



# The Breton Buzz

January 2019

## Fitness Information

### **Fitness Brochures**

Please stop by Israel's Fitness Center or the Body Shop to pick up a fitness brochure. In the brochure you will find the updated fitness schedules and descriptions of the group fitness classes.

### **Vibrant Living Class of the Month - Cardio Express with Zack House**

Endurance, or aerobic, activities increase your breathing and heart rate. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, and heart disease. Come participate in this fun, endurance building class on Friday, January 4, at 2:30 pm in Israel's Fitness Centre.

### **Nutrition in the New Year**

Studies show the links between a healthy diet and cognitive function. The following foods may boost memory in healthy older adults.

- Regular intake of omega-3 fatty acids, folic acid, vitamins and beta-carotene have been recommended for maintaining memory capacities.
- Consumption of green vegetables, beans, berries, nuts and olive oil may help prevent the development of Alzheimer's disease.
- Consumption of blueberries and strawberries help prevent age-related mental decline (Yakimchuk, MD, PhD, 2018).

## Chaplain's Corner

Weekly Bible studies resuming in January:

- Women's Bible Study, Monday, January 28, at 1:00 pm in the Ridge Ristorante.
- Coffee Break Bible Study (open to both women & men), Wednesday, January 9, at 2:00 pm in Ridge Private Dining Room.
- The Breton Woods Choir resumes rehearsal on January 10 at 3:00 pm in Centre Place. Newcomers are welcome! See Pastor Frank if you have questions.

### **Chaplain Gleanings:**

*"Bless this year with love and light, Bless this year with faith and sight, Bless this year with grace and ease; Bless this year with joy and peace."*

## Sales Department Information

**Resident Recruitment:** Wouldn't it be great to have some of your best friends become your neighbors? Help spread the word that Holland Home is a great place to live! Our "refer-a-friend" program can earn you up to a \$1,000 credit on your next monthly statement when your friend signs a Continuing Care Agreement and moves to Holland Home. It's simple – just request a resident recruitment form from the Sales & Information Centre at 643-2726 and we take care of the rest. If your friend isn't already in our system and they move-in, you'll receive the referral bonus!

**Estate Planning and Family Trusts:** Do you have a Family Trust as part of your estate plan? If you have established a trust, you can assign the non-refundable and refundable portion of your Holland Home Entrance Fee to that trust. Refunds not assigned to a trust will be returned either to the Resident or their estate. Contact Victoria Carson at 643-2730 in the Sales Office and she will check to see if you already have established an "Assignment to Trust" document. If you do not, she would be happy to walk you through the process.



**January Series:** We will livestream the January Series again this year. As you have probably experienced, technology can be a tricky business and may decide to not cooperate regardless of how many times we practice the process. If something does happen to interfere with the livestream, we will do our very best to get things back on track. Please be patient with our volunteers who are giving of their time to set up the livestream at three locations. If you are willing to help set up or learn how to set up the livestream, we are always in need of volunteers to make this happen during the month of January. Please contact Patty Alexander at 643-2707 or Marenta Klinger at 643-2724 if you are willing to help. We hope you enjoy this year's line up!

**Resident Advisory Board:** Please congratulate Dan Girdwood and Phil Bom who were elected to join the Resident Advisory Board committee. Phil will represent the Ridge and Dan will represent the Homes. Their 2 year term starts in 2019.

**2018 Holiday Market:** A BIG 'Thank You' to all who donated items, their time, or both in some way to this year's Holiday Market. We brought in \$11,874.55! The event was a HUGE success and would not have been possible without your contribution!

- The Holiday Market Core Committee

### **NEW! All Are Welcome at the Building & Grounds Meeting!**

This is now an open forum for all residents to attend. Meetings are held on the 2nd Thursday of the month. Please keep an eye on the Breton Calendar for the alternating location information. We hope to see you there!

**Volunteer Opportunities:** Assist us in enhancing the lives of our neighbors on the Breton Campus. The volunteer office is currently looking for volunteers willing to share some of their time visiting with residents at the Breton Rehab and Extended Care buildings on the Breton Campus. This volunteer role offers a very flexible schedule and welcomes any level of time commitment. Volunteers are welcome to visit, share a cup of coffee or join a resident during an activity. Our goal is to meet residents where they are and support them during their stay at the facility. If you are interested in learning more about this opportunity, please contact the Volunteer Services Office (located on the lower level of Breton Terrace) at 643-2725.

**Phone Books:** In an effort to save money and resources, Breton Woods will no longer order bulk supplies of the Yellow Pages and/or White Pages phone books. If you wish to receive a copy, you may call to place an order for one to be delivered to your specific apartment/address. Call 1-866-329-7118 to place your order.

**Salt & Snow Removal:** This year there is a shortage of salt due to a salt mine strike that took place earlier in the year. As a result, the government had priority on the purchase of salt, which added to the shortage. Holland Home was able to purchase approximately half of the normal salt used for a winter season. Due to this, unless there are extreme ice conditions, we will only salt the licensed areas. Please note that there may be ice and slippery areas on the sidewalks and parking lots, so please be careful. Holland Home will continue the routine snow plowing and shoveling of parking lots and sidewalks when there are snow accumulations of 1.5 inches or more.

### **A Special "Thank You" from Jane Mingerink:**

Thank you so much for the support you have given me during the past weeks. All the prayers, cards, visits, & meals have meant more to me than I can express. Marv had great comfort in PS. 23—"The LORD is my shepherd.... And I will dwell in the house of the Lord forever."



### **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

## Life Enrichment

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

When **\*Sign up\*** is noted, you must sign up at Reception or on the Resident Portal @ [www.mybretonwoods.org](http://www.mybretonwoods.org)

The abbreviation **\*OCTA\*** means **On-Campus Transportation is Available**. Sign up at Reception by **noon** for evening events.

### Saturday, December 29: Singles' Potluck

On the 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 for a main dish, side dish or dessert in the Red Life Enrichment book. Please bring your own place setting (napkin, plate, silverware, and glass). We supply the fellowship and coffee/water for beverages. Wear your nametag. Seat assignments begin no earlier than 4:45 pm.

### January Series Discussions:

Again this year, the REAL Board has selected some of the January Series speakers to be moderated after the video plays. This will be no longer than 20 minutes of discussion on the speaker and content for that specific topic. Please note these moderated events will be noted on the calendar with **\*Discussion Following\***. You are free to leave after the video if you choose.

**January Birthday Ice Cream Socials** will be Monday, January 14, at 2:00 pm at the Ridge, and Friday, January 18, at 1:30 pm at the Terrace. Free ice cream to those celebrating January Birthdays on these dates only. \$1/person/scoop for others. **\*OCTA\***

### Friday January 4 - Ridge

### Monday, January 7 - Terrace

### Christmas Decoration take-down:

Thank you for your help in making an amazing holiday for our community, families, and staff with the beautiful Christmas decorations. Now your help is needed to put things back to normal. Many hands make light work. Meet in the lobby. **\*OCTA\***

### Tuesday, January 15: Board Report & Coffee

The quarterly Board Coffee is an opportunity to hear updates from Mina and David and have coffee and fellowship with your peers. Join us in the Vineyard at the Ridge at 10:00 am. **\*OCTA\***

### Wednesday, January 23: Opera in the Woods - 6:30 pm

"The Tales of Hoffman" by J. Offenbach. This opera attempts to mislead the audience as to what it is all about. Can you avoid this happening to you? You will find out at the end of the opera.

### Thursday, January 24: Ladies' Lunch

The ladies will experience a unique lunch at SanChez, not only known for their Tapas menu, but choices of yummy salads, paninis, and more. Experience this Spanish style restaurant opening up your taste buds and bringing socialization back to our dining table. Be in the lobby at 11:00 am. **\*Sign up\***

### Thursday, January 24: Tell Us Your Story

Join us at 7:00 pm in the Vineyard to hear Anthoinette Bom's story of her life in the Netherlands, Canada, and United States, and her brave story of resiliency in fighting Stage 4 Cancer through natural means. **\*OCTA\***

### Tuesday, January 29: Dot Mandala Art

Dot Mandala Painting may look hard, but it's actually fun and used in art therapy and for meditation and relaxation. Learn this interesting technique at 10:00 am in the Terrace Art Studio. Class size is limited to 12 people. **\*Sign up\* \*OCTA\***

### Tuesday, January 29: Men's ROMEO Lunch

The men are going to Railtown Brewing at 11:00 am to experience the newly expanded Caledonia brewery featuring a highly rated menu. **\*Sign up\***

## Life Enrichment continued...

### Friday, February 15: Murder Mystery and Dinner at 5:00 pm in the Woods Café at the Terrace with "The Petulant Express"

It was one of the marvels of 1937; the new streamlined train designed by Peter Petulant, "The Petulant Express". The train's regular journey between New York City and Chicago constantly attracted a passenger list of the rich and famous. This morning, Petulant's body was found in his plush Presidential car, still holding his crystal champagne glass with his solid silver cigarette case in the pocket of his robe. Petulant appeared to have died without a struggle. Your assignment... who killed Peter Petulant? \$20 per person for this special evening with a 3-course dinner and a Murder Mystery Theatre experience in the Woods Cafe. Pre-pay by February 1. **\*Sign up\***

### Friday, February 22: Murder Mystery and Dinner at 5:00 pm in the Vineyard at the Ridge with "Death in Them Thar Hills"

It is 1880 and "Dusty" Jones, local gold mine owner, is being honored by the residents of Cactus Gulch. Jones had arrived in town five years before, flat broke and relying upon the generosity of local residents. Today, he is the sole owner of the TAqIIA mine (Dusty never could spell). The key citizens of Cactus Gulch have assembled to honor Dusty. Amidst the celebration, Dusty raises a glass of Gila Gold, his favorite brand of tequila, sits down, and, a few minutes later, slumps over in his chair - dead. Your assignment...who killed Dusty? \$20 per person for this special evening with a 3-course dinner and a Murder Mystery Theatre experience in the Vineyard at the Ridge. Pre-pay by February 1. **\*Sign up\***

### Thursday, March 21, 2019:

### The Book of Mormon by Broadway GR

*The New York Times* calls it "the best musical of this century." *The Washington Post* says, "It is the kind of evening that restores your faith in musicals." *THE BOOK OF MORMON*, the nine-time Tony Award® winning Best Musical is coming to DeVos Performance Hall, and we've reserved tickets. Sign up and pay \$65.00 for premium seating in the lower loge and mezzanine. Seating is assigned according to dated and paid sign-up. Sign-up deadline is January 9, 2019. Contains some colorful language.

### Ark & Creation Museum Trip:

We are coordinating with Spectrum Tours for a trip to the Ark in Kentucky, Creation Museum, a Broadway Show and more! The trip is being planned for April 16-19 and the cost is \$689.00 each with double occupancy (add \$225.00 for single occupancy). If you are interested, call Patty for more information on the details and to sign-up. Act quickly as these trips fill fast! Tour includes deluxe motor coach transportation, coffee and doughnut en route, three nights lodging, luggage handling, three breakfasts, three dinners, admittance to The Creation Museum and The Ark Encounter, Planetarium Presentation, La Comedia's Luncheon Buffet and seating for "Newsies," fun and fellowship.



### Ring in the New Year at the Terrace & Ridge Monday, December 31



**Ridge Vineyard: Social Hour: 5:00 pm Dinner: 6:00 pm**  
*Ham, tableware & beverages will be provided. Along with a favorite dish to pass, we appreciate donations to help cover costs. After the meal, we will have entertainment followed by the ball drop. You are welcome to stay longer to play games.*

### Terrace Woods Café: 7:00 pm - 9:30 pm

*Bring your own beverage and a snack or appetizer to share. Plates, tableware and a dessert will be provided. We will enjoy a special time playing, "Relationship Bingo" and singing some old favorites. Seating will begin at 6:45 by the number system.*

## BRETON READERS

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

**January:** *Winter Garden* by Kristin Hannah

January 8 @ 2:00 pm - Ristorante

January 30 @ 3:00 pm - Terrace Private Dining Room