



# The Breton Buzz

## February 2021

### Announcements/Information

#### **Breton Extended Care**

Breton Extended Care's third Assisted Living building will be open in late Spring/Early Summer 2021. If you or one of your neighbors are interested in getting on the waiting list, please contact Jillian at (616) 643-2735.

#### **Green Carts Reminder**

If you use one of the green carts or grocery carts at the Terrace or Ridge, 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. Thank you for your cooperation.

#### **Terrace Courtyard Reminder**

The courtyard is not shoveled or salted in the winter months. For your safety, please refrain from using this area during this time. Thank you.

#### **Caring for your Mask**

We've heard it repeatedly: "Wear your mask!". Wearing a mask is a simple way to help fight COVID-19, but there is something else less talked about yet equally important – mask care.

- Use: Remove your mask carefully and wash or sanitize your hands after removal.
- Storage: Store your mask in a dry, breathable bag (like paper or mesh fabric) to keep it clean between uses. Wash as soon as possible to prevent mold.
- Washing: Wash your cloth mask whenever it gets dirty or at least daily. If you use a washing machine, you may include your mask with your regular laundry. If you are washing by hand, use tap water and laundry detergent or soap; rinse thoroughly with clean water.
- Drying: Make sure it is completely dry before wearing it again.

#### **Holiday Market 2021**

It is time to plan our strategy if we are to have a Holiday Market in 2021. With the promise of the vaccine to combat COVID-19 the Holiday Market is more likely to happen than not. However, in order to proceed we need volunteers to be on the Core Committee and to serve on the various committees. Here are the areas of need: BAKERY (co-chair needed), CRAFTS, HOSPITALITY, MARKETING, RAFFLE, SECURITY/PARKING TEAR DOWN, TREASURER, SPONSORSHIP. For each of these committees we need a chairman and volunteers. Please contact Jean Deckert (616) 843-5923 or [quiltlady21@gmail.com](mailto:quiltlady21@gmail.com) with any questions and/or your willingness to participate by **February 15, 2021**.

**Thank you:** Val McMurray would like to express her sincere gratitude to the Breton Woods staff, residents and friends for the overwhelming expression of prayers, cards, and phone calls during and following her mom's passing. "This is truly a lovely community to live in. Everyone has been a blessing to me. My mom loved living here, that is why I moved here as well. God bless you all." -Val McMurray

### Tech Talk

Jessie Riley, Resident Technology Manager  
235-2794, [jessie.riley@hollandhome.org](mailto:jessie.riley@hollandhome.org)

#### **Weekly Resident Tech Tips**

Our world continues to become powered more and more by technology! Resident Technology Manager, Jessie Riley, wants to make sure you are informed and educated about technology and ways to navigate it with confidence. Be sure to keep an eye out for weekly "Resident Tech Tip" emails from Jessie which include short informative videos on topics such as Zoom, Resident Computers, Resident Portal, Connecting to Livestream, the January Series and more. If there's a topic you are interested in learning about, please submit your idea(s) to Jessie Riley.

#### **New Technology that Supports Resident Engagement and Connections**

The Resident Portal is a virtual opportunity to stay connected with the campus you reside on. Whether it's checking a dining menu, the Vibrant Living Calendar, looking up a neighbor's contact information, watching exercise videos, there's something for everyone on the Resident Portal. Coming in late February, the Resident Portal will have a new look and additional features all aimed to keep you connected with the world around you.

This new version of the Portal has been skillfully designed with resident needs and interests in mind, and we are very excited to get you connected.

Our goal is for all residents to be comfortable navigating this new solution, so keep an eye out for additional information coming VERY soon regarding resident training courses and instructional videos to help prepare you for this new experience. Great things are coming!!!

### From the Fitness Department

#### **Pool**

The pool will open on February 1. It will be open daily from 8:30 am—9:00 pm. No appointments required. To use the pool, **see the Receptionist to sign in and pick up a key** (please return it when you are done).

#### **Fitness Centers**

The centers will open on February 1. No appointments required, but please adhere to the posted, max capacity numbers. **Please sign in before using the fitness centers**. Masks are required, please practice safe social distancing (at least 6 feet between each occupied workout station) and clean the equipment before and after use. The fitness team encourages you to attend Open Gym if you would like to learn how to use the equipment. If you have any questions, please contact:

- Liz Norry at (616) 643-2718 (Israel's Fitness Centre)
- Madye Martin at (616) 643-2584 (Ridge Body Shop)

#### **Group Fitness**

In-person group fitness classes have resumed. No sign up required. The schedule below begins February 1. Please refer to this schedule for all group fitness classes (NOT the current two-week calendar). Please wear your mask and practice safe social distancing.

Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am Stretch and Flex—BS	8:30 am Open Gym—IFC	8:15 am Stretch and Flex—BS	8:30 am Open Gym—IFC	8:15 am Stretch and Flex—BS
8:30 am Open Gym—IFC	9:30 am Balance and Core Stability—EX	8:30 am Open Gym—IFC	9:30 am Balance and Core Stability—EX	8:30 am Open Gym—IFC
9:15 am Strength Training—VI	10:30 am Feldenkrais—VI	9:15 am Strength Training—VI	11:00 am Cardio Express—EX	9:15 am Strength Training—VI
9:30 am Strength Training—EX	11:00 am Cardio Express—EX	9:30 am Strength Training—EX	1:00 pm Line Dancing—EX	9:30 am Strength Training—EX
10:15 am Heart Healthy Dance—VI	1:30 pm Open Gym—BS	10:15 am Heart Healthy Dance—VI	1:30 pm Open Gym—BS	10:15 am Heart Healthy Dance—VI
11:00 am Stretch and Flex—VI	2:00 pm Balance and Core Stability—EX	11:00 am Stretch and Flex—VI	2:00 pm Balance and Core Stability—EX	11:00 am Stretch and Flex—VI
1:15 pm Strength Training—EX	2:30 pm Balance and Core Stability—VI	1:15 pm Strength Training—EX	2:30 pm Balance and Core Stability—VI	1:15 pm Strength Training—EX
1:30 pm Open Gym—BS		1:30 pm Open Gym—BS		1:30 pm Open Gym—BS
2:00 pm Heart Healthy Dance—EX		2:00 pm Heart Healthy Dance—EX		
2:30 pm Strength Training—VI		2:30 pm Strength Training—VI		

#### **The Healthier You Wellness Challenge**

Thank you to everyone who participated in the Healthier You Wellness Challenge. Remember to drop off your tracking calendar in the fitness center during the first week of February to be entered to win a "DOOR" prize and healthy fruit basket.

## Life Enrichment

Patty Alexander, Life Enrichment Coordinator  
643-2707, patricia.alexander@hollandhome.org

**Lots of activities are held via ZOOM or Live Streaming. Don't miss these opportunities! If you need help learning to ZOOM, email Jessie Riley for help at [jessie.riley@hollandhome.org](mailto:jessie.riley@hollandhome.org) or call Patty.**

### February is American Heart Month!!

We are focusing on healthy heart education and practices. Join in and work to keep those hearts healthy each day.

**Monday, February 1:** Mindful Monday: Know your blood pressure and other heart stats. Check your blood pressure today.

**Tuesday, February 2:** Tasty Tuesday: Try a new tasty healthy heart recipe. Join Kristen Peltier, HH Dietician, on the Resident Portal Live Stream at 1:00 pm and she'll talk about some healthy options. Just go to the Resident Portal main page and scroll down to the green Live Streaming button and click to watch.

**Wednesday, February 3:** Wellness Wednesday: Group Fitness classes are back. Try a new class or work-out to keep your heart healthy.

**Thursday, February 4:** Treat Yourself Thursday: Treat your heart to some relaxation and fun take a nap, walk, pray, or try deep breathing.

**Friday, February 5:** Follow Friday: Share awareness and wear red today to get a healthy snack from the Cafés from 1:00 - 3:00 pm.

**"God Says I am" 21 Day Reading Challenge:** In these trying times, it's good to be reminded of who God says you are. We're inviting you to a 21 day challenge of reading scriptures that will reinforce his love for you. We are thankful for the encouragement from the word especially on dreary, tough, or chaotic days. Being able to clearly and quickly read how God sees us helps us to reaffirms God word. Pick up a bookmark by the mailboxes by February 1 and start reading each day the designated Bible verse. Pastor Frank and Pastor Doug will do a review on Tuesdays, February 2, 9, 16, 23 at 11:00 am via the Resident Portal Live Stream to review the week's readings.

### ZOOM BINGO is moving to Mondays at 2:00 pm

Get signed up to play Bingo with others via ZOOM. It's a fun experience with residents from both Raybrook and Breton. Sign up on the Resident Portal and the link and bingo kit will be sent.

**The meeting ID is: 988 4230 3279.**

### Tuesday Trivia via ZOOM

Join Patty on Tuesdays at 2:00 pm for Trivia. Keep your brains fresh and come play Trivia. Teams are formed and it's a ton of fun.

- February 2: History
- February 9: History
- February 16: Geography
- February 23: Science & Math

**The Meeting ID: 952 2556 1986**

**Art on Wednesdays:** We're bringing art to you! You'll receive an art kit with instructions, or ZOOM with Patty at 2:00pm to see how it's done.

- February 3 - Wooden Sled Craft (limited to 15)
- February 10 - Valentines Hearts
- February 17 - Button Art
- February 24 - Lavender on Canvas Painting

Sign up on the Resident Portal for the link and kits. If the Governor's order changes we will meet in Expressions. Until then, all classes will be ZOOM.

### Tuesday, February 2 - Hymn Sing:

Held via LIVE STREAM on the Resident Portal at 2:30 pm.

### Tuesday, February 9 - Celebrating February Birthdays:

Those celebrating birthdays in February can pick up their special dessert from 12:00 - 3:00 pm at the Woods Café or the Bistro. Happy Birthday to all of the February birthdays!

### Thursday, February 11 - National Giving Hearts Day:

Share the love and put a heart on someone's door with a message. Hearts will be available by the mailboxes.

### Thursday, February 11, 18, and 25 - Lunchtime Bible Study:

Join Keith Meyering from 11:30 am - Noon for a three week Bible Study via LIVE STREAM on the Resident Portal. Sign-up on the Resident Portal for the handout.

### Tuesday, February 16 - Paczki Day:

The Holland Home Development team will handout to-go Paczkis and Coffee from 8:30 - 10:00 am in the Terrace Woods Café and Ridge Bistro.

### Wednesday, February 17 - National Random Acts of Kindness Day:

With more kids at home and needing meals we are supporting the Kid's Food Basket for National Day of Caring. If you'd like to decorate a brown bag for their meal or throw in your spare change at the receptionist, we'll collect them up and deliver them. Bags will be available by the mailboxes.

### Thursday, February 25: National Chili Day. The Chef's are cooking off!

It's a cook-off between the chefs. We need judges to test samples of each Chef's chili at the Woods Café and Bistro and vote who's the best. Come down from 1:30 - 2:30 pm to the cafés to sample and vote. (While supplies last.)

**Breton Readers:** Please note that book discussion dates continue to be tentative depending on Covid-19 guidelines. Call Pat (Ridge) or Kathy (Terrace) to reserve a book and/or for updates.

**Ridge:** Discussion on Tuesday, February 2

"The Paris Wife" by Paula McLain

This book follows the life of Ernest Hemingway's first wife, Hadley, as she navigates 1920's Paris.

**Terrace:** Discussion on Wednesday, February 24

"The Other Wes Moore: One Name, Two Fates" by Wes Moore

Traces the parallel lives of two youths with the same name in the same community, describing how the author grew up to be a Rhodes Scholar and promising business leader while his counterpart suffered a life of violence and imprisonment.

**Coming to the Ridge:** Tuesday, March 2 - Moloka'i by Alan Brenner

This richly imagined novel, set in Hawaii more than a century ago, is an extraordinary epic of a little-known time and place - and a deeply moving testament to the resiliency of the human spirit.

## Volunteer Services

Robin Lambert, Volunteer Coordinator  
643-2725, [robin.lambert@hollandhome.org](mailto:robin.lambert@hollandhome.org)

It seems that the month of February and Valentines day go together, just like cake and ice cream. What do you think of when you hear "Valentine's Day?" Most associate love and chocolates with this holiday too. Giving a Valentine card is another way to say that you care for someone. It's always a nice feeling to receive a Valentine. **How would you like to be a giver of a Valentine card this year and get rewarded for doing so?** Anyone can do this, if you are single or if you are married. **Get a Valentine's Day Card** (or a Thinking of You card dressed up to be a Valentine Card) **and sign it** (you can also write a nice note inside). The cards can be handmade or bought. **Don't address it to anyone**, just put it in the envelope (which can also be decorated). **Bring it to the Volunteer Services Office** (in the lower level of the Terrace by the Salon) on either **Monday, February 8 or Tuesday, February 9 from 11:00 am - 3:00 pm** so that you can be given your Valentine goodie! These Valentines will be donated to other residents who could use some extra love on this special holiday. This is a way to volunteer and it is an act of caring that will bless you and the other resident who receives it. I am counting on everyone from the Homes, Ridge, and Terrace to help make Valentine's Day 2021 extra special. Thank you for sharing the love with other residents!

*As of this time there have been no changes with Volunteering due to the Covid restrictions. We will definitely let you know when there is a change.*

*There is no exercise better for the heart than reaching down and lifting people up. ~ John Andrew Holmes*

**Breton Market:** A variety of basic grocery items are available to meet your needs. Call 643-2628 to place your weekly grocery order. Orders need to be made before 12:00 noon each Thursday and the groceries will be delivered the following Wednesday. Call if you have questions!

**Greeting Cards & Stamps:** Can be purchased at the Ridge RSO for cash and at the Terrace RSO on your account. The Terrace will have some Valentine's Day cards for sale for your special guy or gal.

**On Campus Transportation:** FREE rides (one way or round trip) are provided throughout the Breton Campus. If you need a ride to one of the other locations, plan ahead and call 643-2627 to schedule. Rides are offered Monday through Thursday from 9:00 am - 1:45 pm. Take the On-Campus Transportation and do something different (like bringing a Valentine to the Volunteer Office on February 8 or 9. There are great volunteer drivers that want to take you for a ride.

### Breton Terrace Woods Café and Breton Ridge Bistro

Monday-Friday  
12:00 - 3:30 pm

Delivery & take out only.