

LARRY & HOLLY VANDERPLAATS - 2036 MALLARD

by Dawn Gebben

Larry and Holly are a jovial couple who have been married for 40 years, even though it's a second marriage for both. Larry grew up in Pease, MN, was in Germany in the army for 2 years, and then in construction in MN. In 1978 he graduated Calvin College in Social Work and earned an MSW from Grand Valley. He specialized in drug and alcohol treatment at the Salvation Army, Mercy Glen, and then Pine Rest as director of substance abuse services. Holly was born in Milwaukee; later her family moved to Champaign, IL. She graduated Vanderbilt College in Nashville and got an MSW from Mich State. They met working for the Salvation Army, but also both worked at Pine Rest. They have 4 sons from the first marriages, with 8 grandsons and 2 granddaughters - Holly's children are here in MI and Larry's are in Minnesota. They have rafted and tented in national parks and taken cruises to Alaska, Mexico, the Caribbean, and in the Netherlands. Holly loves Bridge, to read, and gardening. She has volunteered in church food pantries and at a Kids' Closet. Larry loves anything outdoors – archery, golf, the woods, hunting, and riding his Fat Tire E bike. (He's scouting for good bike trails!) Holly says he's the family handyman and can fix anything! It's good to have 2036 Mallard filled again with such pleasant neighbors – Welcome!



BOB & BRENDA SCHUYLER - ESTATES I - 3011

by Caroline Hoeks

Bob and Brenda have had interesting lives which would take a small book to record but here is a brief summary. Brenda grew up in Norwalk, Ohio and had polio at age four. She attended BGSU, (BA) majoring in Interior Design and Business. Over the years she has worked in design and a number of Christian ministries. She retired from ICCF’s accounting office. Bob is from Erie, PA and attended Westminster College (BA) and Case – Western Reserve (MA) studying English Literature. Years Later he also earned a master’s in biblical studies (MAP) at Trinity Seminary in PA. He has been a high school teacher of English and Journalism, a college teacher of English and Theater, a crusade director for John Guest Evangelistic Team and for Luis Palau’s crusade in Grand Rapids. He then worked for non-profit housing ministries at ICCF and Habitat for Humanity of Kent Co., retiring in 2004. They each came to the Lord in their 30’s before meeting at a church in NYC in 1977. After a few years of building a Christian friendship, they were married in Fairfax, VA in 1981. They have two sons, one in Grand Rapids and one in Texas, two grandchildren and four “greats”, also in Texas. Bob enjoys swimming, sailing, golf and woodworking. He has just finished making a custom dining table for their apartment. He has joined the Raybrook Men’s Chorus and is leading a men’s bible study at the DeVos Center. Brenda likes to read, edit and proof-read for an author, and learn to play Mahjong here at Raybrook. They both enjoy hospitality, music, and keeping in touch with family and friends from Maine to Texas. They have been members of Madison Square Church for over 33 years. In 2008, shortly after retiring, they fulfilled a long-time hope of working in Uganda. For three years they lived and served with a Christian indigenous NGO in a poor rural area with no electricity or running water and no paved roads. The NGO, the Kibbuse Foundation, had a struggling vocational school and health clinic. They returned to the US in 2011 knowing they could better help Kibbuse from here, gathering support, encouraging, and praying. In 2013, they set up a 501c (3), friends of Kibbuse and have been blessed as they see the love enlarging and providing for his work there. “The lord is faithful”.



MARJORIE BOEREMA DIRECTOR OF THE NEW RAYBROOK WOMEN’S CHORUS

Marjorie comes to us with a wealth of musical training and experience. Her under-graduate degree is from Trinity Christian College in Music Education where one of her professors was our own Emily Brink. She subsequently obtained a M. Mus degree in choral conducting from Western Washington University. Marjorie and her husband Al settled in the Surrey /Vancouver British Columbia area in 1975. While there, Marjorie was involved in several musical activities. She was organist and choir director for the Surrey Christian Reformed Church for 20 years, meanwhile teaching piano and voice in a private studio. She was a member of the Vancouver Chamber Choir, a professional choir, which performed 40 -50 times a year and toured across Canada, the US, and overseas. In 1994 she founded and conducted the Lyric Choirs of Surrey BC. This was a group of three choirs, a mixed choir, a women’s choir and a children’s choir. These choirs performed four times together each year, one of which concerts was a Madrigal Dinner. When her husband Al accepted a position at Calvin University as professor of education, they moved to Grand Rapids and subsequently she served in music ministry at Eastern Avenue CRC. She teaches piano, voice and recorder at home, and has had opportunities to serve as accompanist in various situations, as well as aid in the 4th grade music class at Grand Rapids Christian School. We are pleased that she is eager to volunteer to share her talents with the women at Raybrook. We are hopeful that many more of our residents will be able to join us and our accompanist Marilyn Slenk to enjoy a time of singing. We meet Tuesdays, 3:15pm in the Gathering Place in Estates II. Questions? Contact Donna Anema at danema46@gmail.com.



RAYBROOK LIFE

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

INSIDE THE ISSUE



NOVEMBER 2025

PG 2	PG 3	PG 4	INSERT
Fitness/ Volunteer Services/ Health Center/ HH Foundation	Raybrook Purls / Office	Resident Life Stories/ Women’s Chorus	NONE

"We must find
the time to stop
and thank the
people who
make a
difference in our
lives."
- John F. Kennedy



THE ANNUAL SOUP & BAKE SALE!

The annual soup and bake sale is scheduled for Friday December 5 in the Estates II Community Room.



You can help the Activities Committee by making soup; some of the favorites are broccoli cheese, chicken, chili, hodgepodge, pea, vegetable beef and white chicken chili. Starting October 20, packages of containers will be in the EII Kitchen. You can return the prepared soups and put them in the freezer. There is a form on the freezer where we would like to know what kind of soup you made and how many containers. You can also make sweet breads, bars, or cookies to be sold or used for the coffee. These can be brought to the kitchen the morning of December 5. Please Do Not Cut Bars.

Thank you for your support of the Activities Committee. If you have any questions, call Lois Hoeksema at 616-717-0385.

CELEBRATING NOVEMBER
BIRTHDAYS!

Estates I

09 Nelson Grit
21 Tony Louwerse

Estates II

01 Herm Guikema
11 Fred Bultman
19 Al DeJonge
20 Dean Ellens
21 Phil Battjes
21 Dan Caldon
23 George Eckhoff

Estates III

None

Homes

01 Ken Lobbes
16 Larry VanderPlaats



PLEASE WELCOME OUR NEWEST
MAINTENANCE TECHNICIAN

Angela VanDam is our newest maintenance technician here at the Estates & Homes. She will be mainly stationed at Estates I & III on first shift. Angela has been married for 11 years and has 3 adopted children ages 8, 6, and 3 that they originally fostered. Angela has an automotive industry background of 18 years. She grew up in Hamilton, Michigan. She loves to snowboard and is very proud of her Ford “65” Econoline pickup truck. We are very excited to have Angela join our team. Please give a warm welcome to her when you see her out and about.



MEN'S RETREAT 2025 REGISTRATION -
THERE IS STILL TIME TO SIGN UP!

Sign up until November 3 for our Men's Retreat with special speakers Mark Johnson, Trillium Living Board Member, and Rev. Dr. Jim Samra, Senior Pastor of Calvary Church. The morning will open with breakfast and devotion led by Trillium Living CEO Troy Vugteveen!

You won't want to miss it!



THURSDAY, NOVEMBER 13

9am - Blandford Nature Center
8:20am Bus Pick Up

Theme - 'Strength In Stillness', Is. 46:4
Transportation Available - First Come, First Serve
\$30 applied to monthly bill:
Includes Breakfast, Lunch & Speaker Sessions



BUITEN WELLNESS CENTER

"HEALTHY & GRATEFUL"

Research shows that the health of our mind and body goes hand in hand. For this month's challenge try to get 30 minutes of exercise in, five days out of the week. Every day that you reach 30 minutes of activity, be sure to mark your tracking sheet. In addition to tracking your exercise, write something you are grateful for each day. At the end of the month reflect on the 30 different entries. Tracking sheets can be picked up in Buiten Wellness Center.

VOLUNTEER SERVICES

CALLING ALL VOLUNTEERS!

Volunteer Services is committed to supporting, encouraging and showing appreciation to the residents of Raybrook who make our campus even better through volunteering. Volunteers, you can help us with that commitment by logging hours monthly via a self-tracking sheet, which we provide. This is completely voluntary. It is simply a tool to help us serve you better and gives us an opportunity to thank you and share our appreciation all year long. Are you part of a committee? Do you help recycle boxes or with coffee time? Do you support one of the Estates & Homes libraries? Please let us know if you assist with something that contributes to making Raybrook the outstanding place it is. To start receiving the Volunteer Self-Tracking sheet each month or for more information, stop by the Volunteer Services office or contact Sharon @ 616.235.5717 or sharon.vandoorne@hollandhome.org. Thank you for helping us see you!

GRATEFUL FOR VOLUNTEERS WHO FAITHFULLY USE THEIR GIFTS TO SERVE OTHERS!

Ray’s Bistro is only possible because of the dedication and hard work of our volunteers. It was created to serve the residents and guests of Raybrook through a collaboration between Dining Services and Volunteer Services. Volunteers are a gift and an essential part of the business! Please consider supporting the Bistro by becoming a volunteer. Come and help equip us to continue to provide our residents and guests with delicious food, excellent service and a friendly and inviting atmosphere. For more information, stop in at the Volunteer Services office or contact Lisa @ 616.235.5033 or lisa.roskiewicz@hollandhome.org.

HEALTH CENTER

IN THE EVENT OF A HOSPITALIZATION

This month, we’d like to highlight what to do in the event of a hospitalization. If you are admitted to or discharged from the hospital, please be sure that you or a family member notifies the Health Center. Keeping us informed helps our liaisons follow your progress and ensure that the right support is in place when you return. This may include anything from a rehabilitation stay in nursing, Atrio Home Care services, or guidance in arranging other needed care. Because hospitalization events can be unexpected, we encourage you to review this information with your emergency contacts. Since you are already part of the Holland Home network of services, it is important to identify yourself as a Holland Home resident upon admission and request a referral for Holland Home services. Please remember that, under Federal HIPAA law, Holland Home cannot share information about your health, hospitalization, or changes in your level of care without your permission. If you would like friends or neighbors to be aware of such updates, it is up to you or your family to inform them. Resident updates or prayer requests may be shared on bulletin boards or through email only after permission has been given by you (or your family) to the office. *If you have any questions, please contact the Health Center at 235-5675.*

HOLLAND HOME FOUNDATION

SAVE THE DATE - KEEPING THE PROMISE DINNER

Join us for “What A Glorious Night” – this year’s KEEPING THE PROMISE DINNER being held on **Monday, December 15 at DeVos Place**. Come celebrate Jesus’ birth with guest artist, Rebecca St. James – sister of Joel & Luke of the well-known Christian group For King & Country. 6 pm – Reception, 7 pm – Dinner and Program. Cost is \$150 pp. Sponsorships available that include a table for 8. Proceeds benefit the Resident Assistance Fund.

RESIDENTS ONLY: Sign up for Complimentary Coach buses, limited seating. Sign up sheets are located on the bulletin board by the Buiten Wellness Center. *Contact Marcia Timmerman with any questions: 616-235-5118 or marcia.timmerman@hollandhome.org.*

RAYBROOK PURLS, KNITTING CAN INCREASE MEMORY AND RETENTION

by: Donna Caldon

Is knitting during a meeting a sign of disrespect or a tool for better concentration? Repetitive activities are labeled "fidgeting," when carried out in a classroom or a meeting. This might be perceived as rude or distracting to others, but it can activate brain areas involved in focus and attention. Recent research shows that fidgeting can sharpen focus and improve memory. Doodling, knitting, or crocheting falls into this category. This is especially true for individuals with attention-deficit/hyperactivity disorder (ADHD), who often need an outlet for restless energy to concentrate. We all know long lectures can lead to inattentiveness. Doodling or knitting provides just enough mental engagement to keep the brain stimulated and alert, without demanding so much focus that it detracts from listening. Simple, repetitive tasks are most effective, more complex tasks can have the opposite effect by demanding too much attention. A 2009 study published in the journal Applied Cognitive Psychology provided strong evidence that participants who doodled while listening to a monotonous phone message remembered 29% more information than those who did not. This suggests that fidgeting can help to retain information. The repetitive motions of knitting can help one calm and reduce stress. By easing anxiety, a person can free up cognitive resources and concentrate more effectively on the information. A minister once complained about a woman knitting during his sermon. While her repetitive motions may have improved her attention, and she stayed engaged with the message even as others’ minds began to drift, the practice can be distracting to others in shared settings. This reminds us to be mindful of others when we are in these situations. *Come join us every Monday at 1 PM in the Ell Lounge.*

FROM THE OFFICE

US NEWS BEST SENIOR LIVING SURVEY

All Holland Home residents have received an email invitation to participate in a satisfaction survey through Activated Insights. This survey, facilitated by our Trillium Living Executive Team, requests direct resident input to ascertain what we are doing well, where we can improve, and affords an opportunity to be recognized as part of U.S. News Best Senior Living program. If you have not done so already, please take 10-15 minutes to complete this confidential survey; your feedback is vital to our success. If you would like assistance with the survey, please contact Danni Ortiz, Renee Scheele, or Nate Munn – iPads are available in both E1 and E2 as an avenue for completion. The survey must be completed between **October 19 and November 22**. Thank you for helping us grow in excellence and service, and please contact me with any questions: 616-235-5079. -Nate Munn

HOLIDAY SEASON SCAM REMINDER

We are in the midst of the holiday season! While there are increased opportunities for good food, cheer, and company, there are also increased opportunities for scams and theft. Please keep the following in mind to protect your assets and your piece of mind: Car Theft - In years past, like many community homes in Grand Rapids, Raybrook experienced a few acts of attempted theft from cars that were unlocked or displaying valuables visibly - please be mindful to lock your vehicle, with valuable items out of sight, especially if you park outside or in public parking areas. Online Scams - With increased online sales and shipping at this time, scammers are ever active and creative to exploit this increase. Always be wary of any email, text, or phone contact that asks for funds in a time sensitive manner, makes an offer too good to be true, or asks for sensitive personal information (especially your social security number, or bank/credit card numbers). If you have any doubt about the validity of contact you've received, ask a friend, family, or staff member before taking action. Take it slow in your response, ask to call back or check the sender's email address, anything asking for instant action is suspect.

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TRAVELING SOUTH FOR THE WINTER?

If you plan to be away from Raybrook for an extended period of time this winter, please turn in this form to Danni Ortiz in the Estates and Homes office. This will be used for billing purposes and building maintenance matters while you are gone. Thank you!

NAME: _____ BLD/APT _____

WINTER ADDRESS: _____

DEPARTURE DATE: _____ RETURN DATE: _____

EMERGENCY PHONE NUMBER: _____