyken
- 20 Lori Vellegna

## Homes

- 11 Hank Verkaik
- 21 Emily Brink
- 22 Judy Steigenga
- 24 Michael Schuitema
- 28 Sheryl Haec



Happy Birthday

## DON & MARY ANDERSON- EST I - 1010

by Caroline Hoeks



Don and Mary have recently moved to Raybrook from Illinois. They both grew up in Englewood on the south side of Chicago. Mary attended Chicago Christian High and Don attended Parker High. After graduation Mary worked at the Santa Fe Railroad, first as a secretary and then moving up into other positions, staying there for 17 years until she and Don were married. Don was employed by the Baltimore & Ohio Railroad for a short time after his graduation and then was drafted and sent to Korea, fortunately, just before the armistice was declared. He was in Korea for about ten months and then discharged. Don attended the University of Illinois and graduated from the University of Champagne. He was a gym teacher for about six years but found he didn't enjoy it and went into real estate. He then got a job with the city of Chicago in the Assessor's Office, a very good job in which he worked until his retirement. Don and Mary have three daughters. While they were growing up Mary had time for charity work, including Elim Christian School in Palos Heights, IL, where she was on the women's service board that annually sponsors a "Dutch Fest" with food, Dutch dancers, and an authentic village. Elim serves children and adults with disabilities. Two of the Anderson's daughters live in the Grand Rapids area and one in Massachusetts. They have five grandsons. They moved to be closer to family. Their daughters attended Calvin, so they were familiar with the area. They have not had time to settle on a church affiliation yet, because Don is Catholic and Mary is Christian Reformed. They watch the mass from St. Andrew's Cathedral on Sunday morning and attend Raybrook Chapel in the evening, which is proving to be a good arrangement. Don used to golf regularly but not as much lately. He is enjoying playing pool here at Raybrook. Mary loves reading, nature walks and treasure hunting at thrift stores. We are happy they have joined us in Estates I.

## HOT TOPICS FROM THE HEALTH CENTER

Due to declining participation, the Caregiver Support Group and the Chronic Pain Support Group will be discontinued. The Dementia Institute will continue to offer a Care Giver Support Group on the 2nd Wednesday of every month 10:30am -11:30am in Ray's Conference Room (next to the Bistro). *If you have questions or concerns, please contact Jennifer Koets, Social Service Coordinator, at 616-235-2084 or by email [jennifer.koets@hollandhome.org](mailto:jennifer.koets@hollandhome.org).*

# RAYBROOK LIFE

A Monthly Newsletter for Raybrook Estates & Homes  
A Vibrant Way of Living

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### INSERT

Office Updates

"Fall is  
proof that  
change is  
beautiful."

-Unknown

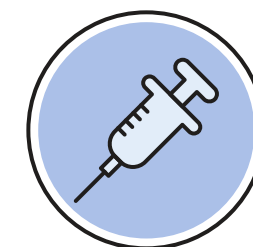


## IT'S FLU SHOT SEASON!

It's never too early to think about getting your flu vaccine. High-dose senior flu shots will be offered to all independent living residents on Tuesday, October 29th in the Friendship Room. The billing department will submit a claim to Medicare to cover the cost, so there is no up-front fee. Forms will be placed in your mailbox soon with more information. *We are unable to offer the updated COVID-19 booster or the RSV vaccine, but all walk-in pharmacies have them available now.*



**ESTATES AND HOMES FLU SHOT CLINIC**  
**TUESDAY, OCTOBER 29TH**  
**FRIENDSHIP ROOM**  
**9AM-NOON AND 1PM – 3PM**  
**NO TIME RESERVATION REQUIRED**



## RAYBROOK WOMEN'S BOOK CLUB

Join us in the Gathering Place at 7:00pm on the following dates. *Contact Pat Guikema with any questions at 616-455-5308.*

September 30

**Lessons in Chemistry**  
Author: Bonnie Garmus  
Discussion led by June Huissen

October 28

**Thunder Dog**  
Author: Michael Hingson  
Discussion led by: Mary Mc Neil

November 25

**The Women**  
Author: Kristin Hannah  
Discussion led by: Phyllis Roelofs



## BUITEN WELLNESS CENTER

### STEPS IN SEPTEMBER

Thank you to all who participated in Steps in September. Great job challenging yourself to move more during the month of September! Please return your tracking sheet by October 4. Participants will be entered in a prize drawing.

### BINGO!

Let's play a game! Beginning September 30th and ending Oct 31st, each weekday the fitness team will draw a random number. If you participate in any FITNESS CLASS that day you will be able to mark that number on your bingo card. Bingo cards will be issued and kept in the Buiten Wellness Center. There wont be any tricks, just treats, if you get a bingo!

### "TICKET TO INDEPENDENCE"

**Wednesday, Oct 2nd 1:30pm in the Buiten Wellness Center**  
Join Tammy, Assisted Living Fitness Coordinator, for "Ticket to Independence". A balance class focused on strength, endurance, flexibility and functional movements. Education for an at-home balance program will be provided.

### SWIFTLANE

Beginning the second week of October, Estates I - III will be receiving an upgrade in the visitor entry system. The Swiftlane Visitor Video Entry System will be installed at the main entrances of Estates I & II, and front and back doors of Estates III buildings. This state-of-the-art system ensures a user-friendly experience for both residents and visitors, in addition to peace of mind with its security standards. A schedule of install dates will be promoted beginning October 1st. Please contact Jessie Riley, Resident Technology Manager if you have any questions.

Information sessions have been scheduled to provide residents with additional information and insight into this system. We welcome you to attend any one of the following opportunities taking place in the Friendship Room.

- Friday, October 4th at 10:30am
- Monday, October 7th at 10:00am
- Thursday, October 10th at 1:00pm

### THE HOLLAND HOME HUB IS NOW LIVE!!!

The Holland Home Hub is now LIVE!!!  
Download our new resident portal app to stay connected with the most up to date Estates & Homes information. Activity calendars, dining menus, meeting minutes, resident directories and more are just a tap away!  
Use the QR codes below to download the app to your mobile device!!

QR Code for  
Android App



QR Code for  
Apple App



## RAYBROOK PURLS PLAN SOMETHING NEW

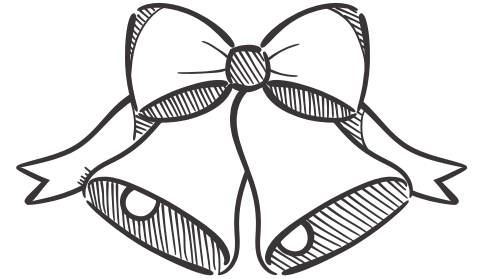
*By Donna Caldon*

One year ago, the Purls began using an "incentive box" to encourage everyone to wear their name tag to our meetings. Names are drawn until a member is selected who is wearing her name tag. She then selects an item from our gift box. These items are either new or gently used cards, puzzles, games, jewelry, soap, candy, greeting cards, household items, new make-up or many other small useful items. We all enjoy seeing what is chosen. Additionally, starting in October, members who have a birthday that week may also choose an item from the gift box. We have a serious purpose – to provide items of warmth to children in Kent County, but that doesn't keep us from having fun while we do it. In late August, we made our first early donation of 144 items to Santa Claus Girls which freed up space in our storage area for additional knitted items. As the weather turns colder and by the end of November, we will distribute to our three charities all of the items that members have made during the year. Sometimes when I meet new ladies and mention our group they say "I couldn't come. I only know how to knit and purl; I can only make a scarf". Please come! Many children don't have a scarf. In fact, if you can't knit or crochet at all, we can teach you or show you how to make a scarf, or hat on a loom which we will loan to you. We meet every Monday at 1-2 PM in the Ell Lounge. Just drop by to meet us and find out more about our group.

## HOLLAND HOME FOUNDATION

### SAVE THE DATE

**Keeping the Promise Dinner**  
**DeVos Place**  
**December 16, 2024**



Please consider joining us for the 2024 Keeping the Promise Dinner as we celebrate the gift of God's Son and reflect on the theme of friendship, community and generosity as demonstrated in the beloved holiday story, It's a Wonderful Life. This event is always a highlight of the holiday season so mark your calendar now. Acclaimed Christian singer and songwriter, Francesca Battistelli, will add a special musical touch to our Christmas celebration. Proceeds from this event directly benefits the Holland Home Resident Assistance Fund ensuring that individuals are cared for even if they outlive their personal resources. Complimentary bus transportation is available to Holland Home residents. Invitations will be mailed in October. *Questions: contact Marcia Timmerman at [marcia.timmerman@hollandhome.org](mailto:marcia.timmerman@hollandhome.org) or 616-235-5118.*

## VOLUNTEER SERVICES

### CALLING ALL RESTAURANT ENTHUSIASTS

We are looking to expand the group of volunteers that support daily operation at Ray's Bistro here on the Raybrook Campus! Volunteers play a vital role in the success and operation of Ray's Bistro! If this is something that sparks your interest, please reach out to [Sharon in volunteer services at 616-235-5717](mailto:Sharon%20in%20volunteer%20services%20at%20616-235-5717). We would love to connect with you and provide more information on this exciting volunteer role!