



The Breton Buzz

August 2019

Holiday Market - Saturday, October 26

Only three months until the Holiday Market!!

Bakery needs: The Holiday Market is in need of pies, cupcakes, breads, and cookies. Last year we were sold out before noon, so we are hoping for more folks to participate in baking this year. We have some recipes to share if you would like ideas. Many of the ingredients can be bought at the Breton Market in the Terrace. The pie plates with the clam can be obtained from Sue Karsen at 455-1223. If you would like a new recipe, call Linda Markham at 827-3982, Janice Borst at 228-4144 or Sandy Esch at 226-6749.

Crafts: Not a crafter? We can still use your help! We're looking for monetary donations to purchase fabric for special projects. Contributions can be made at either of the Residents Service Offices.

Thank you for your support and encouragement to make this event a success!

Health Services Information

Congratulation to Dr. Duemler and Dr. Rikse for being named two of the top geriatric physicians in the greater Grand Rapids area by their peers. Holland Home is blessed to have both on staff.



Ron Duemler, MD



Robert Riekse, MD

Volunteer Services

"You CAN Make A Difference" - did you know that? No matter your age - under 80/over 80, ability/disability, strength/weakness, you can make a difference in someone else's life. That is what our volunteers at Breton do every day and we are so blessed and thankful to have each and every one of them!

Can you play the piano or other instruments, sing, or lead singing? Are you able to turn the page of a hymnal for someone that can't? Can you give Catholic residents communion? Do you like to work with arranging cut flowers? Can you play games? Can you push a wheelchair or walk along side someone? Can you be a friend?

All of the above are different types of volunteer opportunities where **you can** make a difference in the life of another Breton Resident. If you would like more information about these and other volunteer opportunities, or if you would like to discuss your gifts and how they can be used, contact Robin in Volunteer Services at 643-2725.

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another." ~Erma Bombeck

Chaplain's Corner

The women of Breton Woods are invited to join a 6 week Bible study on the book of Nehemiah, led by Ridge resident MaryAnn Oatis. Classes are Mondays, September 9 through October 14 as follows:
9:15 am - Terrace - Expressions - OR -
1:00 pm - Ridge (First class is in the Bistro, the remaining will be in the Vineyard.)
Sign up at Reception.

Holiday Lottery

Are you interested in reserving a room for a party between the dates of November 24, 2019 - January 5, 2020? If so, stop by the Resident Services Office by 4:30 pm on Friday, August 16 to register your request with Amy Perin or Sara Wever. After that, they will draw from those submissions with conflicting rooms/dates/times and will record the requests in the order they were drawn. Results will be forwarded to you via your in-house mailbox. Rental during the holiday season is selected by a lottery because the demand for room use is high. One reservation per apartment/condo. If you can't stop by the office, there is an online form available on the Resident Portal under the 'Forms' tab.

"Walk to End Alzheimer's 2019 Grand Rapids" - Save the date!

Holland Home is again sponsoring a team in the "Walk to End Alzheimer's". The walk will be on Saturday, September 14, at The Meadows at Millennium Park. Anyone and everyone of all ages are invited to join us! Please register online at "Walk to End Alzheimer's 2019 Grand Rapids". Our team name is Holland Home. If you have any questions, call Laurie Buter at 485-1580. Register soon and let Laurie know your t-shirt size due to a limited number of shirts available for our team.

Smell the Bacon: Join us for a PANCAKE BREAKFAST hosted by the HH Foundation Team from 8:30 - 10:00 am at one or both:

-Breton Ridge Ristorante on Tuesday, August 13

-Breton Terrace Woods Cafe on Thursday, August 22

Donations will be given to the Resident Assistance Fund.

Library Newspaper Reminder: The Library copies of the newspapers are there for the enjoyment of all residents. Please leave ALL sections in the Library. This includes puzzles, comics, obituaries and all other inserts, ads and coupons. Thank you.

Private Billiard/Pool Lessons: Breton Ridge has some experienced players willing to provide FREE one-on-one lessons with interested residents - men & women! Have you wanted to give billiards a try but are apprehensive because you have never played before? Or perhaps you play but are interested in renewing or increasing your knowledge and skill? If you answered "yes" to either of these questions, this opportunity is for YOU! As a bonus, you will form new friendships and share lots of laughter. To get started, email Doug Howe at dhowemail@gmail.com or call him at 238-7515. He will put in you in touch with one of the experienced teachers to work out a mutually convenient time to have lessons. Once comfortable, you are encouraged to join the open billiards times listed on the Breton Woods calendar. We want more players!

Breton Woods Resident Phone & Email Directory: Upon request, an updated copy of the printed resident & staff directory is available in the Resident Service Office. Stop by between now and August 16 to receive a free annual copy. After that, the directory will still be available, but for a small fee. Keep in mind that the directory is always available to view free of charge on the Resident Portal.

Breton Woods In Motion Support Group: There's a new meeting for residents (and their caregivers) experiencing motion disorders due to Essential Tremors, Parkinson's, or Huntington's Disease. Meetings are from 2:00 - 3:00 pm the first Thursday of each month from September - December, in the Terrace Private Dining Room. We plan to share current research information as well as have fun chair exercises with Liz. Suggestions for speakers are welcomed. Feel free to join the open forum discussions! Contact Lynn Bailey at (517) 647-2460 or mspweb1@gmail.com with questions.

Comcast Landline Phone Users: Did you know that Comcast has a FREE program in place to prevent "Unknown Caller" & "Blocked Caller" phone calls to your landline?

You can enable this in two easy steps:

1. pick up your landline phone and dial *77
2. hang up the phone

Yup...it is that easy! Note: If at any time you want to disable this feature, simply pick up your landline phone and dial *87. If you have questions, please contact Comcast at 1-800-266-2278.

New Phone Number: Tricia Patterson, Dining Supervisor, has a new office phone number. If you need to reach her, please call 643-2611. The general number for the Ridge Bistro will remain the same: 643-2598. Please update this information on your copy of the department & staff directory.

Thank You! A HUGE "Thank You" to all who helped me through my recovery after my recent fall. Special thanks to Pastor Frank and staff of Holland Home. All who prayed for me, brought food, sent cards, gave words of encouragement and visited. I'm so blessed to be part of the Terrace community. Sincerely, Carol Meyering

Thank You! I would like to thank all my wonderful friends and neighbors who have been so kind and helpful to me since I broke my hip. I would not want to live anywhere else. - Bev DeVries

Life Enrichment

Patty Alexander, Life Enrichment Coordinator
643-2707, patricia.alexander@hollandhome.org
Resident Portal: www.mybretonwoods.org

When ***Sign up*** is noted, you must sign up at the Reception Desk or on the Resident Portal @ www.mybretonwoods.org

The abbreviation ***OCTA*** means **On-Campus Transportation is Available**. Call the Ridge receptionist at 643-2582 by **noon** to sign up for a ride.

Farmer's Market Vendors Wanted: If you or a family member would like to have a table/tent at the Farmer's Market to sell your goods on Wednesday, August 14 and/or September 11, contact Patty. Space is free. We reserve the right to limit similar products. The Farmer's Market runs 9:00 am - noon.

Thursday, August 1 - Dinner & Hope Heralds Concert

At 5:00 pm Chef James will be serving a special dinner of grilled surf & turf kabobs, rice pilaf, grilled vegetables, dessert, and a beverage. Concert begins at 7:00 pm. Cost is \$15 for the dinner and concert. Non-dinner residents, please make a \$5.00 donation. ***Sign up***

Monday Morning Music in August: 10:00 - 10:30 am

Let's experience a variety of music!

August 5: Hymn Sing-Along in Centre Place

August 12: 1940's Music sing-Along in Centre Place

August 19: Music Bingo in Expressions

August 26: Best of the Best Sing-Along in Centre Place

Monday, August 5 - KDL Bookmobile at the Terrace

From 2:30 - 4:00 pm come browse music, movies, video games, large print books of all genres, regular print adult fiction and non fiction titles as well as teen, youth and picture books. KDL staff can create library cards for residents who are able to show photo ID or passports. The Bookmobile is equipped with a wheelchair lift so that anyone who is unable to use the stairs can still enter. Items borrowed from the Bookmobile can be returned to any KDL branch.

Tuesday, August 6 - Button Art - 10:00 am

Come to the Terrace Art Studio to be a glutton for Button Art! You'll make amazing artwork with our vintage and unique buttons. Free!! ***Sign up***

August 6: Tuesday Evening Music Club at Meijer Gardens

Join us for FREE Concert. Chairs provided. You can bring your own picnic if you like. No alcohol. Be in the lobby at 5:00 pm.

The Hip Pocket: An eleven-piece, horn-heavy band specializing in funk, R&B, soul and blues.

Soul Syndicate: Pays high-energy, pinpoint homage to R&B and soul classics from various eras.

Thursday, August 8 - Carnival, Car Show and Concert

From 11:00 am - 2:00 pm we will have you juggling between an Antique Car Show on the South Patio, the 36th Street Band Concert, Pastor Frank's Dunk Tank, paddle boat rides, carnival games, and lots of good food and drinks.

Friday, August 9 - GE's Generous Day of Giving

Employees of GE will keep us entertained on the Ridge Patio with games, a concert, and grilling. They will also present some of the amazing products they make. Don't miss this fun afternoon with the GE Gang from 11:30 am - 3:00 pm. See your calendar for a breakdown of events.

Monday, August 12 - Vineyard Patio - 2:00 pm

Root Beer Floats Ice Cream Social Celebrating August Birthdays
Come indulge with your friends! Free to those with birthdays in August and only \$1 for all others.

Wednesday, August 14 - Newton's Family Farmer's Market

We will host again this family market at the Terrace in the West Parking Lot from 9:00 am - noon. Come shop for fresh produce, homemade baked goods, honey and other items.

Friday, August 16 - Terrace Courtyard Patio - 1:30 pm

Root Beer Floats Ice Cream Social Celebrating August Birthdays
Come indulge with your friends! Free to those with birthdays in August and only \$1 for all others.

August 20: Tuesday Evening Music Club at Meijer Gardens

Join us for FREE Concert. Chairs provided. You can bring your own picnic if you like. No alcohol. Be in the lobby at 5:00 pm. Grand Rapids Ballet - This program will employ a full company of Grand Rapids Ballet dancers performing works by some of today's most in-demand choreographers. A mix of classical and contemporary ballets, including Trey McIntyre's Wild Sweet Love, featuring the music of Queen, Lou Reed, Felix Mendelssohn and many more will be included.

Life Enrichment continued...

Thursday, August 22 - Desserts and A Special Night with Julianne Howe - Vineyard - 6:00 pm

Julianne Howe-Bouwens, daughter of Doug and Elizabeth Howe from the Ridge, is a professional singer and actress of stage and screen. As a lover of all things theatre, along with a flare for the dramatic, this Broadway review is a fabulous collection of her feel-good favorites and brassy ballads from shows like Chicago, Cabaret, and Bye Bye Birdie. Expect some surprises along the journey. Come smile, laugh, and maybe even shed a tear, but above all...just put on a happy face! Gourmet dessert bar and a special night with Julianne is \$6 and will be charged to your account. ***Sign up***

Saturday, August 31: Singles' Potluck

Every last Saturday of the month, a potluck for single residents is held at 5:00 pm in the Woods Café at the Terrace. Residents are asked to sign up in the Life Enrichment book to bring a main dish, side dish or dessert. Please bring your own place setting (napkin, plate, silverware, and glass). Coffee and water provided. Wear your nametag. Seat assignments begin no earlier than 4:45 pm.

Wednesday, September 4 - End of Summer Adventure Trip

We'll be heading to the Kellogg Manor at the highest point on Gull Lake enjoying a lunch, tour, and beautiful scenery on the lake before heading to the lake shore for a cider tasting and scenic tour. Sign up and pay \$55 by Monday, August 19 for coach bus, lunch, tours, food/drinks for the day. We will depart at 9:00 am and return around 4:30 pm.

Fitness Information

Final Dog Pawty - Thursday, August 1

At 1:00 pm we'll be hosting the Dogs of Breton Woods in the Terrace Courtyard for a bit of play time and then a trip over to visit our friends at BEC South. Bring bags to scoop and let them have fun with their pals.

Shuffleboard Fun - Monday, August 5

Join Alexis and KT, on their last day of their internship, for shuffleboard! Come to Expressions at 1:00 pm. Learn how to play or show off your skills! No prior experience required.

Bean Bag Tournament - Monday, August 5

Join Alexis and KT for a bean bag tournament. Meet at the Ridge front entrance by 3:00 pm. Sign up at the fitness desk or the day of!

Outdoor Drumming - Friday, August 23

Thank you to those who have been sharing fitness ideas through the fitness suggestion boxes. Based on a suggestion, we will be offering Outdoor Cardio Drumming from 1:00 - 1:20 pm at the Terrace South Patio. Cardio drumming brings together drumsticks and an exercise ball to create one of the most fun workouts you'll ever do. Cardio drumming will raise your heart rate and help strengthen many muscle groups, including your core.

Vibrant Living Interns

Brad, Brian, Alexis, and KT will be completing their internship on or before August 6. Please stop by the Fitness Center to thank them for their hard work this semester! Information on future interns will be displayed on digital signage this month.

Sick and Tired of being Tired? Improve Your Sleep!

- Sleep is imperative for maintaining sharp cognitive function
- Most of our learning and memory consolidation occurs during sleep.
- Our moods are often dictated by our sleep.
- Immune system health can be jeopardized by poor sleep.
- Maintaining resilience to stressful situations can depend on sleep

Tips for establishing healthier sleep habits:

- Turn off ALL electronics 2 hours before sleep (including the TV!)
- Write down your priorities for the next day before bed.
- Engage in regular exercise
- Schedule time to do deep breathing exercises before bed.

Breton Terrace Woods Café

Open Monday - Thursday: 11:30 am - 6:30 pm
Soup & Salad every Wednesday: 11:30 am - 6:30 pm
Friday: 5:00 - 6:30 pm

Breton Ridge Bistro

Open Tuesday and Friday: 11:30 am - 1:30 pm
Monday and Wednesday: 5:00 - 6:30 pm
Soup & Salad every Friday: 11:30 am - 1:30 pm

BRETON READERS

Get a copy of the book by calling Carol Berghage (Ridge) at 827-1306 or Delores DeKok (Terrace) at 455-2415.

August: "Small Great Things" by Jodi Picoult

August 6 @ 2:00 pm - Ristorante

August 28 @ 3:00 pm - Terrace Private Dining Room