

GARY & PAT NEDERVELD - 2005 MALLARD DR

by Dawn Gebben

Although born in Illinois, Pat (Velzen) grew up in SE Grand Rapids at Oakdale Chr. School and Gary at West Side Chr., but they met at GR Christian High and continued dating on through Calvin College, were married, and attended U of Mich. with degrees in Special Education. They both worked for an educational research foundation there but soon moved to Rehoboth, NM to become dorm parents for a large group of teenagers and Gary as principal of the elementary school. At 26 years old they didn't feel much like "parents." Children were born along the way as they moved to Bethesda in Denver, where Gary was a mental health therapist and Pat trained Sunday School teachers – and finally to Grand Rapids, where Gary was Program Director for CRWRC and Pat was an editor for Faith Alive for 28 years. As Gary traveled much for CRWRC, Pat and the children sometimes went along to China, Africa, Bangladesh, and Central and South America. Now they both like to read, and Gary enjoys gardening, biking and hiking and, of course, watching a grandson compete in field sports at Calvin. And they volunteer at Meijer Gardens. They have 3 children and 10 grands, living across the country. They do plan a trip to China soon. Gary and Pat are long-time enthusiastic members of Grace CRC and spend part of each winter in Arizona. When asked about coming to Raybrook, Pat answered, "We got old!" Welcome to this talented and interesting couple – who do not look or act "old."



WAYNE & LYNN TEN HARMSEL - EIII 2300-102

by Paula VanderHoven

Wayne was born in Holland, Michigan and attended Christian primary and high schools, and Calvin College, followed by degrees at the University of Arizona. It was during a three year stay in Taiwan that he met and married his wife Lynn and together they returned to the United States in 1978 where he received a Master of Divinity degree from Calvin Seminary. Together they pastored churches in Alberta, Canada, and Washington state and in 2005 they were called by Christian Reformed World Missions to be missionaries in China, where his real passion lies. During that time, he also directed the Semester in China program at Calvin College and taught Chinese history there until his retirement in 2016. Lynn was born in Taipei, Taiwan and attended Business College and worked as a bookkeeper and bank teller. The Ten Harmsels have two sons in East Grand Rapids and Billings, Montana and five grandchildren whom they see often. Lynn enjoys solving number games and singing and folk dancing and Wayne likes going to movies, concerts, hiking, reading, teaching about China, and preaching. He is also a Scrabble fanatic! In their retirement, the Ten Harmsels chose Raybrook to be closer to their grandchildren and Calvin University.



MARTHA & NELSON VANDERLUGT - EI - 2013

by Caroline Hoeks

Martha and Nelson VanderLugt are both Michigan natives, Nelson having been born in Grand Rapids and Martha in Holly Michigan. Martha's father was a semi pro baseball player. Her family moved from Holly to Pontiac to Waterford where she graduated from high school. After graduation she married and raised a family, a son and two daughters. Well into their family life Martha's husband felt the Lord wanted him to be a minister and the family moved to Grand Rapids so he could attend the Grand Rapids School of Bible and Music. While he studied, Martha worked in an office at the school. Later on she worked in Meijer's corporate offices. Several years after becoming a pastor her husband developed a debilitating illness and Martha became his caregiver until his death. Nelson attended G.R. Christian High and in the 11th grade he enlisted in the army. He served four years and was stationed in Germany for 2 ½ years. He married toward the end of his military service. He then completed his education and became a C.P.A., serving in his last years before retirement as Director of Finance at Calvary Church. He and his wife had two sons and a daughter. Together Nelson and Martha have 22 grandchildren and 16 great grandchildren. Martha loves playing the piano and reading. Nelson was an avid baseball card collector, passing his collection on to a grandson. We are delighted to have them as a part of the Estates I Family.



RAYBROOK LIFE

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

INSIDE THE ISSUE



MARCH 2025

PG 2

Fitness/
Volunteer Services/
Office/
Raybrook Purls

PG 3

Life Enrichment

PG 4

Resident Stories

INSERT

None this month

"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you."

— Ralph Waldo Emerson



A CARING THOUGHT

by Harvey Kiekover, a founding member of RCC

Are you wondering what the Raybrook Care Committee (RCC) is all about? Perhaps a brief update may be helpful as we approach eleven years of functioning as a committee. We like our tagline, "Enhancing our Community's Caring." That describes well the goal of the members of our committee. We try to enhance caring by modeling, cultivating an atmosphere of love and compassionate concern throughout the Raybrook community. That may happen in a casual encounter or a planned and arranged visit. For us, numbers of people served, or visits made are not really a measure of success. If we can nurture an atmosphere of loving and respectful care for one another, we feel our ministry is successful. Primarily we are a listening ministry. Confidentiality is respected. Proper boundaries guide us in our roles. In situations where referral may be helpful, we can help to facilitate that happening. We are honored when you request our help. Contact Anamarie Joosse 616-942-8996 for more information.

SOCIAL WORK APPRECIATION MONTH

by Nate Munn, Director of Estates and Homes

Social workers care about people. They're also in demand. According to the U.S. Bureau of Labor Statistics, the social work profession is projected to grow 7 percent between now and 2033—faster than the average for all occupations in the U.S. In light of this increasing demand, as well as the increasing population of seniors during this same time frame, Raybrook's Estates and Homes are blessed to host a Social Service Coordinator with decades of experience assisting seniors in improving their quality of life: Jennifer Koets. Jennifer has over 20 years of experience at Holland Home. She worked in our skilled nursing settings before joining our independent living team, making Jennifer an ideal fit to serve as an advocate/advisor to Estates and Homes residents across their life care journey. With the goal of empowering residents to remain safe and successful in independent living, Jennifer assists residents and families in navigating the difficulties and challenges we all experience as we age with compassion, empathy, knowledge, and tact. As Director, I could not ask for a better team member and resident advocate; please join me in expressing gratitude to and for Jennifer, who gracefully walks beside so many of us during trying times. If you have a question for yourself or a friend, please don't hesitate to call her at 616-235-2084. Thank you.

CELEBRATING MARCH BIRTHDAYS!

Estates I

17 Cal Stapert
19 Neal Bykerk
27 Lois Mulder
31 Betty Crit

Estates II

01 Coral Hoogewind
03 Paul Buiten
04 Tom Glass
04 Bob Meyering
05 Joy DeBoer
05 Harry Vriend
06 Kryn Klompier

Estates II

06 Sharon Visser
09 John Keeley
10 Wayne VanWynen
14 Gerb Kingma
15 John Stegink
15 Jacquie Zwiers
18 Marilyn Van Hassel

Estates II

19 Mickie Dykhouse
19 Mary McNeil
19 Virginia Steele
20 Betty Klompier
24 Betty Punt
27 Herb Van Hassel
29 Terry Schram

Estates III

14 Lois Rykse
16 Peter Duyst
Homes
02 Noreen Reitsma
02 Connie VanDyke
03 Laurel Bratt
13 Don Prince

Homes

15 James Korf
18 Roger Bratt
19 John Steigenga
23 Bernie DeHoog
24 Karl VanDyke
25 Diane Nykamp
27 Kay Hoitenga
27 James Sikkema

BUITEN WELLNESS CENTER

PEDAL PARADE

Wednesday, March 5th at 2:00pm in the Buiten Wellness Center

As we celebrate Summer in Winter week, let's take a ride while we enjoy upbeat Mardi Gras music. You could pedal a recumbent bike, stationary bike, Cyber Cycle, NuStep, or any other machine in the BWC. *If you'd like a job for the Cyber Cycle, please arrive at 1:45pm or see Maddie (235-5472) prior to this class time.*

"TICKET TO INDEPENDENCE"

Tuesday, March 11th at 3:15pm 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.

VOLUNTEER SERVICES

SPRING VOLUNTEER OPPORTUNITIES

"Idle hands are the devil's workshop" Proverbs 16:27- If you are interested in some busy work - the Cook Unit is looking for someone to help with some prep work, like cutting and pasting and doing the little stuff to help prepare for their activities. They will provide all the materials; they just need some extra hands.

Volunteer Services is also looking for a male volunteer to lead an informal coffee group for 3rd and 4th floor Nursing. A time of fellowship, donuts and coffee once or twice a month with a small group of men.

If you are interested in either of these opportunities please contact Sharon VanDoorne 616.235.5717 sharon.vandoorne@hollandhome.org

FROM THE OFFICE

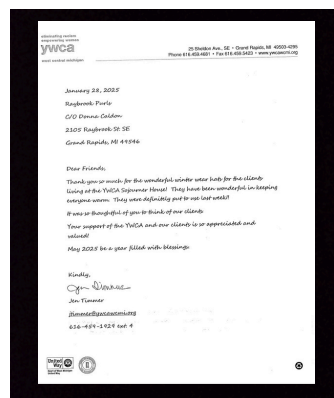
UPDATED PHONE DIRECTORIES COMING SOON

The Estates & Homes Office is working on printing an up-to-date directory for all residents and staff, but we need your help! We will be posting the current directory on the Estates I & II bulletin boards and emailing it out to Estates III & Homes residents on March 3, 2025. Please take a moment to verify that your contact information is correct. *Contact Danni at danniele.ortiz@hollandhome.org or 616.235.5006 with any changes by **March 17, 2025**.* Soon after updates and corrections have been made, we will finalize the directory and a new copy will be provided to residents and staff. Thank you for your help in keeping us all up to date!

RAYBROOK PURLS TO THE RESCUE!

by Donna Caldon

The Raybrook Purls recently received a heartfelt message of gratitude from Jen Timmer, volunteer coordinator at the YWCA Sojourner's House. When freezing temperatures hit last month, the shelter was deeply thankful to have warm, handmade items to share with the mothers and children seeking refuge. Later, Jen followed up with a letter of thanks, recognizing the impact of our donations. To all Purls members—your knitting is truly making a difference! And to our fellow residents—if you'd like to be part of this meaningful mission, we'd love for you to join us **Mondays at 1:00 PM in EII Lounge**



HOLLAND HOME TRANSPORTATION GUIDELINES FOR MEIJER AND FRIDAY SHOPPING

With the recent weather-related cancellations, it is a good time to review the outing guidelines, especially as they pertain to grocery shopping trips.

GUIDELINES:

Estates & Homes offers our Independent Living (IL) residents our Holland Home transportation for Wednesday shopping to Meijer and Friday shopping to Aldi's and various other stores around town. This is a recreational outing and while every effort is made to keep them on the schedule, it is not always guaranteed due to scheduling, bus and driver availability, and weather conditions.

SHOPPING SCHEDULE & SIGN UP:

Currently, our shopping schedule is as follows:

- Wednesdays at 9:00am – Meijer
- 1st and 3rd Fridays at 9:00am – Aldi's
- Fridays (remaining weeks) – Stores vary, generally at 9:00am but can be adjusted due to store opening times.



Sign-up sheets are located on the EI and EII Bulletin Boards. As these shopping trips can fill up (especially in the winter months!), please be sure to cross off your name as soon as possible if you will not be able to attend so that anyone on the waiting list can fill your spot.

CANCELLATIONS:

In the event of cancellation due to weather conditions, or any other reason, shopping trips will NOT be rescheduled. Our transportation schedules are booked weeks and months out with priority given to higher levels of care.

Holland Home transportation follows the Grand Rapids Public Schools weather cancellation policy. If GRPS is closed there will not be Holland Home transportation. Or, at driver discretion when questionable driving conditions exist. If an outing is cancelled, outside of GRPS cancelling, everyone on the sign-up sheet will be notified by STAFF, time allowing.

Friday Shopping: Friday shopping trips can be resident requested, and they are a separate outing from Wednesday Meijer shopping trips. They are not a Wednesday back up. Therefore, if a Meijer shopping trip is cancelled, for any reason, it does not get pushed to the Friday shopping trip slot. This day serves a different purpose and offers the variety residents have enjoyed.

RESOURCE IDEAS:

It is always a good idea to have a backup plan in the event a shopping trip is cancelled for any reason, especially due to weather conditions. This list is not meant to be all-inclusive. Some services require prior arrangements or additional cost.

- Aldi's Carryout & Delivery
- Shipt, Door Dash, Instacart Delivery
From many stores including Meijer
- Daily Meals ordered from Raybrook Kitchen
- Ray's Bistro
- Van's Market
- Paid Caregivers
Such as, Atrio Help at Home or other Home Care Agency's
- Rapid Bus or Ride Link
- Carpooling with Neighbors
- Friends/Family

We are grateful to continue to offer these shopping trips on Wednesdays and Fridays with the above guidelines in place.

Join us on Thursday, March 27 at 10:30 am in the Friendship Room for a helpful REAL Course led by Resident Technology Manager Jessie Riley.

DIGITAL GROCERY SHOPPING

Over the past several years we've seen massive growth in digital grocery shopping options but knowing where to start can be challenging. Learn about what options are available in the area and how to get started. Your next grocery order is just a click away.