

The Breton Buzz



March 29, 2018



New at the Breton Terrace Salon!

The pedicure station is ready to pamper YOU! Services offered are a pedicure without polish for \$24 or a pedicure with polish for \$30. Please contact the salon at 643-2714 to schedule your appointment with Peggy McDaniel.

NEW RESIDENTS: If you moved to Breton Woods within the last year, you're invited to have lunch with Holland Home CEO, Mina Breuker, and Foundation Executive Director, Scott Halquist. These small group lunches, held in the Ridge Private Dining Room, offer you time to get to know each other, and provide an opportunity to ask questions. Lunch dates are: April 2, April 10, July 13, & July 26. Reserve your seat by calling Marcia Timmerman at 235-5118.

Breton Ridge Patio Project: The Ridge Patio project is expected to begin **this week** (weather dependent). This project will be noisy. While it may be a bit inconvenient for a time, the final result will provide a beautiful, covered patio & grill area to be enjoyed by so many residents and their families. If you have any questions about this project, please contact Facility Services at 235-2787.

Noon Meals: Independent Living residents have the option to purchase the noon meal from BRLC for \$6.50 each. This charge will automatically be added to your monthly statement. Meals are delivered Mondays-Fridays and available for pickup on Saturdays and Sundays. If you would like to purchase a meal, or cancel the day of expected delivery, call 643-2549. If you would like to set up an order for ongoing services, please call 643-2510.

Volunteer Opportunities

Worship Assistant, Breton Rehab: The Volunteer Services Team is excited to announce a new volunteer role created to assist in enhancing the Sunday Worship Services at Breton Rehab. The Worship Assistant will be responsible for greeting the Pastor and assuring all items are in place before the start of the service, as well as greeting residents as they arrive and providing behind the scenes support during the service. The Worship Assistant role will be from 3:00-4:30pm on Sundays. We welcome any level of volunteer commitment for this role.

A second area of coverage we are looking for support is joining the team of current Breton Rehab Greeters. This is a wonderful way to meet new people and welcome them to Breton Rehab & Extended Care. Whether you are able to do a shift weekly, monthly or would be willing to be a substitute, we would welcome the opportunity to meet you!

To learn more about these opportunities, please contact Kristi Halquist at 643-2725 or stop by the Volunteer Office located on the Terrace lower level on Mondays, Wednesdays or Thursdays.

Terrace Woods Café

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

Breton Ridge Bistro

Open Tuesday, Thursday and Friday: 11:30 am - 1:30 pm
Wednesdays: 5:00 pm - 6:30 pm
Soup & Salad every Friday: 11:30 am - 1:30 pm

Health & Fitness Information

Vibrant Living Class of the Month: Tai Chi

Friday, April 13 @ 2:00pm - Ridge Body Shop

Try this gentle, low-impact exercise that addresses flexibility and balance. Tai Chi can be enjoyed by individuals of all fitness levels. Sampson Leung, Raybrook's Fitness Intern, will be the instructor.

Move in May: This year's theme is Passport to Fitness. It is an exciting wellness program during the month of May that encourages you to be active. Be sure to check your upcoming newsletters for details on the opportunities including new classes, events and presentations.

Heart Healthy Dance: Exercise can boost brain health and slow cognitive declines. A recent study found that one form of exercise in particular seems to produce the best benefits-- dancing! Try Heart Healthy Dance on Mondays at 10:20am in the Vineyard. Also, during the month of April check out Heart Healthy Dance on Fridays (except April 20) in Expressions at 12:00pm.

Class Conclusion: The two 6 week sessions for Friday Functional Circuits has concluded. Thank you to all who participated.

Pool Reminder and Resident Responsibility: Residents must accompany any guests they have visiting the pool. Please remember to be respectful of your facility and mindful of the designated areas for toys and equipment for residents and visitors. The locked equipment is to be used for classes only. Thank you!

Hobo Soup Gathering: BIG shout out to Willard VanEssen (Van), Bill Duchaj, and Patty Alexander for all the hard work they did to make the Hobo Soup dinner a big success! Van and Bill opened all the cans and helped with serving and clean up. Patty took on the organizing and when asked about something, always seemed to respond with, "I have it taken care of" - and she did! Thank you to all. - Bev Benoit



Peak Power Saver - Consumers Energy:

Did you get a mailer from Consumer's Energy about a power saving device they recommend? Holland Home owns the heating/cooling systems, and the device mentioned in their correspondence is not approved to be placed on the air conditioner condenser power line. Here are some other ways to save on costs: clean dryer lint screen after every load. Unplug any battery chargers or power adapters when not in use. During cold weather, use the sun's warmth by keeping drapes open during daylight hours.



BRETON READERS Book Discussions



Get a copy of the book by calling Carol Berghage (Ridge) at 827-1306 or Jean Feringa (Terrace) at 281-5138. A summary of the book is on the bulletin board.

April Book:

Behind the Beautiful Forever: Life, Death, and Hope in Mumbai Undercity by Katherine Boo

**April 3 at 2:00pm - Ridge Ristorante &
April 25 at 3:00pm - Terrace Private Dining Room**

Life Enrichment

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

Resident Portal: www.mybretonwoods.org

Wednesday, April 4: Wii Bowling Cancelled at the Terrace

The 2:30pm Wii bowling at the Terrace only is cancelled to accommodate the REAL Self Defense Class in Expressions.

Thursday, April 5: Annual Talent Show

Don't miss the Resident & Staff Talent Show at 7:00pm in the Vineyard. Call Patty to sign up. Prepare to showcase your talents! Sign up for on-campus transportation in the Life Enrichment book at the Terrace. Shuttle begins at 6:15pm.

Monday, April 9: Kid's Food Basket

We will volunteer for an hour and hear more about this program. This is a fun opportunity to help feed kids a third meal. Sign up at Reception or on the Resident Portal. Be in the lobby by 9:15am.

Tuesday, April 10: Grand Rapids Art Museum

Enjoy the creativity and beauty of the art at the Grand Rapids Art Museum. Sign up at Reception or on the Resident Portal. Be ready in the lobby at 2:00pm. Please bring \$8 cash to expedite admission.

Thursday, April 12: Movie, "Nicky's Family"

Neal Peters will share this movie in the Terrace Theatre at 7:00pm. "Nicky's Family" tells the nearly forgotten story of Englishman Nicholas Winton, known as the "British Schindler," who organized and carried out the rescue of 669 Czech and Slovak children that were at risk from the Nazis just before WWII. Call the Ridge Receptionist at 643-2582 by 12:00 noon to schedule on-campus transportation.

Tuesday, April 17: "Butterflies are Blooming" - Meijer Gardens

Sign up at Reception or on the Resident Portal. Lunch will be at the Gardens (pay for yourself). Be ready in the lobby by 11:00am.

Monday, April 23: Men's Lunch

The ROMEO's are heading to Jolly Pumpkin Brewery for lunch. Invite a friend and sign up at Reception or on the Resident Portal. Be ready in the lobby by 11:00am.

Monday, April 23: Kentucky Derby Hat Making Class

We're having a Kentucky Derby Party on Saturday, May 5! Ladies, come design and decorate a hat for the party on April 23 at 10:00am in the Art Studio. Bring a floppy hat or purchase one for \$5 at the class. Sign up at Reception or on the Resident Portal.



Thursday, April 26: Ladies' Lunch

Ladies are invited to meet in the lobby at 11:00am to go to lunch at Founders. Sign up at Reception or on the Resident Portal.

Tuesday, April 24: Board Report

Mina & David will provide updates and information about Breton Woods and the Holland Home organization at 10:00am in Centre Place. There will also be time for residents to ask questions.

Thursday, April 26: Veteran's Event, PTSD and Mental Health

Hear more about PTSD and Veterans' mental health issues from Dr. Bloem at 7:00pm in the Centre Place. What's different between WWII, Korean and Vietnam Veterans? Call the Ridge Receptionist at 643-2582 by 12:00 noon to schedule on-campus transportation.

Wednesday, May 9: Tulip Time

Sign up for Tulip Time at Reception or on the Resident Portal. Cost is \$30 which includes charter bus transportation, a tour of the tall ships, a step-on tour of the tulips, and lunch.



Chaplain's Corner

Frank Guter, Breton Woods Chaplain: 643-2536
frank.guter@hollandhome.org

Visits: If you would like a visit from the Chaplain, Pastor Frank would be very happy to oblige. Simply call him or send a written message to him at his Terrace office.

Chaplain Gleanings:

April hath put a spirit of youth in everything." William Shakespeare

"Expect to have hope rekindled. Expect your prayers to be answered in wondrous ways. The dry seasons in life do not last. The spring rains will come again." Sarah Ban Breathnach

"Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead...." [1 Peter 1:3]

Prescription and Over-the-Counter Medicine Disposal:

Article taken from: <https://www.accesskent.com/Health>

Many people take medicine at some point in their lives. Occasionally, not all of it is used and it stays in medicine cabinets and drawers until it eventually expires. An estimated 20%-60% of prescription medications go unused. Improperly disposing of medications by flushing down the toilet or throwing them in the trash represents an emerging concern for the environment and public health. Putting unused or expired medication in the trash sends it to landfills where it may seep into the surrounding water table. The pills could also be removed from the trash and used by someone else potentially resulting in illness or death. Flushing unused medications down the toilet sends these chemicals to sewage treatment plants which do not screen for them. That means the chemicals often end up in our lakes, rivers, and streams. A 2002 U.S. Geological Survey analysis found that 80% of the national waterways tested contained low levels of prescription and over-the-counter drugs, steroids, and reproductive hormones. The correct way of disposing of unused, unwanted or expired medications is by placing them in drop boxes at participating local pharmacies and law enforcement agencies.

Pharmacies will accept the following items:

- Prescription medications (non-controlled)
- Antibiotics/steroids
- Cold and flu medications
- Vitamins and herbal supplements
- Pet medications
- Medication samples
- Medicated ointments and lotions



NOTE: Prescribed controlled medicines like Codeine, OxyContin, Vicodin, Xanax, and Ritalin must be disposed of in a drop box at a local law enforcement agency.

To properly dispose of medications, leave them in their original containers but block out ALL personal information on the labels. Do not remove the name of the medication. To find a collection site near you, check online at www.wmtakebackmeds.org for a list of participating pharmacies or ask your pharmacist. Drop boxes are also located at most West Michigan area police and sheriff departments. Certain restrictions may apply at any of the drop off locations so call the site you plan to use for more information on what is accepted.

Pizza Bar in the Ridge Bistro

Thursday, April 19

11:30am-1:30pm

Assorted pizzas, Caesar salad, breadsticks, dessert & a beverage - \$10.00

