

RAYBROOK LIFE

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

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ESTATES AND HOMES GARDEN

It's time to start planning for your garden plot! Those of you who lived on the Raybrook Campus last year will remember the great maze of green growth in the area behind the Estates II Dining Room.

The price for the year is \$15 for a full plot and \$10 for a half plot. Those who had a plot in the previous years and want the same plot, it will be assigned to you. This year a half plot of Rhubarb will be available for use by any gardener as well as free 13-13-13 fertilizer for the gardeners use.

For those interested, applications are on page 5 or available by contacting the Office. Please fill out and return the application along with your money to Sharon VanDoorne by April 10. An informational meeting will be held in late April for all gardeners.

Raybrook Women's Book Club

Book Club will meet Tuesday April 25 at 7:00pm in The Gathering Place. Phyllis Roelofs will lead the discussion on the book *The Gravity of Joy* by Angela Gorrell.

Please remember to sign out books for Book Club on the sheet posted on the wall, not on our desk ledger. After you return the book to the desk drawer, please call the next person on the list as soon as you can. We hope to see you on the 25th!

If you have questions, please call:

Pat Guikema 616-455-5308

Resident Planting Party!

Mark your calendars to come out and join us on May 17 at Koetsier's Greenhouse for our annual Resident Planting Party. A special day to hang out together in the Bloom Studio while creating beautiful flower pots or herb gardens to enjoy all summer. More information will be coming in your mailbox. **Hosted by the Holland Home Foundation.**

Questions: Marcia at 616-235-5118

It's Time for Golf!

Tuesday, May 2 marks the start of our Resident Golf League at The Pines Golf Course, 5050 Byron Center Ave SW. The first tee time is 9:00 a.m. and we play nine-hole four-person, best ball. Join us every Tuesday or when you can. Cost: \$20 per person and includes a cart.



For more information contact *Estates I resident, Tony Louwarse at 616.323-3340 or email telouwarse@gmail.com.*

More on Golf....

Does playing 18 holes each week sound like a good week?

The Plymouth Heights Senior League plays on Wednesday mornings from May through August and is looking to add members.

If this sounds interesting to you, please call:
The League Secretary and Raybrook Estates I Resident Chuck Hampton at 316-340-3926 for more information.



ADMINISTRATIVE PROFESSIONALS DAY

by Nathan Munn

Here in the Raybrook Estates and Homes, we are blessed to have a whole team full of wonderful staff members, and with this note I would like to recognize two of them in particular – Sharon VanDoorne and Samantha (Sam) Faluso-Simon.

Sharon and Sam are our two administrative assistants, for the Estates Office and Health Center respectively, and the two of them are often the first smiling face that greets residents and visitors alike. But the warmth of these two goes far beyond smiles, and both of them exude a cheerfulness that is infectious and cultivates an environment of positivity; as a team member, work is more fun around those who make you laugh and smile, and I have seen countless instances of contagious cheer given to staff and residents by these special ladies. Sam and Sharon are both creative, proactive, capable, and detail-oriented, allowing the two of them to solve problems great and small, while always maintaining the daily tasks that make our Office and our Health Center run smoothly. When building a team, a wise strategy is to start with a small core-group of members whose skills, work-ethic, and attitudes can be a foundation and an example for the rest of the team; I would start a team with Sharon and Sam any day of the week.

On April 26, 2023, our Nation celebrates Administrative Professionals Day; what better day for staff and residents alike to say “thank you” to Sharon and Sam and return some of the smiles and kindness they give to us all every day they serve.

What's one of the easiest, most rewarding volunteer opportunity at Raybrook?

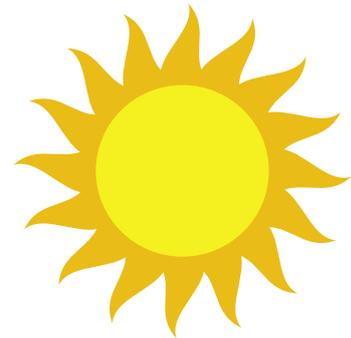
Visiting residents on Assisted Living floors. Our Visitor Companions stop by to visit with residents who don't often get visitors. We give you a list of names, things they like, hobbies and things to talk about to make the visit easy. You can even just play cards or Uno with a resident there.



What are the benefits?

A visit is good for mental health and also prevents loneliness and isolation, not to mention getting to be a blessing to others. You pick the day, time and location. You can even partner up and do it with a friend. Or maybe you have a sweet, kind dog you can bring along with you for our dog-loving residents there.

Contact Emily at emily.glover@hollandhome.org or 616-235-5717 to get more information.



Summer in Winter

Thank You, Emilee!

Emilee Carlson is scheduled to finish her Vibrant Living internship the week of April 17th. Please stop by the fitness center to congratulate her on a great semester!

photos by John Van't Land

Exercise with the GR Ballet

This seated exercise class strives to increase coordination, balance, flexibility, and strength through music and movement. Please note class is canceled on Monday, April 3.

☎: 616-235-5472

✉: zachary.house@hollandhome.org

DICK & SYLVIA STOUDT-ESTATES III 2250 #201

by Esther Voss

Dick was born in Crystal, MI, and lived in the Lansing area until his last three years of high school. Sylvia was born in Racine, WI, and lived in a small town called Union Grove, until she left to go to school.



They met at Moody Bible Institute in Chicago and were married in Wisconsin a week after graduation in 1957. They spent most of their married life in Kalamazoo and moved to Holland 25 years ago, followed by their move to Raybrook.

Their two daughters and 5 grandchildren live in Grand Rapids, which was the motivation to move to Raybrook.

Dick had several careers. He worked with his dad in the insurance business, was in Christian Radio in Kalamazoo, WKPR, as announcer, engineer and manager. He also spent a short time at WOOD TV as a director. He owned and operated a Chicken Coop Restaurant in Plainwell and then a Chicken Chalet Restaurant in Bangor, and spent the last 25 years as a real estate agent in Kalamazoo and Holland.

Sylvia spent many years as a Secretary/Administrative Assistant in banking in Kalamazoo. She retired from Old Kent Bank before moving to Holland. During the years in Kalamazoo she was involved in the local church, Grace Baptist, and Bible Study Fellowship as a discussion leader. In Holland she served God in many different positions at Christ Memorial Church.

Dick enjoyed singing in the choir for several years. In 1975/76 the Stoudts were short-term missionaries on the island of Aruba at Radio Victoria a TEAM missionary station. Dick could immediately begin their English news broadcasts and called himself "the Walter Cronkite of the Caribbean. Sylvia ministered through hospitality as they got acquainted with local people on the island.

Their oldest daughter, Celeste, was in 8th grade and attended the American school on the island. Kristen, their youngest daughter, went to the Dutch school on the island and learned to speak the Dutch language in Kindergarten.

Celeste, Dan and Martyn (their first grandchild) spent 12 years in Central Asia serving as "missionaries". They also found a little girl that needed a home and adopted Meredith, who will be graduating from high school in May. Martyn has attended Grand Valley University. Celeste is on the staff at Calvary Church.

CELEBRATING April BIRTHDAYS!

Estates I

19 Wendy Huizinga
28 Carolyn Meppelink

Estates II

01 Jim Hoek
09 Lois Dykstra
09 Amy Ritsema
09 Lois Veldkamp
10 Marilyn Grant
13 Sidney Greidanus
14 Jackie Venegas
16 Ethel Baum
17 Doris Bates
17 Mary Cremer
17 Don VandenBerge
19 Roger Boerema
19 John VanderPloeg
20 Nancy Naber
26 John Natelborg
27 Ruth Banstra
29 Barbara Boersma
30 Pat Guikema

Estates III

16 Plonia Swets
23 Kathy Loker
23 Lorry Tigchelaar
26 Marilyn Nederveld
28 Kenneth Kwantes
29 Elizabeth Griffin

Homes

03 Mary Brassler
06 Donald Oosterhouse
15 Bill VanDyk
20 Alyce Houskamp



continued.....

Kristen is a Chaplain with Spectrum Hospitals. She has 3 children, Sterling, at MSU, graduating in May. Robin, graduating from high school in May. Kristen's family is complete with another boy they adopted while living in Nashville, TN, currently in 7th grade.

The Stoudts love their apartment at Raybrook. They have met many wonderful people here. They feel blessed that God led them here to live at Raybrook.

HOT TOPICS FROM THE HEALTH CENTER

by Jennifer Koets

Did you know Trinity Health Southwest Pharmacy delivers prescription and over-the-counter medications Monday - Friday to the Estates Health Centers? This is open to anyone who could benefit from not having to leave the Raybrook Campus to pick up medications.

The Health Center Staff can help you get started if you stop by with your ID, insurance card, previous pharmacy information and a list of medications. Next you inform your Doctor of the change. You will be able to continue to request refills yourself. Medication cost can vary by Pharmacy, so you may want to check ahead of time on the costs of your specific medications. There is no delivery fee, and you can be a patient of any health system to utilize this service.

Stop by the Estates I or II Health Center for more information or call Trinity Health Southwest Pharmacy directly at 616-685-3950.

If you have questions please contact Jennifer Koets, Social Service Coordinator 616 235 2084.

2023 GARDEN PLOT APPLICATION

NAME:

EST I EST II EST III HOMES

APT/ADDRESS:

DESIRED PLOT

HALF \$10

FULL \$15

**Please return to Sharon VanDoorne
with \$\$\$ by April 10, 2023**

