



Board Members

Bruce Balkema joined the board of trustees in 2022. Mr. Balkema retired in 2018 after serving in financial leadership positions with BD (formerly Becton Dickinson & Company) for more than 31 years. He briefly returned to the workforce in 2019 to serve as interim chief financial officer for Eastern Christian Schools while they conducted a search for a permanent candidate. Mr. Balkema presently serves as chair of the Christian Health Audit Committee and a member of the Finance Committee. He also serves on the board of Hope Christian Services (formerly the Eastern Christian Children's Retreat) Foundation. Mr. Balkema, his wife Yvonne, and their family attend Cornerstone Christian Church in Wyckoff and reside in North Haledon.

Rick DeBel joined the Christian Health board of trustees in 2016 and currently serves as its' vice chair. He previously served as board chair, treasurer, and chair of the Finance Committee. Mr. DeBel has held financial leadership positions at Bank of America and Wells Fargo and presently serves as chief financial officer for Eastern Christian Schools. He has been cochair of the Christian Health Golf Classic Committee for more than 25 years and is also a past member of the Netherlands Reformed Christian School board. Mr. De Bel is past chair and a current member of Tri-County Scholarship Fund as well as a prior board member of Hope Christian Services. He also previously served as deacon of the Ebenezer Netherland Reformed Church, where he and his family are members. Mr. DeBel, his wife Ellen, and his family reside in Lincoln Park.

Sandra De Young, Ed.D, returned to the board in 2018 and serves as secretary and a member of the board's Executive, Quality/Joint Conference, and Strategic Planning Committees. She had previously served on the board between 1988 and 2017. During her prior board service, Dr. De Young served as board chair, vice chair, Strategic Planning Committee chair, and a member of the Executive, Joint Conference, and Personnel committees. She was previously the interim provost at William Paterson University, having returned from retirement to serve in that capacity. Prior to retirement, Dr. De Young was dean of the College of Science and Health at William Paterson University. She currently serves on the boards of CH Foundation and Western Theological Seminary in Holland, Michigan; previously she served on the board of Valley Home Care, Inc. A Vista resident, Dr. De Young is a member of the Living Word Reformed Church in North Haledon.

Tom Dykhouse returned to the Christian Health board in 2022, having previously served from 2015 to 2021. He became chair in 2023 and is an ex-officio member of all board committees. He also currently serves as chair of the Insurance Committee and previously served as a trustee of the Christian Health Foundation. Mr. Dykhouse is cochief executive officer of Christian Schools International in Grand Rapids, MI, and head of school emeritus at Eastern Christian Schools, where he served as the executive director and head of school until 2021. Prior to joining EC, he was a managing director and executive vice president – Continental Europe at Guy Carpenter & Co. LLC in New York. Mr. Dykhouse serves as a chair of the board of governors of the Van Lunen Center for Executive Management in Christian Schools at Calvin University and as a trustee of the pension fund of the Christian Reformed Church in North America. He and his wife Linda reside in North Haledon and attend the Faith Community Christian Reformed Church in Wyckoff.

Rev. Rod Gorter joined the board of trustees in 2011 and is a member of the board's Ethics Committee. He is the pastor of Midland Park Christian Reformed Church, where he has served since 2010. Rev. Gorter had previously served as the dean of chapel and an instructor in theology at Dordt College in Sioux Center, Iowa. Prior to that, he and his family lived in Ukraine, having served there as missionaries for almost 10 years. Rev. Gorter, his wife, Lydia, and their family live in Ridgewood.

Daniel Grimm returned to the board in 2022, having previously served from 2007 to 2016. Mr. Grimm retired from BD in 2019, having served in marketing leadership positions for more than 30 years. His professional experience includes a broad array of marketing, communications, and agency assignments. Mr. Grimm has served or is serving on the marketing board for UNICEF and as an advisor with Direct Relief International, the Centers for Disease Control and Prevention, Together for Girls, and the Global Business Coalition on Health. He is also currently an executive-in-residence at the Rutgers Business School. He has been active in youth ministry for more than 35 years and is cofounder of a nonprofit organization that takes students on service trips to Africa. He and his wife Susan reside in Wayne and attend Faith Community Christian Reformed Church in Wyckoff.

Julie Holland joined the board in 2017 and serves as the board's assistant treasurer, chair of the Personnel Committee, and a member of the Finance Committee. Having held leadership roles with Atlantic Stewardship Bank for more than 20 years, she is currently the executive director of the Columbia Bank Foundation. Ms. Holland also currently serves on the board of CUMAC, a nonprofit organization dedicated to feeding people and changing lives. She is a resident of Oakland and attends the Wyckoff Reformed Church, where she serves as its treasurer.

Rev. Richard Jones joined the board in 2021. Rev. Jones is the lead pastor at Bridgeway Community Church in Haledon. He was born and raised in Los Angeles, California, where he attended the Hope Community Reformed Church. Rev. Jones obtained a Bachelor of Arts degree in music from Azusa Pacific University and a Master of Divinity degree from Fuller Theological Seminary. Prior to coming to Bridgeway Community Church, he served as the pastor of the Los Angeles Community CRC. While there, Rev. Jones served in various denominational functions, including the Committees on Race Relations and Candidacy, and was a delegate to Synod and the Multi-Ethnic Conference. He is married to Rev. Alison Jones, and they reside in Haledon with their family.

Richard Kuder, Ed.D., joined the board in 2023. He retired as superintendent of schools in Wyckoff in 2018 after more than 26 years of service to several Bergen County school districts. Following retirement, Dr. Kuder joined an international, for-profit school startup in the U.S. and China. He currently works with the Wyckoff Family YMCA as the director of education and is a consultant in the field of education and organizational leadership. Dr. Kuder served for many years on the board of Eastern Christian School, and he is currently serving as the board chair of New City Kids Inc., a development organization for urban youth. He and his wife Ruth have five adult children, live in Wayne, and attend Restore Church in Midland Park.

Matthew Kuiken joined the board in 2015. He currently serves as board treasurer, chair of its Finance Committee, and a member of the Executive, Joint Conference, Strategic Planning, and Building Committees. Mr. Kuiken is currently vice president of operations for Kuiken Brothers Company, Inc., and serves on the company's board of directors. He served as a peace cCorps volunteer in Mali, West Africa, for two years, where he worked on technology and small business development. Mr. Kuiken, his wife, Kristen, and their family live in Ridgewood, where they attend Bethlehem Lutheran Church.

David Montgomery, MD, was appointed to the board in 2010 and serves on its Credentialing and Ethics committees. He is a cardiologist working with Cardiac Associates of North Jersey in Oakland. Dr. Montgomery is a fellow in the American College of Cardiology and serves on the Medical Executive Board and Cardiovascular Executive Board at The Valley Hospital. Dr. Montgomery, his wife Katherine, and their family reside in Ridgewood and are members of West Side Presbyterian Church.

Amy Shotmeyer, Esq., joined the board in 2021. She serves as assistant secretary and a member of the Executive, Joint Conference, and Strategic Planning Committees. Ms. Shotmeyer has been a member of the Christian Health Foundation board since 2016 and currently serves as its secretary. She received a Bachelor of Arts in environmental science and science/technical writing from Lehigh University in 2005, where she graduated with highest honors. Ms. Shotmeyer received her Juris Doctor from Seton Hall Law School in 2010. While attending law school, she interned for the Honorable Claire Cecchi of the United States District Court for the District of New Jersey in Newark. In 2015, Ms. Shotmeyer received a certificate in biblical studies from Moody Bible Institute in Chicago, Illinois, through Moody's continuing distance education program; she continues her studies in other certificate programs through Moody. She is a partner in the law firm of DeCotiis, FitzPatrick, Cole & Giblin LLP, where she is a member of the litigation, insurance defense, environmental law, and green practice groups. Ms. Shotmeyer lives in Franklin Lakes and attends Hawthorne Gospel Church.

Julie Tokarski, MD, FAAP, joined the board in 2023. She is an assistant professor of pediatric emergency medicine at The Mount Sinai Hospital, where she has served as an attending physician in the Pediatric Emergency Department since 2016. Dr. Tokarski graduated from Oral Roberts University in 2005 and Rutgers New Jersey Medical School (formerly Robert Wood Johnson Medical School) in 2010. She completed both residency and a fellowship at The Children's Hospital at Montefiore Medical Center in the Bronx, where she was then trained from 2010 to 2016. Dr. Tokarski serves on several committees at The Mount Sinai Hospital, including Pediatric Residency Clinical Competency, Emergency Medicine Residency Remediation, and Pediatric Emergency Department Resuscitation. She has volunteered on medical mission trips to Costa Rica and Mexico, as a vacation bible school teacher, an Eastern Christian Schools' class parent, and a Sunday school teacher. Dr. Tokarski and her husband, Bill, live in Glen Rock, have four children, and are members of Wyckoff's Bethany Church.

Elizabeth Van Dyk, DNP, APN, FNP-C, ANP-BC, joined the board in 2021. Dr. Van Dyk has been a member of the faculty of Felician University since 2016. An advanced practice nurse since 2004, she holds dual certifications from both the American Academy of Nurse Practitioners (FNP-C) and the American Nurse Credentialing Center (ANP-BC). Dr. Van Dyk began her faculty career in 2009, with positions at William Paterson University in the School of Nursing and then Berkeley College. She obtained her Doctor of Nursing Practice degree from Fairleigh Dickinson University in 2009, with a focus on diabetes management and further continuation of the topic focused on self-care and the college student. Dr. Van Dyk is currently practicing as family nurse practitioner APN at a primary care/urgent care center and holds the position of associate dean in the Graduate Department of the School of Nursing. She, her husband, Kevin, and their family attend the Pompton Plains Reformed Bible Church and reside in Midland Park.

Dr. Van Grouw served on the Christian Health Board of Trustees for thirty years, from 1978 to 2008, during which he was also Chair from 1999 to 2008. Dr. Van Grouw began his Christian Health board service as the bylaws-required physician soon after starting his private orthopedic practice. He was also a long-standing member of Christian Health's Medical Staff and, following retirement, earned emeritus status. During Dr. Van Grouw's tenure, Christian Health significantly expanded its scope of services in the areas of senior life, short-term rehab and behavioral health. His leadership was essential to enabling the organization to increase its community outreach without wavering from the core Christian principles on which it was founded.

Douglas A. Struyk, CPA, LNHA, is chief executive officer of Christian Health. He is responsible for ensuring that the organization fulfills its ministry of service on a daily basis throughout our full continuum of senior life, mental health, and short-term rehab services and our communities and hospital. He also oversees efforts to plan for future needs and opportunities to fulfill Christian Health's strategic plan in accordance with our mission. Prior to the promotion of Stephen Dumke in January 2023, Mr. Struyk served as president and CEO of Christian Health. Mr. Struyk regularly reports on the fulfillment of Christian Health's mission and vision to the board of trustees and its supporting Christian Health Foundation board of trustees. He also serves as an ambassador to the community to maintain an understanding of the community's needs and to encourage its support of Christian Health.

Mr. Struyk joined Christian Health in 1990 as vice president of finance and chief financial officer and became president and CEO in July 1994. He also joined the Christian Health Foundation board of trustees as a charter member in 1999.

Mr. Struyk holds a Bachelor of Business Administration in accounting and a Master of Business Administration, both from Pace University in New York. He is a certified public accountant and a licensed nursing home administrator. He recently completed a term as chair of the New Jersey Hospital Association.