

BARB VOGELSANG - EST II - 2036

by Bev Eckhoff

Barb was born in Jackson, Michigan. She earned a Bachelor of Science degree with a Masters in Counseling. Barb worked as Associate Dean of Students at Kalamazoo College and is now retired. Barb remained single but has eighteen great nieces and nephews. Her special interests include playing euchre, working puzzles, sewing and tennis. She came to Estates & Homes in order to be close to family.



HARRY VRIEND - EST II - 3045

by Bev Eckhoff

Harry was born in Andijk, NH, Netherlands, which is 30 Kilometers north of Amsterdam. His education took place in Ontario, California and then in Grand Rapids where he attended Calvin College (now university). He also attended Michigan State University in Lansing, Michigan. Harry’s family consists of his wife, Elizabeth Christine, (nee Persenaire) and three daughters. They had ten grandchildren and three great-grands. Harry’s occupation was teaching. He taught fourth grade at West Side Christian school for 32 years and he retired in 2001 at age 62. His special interests include gardening, choir and music. Harry took up flute lessons after he retired. About ten years ago, Harry and Betty registered at Holland Home. When Betty passed away in June 2023, Harry and the children decided it was “time”. Today Harry is here at Raybrook Estates II living in apartment #3045.



DEMENTIA INSTITUTE

NAVIGATING DEMENTIA: AN EVENING WITH AN EXPERT

You are invited to attend the free evening address of the Dementia Institute’s conference on Thursday, May 29, 2025! The evening address, featuring renowned dementia expert Teepa Snow, will help you understand the disease and learn tools for improving your relationships with loved ones living with dementia. Teepa Snow, MS, OTR/L, FAOTA is one of the world’s leading advocates and educators for people living with dementia or other forms of brain change. Through a combination of lecture, role play, group interactions, partnered practice opportunities, and discussion, Teepa Snow engages the audience for an impactful learning experience. The evening address will be held at **Calvin University’s Covenant Fine Arts Center at 7:00 PM on May 29**. *Transportation will be available for Holland Home residents, sign up on the bulletin board outside of the Buiten Wellness Center. Questions? Call Amanda at (616) 235-5017*

HOT TOPICS FROM THE HEALTH CENTER

ON SITE PHYSICIANS

Have you been considering switching your primary care physician to the medical practice here at Raybrook? If so, now is a good time to sign up to be added to the shortened waiting list to become a patient of Dr. Ronald Duemler, MD or Dr. Robert Riekse, MD. They see patients on site in the Estates Health Centers one day a week supported by Sarah Rich, NP who also visits weekly. Call or stop by the health centers if you are interested or have any questions.

CAREGIVER CONNECTIONS COFFEE

A Caregiver Connections Coffee will be held Monday, May 19 from 2-3 pm in the Estates I Club Room. This is an opportunity for caregivers to come together for a social time and meet others who may be experiencing similar life challenges. Caregivers may attend alone or with their loved one. Refreshments will be provided. If you have any questions, call Jennifer Koets, Social Service Coordinator for Independent Living 616 235 2084.



WOMAN OF RAYBROOK

Do you enjoy singing? Marjorie Boerema has agreed to direct a group of women to sing a variety of secular and sacred, two and three-part music if there is enough interest. Time and day of the week to be arranged after an organizational meeting, set for May 13, at 8:30 in the Gathering Place. *Please contact Donna Anema to indicate your interest. Please leave me a message – cell phone 616-648-2948 or email danema46@gmail.com.*

RAYBROOK LIFE

A Monthly Newsletter for Raybrook Estates & Homes

A Vibrant Way of Living

INSIDE THE ISSUE		MAY 2025	
PG 2	PG 3	PG 4	INSERT
Fitness/ Volunteer Services/ Life Enrichment / Office	Golf / Raybrook Purls	Resident Stories / Dementia Institute / Health Center	None

"Spring unlocks the flowers to paint the laughing soil."

—Bishop Reginald Heber

CORN HOLE BEGINS SOON!

Anyone who enjoys throwing the bean bags are invited to play!

When: Every Monday at 1:30pm (weather permitting)

Where: Ell Patio, on the cement outside the Ell Large Dining Room & next to the garden plots

Watch for announcements on the bulletin boards!

For Questions: Ell Resident Rog Roskamp at 616-745-6073

Join us at LUDEMA’S GREENHOUSE for RESIDENT PLANTING PARTY

3408 Eastern Ave

Wednesday, May 21

10 to 12 noon

Come when it works for you

RSVP requested: call Marcia at 235-5118 marcia.timmerman@hollandhome.org

Transportation: HH van will be available for those who do not drive or have other transportation options. Let us know when you rsvp.

See the post on any of the Estates Bulletin Boards for more information.

NEW SECOND SHIFT MAINTENANCE TECH

by Nate Munn, Director of Estates & Homes

As part of our ongoing efforts to strengthen our maintenance team, we are excited to share the recent hire of Andrew Nauta as our 2nd Shift Maintenance Technician. Andrew has been with Holland Home a little over a year now, and he will oversee maintenance operations in the evening, across all campuses, and work closely with the team. His hours are Monday -Friday 4:00 PM - 11:00 PM.

CELEBRATING MAY BIRTHDAYS!

Estates I	Estates II	Estates II	Estates III	Homes
01 Walter DeGroot	02 Henry Baron	25 Carol Linneman	03 Nelvin Jager	09 Ruth Sikkema
09 Carla VanTongerren	07 Linda Keegstra	26 Dorothy Baar	03 Sue Jankowski	13 Marie O’Hara
24 Lee VanderKodde	13 Garry Den Besten	27 June Primus	17 Eva VanLopik	16 Harvey Kiekover
29 Shar NyHoff	15 Ardene Lambers	28 Vivian De Jonge	22 Bev Watrous	
29 Carol Visser	22 Barbara Vogelsang		23 Patrick Cook	
	25 Myra Boss		28 Joyce Rowe	

BUITEN WELLNESS CENTER

VIBRANT LIVING WELLNESS MONTH

Various locations throughout the month of May

Watch your calendar this May as our Vibrant Living Fitness and Life Enrichment teams combine efforts to offer a variety of Wellness and ‘Move In May’ events that you can participate in to promote your own wellness.

MEMORIAL DAY REMINDER

Due to the holiday there will not be any fitness classes held on May 26.

VOLUNTEER SERVICES

A VOLUNTEERING OPPORTUNITY TO VISIT WITH FRIENDS ON DEVOS 3

Volunteer Services is looking for someone to help with delivering mail on Monday mornings between 9:00-10:00 on DeVos 3. If you are interested, please contact Sharon VanDoorne 616-235-5717 or email sharon.vandoorne@hollandhome.org.

LIFE ENRICHMENT

RAYBROOK CAMPUS CARE WEEK 2025

Monday May 12-Wednesday May 14.

Save the dates for our “Celebrating Our Community” celebration filled with fun activities and food. You’ll get a separate calendar with all the details. “This is my commandment, that you love one another as I have loved you.” John 15:12

FROM THE OFFICE

DOOR SECURITY REMINDER

by Nate Munn, Director of Estates & Homes

With our new keyscan/intercom/camera system in place, we have bolstered security on campus through increased visibility and tracking systems for all entries and exits. However, in order for the new system to work properly, we must allow the system to work as it was intended; please do not open the main entrance, or any door, for anyone you do not know. Residents, staff, and approved guests/family members have a key fob or card to enter the building, and visitors/deliveries are required to use the intercom to call the resident they intend to visit. Both these procedures can be tracked with a digital record: admitting visitors by sight cannot. We understand it feels nice to admit guests who seem “stuck” at the door, but this is part of the security process. Please respect your neighbors and do not admit any visitors you do not know. Thank you.

IT’S TIME FOR GOLF

Join the fun and tee off with the Holland Home Resident Golf League starting **Tuesday, May 6** at The Pines Golf Course, 5050 Byron Center Ave, Wyoming, MI 49519. Open to women and men, the league plays a nine-hole, four-person scramble. Cost per person: \$24 (includes cart). Please arrive by 8:45 a.m. each Tuesday. **Golf every Tuesday from May 6 – September 16.**

Contact Tony Louwerse (Estates I) (616) 990-0431 or Keith Meyering (Holland Home Staff) (616) 235-5460 for information.



RAYBROOK PURLS REAP COGNITIVE BENEFITS OF KNITTING

By Donna Caldon

The Raybrook Purls come together each week not only for the joy of knitting but also to fulfill our mission of providing warmth to children in Kent County. While these reasons alone make our gatherings meaningful, there’s an added benefit that makes knitting even more rewarding—its positive impact on cognitive health.

Research and anecdotal evidence suggest that knitting supports brain function by engaging fine motor skills, concentration, and problem-solving. Here are some keyways in which knitting can benefit cognitive well-being:

Mindfulness and Stress Reduction

A study published in the British Journal of Occupational Therapy, found that 81% of respondents with depression reported feeling happier after knitting. The rhythmic, repetitive nature of knitting promotes relaxation and mindfulness, reducing stress and anxiety.

Boosting Brain Function

According to Dialogues in Clinical Neuroscience, knitting stimulates the brain by requiring pattern recognition, memory recall, and problem-solving when correcting mistakes. This mental exercise enhances neuroplasticity—the brain’s ability to form new connections and adapt over time. Activities like knitting have been likened to puzzles and other brain-training exercises that help maintain cognitive sharpness, particularly in older adults.

Enhancing Focus and Memory

The New England Journal of Medicine suggests that engaging in structured and repetitive activities like knitting can enhance focus and memory retention. Similar to learning a musical instrument or solving crossword puzzles, knitting may help delay cognitive decline and strengthen working memory.

Encouraging Social Connection

Knitting in a group setting provides social interaction, which is essential for mental well-being. According to The Lancet Neurology, strong social engagement can improve cognitive resilience and reduce the risk of dementia. Sharing laughter, stories, and tips while knitting fosters a sense of belonging and emotional support.

If you’re looking for a way to serve others while keeping your mind active, consider joining our vibrant knitting group. The Raybrook Purls meet every Monday at 1 p.m. in the Ell Lounge. Come knit with us and enjoy the many benefits from this rewarding group! (References available upon request.)

Join Us! The Purls meet every Monday at 1 PM in the Ell Lounge. New members are always welcome and desired. **Save the Date! Spring Party April 28, Guest speaker Jen Timmer. Come for fun and information.**