

R·E·A·L

Raybrook Enrichment Academy for Living

Sharper Minds, Richer Lives



One of the goals of Masterpiece Living is creating a culture of growth for those in the Raybrook community through spiritual, intellectual, social, and physical opportunities.

REAL accomplishes this goal by providing programs for lifelong learning. Staff members and residents of the entire Raybrook community, along with their friends and relatives, are welcomed and encouraged to be active participants.

Would you be interested in leading a session?

Please see Hope or Marenta in the Buiten Wellness Center for more information:

hope.staal@hollandhome.org or 235-5109

marenta.klinger@hollandhome.org or 643-2724



Questions and suggestions may be directed to any of the board members listed below.

Thank-you to our REAL Advisory Board members:

Phil Lucasse, El	Wayne Joosse, Ell
Donna Spaan, Ell	Jesse Cooper, Manor
Bob Yonker, EIII	Jane Iwema, Homes
Judy Scholten	Marenta Klinger
Jill Hodsdon	Hope Staal
Laurie Howe	Nate Munn
Zack House	

August 2015

Course Offering Catalog

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Raybrook Enrichment Academy for Living



Sharper Minds, Richer Lives

Mon	Tue	Wed	Thu	Fri
3 020: 2 pm, FR	4 021: 2pm, GP	5 022: 10 am, GP 023: 1 pm, EI CR	6 024: 10am, FR 025: 2:30pm, FR	7 026: 10:30am, FR 023: 1pm, EI CR
10 027: 1:30pm, EI SDR 028: 3 pm, EI SDR	11 021: 2pm, GP	12 022: 10 am, GP 023: 1pm, EI CR 029: 2 pm, GP	13 024: 10am, FR	14 023: 1pm, EI CR 030: 2:30 pm, FR
17 028: 3pm, EI SDR	18 021: 2pm, GP	19 023: 1pm, EI CR	20 024: 10am, FR	21 023: 1pm, EI CR
24 031: 1:30 pm, EI SDR 028: 3pm, EI SDR	25 032: 9:45 am, EI CR 021: 2pm, GP	26 033: 2pm, FR	27 024: 10am, FR	28 034: 2:30pm, FR
31	August 2015			

We want REAL to be built around YOU!

Tell Us Your Story is a new way for you to reflect on life experiences before an audience of your peers.

Use Your Connections:

- Are there presenters you have a connection to that would be valuable for others to enjoy hearing?
- Do you have children or Grandchildren who live or minister in a different part of the world and will be visiting GR in the near future? We would love to schedule them to present.

Interested?? Please take time to fill out the form in the back of this catalog (page 11).

October: Look forward to another Raybrook ArtPrize on the 30th (submission form on page 11).

November: We look forward to celebrating our Veterans!

December: Christmas Around the World is pending your enthusiasm! It will not be complete without your unique story. (See form on page 11).



REAL Connections:

Name _____ Apartment # _____

- I would like to share my story at an upcoming Tell Us Your Story event
- I have a contact who may be a good fit for REAL (all submissions are subject to board approval)
- I would like to share my unique Christmas experience through "Christmas Around the World"
- Other: _____

Comments: _____



**Return to anyone on the REAL Advisory Board (see back)*

Raybrook Campus ArtPrize

Back by popular demand!! Our own Raybrook Campus ArtPrize is planned for October 30th this year. If you have an original work you'd like to submit for display (photography, quilts, paintings, woodworking, etc. This has to be your own original work), please cut out and return the below form to Zack House or Nate Munn by:

October 16th!!

ART PRIZE SUBMISSION 2015

Name: _____

Apt. Number: _____ **Aprox. Size:** _____

Description of piece: _____

033: A Day in the Life of a Zoo Veterinarian

Leader: Ryan Colburn, John Ball Zoo Veterinarian

A tiger has a toothache, a monkey has a cough, and one of the fish isn't swimming straight! All of that and the day is just getting started. Have you ever wondered what goes on behind the scenes at the zoo? Get the inside scoop from Dr. Ryan Colburn, head veterinarian for John Ball Zoo. Hear about interesting cases and stories, and even get the opportunity to see some of the equipment that the veterinary team uses every day as they strive to provide excellent medical care for all zoo residents....furry, feathered or scaled!

**Rootbeer Floats will be served at this summer social event!*

Date: Wednesday, August 26

Time: 2:00 pm

Place: Friendship Room

Cost/Sign up: None

034: Hope for the Prison System

Leader: Mary Burghuis, Brooks/West Shoreline Correctional Facilities Warden

Understanding the prison system can be difficult, and knowing what to do about it presents even more challenges. Learn the statistics of a typical Michigan prison and then learn how Prison Warden Mary Burghuis hoped to improve the outlook and why. What difference can one person make? What does this mean for the prisoners of her facility? What can people like us do?

Date: Friday, August 28

Time: 2:30 pm

Place: Friendship Room

Cost: None

Sign up: None

Book Club Resumes in September. Check out these great books and read ahead:

September 22– Heron River by Hugh Cook led by Hildy DeVries (reminder, Book club will meet even on the off months of REAL)

October 27– Sold by Patricia McCormick led by Annamarie Josse

November 24– Orphan Train led by Helen Walter

Please note-The location and time for September will be different. Book Club will meet in the Gathering Place at 7:00 pm.

020: Tell Us Your Story

Leader: Lil Kuiper, Estates I Resident

This community is rich with interesting life stories and experiences. Join us during this time for an opportunity to learn more about your neighbors as the leader will speak about their journey before joining our Raybrook Community.

This month Lil Kuiper will share her story!

Date: Monday, August 3

Time: 2:30 pm

Place: Friendship Room

Cost: None

Sign up: None

021: Genealogy Workshop

Leader: Janet Sheeres, Homes Resident

Did you know unless you are a native American, your ancestors were immigrants? If you are interested in finding out a bit more about your ancestors, you may enjoy taking this genealogy class! We'll look in particular at what is available on the Internet without leaving your home.

Date: Tuesdays, August 4, 11, 18, 25

Time: 2:00 pm

Place: EII Small Dining Room

Cost: None

**Sign up: Contact Hope Staal: 235-5109 or
hope.staal@hollandhome.org (limit 20)**

022: Music Together

Leader: Sonja Noykos, Joyful Sounds Music Studio

Do you have a desire to interact with young children? Raybrook has the unique opportunity to host *Music Together*, an international music program designed to give children an early introduction to rhythm, tone and melody. Come engage with children (and their caregivers) from the greater community as they explore early music learning. (No musical experience is required).

Date: Wednesdays, August 5 & 12

Time: 10:00 am

Place: EII Gathering Place

Cost: None

Sign up: None

031: Current Events

Leader: John Struyk, EII Resident

An opportunity for residents to review world events and other important subjects. Information is gathered from national newspapers, magazines, and the media. Opportunity is given for questions and comments.

Date: Monday, August 24th

Time: 1:30 pm

Place: EII Small Dining Room

Cost: None

Sign up: None

032: Current Events

Leader: Ken Slager, EI Resident

An overview of some recent national, international, and local current events will be introduced by the leader followed by a time of open discussion. A variety of subjects and topics are covered.

**Please note that different topics are covered than the event in EII, so attend both to get a wider view of current events!*

Date: Tuesday, August 25th

Time: 9:45 am

Place: EI Clubroom

Cost: None

Sign up: None

029: Living Well Series: Homecare 101

Leader: Presented by Julie O'Neill, RN, Executive Director of HomeCare of Holland Home; Hosted by Laurie Howe, Estates & Homes Social Worker

Learn the difference between Medicare certified “skilled” & non-medical home health care, payment options for both types, and how it can help you and your loved ones maintain independence at home and receive the support needed to age in place. Come with your questions!

Refreshments provided

Date: Wednesday, August 12th

Time: 2:00 pm

Place: Gathering Place

Cost: None

Sign up: None

030: The Challenges of Alzheimer's

Leader: Laurie Howe, Estates & Homes Social Worker

This 30-minute DVD effectively differentiates age-related dementia from Alzheimer's, describes the progression of the disease, the changing effects on both patients and caregivers, and interventions that may prevent or slow the disease. After the DVD, Laurie will lead a discussion.

Date: Friday, August 14th

Time: 2:30 pm

Place: Friendship Room

Cost: None

Sign up: None

023: Neurobics

Leader: Lauren Garcia, Masterpiece Living Intern

Neurobics is an interactive course designed to raise awareness about memory and aging, reveal memory strategies, outline the connection between challenging your mind and aging successfully, and help you feel more confident and comfortable with your memory. During this group learning course you are encouraged to challenge yourself intellectually using brain exercises (Neurobics) introduced in class. Similar exercises have been shown to improve brain function and reduce the risk of dementia.

Date: Wednesdays and Fridays, August 5, 7, 12, 14, 19, 21

Time: 1:00 pm

Place: EI Clubroom

Cost/Sign up: None

024: iPad Overview

Leader: Andrew Gilbert, Holland Home Information Services

This course will cover the basics of iPad use. The class will teach the fundamentals of set up, ease of access, and methods for daily use. The goal is to make the iPad work for you as you discover its potential uses. The course will offer in-class assistance to make sure the ideas of each lesson are grasped by every member of the class.

Please bring your iPad with you.

Date: Thursdays, August 6, 13, 20, 27

Time: 10:00 am

Place: Friendship Room

Cost: None

Sign up: Contact Hope Staal: 235-5109 or hope.staal@hollandhome.org (limit 20)

025: What Are They Thinking? Inside the mind of your adolescent and emerging adult grandkids

Leader: Julie Yonker, Calvin Professor

Although adolescents and emerging adults may look physically mature on the outside, they are still undergoing significant maturation of their brain. This brain maturation process has impacts on how adolescents and emerging adults think and behave. Come hear about some of the issues that are important for them relationally, vocationally, cognitively, and religiously.

Date: Thursday, August 6th
Time: 2:30 pm
Place: Friendship Room
Cost/Sign up: None

026: Egypt from the Inside

Leader: Tom Roodvoets, Teacher in Egypt

As a twelve-year resident of Egypt, Tom was given a front-row seat to affairs there. Tom will speak about current events and his experiences as a school teacher working with Egyptian students. He will give the opportunity to ask questions about the place, its history, and its people— and he may have a few questions for you, as well.

Date: Friday, August 7
Time: 10:30 am
Place: Friendship Room
Cost: None
Sign up: None

027: Current Events

Leader: John Struyk, EII Resident

An opportunity for residents to review world events and other important subjects. Information is gathered from national newspapers, magazines, and the media. Opportunity is given for questions and comments.

Date: Wednesday, August 10th
Time: 1:30pm
Place: EII Small Dining Room
Cost: None
Sign up: None

028: Visual Life Stories WORKSHOP

Leader: Jill Reider, Life History Enthusiast

This is a hands-on opportunity to get to work on all those photos you've been collecting for years!

8/10: Organizing photos: Bring your box of photos and a photo safe pencil, or bring your laptop & SD card or USB drive. Jill will also help you scan photos if you would like.

8/17: Photo Editing Basics: If you chose to digitalize your photos, Jill will help you learn what to do next!

8/24: Putting together your Book: Bring either photo-safe supplies or your digital media (bring your own laptop if you have it) and Jill will get you going!

Call Jill Reider with questions: (307) 699-0812

Date: Mondays, August 10, 17, & 24
Time: 3:00 pm
Place: EII Small Dining Room
Cost/Sign up: None