



Breton Woods  
of Holland Home

**Breton Woods  
Service Hours:**

Resident Service Office:

Terrace  
Monday-Friday 8:30-5:00  
#643-2720

Ridge  
Monday-Friday 8:30-5:00  
#643-2728

**Dining Services:**

Terrace  
Woods Café #643-2716  
Monday-Thursday  
11:00 a.m.- 7:00 p.m.

Pantry #643-2710  
Monday, Wednesday &  
Friday  
10:00 a.m.-12:00 p.m.  
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Ridge  
The Bistro #643-2598  
Tuesday, Thursday &  
Friday  
11:30 a.m.-1:30 p.m.  
Wednesday 5:00-6:30 p.m.  
Pantry  
Same as Bistro hours

Health Center  
Monday-Friday  
7:00 a.m.-4:00 p.m.  
#643-2712

Salon at the Terrace  
Monday-Friday  
Call for appointments  
#643-2714

Fifth Third Bank at the  
Terrace  
Monday & Thursdays  
9:00 a.m.-11:30 a.m.  
1:00 p.m.-3:00 p.m.  
#554-5653

Notary services are  
available at the Terrace  
and Ridge Resident Service  
Offices, as well as at  
the bank.

For Transportation  
Requests, call #643-2582

**Chaplain's Corner:**

~It's that time of year when the busy church calendar slacks off. And we are already making plans for the fall and winter services and other Spiritual Care offerings. Now is the time to begin to think about what God has done for you and if you might be willing to use those gifts by facilitating a Bible Study or other spiritual event. Maybe a short summer event, or a longer study in the fall. We are looking especially for someone who might like to lead a Bible discussion series at the Ridge. We are praying for you and God's leading to provide for our needs here at Breton Woods. Take some time to think and pray. See what God will do. Talk it over with Pastor Ardean by stopping in or calling #643.2536

~While Pastor Ardean is on vacation from April 26-May 14 there are Volunteer Chaplain Assistants available should the need arise. These people have agreed to be available to be of support at any time, and especially when the Chaplain is away:

**Terrace:**

Neva Evenhouse  
Guy Rozenboom  
Betty Dykstra  
Bob Maring  
Joe and Jan Vos  
Gerry Bouma  
Hank Schut  
Fran Popovich  
Berniece Rietema  
Don Geelhoed  
Rose Mulder

**Homes:**

Ruth Kiel  
Shirley Veen  
Al Bytwork  
Martin Sharda  
Paul Veenstra  
George Koster

**Manor:**

Bernice Ferwerda



**Ridge:**

Dore and Dolores Westra  
Martin Ferwerda  
Floyd and Clarice Westendorp  
Bill Gillesse

**Window Washing:** Here are the scheduled dates to plan on for window cleaning. The actual dates may vary depending on weather and schedules. If you have any concerns, please give Bob Posthumus a call at 235-5296. Watch for more information to come.

Terrace: May 7 - 10

Homes: May 14 - 16

Ridge: May 14 - 17



**May is Volunteer and Employee Annual TB screening month**

Helpers of Holland Home & Health Center

Screening dates:

- **May 9:** 9:00 am - 1:00 pm - CAM - Helpers
- **May 9:** 1:30 pm - 2:30 pm - Health Centre
- **May 15:** 9:00 - 11:00 am - Office B (Terrace LL) - Helpers
- **May 16:** 8:30 am - 11:30 am - Health Centre
- **May 18:** 1:30 pm - 3:30 pm - Health Centre
- **May 22:** 10:30 am - 12:30 pm - Office B (Terrace) - Helpers

See Health Center Staff to schedule an appointment outside of the posted times.



**Reminder:** If you use one of the green carts please bring it back to the place where you found it as soon as you are finished. Doing this will allow everybody to have access to a cart when they need it.

**Carbon Monoxide Detectors:**

Carbon Monoxide Detectors are not included in any Holland Home Independent Living Areas. Residents can purchase them at places like Meijer, Menards, Lowes, etc.

**Did you know?** The printed version of the calendar and newsletter that you receive bi-weekly is also found on the Holland Home website. Simply go to [www.hollandhome.org](http://www.hollandhome.org), press on the Breton Woods campus on the lower left side, and click on activities and events. You can now freely view it on the website or refer family to do the same. Maybe they will find a yummy sounding entrée and want to join you for lunch!

**Computer help** with Charlie & Tyler from Kentwood H.S., has changed from the last Wednesday to the last Tuesday in Cyber Space at 4:00 pm.

**Life Enrichment**

\*When signing up to attend an event, please include your apt. or street number, not phone number, after your name.

**Monday, May 7:** Remember the good ole days of when you were a nurse? Join us in the Terrace Private Dining Room to have lunch together (it can be charged to your apt.), and have a good time. If you have any pictures you would like to share, bring them too! Please sign up at reception so we can have a count for lunch. If you have any questions, call Susan at #643-2707

**Wednesday, May 9:** Enjoy the guitar and bass viol music with Tallie & Bob Green in the Vineyard at the Ridge at 7:00 pm. You won't want to miss it!

**Thursday, May 10:** Tulip time this year will be without most Tulips., however we will be going to an event that is earlier in the evening. New Odyssey Dinner Concert in the Hope College Hayworth Inn consist of 3 guys & 30 instruments! It features country, novelty, special arrangements, and some classic rock with a dinner. Cost for the day including transportation is \$47. RSVP by Friday, May 4.

**Friday, May 11:** Organ concert at the VanAndel Museum, with Dave Wickerham at the keyboard for \$10 at the door. We will be leaving the campus at 6:15 pm.

**Tuesday, May 15:** Veteran's Meeting in Centre Place at 7:00 pm. Our speaker is Jose (Joe) Cardenas. For over 20 years he has served in the US Air Force Reserves, he recently returned from Iraq where he served as Chief of Public Affairs. He is currently a film/video teacher at Bowling Green State University.

**Thursday, May 17:** Enjoy a great piano & banjo duo with Annie & Linda in Centre Place at 7:00 pm.

**Saturday, May 19:** Don't forget to RSVP at the reception desk for Bingo & Pizza, held in Expressions at 6:00 pm. Bring a white elephant gift and \$2.50 for pizza.

**Wednesday, May 23:** "Hobby in the Lobby" will be from 10:00-2:00 pm. Bring out your wonderful hobbies or collections and display them on an 8 foot table in the Terrace. Sign up for your hobby at the reception desk by Friday, May 18.

**Thursday, May 24:** "Cabaret" at Circle Theatre is a story of Cliff, an American writer who comes to Berlin at the dawn of the Hitler era. He falls in with the denizens of a decadent club, he struggles to write a novel, & witnesses the blindness & self-deception of a group of people who allow Nazism to gradually take control while they are emotionally & spiritually "fast asleep". Cost is \$25. Leaving the campus at 6:45 pm. Sign up soon!

**Wednesday, May 30:** Don Snoeyink will be here with his "live" bees, sharing their nature and how honey is made. Join us in Centre Place at 7:00 pm.!

**Thursday, May 31:** Join us on our annual trip to Turkeyville to see, "Funny, You Don't Look Like a Grandmother". The cost for the whole day is \$54 and includes dinner, musical, and transportation, RSVP soon!

**Sunday, June 10 (Note date change):** The Sunday afternoon musicale will be held in the Vineyard at 3:00 pm. Andy Grimm will be presenting his performance on the organ of the music of Richard Rodgers from Rodger's Broadway and movie musicals. Sing along if you would like!

**Thursday, June 21:** Detroit Tigers vs. St. Louis Cardinals. Travel on a Spectrum Tour coach to the stadium with donuts & coffee on the way, The cost for the day is \$79.99. RSVP and join the fun - Play Ball!

**Bulletin Board:** Because of our no solicitation policy, if you have a poster, flyer etc., please don't post it on the bulletin board unless it's cleared by Susan.

If you desire to place something for sale on the bulletin board, please give the information to Susan and she will type it up for you. It will be on the board for 2 weeks.

**Breton Woods Bazaar:** This years Bazaar will be held at the Ridge on Saturday, October 27. There is a need for new and returning volunteers to join in and help make the 2012 bazaar a success. All proceeds from the Bazaar go to the Life Enrichment Fund. If you have questions, Call Ruth (827-3367) or Lucille (281-4596)

**Dining News:** Dining has ordered their own frames/holders for the elevators at the Terrace and the Ridge. Although we could not purchase one for every elevator, we will have notices in the main elevators. The holders will only have dining information in them. Specials of the week, special dining events, etc. We are hopeful that during the month of May we will have them installed.

**Upcoming Movies:**

- May 18/19 - "Hugo"
- May 25/26 - "The Fugitive"
- June 1/2 - "War Horse"

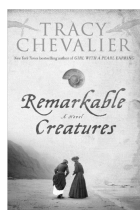
## Masterpiece Living Topic of the Week



The 10 Rules of Healthy Living  
By Adam Bornstein  
Printed with permission from livestrong.com

- #10 Stick to the basics. Eat well. Move more. Sleep. Repeat.
- #9 More planning, more results.
- #8 Stubbornness isn't smart.
- #7 Diets work.
- #6 Mentors are Invaluable and Necessary
- #5 Interaction Breeds Inspiration - The best way to motivate yourself to continue on a healthy living journey is to interact with others that are on that same journey. Celebrating successes and supporting friends through rough patches keeps the goal in sight.

**The Breton Woods Readers** will be meeting Wednesday, May 23 at 3:00 p.m. in the Terrace Library and on Tuesday, June 5 at 2:00 p.m. in the Ridge Private Dining Room. They will be reading *Remarkable Creatures* by Tracy Chevalier. Although this is novel, it is based on real-life women. Mary Anning is a fossil collector on the British coast and, although poor and uneducated, sets the scientific community into both admiration and controversy. Women are not allowed into scientific meetings and are not allowed to make great discoveries. Elizabeth Philpot, a middle class spinster, becomes Mary's friend and together they forge a path to some of the most important discoveries of the nineteenth century Lee Strodtman will lead the discussions.



**Podiatry:** Mobile Care Group is not in-network for any Medicare Advantage Plans in Kent County (Priority Health, Medicare Plus Blue, Blue Care Network/ BCN, Humana, United Healthcare). If you choose to see one of their providers there may be a higher co-pay and you may have an annual deductible to meet. Please check with your individual plan. If you have questions about any invoice you have already received you can contact Mobile Care Group Billing Manager Cindy Kirby at 419-882-6109. They do accept assignment for those with original Medicare.



**Need a Laugh?** These announcements (with all the bloopers) actually appeared in bulletins or were announced in church services:

- The sermon this morning: 'Jesus Walks on Water.' The sermon tonight: 'Searching for Jesus.'
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Next Thursday there will be tryouts for the choir. They need all the help they can get.
- A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast on Sunday.

### Saturday Pancake Breakfasts

June 2 - Terrace (8-10 am)  
July 28 - Ridge (8-10 am)



### Sunday Dinner Schedule:

June 17 - Father's Day - Ridge  
July 15 - Terrace

### Woods Café specials for the weeks of May 6– May 19

Call 643-2716 for reservations

**Lunch Specials are available from 11:30 am-1:30 pm**

**Dinner Specials are available from 4:30-7:00 pm**

\*daily features come with your choice of beverage

#### Sandwich of the Week:

Tuna salad on croissant with chips - \$5.00

#### Monday, May 7:

**Lunch Special:** Pastrami and swiss on rye with chips and side - \$7.00

**Dinner Special:** Chicken cordon bleu with mashed potato and gravy, vegetable and side - \$9.00

#### Tuesday, May 8:

**Lunch Special:** Olive burger with chips and side - \$7.50

**Dinner Special:** Potato pancakes with kielbasa, vegetable and side - \$8.00

#### Wednesday, May 9:

Soup and Salad Bar \$7.50

#### Thursday, May 10:

**Lunch Special:** Taco salad with side - \$7.50

**Dinner Special:** BBQ ribs with au gratin potato, vegetable and side - \$10.50

#### Sandwich of the Week:

BLT on whole wheat toast with chips - \$4.00

#### Monday, May 14:

**Lunch special:** Corn beef hash with poached eggs, english muffin and side - \$7.50

**Dinner Special:** Cilantro lime salmon patty with rice pilaf, fresh salsa, vegetable and side - \$8.50

#### Tuesday, May 15:

**Lunch Special:** Cuban sandwich (ham, roasted pork, swiss, dijon and pickles on focaccia) with chips and side - \$7.50

**Dinner Special:** Salisbury steak with mashed potato, vegetable and side - \$8.00

#### Wednesday, May 16:

Soup and Salad Bar \$7.50

#### Thursday, May 17:

**Lunch Special:** Chicken philly with chips and side - \$7.50

**Dinner Special:** Bacon wrapped pork filet with dijon cream, red skin potato, vegetable and side - \$9.00

## Get to know the Breton Woods Staff:

~Angie Hoeksema~



**Job:** Senior Living Consultant  
**Favorite Food:** Chinese  
**Pet Peeve:** People who are late  
**Favorite Book:** The Bible  
**Favorite Movie:** The Sound of Music  
**Special Talents:** I sing  
**Favorite Ice cream flavor:** Butter Pecan  
**Birthday:** Born on March 18 in Almelo, The Netherlands  
**Something you may be surprised to know:** I'm a nurse  
**School:** Burton School for K-9 and Grand Rapids Christian High School  
**Favorite Quote:** "Do not be afraid, I have redeemed you and called you by name; you are mine" – Isaiah 43:1-5  
**Family:** Husband Bill (facilities Director for Grand Buick) and a son, Jason (teacher)  
**Pets:** Not currently. I love animals but our kitty died last year at 18 years old!  
**Who you would like to have dinner with:** The Apostle Paul  
**What I love about working at Breton Woods:** The residents who fill my life with joy each day.



### Walk to Wellness

Make sure to turn in your Walk to Wellness mileage sheets to the fitness centre or body shop every week during the month of May and add stickers to your tree!

**May is Walk to Wellness Month.** In addition to having you track your walking miles during the month of May, we will have several fun activities for you to participate in. Please mark your calendars with these fun events!

### Intellectual-Scavenger Hunt

#### Week 2

This is an activity you can participate in any time during the week. Get your first clue from Lindy in the fitness centre or Laura in the Body Shop.

### Physical—Fun Fitness Class

#### Week 3

**Tuesday, May 15 at 11:30 a.m.**

Come to Expressions at the Terrace to participate in a new and exciting workout. This week we will be offering a Zumba Gold course taught by guest instructor Janitza Sawyer.

### Social—Intergenerational Walk

#### Week 4

**Wednesday, May 23 at 4:00 p.m.**

Invite your children and grandchildren to join us for a fun walk through the park. After the walk, they can stay for dinner! We will have dinner on the Deck at the Ridge with \$1 hotdogs, \$2 brats and several other \$1 treats. Meet us in the Ridge lobby for the walk.

### Mother's Day Dinner in the Ristorante at the Ridge Sunday, May 13, reservations from 11:30 pm - 2:00 pm Dinner includes:

Carved ham, chicken Dijon, vegetable lasagna, scallop potato, braised red cabbage, chef vegetable, baked French toast, assorted pies and pastries.

\$13.50 per person. \$7.00 children 10 and under.

Children 2 and under no charge.

Please call 643-2588 for reservations.

### Bistro specials for the weeks of May 6 – May 19

Call 643-2598 for reservations

**Open Tuesday, Thursday and Fridays 11:30-1:30**

**Wednesdays 5:00-6:30**

\*daily features come with your choice of beverage

#### Sandwich of the Week:

Tuna salad on croissant with chips - \$5.00

#### Tuesday, May 8:

Olive burger with chips and side - \$7.50

#### Wednesday, May 9:

BBQ ribs with au gratin potato, vegetable and side - \$10.50

#### Thursday, May 10:

Taco salad with side - \$7.50

#### Friday, May 11:

Soup and Salad bar \$7.50

#### Sandwich of the Week:

BLT on whole wheat toast with chips - \$4.00

#### Tuesday, May 15:

Cuban sandwich (ham, roasted pork, swiss, dijon and pickles on focaccia) with chips and side - \$7.50

#### Wednesday, May 16:

Cilantro lime salmon patty with rice pilaf, fresh salsa, vegetable and side - \$8.50

#### Thursday, May 17:

Chicken philly with chips and side - \$7.50

#### Friday, May 18:

Soup and Salad bar \$7.50