

KAREN HARSHMAN - ESTATES II - 2042

Our new neighbor Karen Harshman, who moved into Estates II in November 2025, was born in Portsmouth, Virginia. Her parents were both in the Navy during World War II, and the family later moved to Iowa City, where her father attended dental school. That was just the beginning of Karen's colorful and varied life, as her family subsequently moved to Twin Falls, Idaho. As an adult, she has lived in Colorado, Kansas, and, for 13 years, in Saudi Arabia. For the past 18 years she has lived in West Michigan, enabling her to be near her son and his family, including two granddaughters. Additionally, she has two sisters and two brothers and other family scattered across the US.



Karen graduated high school from Sacred Heart College and Academy in Wichita, Kansas, and then studied at the College of Southern Idaho, Twin Falls, and Idaho State University, Pocatello, where she graduated with her Masters degree in Nursing Education. She began her 37 years in nursing as an LPN, then earned her Associates, Bachelors, and Masters degrees while working in her chosen profession. For 28 years of her career she enjoyed working directly with patients and in management and administrative roles, including administrator and director of nursing in long-term care. Altogether, throughout those years, she managed nurses from twenty different countries, which was a rich cultural experience.

In her younger years Karen led an active life with many areas of interest, including swimming, tennis, hiking, camping, fishing, hunting, horseback riding (she had a horse as a young adult), and biking. While in Saudi Arabia she had the opportunity to travel extensively, which gave her a deeper appreciation for the beautiful creations of God--both for His earth and for His people. Now, she enjoys reading, playing games, and volunteering. In regard to the latter, she volunteers at her church, Fifth Reformed, has mentored at Heritage School, worked with a variety of food banks, taught ESL, and has volunteered at the Salvation Army Senior Program for over 18 years.

"I love living at Raybrook," she says, "and I'm thankful for the helpful, kind, and pleasant staff and my welcoming neighbors." She enjoys the pool and spa—"a wonderful gift"—the movies, and looks forward to participating in games and exercise activities.

If you haven't met this accomplished and delightful neighbor yet, you may encounter her as she walks her friendly and exuberant 13-year-old cockapoo named Missy. "She makes me laugh!" says Karen, "and keeps me moving!"

YOU DON'T WANT TO MISS THIS....



MARCH HIGHLIGHT



1:30 p.m., Thursday, March 19 - March Madness & St. Patrick's Day Watch Party!
EII Large Dining Room - Sign Up Begins March 5!

Regularly check your calendar, bulletin boards, REAL catalog and EIII & Homes monthly flyer for more Life Enrichment events, outings and activities!

Call/email Estates & Homes Event Coordinator Jaci Martin with any questions. 616-235-5042 or jaci.martin@hollandhome.org.

Raybrook Women's Choir Lift your voices and Lift your spirits



When: Every Tuesday
Time: 3:30 p.m.

Where: Est II Gathering Place



If you have ever sung in a choir or never have, but would like to raise your spirits, please consider joining us.

We are a welcoming group for all levels of singing talent. Questions? contact Donna Anema danema46@gmail.com

FUNDRAISER
 Holland Home
 Monday, Mar. 9 - Saturday, Mar. 14

Valid at Russ' Southeast location at 2750 28th St. Russ' will donate 20% of your total bill to: Holland Home

Amount of bill: _____

Not valid with any other coupons, discounts or specials. Printed coupons must be presented to the cashier upon paying. Dinner or Take out. Taxes payable by bearer. Vouchers are not to be distributed at a Russ' Restaurant. RussRestaurants.com

Russ' serving homemade goodness since 1931!

Dine at Russ' and Support the Holland Home Resident Assistance Fund!

Join us during our Russ' Benefit Week (March 9-14)—every meal makes a difference! Bring your family and friends and enjoy a great meal (or many meals that week!) while helping residents who have outlived their financial resources.

How to Participate:

- Visit the Southeast Russ' location (2750 28th St.).
- Bring the voucher from your mailbox or this newsletter and include it when you pay your bill. (Holland Home receives 20% of sales)
- Share the opportunity—invite others to join you!

Questions: Contact the Advancement Team at 616-235-5118.

RAYBROOK PURLS: 800+ REASONS TO CELEBRATE!

We've successfully contributed almost 800 hand-knitted items to 3 charities in 2025!

- **PARTY:** Monday, March 2, 1 p.m. Celebrate with us! Bring your knitting, enjoy snacks, and socialize. 🍕🍷
- **GET YOUR PIN:** Hand in 5 items (mittens count as 1) and receive a specially designed sweater pin! 
- **CAN'T MAKE IT?** Knit in your room? Call us and we'll deliver your pin!
- **JOIN US:** Make a difference in a child's life! All are welcome. We meet every Monday at 1 p.m. in the Ell Lounge

SAVE THE DATE

Annual Resident Planting Party at Ludema's Greenhouse Tuesday, May 19 from 10 a.m. to 12 noon
 Watch for more details to come!!

Questions: contact Marcia at 616-235-5118



HH Bus transportation will be available for those unable to drive



Upcoming Book Club Discussions March 30



"No Land to Light On" by Yara Zgheib
 Discussion Leader: Dawn Gebben

April 27

"When the English Fall" by David Williams
 Discussion Leader: Barb Hampton

Book Club is held in the Gathering Place at 7pm. Please contact Pat Guikema at hpguikema@gmail.com or 616-455-5308 with questions.

Attention Golfers!

Does playing 18 holes once a week sound good to you? Plymouth Heights Senior League seeks to add to its membership.



Call Chuck Hampton at 616-340-3926 for more information.



RAYBROOK LIFE



March 2026 Newsletter for Raybrook Estates & Homes
 A Vibrant Way of Living

"Courtesy is the one coin you can spend freely without ever running out."

- Anonymous



photo by John Van't Land

NATIONAL COMMON COURTESY DAY – MARCH 21

Each year on March 21, we are invited to pause and rediscover the extraordinary power of simple kindness. National Common Courtesy Day, first observed in 2003, reminds us that even the smallest gestures can create meaningful ripples in our communities. A warm "thank you," a sincere compliment, a held door, a moment of patience in a busy line—these actions may seem small, yet they carry the ability to brighten someone's day in ways we may never fully see. Courtesy is not just a habit; it's a quiet form of leadership, a way of showing others that they matter. Research continues to affirm what many of us feel intuitively: acts of kindness and courtesy support both emotional and physical well-being. When we choose to be considerate, we uplift others—and we strengthen our own sense of connection and purpose. As we recognize National Common Courtesy Day, consider how you might weave a little more kindness into the fabric of your day. A gentle word. A thoughtful gesture. A moment of grace. These are the building blocks of a more compassionate world, one interaction at a time. Let's celebrate by choosing courtesy—not just today, but every day.

SOCIAL WORK APPRECIATION MONTH

By Nate Munn, Director of Estates and Homes

March is National Social Work Month: a time to honor the essential contributions social workers make in the lives of vulnerable populations in schools, hospitals, and communities across American society. In Raybrook Estates and Homes, we are blessed to have Jennifer Koets as our Social Service Coordinator. Utilizing 23 years of service to Holland Home as an experiential foundation, Jennifer excels in her assistance to residents and families navigating the challenges of caregiving and increasing care needs. With the goal of empowering residents to remain safe and successful in independent living as long as possible, Jennifer skillfully employs empathy and tact to simultaneously promote safety and self-assurance. The journey of aging is filled with loss, gradual or sudden, with respect to relationships, independence, and defining activities, and is a path better traversed in good company; please join me in expressing gratitude to and for Jennifer, who gracefully walks beside so many of us in the most trying of times.



If you have a question for yourself or a friend, please don't hesitate to call her: 616-235-2084. Thank you.

CELEBRATING MARCH BIRTHDAYS!

Estates I

- 17 Cal Stapert
- 19 Cornelius Bykerk
- 27 Lois Mulder
- 31 Betty Grit

Estates II

- 01 Coral Hoogewind
- 03 Paul Buiten

Estates II

- 04 Tom Glass
- 04 Bob Meyering
- 05 Joy DeBoer
- 05 Harry Vriend
- 06 Kryn Klompier
- 06 Sharon Visser
- 09 John Keeley
- 14 Gerb Kingma

Estates II

- 15 John Stegink
- 18 Marilyn Van Hassel
- 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
- 31 Tom Jager
- 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 Kathryn Hoitenga
- 27 James Sikkema
- 28 Marcia Hollingsworth

VOLUNTEER SERVICES

VOLUNTEER OPPORTUNITY: VISITOR COMPANIONS NEEDED

Volunteer Services is looking for caring individuals to spend time with residents on our nursing floors. The role of a Visitor Companion is simple but incredibly meaningful—just being present can brighten someone's day.

Responsibilities

- Spend time talking, listening, or simply being present
- Optional activities may include:
 - Helping write letters or notes to family and friends
 - Reading mail, books, Scripture, or devotionals
 - Playing simple games such as cards or Uno

If you're interested in learning more, please reach out to Sharon VanDoorne with Volunteer Services @ 616.235.5717 or Sharon.Vandoorne@hollandhome.org.

HOLLAND HOME JOINS THE AMERICA250 "AMERICA GIVES" INITIATIVE

As the United States prepares to celebrate its 250th anniversary in 2026, Holland Home is proud to participate in America Gives, a national service initiative created by America250 that aims to make 2026 the largest year of volunteerism in American history.

America Gives encourages organizations across the country to expand their volunteer impact, log service hours, and share stories throughout the year. A real-time national counter will track contributions from all 50 states, highlighting the collective power of service nationwide. Each month, Volunteer Services will submit volunteer hours on behalf of all Holland Home volunteers to the national database.

For Holland Home, this initiative aligns naturally with our mission. Volunteerism is woven into the fabric of who we are—from supporting residents to partnering with our communities. America Gives provides a meaningful opportunity to recognize and celebrate the contributions of our volunteers and staff, including those who support Vibrant Living events, assist residents, and participate in intergenerational programming.

As 2026 unfolds, we look forward to sharing ways for residents, staff, families, and community members to participate in America Gives and help build a lasting legacy of service here at Holland Home.

HH ADVANCEMENT TEAM

THANK YOU!

THANK YOU to all who joined us for the PANCAKE BREAKFAST on February 25. We sincerely appreciate your participation and support for the Resident Assistance Fund while enjoying time with other residents and a wonderful breakfast!!

SAVE THE DATE

The Holland Home Resident Golf League starts Tuesday, May 5, 2026, at The Pines Golf Course.

Contact Tony Louwerse (Estates I) 616-323-3340 for more information.
(More details to come in the April Raybrook Life.)



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 2, 2026. 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 16, 2026. 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!

GARAGE SPACES

EST I & EST II Residents: are you not using your garage parking space and could use a little extra cash? Vacating your parking space entitles you to a refund. If you are interested in vacating a purchased or rental spot, please contact Danni Ortiz in the Estates & Homes Office at 616- 235-5006 or by email danniele.ortiz@hollandhome.org to get more information or to start the vacate process.

HEALTH CENTER

PLANNING AHEAD FOR PEACE OF MIND

Our goal is always to support Resident's independence and help you enjoy this chapter of life to the fullest. Personal needs can change over time, so it is essential to assess the level of support you receive from family, friends, and paid caregivers. If you think you may benefit from additional support, you are encouraged to start the conversation early. Due to strong interest and growing need, our Assisted Living currently maintains a waiting list. Joining the waitlist and learning the steps involved in moving can help facilitate the process when a transfer to Assisted Living is the best option to meet your needs. Assisted Living also has short-term Respite rooms with a minimum stay of seven days to help with transitions from rehab or after a planned procedure. Respite rooms can also have a waitlist. We are always happy to answer questions, provide information, or talk through what planning ahead might look like for you. Please reach out to Jennifer Koets, Social Service Coordinator in Independent Living, at 616-235-2084 or Amy Thayer Admissions for Assisted Living 616 235 -5704.

BUITEN WELLNESS CENTER

"BRAIN GAMES"

Tuesday March 17 at 1:15 pm in the Buiten Wellness Center.

Our "First Step" class will be replaced by "Brain Games" on March 17 at 1:15 pm. Join Zack as we create and strengthen new neuro pathways and employ dual tasking to build our brain elasticity.

