

**BERNARD & RUTH DEHOOG - 2032 LITTLE HERON CT**  
*by Dawn Gebben*

Ruth (Hoogland), a pastor’s daughter, was born in Woodstock, Ontario, one of 7 siblings, who moved to Alberta (Canada) and then here to Grand Rapids. She attended East GR Chr High. Bernie was born in Virginia and, when 3 yrs. old, the family moved to New Jersey, where he went to Eastern Christian High. The couple were casual friends at Calvin College, but then at Michigan State U, they lived in the same apartment building and eventually married. Both were in Poly Sci, and Ruth earned her PhD. They moved to Gainesville, FL where Ruth taught at U of Fla. Bernie got an optician degree and opened a business. 5 years later they moved to North Carolina, Ruth teaching at UNC Chapel Hill. During this time they had 2 children, a boy and a girl – and they now have 3 granddaughters, all living near them. In retirement they lived on the Inner Banks of NC, with boats going by on the Intracoastal, and were much involved in the churches near them. Bernie was a deacon, teaching ESL and assisting refugee resettlement. Ruth is a “blood donor ambassador” - assisting as needed. The couple has traveled – especially enjoying cruises around Ireland and the UK, and in the Mediterranean. They enjoy having a condo in Ludington, near other relatives, and love to walk and to garden. With at least 4 previous Hoogland relatives living at Holland Home, coming here was an easy decision. Welcome, Bernie and Ruth!



**RAYBROOK PURLS: HOW TO KNIT WITHOUT PAIN**  
*by: Donna Caldon*



First of all, I hope none of you are knitting with pain but if you are, or if your hands get tired after a long spell of knitting – here are a few tips you might want to try. Experts suggest using stretching exercises to help relieve pain while knitting, especially if you experience arthritis, carpal tunnel, or similar conditions. You can find many resources for these types of exercises online, including the LoveCrafts' "10 Hand Exercises for Knitting and Crocheting" video on YouTube. However, it's crucial to consult with your doctor before starting any new exercise program, particularly if you have carpal tunnel or any other special hand condition.

In September, we plan to demonstrate various hand exercises weekly and include at least one exercise break to alleviate hand stress. Additional tips for pain-free knitting

- Take breaks often: Don't push yourself through pain. Set a timer and get up, stretch, and move around to encourage blood flow and prevent stiffness.
- Maintain good posture: Sitting upright with relaxed shoulders and your head stacked on top of your spine helps prevent strain. You can use pillows to support your arms and maintain a comfortable position.
- Loosen your grip: A tight grip can contribute to hand pain and fatigue. Aim for a relaxed and gentle grip on your needles.

If you can knit, crochet, make loom items or would like to learn, you can help us fulfill the Lord’s teaching to “clothe the least of these” by making items to keep children warm. Join us in the Ell Lounge any Monday at 1 p.m.

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


INSIDE THE ISSUE		SEPTEMBER 2025	
<b>PG 2</b> Fitness/ Volunteer Services / Life Enrichment	<b>PG 3</b> Office / Holiday Lottery	<b>PG 4</b> Resident Stories / Raybrook Purls	<b>INSERT</b> Service of Remembrance



**“Love the life  
you live. Live  
the life you  
love.”**  
**–Bob Marley**

**RAYBROOK WOMEN’S BOOK CLUB**

*All meetings are held at 7pm in the  
Gathering Place. All Raybrook  
Women are welcome!*



Three copies of each months chosen book will be available to borrow in the library. Discussion questions are in the back of the book. These may be referred to with some “off the cuff” ideas to talk about.

**UPCOMING MEETING...**

**September 29**  
Girl Who Wrote in Silk, by: Kelli Estes  
Discussion Leader: Judith Markham

*Contact Pat Guikema at 616-455-5308 with  
any questions.*

**ACTIVE AGING WEEK 2025**

**September 24 , 25, & 26 Wed- Fri**



**Save the date** for our "Journey of Learning" themed week, filled with fun activities and food! You will get a separate calendar with all the details

*"For the Lord gives wisdom: from His mouth comes knowledge and understanding"- Proverbs 2:6*

**NAME TAGS**

Can't find your name tag or would like a spare one? We can order you a new name tag. Name tags cost \$3.80 and will be added to your monthly bill. Contact: **Danni Ortiz** 616-235-5006 or email [danniele.ortiz@hollandhome.org](mailto:danniele.ortiz@hollandhome.org) and she will order one for you.

**CELEBRATING AUGUST BIRTHDAYS!**

<u><b>Estates I</b></u>	<u><b>Estates I</b></u>	<u><b>Estates II</b></u>	<u><b>Estates II</b></u>	<u><b>Estates III</b></u>	<u><b>Homes</b></u>
02 Marian DeVries	20 Sally Streeter	02 Jan VandeKieft	22 Andy Tiesenga	09 Lucy Jager	02 Helen Wentzheimer
03 Henry Hoeks	21 Kathy Bultman	03 Norma VanArk	24 Carolyn Flietstra	10 Lynn TenHrmsel	06 Nancy Verkaik
05 Jackie Boomstra	24 Esther Louwerse	09 Arlene Egedy	25 Judy Randall	11 Don Byker	08 Alice Greidanus
06 Phyllis Hertel	24 Karen Brewington	09 Pat Kingma	26 Lois Hollemans	16 Victoria Solomon	12 Helen Hoogland
10 Joyce Locke		11 Elaine Tiesenga	26 Esther Land	23 Sherrilyn Sytsema	15 Gary Nederveld
10 James Fridsma		13 Jack Flietstra	26 Lois Meyne	27 Janice Pezoldt	24 Hugh VanderWoude
16 Grace VanDoorn		20 Rose Ellens	28 Maggie Quinn	29 Jim Euker	25 Harriet Hasper
17 Bob Schuyler		21 Judith Markham	29 Dorothy Postema	30 Marie VanAntwerpen	25 Ken Bratt
		22 Larue Deters			27 William Wentzheimer

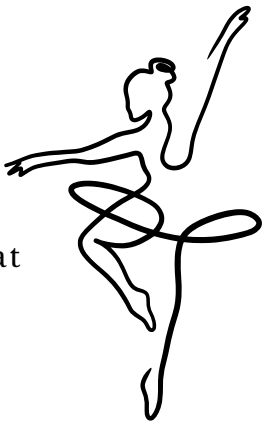


BUITEN WELLNESS CENTER

EXERCISE WITH THE GRAND RAPIDS BALLET

Buiten Wellness Center - Mondays at 2:00pm

These sessions will put your mind and body into motion and are a great choice for people of all fitness levels. Susan Bailey will lead classes every Monday from Sep 1 - Nov 24.



OUTDOOR LAWN GAMES

Wednesday, September 10 & 17 at 1:30 at the Estates 2 Patio

Join the fitness team as we head to the grass for an afternoon of fun-filled lawn games. Games will include Bocce Ball and Croquet. All skill levels welcome, come join the fun and enjoy the last bits of beautiful weather!

VOLUNTEER SERVICES

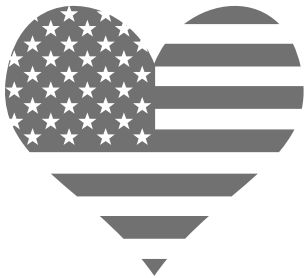
BISTRO/VAN'S OPPORTUNITY

What do Van’s Market and Ray’s Bistro have in common? FOOD and believe it or not FRIENDS!! Volunteering is a really good way to make new friends and nurture friendships. We are looking for volunteers to help in the Market and/or Bistro, as a cashier or cashier’s assistant – utilizing our user-friendly point of sale system. We will train and be alongside you. It is our volunteers who have made the Market and Bistro possible and successful. We are very thankful for each one! Stop by the volunteer services office or reach out to Lisa at 616.235.5033 to learn more!

LIFE ENRICHMENT

VETERANS WALL

Every year at this time Vibrant Living starts the process of updating our Veterans Wall in the tunnel just outside Buiten Wellness Center. If you have served our country or abroad in any form of military service, active or not, we would like to extend an invitation to have your picture taken and added to this honorary wall. If you would prefer, we can use your directory photo. Please call or email Jaci in the Life Enrichment office to schedule a time to have your picture taken - this process is very quick, and you'll be in and out in less than 5 minutes. Or, let her know to go ahead and use your directory photo. Contact Jaci at, 616-235-5042, or [jaci.martin@hollandhome.org](mailto:jaci.martin@hollandhome.org).



CALVIN CLASSIC

Holland Home is a proud sponsor of the Calvin Classic 5K and Youth Fun Run on Saturday, September 27 at Calvin University. Sign up to run or walk with other Holland Home staff and residents! Register at [calvin.edu/classic](http://calvin.edu/classic) and enter the coupon code **RESIDENT** for a discounted price. Transportation will be provided from Raybrook for participants and fans at 7:30 am - just sign up at the bulletin board. If you do not want to participate in the run but would like to come as a spectator, please also sign up at the bulletin board.

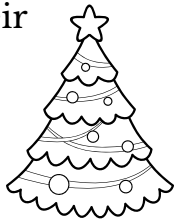
FROM THE OFFICE

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 Sept 1, 2025. Please take a moment to verify that your contact information is correct. Contact Danni at [danniele.ortiz@hollandhome.org](mailto:danniele.ortiz@hollandhome.org) or 616.235.5006 with any changes by Sept 12, 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!

HOLIDAY LOTTERY REQUEST FORM

Due to the high demand of room reservations during the holiday season, we hold a room lottery for reserving the Estates & Homes common area rooms and guest apartments between the dates of November 24, 2025 and January 4, 2026. To reserve any of the common areas during the holiday season please complete the bottom tear off portion and return to the corporate mailbox at Estates I or II by September 26, 2025. Requests will be drawn the first week of October, out of a basket and reserved in the order they are drawn. If there is a conflict with your preference, we will contact you to offer other alternatives. Once the lottery is completed, residents will be notified of their reservation with a note in their mailbox confirming their request. After the lottery has been completed, other room requests will be honored as they are requested. Please see Danni in the EST II Lobby with any questions.



-----CUT HERE-----

NAME:\_\_\_\_\_

PHONE:\_\_\_\_\_ BLDG/APT #\_\_\_\_\_

ROOM: (PLEASE CHECK ONE)

- ☐ EST I CLUB ROOM
- ☐ EST II GATHERING PLACE
- ☐ EST II COMMUNITY ROOM
- ☐ EST II DINING ROOM

DATE REQUESTED: \_\_\_\_\_

TIME REQUESTED: (PLEASE CHECK ONE)

- ☐ 9AM – 1PM
- ☐ 1PM – 5PM
- ☐ 5PM - 9PM

ESTATES II GUEST APARTMENT: \*CHECK IN IS AT 4PM/CHECK OUT IS AT 11AM\*

CHECK IN DATE: \_\_\_\_\_ CHECK OUT DATE:\_\_\_\_\_