



The Breton Buzz

March 2019

Health Services

Breton Campus Health Services Forum - Please join us in Centre Place for a Health Services Forum on March 8 at 11:00 am. There will have a short presentation of current campus services, followed by an open invitation for questions and suggestions to improve health services on the campus. All independent living residents are encouraged to attend whether you have a Terrace Health Centre primary care physician, or a community physician. Please call Jill England, Director of Resident Health Services at 643-2735 with questions or concerns.

Medicare Cards Update - Michigan has now completed the mailing of the new Medicare cards. If you didn't receive your card, please contact Medicare to have a new one mailed to you. Medicare will stop accepting billing from the Social Security Administration based claim numbers at the end of this year, so residents should get this taken care of as quickly as they can. The phone number for Medicare is 1-800-633-4227. When you receive your new card, please provide a copy to either Amy or Sara at the Terrace or Ridge or bring the card, and they will make a copy. Thank you!

New Hours: The Health Centre hours have expanded to provide more nurse coverage on campus in the evenings. The new hours are Monday - Friday from 7:00 am - 5:00 pm (closed for lunch from 12:00-1:00 pm), and hours by appointment only from 5:00 - 7:00 pm. Please call Jill England, Director of Resident Health Services @ 643-2735 with questions or concerns regarding this change. We look forward to working on new ways to serve the health needs of the residents of the Breton Woods Campus.

Free Memory Screening - Are you concerned about your memory? Are you or others noticing changes in your memory? Memory screening can provide valuable information about how your doing. Private screenings take approximately thirty minutes. A screening cannot diagnose a disease, but it can determine whether a person has a problem and should seek further evaluation by a specialist. Screenings are not recommended for persons already under a physician's care for dementia or Alzheimer's disease. Memory screenings will be conducted by appointment only on March 8, 2019, at the Ridge. You MUST schedule an appointment. Screenings are free and confidential. Contact Christin Carpenter at (616) 234-2844 or email at Christin.carpenter@hc.msu.edu

REAL - Resident Enrichment Academy for Living - Did you know that many of the REAL presentations are recorded? If you were unable to attend, or if you heard about a great class that you missed, you may still have an opportunity to watch the recording on the Resident Portal. Visit www.mybretonwoods.org and log on to find these videos. Select the tab "VIDEOS", then select "REAL Videos". From there you will be able to locate the course and view it. *If the presentation was not recorded, it will be noted next to the class title.*

Is it Time for an Updated Photo? The pictorial directory is a useful tool both in the print version and on the Resident Portal. We are offering a chance for residents to have a new, updated photo taken. Open "drop-in" times at the Resident Service Office are:
-Terrace: Tuesday, March 5 from 10:00 am - noon & 2:00 - 4:00 pm
-Ridge: Thursday, March 7 from 10:00 am - noon & 2:00 - 4:00 pm

Terrace and Ridge Paper Recycling Update - Please place all approved recycling items in the tall Arrowwaste bins. This includes all approved plastic, glass, metal and now paper products. Please see the RSO with questions or concerns.

Bretonaires Band Information - It's time to dust off your band instruments for the upcoming Bretonaires Band Season. The first practice will be Tuesday, April 16. Practices will be on Tuesdays from 11:00 am - noon and on Fridays from 9:45 - 10:45 am in the Expressions room on the lower level of the Terrace. If you have any questions or are interested in joining the band, call Jay Lindquist at (616) 827-8553.

Thank You! - Thank you very much for all of the flowers, phone calls and visits. One of the cards said I was prayed on which gave me the beautiful feeling of God's love through each of you. Thank you, my friends.
~Lucille Grimm

Art Engagement Opportunity - This year, we have the honor of participating in a collaborative art project with Top 20 ArtPrize Artist, Pamela Alderman. This project will provide multiple opportunities for residents at both campuses, in all levels of care, to participate - this project will bring out the artist in all of you! The Vibrant Living team has been working closely with Pamela to create concepts for three separate pieces that will be hung in our buildings upon completion to enjoy for years to come. The theme for these pieces is Broken Wings and will focus on the Monarch butterfly's 6,000 mile journey, pushing through obstacles for survival. We can all relate to this concept in some way. Our hope is that these projects will bring our campus together to complete this project and serve as a lasting reminder of our journey. Opportunities to contribute to these pieces will begin in March and will be outlined in your REAL catalogs and calendars. Don't miss the opportunity to leave your mark!



Welcome Robin Lambert - New Volunteer Services Coordinator

Please join us in welcoming Robin Lambert to the Breton Woods Campus. Robin recently joined the Holland Home Volunteer Services Team, and will be based at the Breton Woods Campus. She will be working out of the Breton Terrace Volunteer Office (adjacent to the Vibrant Living Life Enrichment Office). She comes with a vast array of experience, most recently with Faith Hospice in their intake department. She attended Olivet Nazarene University and graduated with a Psychology/Social Work degree. Robin has two sons that are married and has 5 grandchildren. One of her sons recently completed his service as a United States Marine, and she is very excited to have him and his family back in Michigan! She attends Voyage Community Church where she enjoys teaching kids Sunday school. Robin is excited to meet you and looks forward to working with you. Please feel free to stop by the Volunteer Office to introduce yourself. Robin is in the office Monday - Thursday.

2018 Holiday Market Update - Proceeds will be used to purchase two portable sound systems, a pergola for the sidewalk between BRLC and BEC-S, and making improvements in the Ridge Body Shop. Thank you again to all who donated time and/or items to make the event a success!

New Resident Lunches are BACK! - If you moved to the Breton Campus within the past year and have not attended a New Resident Lunch, you are invited to attend one. These small group lunches, hosted by Mina Breuker, CEO, and Scott Halquist, HH Foundation Director, are a great way for them to get to know you, and will provide you the opportunity to ask questions about Holland Home. Dates are March 4 or April 4, from 12 to 1:30 in the Breton Ridge Private Dining Room. **RSVP required:** contact Marcia Timmerman at 235-5118 to sign up.

Sales Department Information

Immediate Openings - Wouldn't it be great to have some of your best friends become your neighbors?

Help spread the word that both Breton Woods and Raybrook Estates have immediate openings for 1 bedroom apartments in Independent Living! When you share with your friends how much you love living at Holland Home, you help others in their decision making process. If your friends are looking for a 2 or 3 bedroom apartment, please encourage them to go on the wait list.

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

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

Friday, March 1 - Thank A Staff Member Day

Today is National Employee Appreciation Day. If you get a chance, thank the staff members who you see as going above and beyond in their job. A simple thank you can go a long ways. Include our Breton Rehab and Extended Care units staff by signing a "Thank You" card for them at Coffee Time.

Tuesday, March 5 - Mardi Gras Fat Tuesday Dinner Party

Dress up for Mardi Gras with your favorite colors for dinner at 5:00 pm in the Terrace Woods Café. No Sign-up is needed.

Monday, March 11 - Vineyard - 2:15 pm

Friday, March 15 - Woods Café - 1:30 pm

Ice Cream Social Celebrating March Birthdays

Come celebrate with your friends who have a March Birthday! Free to residents with birthdays in March and only \$1 for all others.

Wednesday, March 13 - Spring Door Hanger Art

Sign-up to design and paint your own "Spring" door hanger sign, specially cut by our Wood Shop guys. This is a fun time with fellowship with old and new friends. It's at 10:00 am in the Art Studio. *Sign-up* *OCTA*

Tuesday, March 19 - Lunch & Music at Mid-day at Park Church

We will enjoy the GR Christian High School Chorale and lunch at Park Church. The lunch is only \$6 and includes soup, salad bar, bread, beverage, and cookies. *Sign-up* and be in the lobby by 10:45 am.

Saturday, March 23: 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 Life Enrichment book. Please bring your own place setting (napkin, plate, silverware, and glass). Fellowship and coffee/water for beverages provided. Wear your nametag. Seat assignments begin no earlier than 4:45 pm.

Wednesday, March 27: Opera in the Woods - 6:30 pm

"Dialogues des Carmelites"—F. Poulanc. An intimate look into the lives of a family and a small allied public group during the horror time of the French Revolution of 1792 AD. This opera is a tragic drama, but the music is beautiful yet powerful, overcoming tragedy. Featuring Luciano Pavarotti.

Friday, March 29: "Beautiful You" Women's Retreat

Join your fellow Holland Home female residents and staff in the Ridge Vineyard from 9:00 am - 4:00 pm as we come together for a revitalizing day to remind us of our worth in God's eyes. Our very own President & CEO, Mina Breuker, will kick off the day, followed by a keynote address by former Holland Home alumna and motivational speaker, Judy Schreur. The day will include a variety of sessions, specifically designed for women, full of tips, tricks and teachings centered around I Peter 3:3-4. Pastries and lunch will be included. Our hope is that you leave reminded of your unfading beauty in God's sight! Call (616)643-2635 to RSVP or register online via the Resident Portal by Friday, March 15.

Thursday, April 4 - Breton Woods Variety Show

It's time to start working on your acts! The Annual Variety Show will be April 4 at 7:00 pm in the Vineyard. We will have a dress rehearsal on Thursday, March 28, and all acts should be prepared to perform. Sign up by calling Patty at 643-2707 with the names of who will be in the act, the name (if it's a group), the type of performance, and title of song (if performing a song). Acts are limited to five minutes.

Bingo at the Ridge

Saturday, March 9, 12:30—3:30 pm

All Breton Woods residents are invited to play Bingo in the Ridge Bistro. Donation of \$1.00 per Bingo card (4 card limit) is requested. Snacks, coffee and water are provided.

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE SPIN SPACE	49	63
5	23	35	58	73
3	30	32	52	75

BRETON READERS

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

March: *The Hidden Life of Trees*

by Peter Wohlleben

March 5 @ 2:00 pm - Ristorante

March 27 @ 3:00 pm - Terrace Private Dining Room

Fitness Information

Continue Exercising While the Pool is Closed:

Cardio Express on Monday, Wednesday, and Fridays at 11:20 am in the Israels Fitness Centre.

- Seated Yoga on Tuesdays and Thursdays at 10:00 am in the Israels Fitness Centre.

PATH Party - Friday, March 15

Performance and Ability Testing for Health (PATH) is a free tool that you can take advantage of here at Holland Home! The purpose of PATH is to paint a picture of your current physical wellness, indicating areas of strength and detecting potential areas for growth. Following the assessment, you will receive a personalized feedback report. Drop by for a PATH Review and a healthy snack. No appointment necessary.

Vineyard - 11:00 am- 12:00 pm

Expressions - 12:30 - 1:30 pm

Vibrant Living Classes of the Month

Indoor Games - Friday, March 22

Join our Vibrant Living Intern, Madye for fun indoor games that are sure to cure our cabin fever. We will have corn hole, giant Jenga, fowling and more!

Ristorante 10:30 - 11:30 am

Pool Volleyball - Friday, March 22

Join our Vibrant Living Intern, Derrick and the fitness team for Pool Volleyball. We play with a beach ball so there is no experience needed. Whether you join in the action or cheer on your friends, you are in for a SPLASHing good time!

Pool 12:30 - 1:30 pm

Tuesday/Thursday Water Fusion

Please note that the Tuesday/Thursday Water Fusion class will start at 10:00 am when the pool reopens.

Encouragement from Vibrant Living Intern, Autumn - Elevate Your Mindset and Positive Thinking

With February coming to an end it's easy to get discouraged by the cold weather and lack of sunshine. Remember every day is a new start to accomplish something amazing. Whether you have a goal to improve flexibility, eat healthier, go to the fitness center, read a new book, or try a new recipe - go out and try it, don't give up or get discouraged. Think positive, boost your mood, and uplift your life. "Above all, challenge yourself. You may well surprise yourself at what strengths you have and what you can accomplish"

- Cecile Springer

St. Patrick's Dinner

Friday, March 15 5:00 - 6:30pm

Terrace Woods Café

Corned beef & cabbage with boiled redskin potatoes
-or-

Guinness beer battered fish & chips with coleslaw

Both meals include a beverage & a dessert for \$12

(no reservation necessary)