



The Breton Buzz

June 2019

Something from Sara

Over the last couple years I have received reports from residents about attempted scams. Here are some tips on how to spot, verify, and stop a scam:

- Double check. Attempt to reach the loved one in question and/or confirm their status or whereabouts with other family members.
- Spot the red flags. If the caller is frantic on the phone and demands funds be wire transferred, sent in cash, or via gift cards - it's probably fraud. Additionally, the caller may have just enough personal information to try to persuade you and will likely instruct you not to tell anyone.
- Slow down. Although you will be pressured to do so, do not act right away. During the call, do not assist scammers in owning the identity of your loved one by guessing the name. Force them to tell you who they are.
- Never provide personal identifying information to an incoming caller. Never provide your bank account, credit card information, or social security number to someone who calls you. Hang up and call the company or individual back on a phone number you know to be correct to verify.



If you believe you have been the victim of a scam or someone has attempted to scam you, please feel free to contact the RSO for help.

Health Services Information

Effective June 1, 2019 Walgreens is discontinuing their Tuesday/Thursday courtesy prescription delivery to Breton Woods. This was a decision made by Walgreens NOT by Holland Home. Breton Wood's staff will continue this service for you for a \$5.00 fee per delivery day (regardless of the number of prescriptions delivered that day) starting with the June 18th delivery. If you are currently participating in this program with Walgreens, your prescription delivery will remain unchanged and you will be automatically enrolled in this new process UNLESS you contact Walgreens to cancel. Walgreens will deliver via Fed-Ex for a small fee as well.

There are other pharmacies in town that will deliver your meds, such as Cathedral Square and Rite Aid on 60th Street, Family Fare Pharmacy is offering free delivery to the Breton Woods Campus daily (Mon-Fri). They are also offering a new service called 'Daily Meds'. This service delivers medications to you prepackaged (with a package that contains up to 4 times per day medications). This will take the tedious work out of sorting your medications into your own pill box! Please keep in mind that your copays and deductibles may be different depending on what pharmacy you use. You can see if Family Fare is in your network by calling your prescription insurance provider directly. Please call Jillian England at 643-2735 if you have questions or concerns about these topics.

Volunteer Services

Volunteer Services is here to provide you with opportunities to use your gifts and abilities to enrich the lives of others. If you haven't had a chance to volunteer at one of the beautiful Breton Facilities, we invite you to take this opportunity to challenge yourself to try something new. We have many opportunities for you to engage in your community and bring joy into the lives of others. Examples include helping with the Sunday afternoon worship services at Breton Rehab and offering a short lunchtime devotional at Breton Rehab (which includes lunch on us!). All opportunities can be catered to your schedule at the frequency that works best for you. As Helen Keller quoted, "The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves." 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 Lambert in Volunteer Services at 643-2725.



Breton Terrace Woods Café

Open Monday - Thursday: 11:30 am - 6:30 pm

Soup & Salad Bar 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

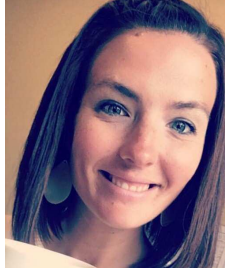
Soup & Salad Bar every Friday: 11:30 am - 1:30 pm

Breton Market Update

We are pleased to report that the Breton Market has successfully transitioned from a standard cash/check payment system to the new and improved Point of Sale system. Point of Sale allows customers at Breton Market to pay by cash or check, and also gives the added option of charging to your monthly bill. Stop by Monday/Wednesday/Friday between 10:00 am - 2:00 pm for all of your convenience store needs!

Tech Talk

Jessie Riley recently joined the Holland Home Information Services team as the Resident Technology Manager. She will split her time between the Raybrook and Breton campuses. Jessie has a Bachelor of Science in Exercise Science and Gerontology from Central Michigan University. She has spent the past seven years working in Grand Haven at the Council on Aging for northern Ottawa County. During the majority of her time there she served as Wellness Director working to develop and implement innovative programming and opportunities to support a healthy aging process. Resident Technology Manager is a new position at Holland Home and Jessie is looking forward to supporting and innovating resident technology use through research, access and education. She is excited to be here and looks forward to meeting you.



Beginning the week of June 3 Jessie will have office hours at both the Terrace and Ridge. To schedule an appointment, please sign up at the Reception Desk or on the Resident Portal. When you sign up for an appointment, please indicate the area you would like support in and bring the device associated. Here are some examples of areas you could receive support: Resident Portal, smartphones, downloading new apps, wearable fitness trackers (such as Fitbits), Apple Watches, email, downloading photos, organizing computer files, video chatting, Facebook, etc.

Jessie will be available by appointment for residents:

Mondays, 9:00 - 11:00 am at Breton Terrace - Office A (located across from the Life Enrichment Office)

Tuesdays, 1:00 - 3:00 pm at Breton Ridge - Private Dining Room

Terrace Library Committee

Thank you so much for helping us make our first book sale a success! We have a few things on our wish list, and your purchases will help us obtain them. We will continue to take donations of books and cash for future purchases. Stay tuned for new items to be added to our library.

Holiday Market

ALERT—October 26! The Holiday Market has a baked goods sale. Anticipate participating with your favorite contribution - pies, cookies, breads. More details to come.

"Thank You" to all who helped me celebrate my 90th birthday. Your attendance and beautiful cards made it a very special day. Marilyn Keith

BRETON READERS

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

June: *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce

June 4 @ 2:00 pm - Ristorante

June 26 @ 3:00 pm - Terrace Private Dining Room

Chaplain's Corner

Announcements

- Carolyn Cammenga will lead a 5 week summer Bible Study on Wednesdays, June 26 - July 17 at 10:00 am in Centre Place. Topic will be: considering Judaism, ancient Orthodox Christianity, and Islam. Registration sheet is in Centre Place Foyer.
- Breton Woods worship at 6:00 pm will begin a first Sunday of the month offering for special causes. June 2 will be the HH Residence Assistant Fund and July 7 will be Wedgewood Christian Services.

Chaplain Gleanings

- "Without Pentecost the Christ-event - the life, death, and resurrection of Jesus - remains imprisoned in history as something to remember, think about and reflect on. The Spirit of Jesus comes to dwell within us, so that we can become living Christs here and now." (Henri Nouwen)
- John answered them all, "I baptize you with water. But one who is more powerful than I will come, the straps of whose sandals I am not worthy to untie. He will baptize you with the Holy Spirit and fire." [Luke 3:16]

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.

Patriotic Project

In honor of the upcoming patriotic holidays, we will be collecting items to pack in care packages for our deployed troops. We will pack and ship them. Drop items off in the boxes by the mailboxes by Thursday, June 13. Items to donate: newer magazines for men and women, hygiene items (products cannot contain alcohol), nuts, trail mix, playing cards, hot sauce, wipes, and cards of encouragement.

Gilmore Car Museum and MOOville Creamery: Thursday, June 20

We are cruising on a coach bus to the Gilmore Car Museum with a stop off at MOOville Creamery for a bus tour through the creamery and ice cream on the way back. Trip includes donuts, two tours, and coach bus for \$42. Lunch is on your own at the Gilmore Diner. Friends are welcome. Be in the lobby by 9:00 am. ***Sign-up* and pay by June 10.**

New Games / Times: Some residents are looking to start or revitalize a few games. If you are interested in playing Pinochle, casual standard Bridge, Wii Bowling, Chess or another game, please sign-up in the Life Enrichment Book at the receptionist. Also, if you have a game you'd like to see played, note that in the other column. We will work with those who signed up to find a day and time that works.

Picnic POPS Motown Concert with the Grand Rapids Symphony

Thursday, July 25. This special event includes a picnic dinner. Be in the lobby by 5:30 pm. ***Sign-up* and pay \$31 by July 1.**

Tuesday, June 11- Ladies Lunch in Holland and Shopping

Ladies enjoy lunch at Butch's Dry Dock and shopping at Cotton Bay, one of the stores featured in the Women's Retreat Fashion Show. Use your coupon to save! Be in the Lobby at 11:00 am ***Sign up***

Wednesday, June 12 - Patriotic Patio Party at the Ridge

Join us at for ribs and salmon on the Ridge Patio with music by Ty and Nat, a traveling husband & wife duo that plays folk, country, and jazz favorites for everyone. Dinner begins at 5:00 pm and entertainment at 5:30 pm. \$15.00 ***OCTA* All are welcome.**

Thursday, June 13 - Vintage Board Game Night and Music

Come play board games and listen to music in the Terrace Lobby at 7:00 pm. Bring a snack to share if you like. Drinks provided.

Friday, June 14 - Care Package Pack for the Troops

Come to the Art Studio at 10:00 am. We'll be packing up care packages from the items collected and shipping them out for our deployed troops.

Friday, June 14 - Woods Café - 1:30 pm

Monday, June 17 - Vineyard - 2:00 pm

Ice Cream Social Celebrating June Birthdays

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

Monday, June 17 - Glass Etching on Vases

Come learn how to design and etch on a glass vase. Simple to do and you can design your own stencil. Join us in the Ridge Ristorante at 10:00 am. ***OCTA* *SIGNUP***

Tuesday, June 18 - Romeo Men's Lunch

Fire up for the men's lunch at Fire Rock Grill. Be in the lobby at 11:00 am. We'll dine on the patio, weather permitting. ***Sign up***

Wednesday, June 19 - Choo Choo! Train Outing

Hop on the bus to go see one of the most amazing train displays in the United States, right here in our backyard. We will go to Cone City afterwards, so bring cash if you'd like ice cream. You must be able to do stairs to go on this outing. Be in the lobby at 1:45 pm. ***Sign-up***

Thursday, June 20 - Terrace South Patio Party -

Picnic with the Calder City Band! We're cooking out on the South Patio at the Terrace. at 5:30 pm. \$12 for burgers, brats, potato salad, coleslaw, watermelon, drinks and condiments. Bring a lawn chair if you have one. (Enter the patio from the south garage corridor.) ***OCTA* All are welcome.**

Thursday, June 27 - Kentwood Summer Concert Series

Blue Souls Express plays a dynamic collection of blues, soul, and Funk. Lawn chairs are provided and there will be lots of food trucks. Enjoy an amazing summer night of music and food. Be in the lobby at 6:30 pm. ***Sign-up***



Bretonaires Concert - Saturday, June 8

Terrace Woods Café at 7:00 pm

We are cruising' down the river for the Annual Bretonaire's Spring Concert with all you favorite melodies such as:

"Lazy River" "St. Louis Blues" "Basin Street Blues"
and "Old Man River" - sung by bass man Walt Felver



Breton Woods and Raybrook

Combined Campus Event!

Take Me Out to the Ballgame! Whitecaps vs Quad City - July 10, 2019

Batter up! Holland Home scored a "home run" and secured the Pioneer State Mutual Insurance Deck for Breton and Raybrook residents and family members. Join us for a "grand slam" evening of baseball, trivia, giveaways and fellowship with Holland Home residents and staff from all areas!

- **Residents:** \$15.00 - Includes meal/drink plan cost, charged to your monthly bill - ticket cost is covered)
- **Family Members:** \$29.00 - Includes ticket and meal/drink plan. Make check (due when signing up) payable to Holland Home. Please note any special transportation and/or dietary needs upon sign up.

We encourage residents to car pool with family members if possible to free up busing (pay for parking on your own). Don't strike out and miss this amazing night! Sign up as soon as possible.

If you have questions, call Patty Alexander at 643-2707.

Fireworks will follow the game. Free tickets are limited and no refunds will be issued for this event.

Fitness Information

Vibrant Living Class of the Month - Walking with a Purpose

Join Vibrant Living Intern, Alexis, for a walk around Breton Terrace and Breton Ridge for our June Vibrant Living class of the month. This walk will feature two exercise stations along the designated route. We will meet at the main entrance. Let's walk with a purpose!

Breton Terrace - June 3 - 1:00 pm

Breton Ridge - June 17th - 1:00 pm

Fitness Feedback Slips

When you stop by the Body Shop or Israels Fitness Centre please check out our new suggestion boxes. The fitness team is excited to hear your ideas for fitness classes and events!

Congrats, Kat Bayer!

A note from Kat: It has been a true blessing working at Holland Home over the past year and I'm grateful for every moment. I have recently been offered an opportunity to go to graduate school (Midwestern University in Arizona) to become an Occupational Therapist, which has been a dream of mine for many years. My last day at Holland Home will be June 7, 2019. This will be a very emotional transition for me and I will take the fond memories and the caring philosophy at Holland Home with me wherever God leads me. Thank you for your support this past year.

Warmest Regards, Katarina Bayer

Welcome Back, Madye!

Madye Johnson completed her internship with Holland Home this past winter semester. She has graduated from GVSU with her Bachelor's Degree in Exercise Science. We are excited to announce that she will join the Fitness Team part-time beginning in June. Madye will work at the Ridge Monday, Wednesday, and Friday mornings. Our Fitness Coordinator, Liz Norry, will take over Kat's fitness classes. Please give Madye a warm welcome when you see her! Please contact Alisha Van Epps if you have questions.

Keeping the Heart Healthy! Tips from VL Intern, Brian!

While there are many things we can't control when it comes to heart health (age, gender, and family history), there are even more things we can control!

- Keep our sodium intake low (about 1500mg per day): excess sodium causes the body to retain water within the bloodstream and increases blood pressure.
- Maintain a healthy weight: the reduction of weight decreases the amount of tissue that the heart has to supply blood to; this means the heart doesn't have to work as hard all the time and keeps the heart healthy.
- Find ways to reduce stress: stress causes the body to release a stress hormone called cortisol that increases blood pressure. If one has a significant amount of stress in their life, they can consider breathing exercises or try a Stretch and Flex class.

BIG and LOUD for LIFE

Every Wednesday, starting June 5, Atrio is offering BIG and LOUD for LIFE. This is a maintenance community based exercise program for those who have completed the LSVT BIG and LOUD. This program is free of charge for those that have participated in the LSVT BIG or LOUD program. The program educates participants on how exercise along with big-limbed movement, strong and forceful speech are beneficial for those with Parkinson's. It will take place in the Gathering Place at Raybrook Estates II at 10:00 am for BIG, and 11:00 am for LOUD.