



Board Member Biographies

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 board's Audit Committee and a member of its 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 De Bel joined the Christian Health Board of Trustees in 2016, currently serves as its' Vice Chair, serves as Chair of the board's Pension Committee, and also serves on its Executive, Finance, Strategic Planning and Trustee Relations Committees. 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 Co-Chair 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 family reside in Lincoln Park.

Sandra De Young, Ed.D returned to the Board in 2018 and serves as Secretary, Chair of the board's Trustee Relations Committee, and a member of the its 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 CHCC 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 board's Insurance Committee and previously served as a trustee of the Christian Health Foundation. Mr. Dykhouse is Co-Chief 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 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 return to the board in 2022, having previously served from 2007 to 2016. He is a member of the board's Personnel and Strategic Planning Committees. 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. With humanitarian organizations, 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 co-founder of a non-profit 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 Treasurer, Finance Committee Chair, and a member of the Audit 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 non-profit organization dedicated to feeding people and changing lives. She is a resident of Oakland attends the Wyckoff Reformed Church, where she serves as its Treasurer.

Rev. Richard Jones joined the Board in 2021 and serves on the board's Personnel and Trustee Relations Committee. 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, with their family, they reside in Haledon.

Debbie King was appointed to the board in 2024 in connection with Christian Health's affiliation with NewBridge Services, where she currently serves as Chair. Prior to her retirement, Ms. King had a highly successful career and leadership role in the footwear industry for over 34 years as a strategic and results-oriented thinker, with recognized expertise in analysis, collaboration and management. She held senior positions within the Macy's Corporation, including 23 years as Vice President and Divisional Merchandise Manager for Women's Shoes at Bloomingdale's. In addition to serving in various board leadership roles at NewBridge Services since 2016, Ms. King has also served as a board member and Chair of the Fashion Footwear Association of New York, along with board service on the Fashion Footwear Charitable Foundation. She and her husband, George, reside in Pompton Plains and attend the First Reformed Church of Pompton Plains.

Richard Kuder, Ed.D joined the board in 2023 and serves as Assistant Treasurer, Chair of the board's Personnel Committee, and a member of its Strategic Planning Committee. 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.

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.

Julie Tokarski, MD, FAAP joined the board in 2023 and serves on its Quality/Joint Conference Committee. 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 and serves as Chair of its Quality/Joint Conference Committee and a member of its Trustee Relations Committee. 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 family attend the Pompton Plains Reformed Bible Church and reside in Midland Park.

Michael Westra joined the board in 2024 and is a member of the board's Finance and Trustee Relations Committees. He received a Bachelor of Science in Accounting from Calvin University in 1987, became licensed as a Certified Public Accountant, and began his career as an auditor for Ernst & Young. Mr. Westra is currently the president of Wayne Tile Company. He serves on the board of Holland Christian Home Foundation. Prior board experience has included the Holland Christian Home, New City Kids, and Atlantic Stewardship Bank. Mr. Westra and his wife Sandra reside in North Haledon and attend Restore Christian Reformed Church.