



The Breton Buzz

July 2019

Holiday Market

The Core Committee is looking for suggestions on how the funds from this year's event could be spent. We welcome any and all ideas! Feel free to complete the form on the Resident Portal or contact Sandy Esch, Jean Deckert, or Konika VanDrie-Cidanli by July 15. All submissions will be reviewed by the Core Committee.

Crafters: We will be making potato beads again this year! Come join us on Wednesday, July 17 at 10:00 am in the Ridge Craft Room. No experience needed, just bring a potato peeler and a paring knife. Also, we are looking for any old jewelry, specifically beaded or necklaces with pendants that can be dismantled. Please drop them off to the Ridge Craft Room. Call Sara Aldrich at (616) 827-9372 with questions.

Pie Bakers: Sue Karsen heads up the pie division. She will provide you with a crust recipe, pie plates and boxes if you are willing to bake them. Give Sue a call at (616) 455-1223. This is fresh fruit season in Michigan, so it's time to get started stocking up on the fruits you will be using.

All Other Bakers: We need your contributions. If you need suggestions on what to bake, we have some recipes for you. Call Janice Borst at (616) 228-4144 or Sandy Esch at (616) 226-6749.

Health Services Information

Reminder: As of June 1, Walgreens discontinued their courtesy prescription delivery. Breton Woods staff are willing to pick up your medications from Walgreens on Tuesdays and Thursdays for a small fee.

Volunteer Services

God loves a cheerful giver. When you hear this, the first thing that comes to mind is giving money, but that's not all. God wants us to cheerfully share ALL the things He has blessed us with; things like our time, our energy, our abilities, our talents, a smile, or a kind word. That's what our volunteers do; they give of their time, energy, & abilities to serve others. **THANK-YOU** Volunteers for doing what you do so cheerfully!

If you would like to be a cheerful giver and share some of your gifts, we have many opportunities available within the Breton Campus. If you want something challenging or something that isn't, we will help to find a volunteer opportunity specifically for you. The Breton Market on the lower level of the Terrace could use substitute help for the Cashiers (using the computer) or as a Guest Assistant (bagging the groceries).

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 (616) 643-2725.

"We can't help everyone, but everyone can help someone."
- Ronald Reagan

Chaplain's Corner

Announcements

- Pastor Frank will be on vacation from Monday, July 8, until 9 am, Monday, July 22. Please call Amy Perin (643-2720) or Sara Wever (643-2728) for a reference to pastoral support if needed.
- We will not have communion in July.
- After service social times will be suspended in July and August, but will resume September 8.

Chaplain Gleanings

"God will meet you where you are in order to take you where He wants you to go." (Tony Evans)

"Give thanks to the Lord, for he is good; his love endures forever." [Psalm 107:1]

New Residents: If you moved in within the past year and have not yet attended a new resident lunch, you are invited to a special, complementary lunch with Mina Breuker, President and CEO. Space is limited to 8 residents. The next lunch is scheduled for Monday, July 22 at the Breton Ridge Private Dining Room from 12:00 to 1:30 pm. RSVP to Marcia Timmerman at (616) 235-5118 or marcia.timmerman@hollandhome.org.

Resident Golf League: Come out and join us at 8:30 am every Tuesday morning at Stormy Creek Golf Course! \$15 for 9 holes and a cart. We play 4 Person Best Ball Scramble. Men and women - individuals, twosomes, foursomes. Questions: call Keith Meyering at (616) 235-5460.

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. Contact Lynn Bailey at (517) 647-2460 or mspweb1@gmail.com. More information coming soon.

Genealogy Computer Users Group: Are you interested in using the computer to research your ancestors? If you would like to learn, or have knowledge on this topic, please come to the first meeting on Tuesday, July 23 at 2:00 pm in Centre Place. We'll meet monthly after that on the 4th Tuesday of each month.

Free Memory Screening: Memory screening can provide valuable information about how you're 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 July 12, 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

REMINDERS:

- Garage Doors - To maintain security, please keep garage doors closed when not in use. Doors left open, especially in the evening, take away a layer of security and allows critters open access to your garage. Thank You!
- For all maintenance/grounds/housekeeping/security concerns and requests, contact the Facility Services Call Center at (616) 235-2787. Tell them your name, address, phone number, and request/concern. Staff will attend to your request and/or concern as soon as they are able.

Breton Market: As the Breton Market approaches its first anniversary, I would like to take this opportunity to thank those of you who have, over the past year, generously donated new/unused greeting cards and gift bags to be sold in the Market. And to those of you who have purchased these items, your support of the Market is always appreciated. Please stop in and see our expanded birthday card selection. - Diana Sehl

Resident Technology Survey: Within the last few days, residents at Raybrook and Breton Woods received a Resident Technology Survey in their mailboxes. This survey was developed to gather a comprehensive understanding of the technology needs, usage and interests of Holland Home Independent Living Residents. Technology can be interesting, exciting, sometimes overwhelming, and perhaps at times a bit scary, but there are endless possibilities when it comes to integrating technology that positively impacts lifelong learning, daily tasks and social connectivity. Your participation in the survey will help form supportive approaches to technology education, integration and research at Holland Home. Survey submissions are due by Friday, July 12. Please drop your completed survey off at either the Terrace or Ridge Reception Desk. For those who might be out of town or are interested in completing a paperless version of the survey, you can find it on the Breton Woods Resident Portal.

Thank you for taking the time to help shape the future of innovation and technology integration at Holland Home. Remember, it's never too late to try something new!

If you have any questions regarding the Resident Technology Survey, please contact Jessie Riley, Resident Technology Manager, at 616-235-2794 or jessie.riley@hollandhome.org

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.

July: "Lilac Girls - A Novel" by Martha Hall Kelly

July 2 @ 2:00 pm - Ristorante

July 31 @ 3:00 pm - Terrace Private Dining Room

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.

Monday, July 1 - Oh Canada Day, Eh?

We'll have patio dinners at both buildings with a Canadian twist to celebrate Canada Day. Wear your red and white today for fitness classes and events. A special Canadian themed dinner by our chefs of roast pork tenderloin with maple bourbon cream or fresh Canadian fish, roasted red skin potatoes, and fresh asparagus. Assorted desserts and a beverage are included for \$15.

Tuesday, July 2 - Tuesday Evening Music Club at Frederik Meijer Gardens

Enjoy Roosevelt Diggs and Jesse Ray and the Carolina Catfish in concert. Lawn chairs will be provided. Picnic dinners available for sale through the Woods Café. Free passes for the gardens or concert can be used until 9:00 pm. Bus pick-up at 5:00 pm. *Sign up*

Monday, July 8 - A Formal English Tea

The ladies of Breton Woods are cordially invited to a High Tea at three o'clock in Expressions at the Terrace. Dress in your prettiest summer hat and dress/outfit and learn the proper etiquette for an English High Tea with tea sandwiches and pastries. A donation will be accepted. *Sign up*

Tuesday, July 9 - How to Play Pinochle - 1:00 pm

Learn how to play Pinochle in the Terrace Lobby. At the end of the class we'll continue the game weekly.

Tuesday, July 9 - Tuesday Evening Music Club at Frederik Meijer Gardens

Enjoy Big Sherb and Paddlebots, a mix of upbeat music of funk and rock, in concert. Lawn chairs will be provided. Picnic dinners available for sale through the Woods Café. Free passes for the gardens or concert can be used until 9:00 pm. Bus pick-up at 5:00 pm. *Sign up*

Wednesday, July 10 - Newton's Family Farmer's Market at Breton Woods

We are hosting Newton's Family Farmers Market at the Terrace in the West Parking Lot from 9:00 am - noon. Come shop for fresh produce, homemade baked goods and other items.

Thursday, July 11 - Dog Pawty in the Courtyard

The Pawty in the Courtyard was a huge success, so in July on Thursdays at 1:00 pm, we'll be hosting the Dogs of Breton Woods in the Courtyard for a bit of play time and then a trip over to visit our friends at Assisted Living. We will pick one location per week and take the Pawty for a Pawade. Dress them up. Bring bags to scoop and let them have fun with their pals.

July 11 - Courtyard to BEC Centre/BRLC

July 18 - Courtyard to BEC South

July 25 - Courtyard to BEC Centre/BRLC

Friday, July 12 - Courtyard Patio - 1:30 pm Ice Cream Social Celebrating July Birthdays

Let's Celebrate July Birthdays in the Terrace Courtyard with a Beach Party! Wear your flip-flops, sun hats, and come celebrate with the Breton Beach Boys.

Monday, July 15 - Vineyard Patio - 2:00 pm Ice Cream Social Celebrating July Birthdays

Come celebrate July birthdays on the Patio at the Ridge.

Tuesday, July 16 - Ladies Lunch at Fire Rock Grill Patio

Enjoy a summer lunch on the patio with beautiful views of the landscaped golf course. Be sure to bring your sunglasses and a sun hat. Be in the lobby by 11:00 am. *Sign up*

Tuesday, July 16 - Tuesday Evening Music Club at Frederik Meijer Gardens

Enjoy Matt Gabriel and Kari Lynch Band who perform a mix of American genres. Lawn chairs will be provided. Picnic dinners available for sale through the Woods Café. Free passes for the gardens or concert can be used until 9:00 pm. Bus pick-up at 5:00 pm. *Sign up*

Thursday, July 18 - Wine Pairing on the Ridge Patio - 3:00 pm

You'll experience some of the favorite wines from Michigan paired with a Michigan cheese or other choice appetizer. There will be a \$5 charge for this event. *Sign up*

Thursday, July 18 - Kentwood Concert Series with Hanna Rose & Gravetones

It's proven that music is good for your emotional wellness. You'll have plenty of opportunity this summer to relax with the Kentwood Concert Series. Jump on the bus at 6:30 pm and you'll be dropped off at the Kentwood City Center for a concert with a talented local group. Experience some of the best food trucks for dinner. Lawn chairs will be provided on the bus. *Sign up*

Monday, July 22 - ROMEO Men's Lunch at Reds at Thousand Oaks

Enjoy beautiful views of the landscaped golf course. Be in the lobby by 11:00 am. *Sign up*

Life Enrichment continued...

Tuesday, July 23 - Art Project: Tea Cup Candles - 1:00 pm

Art is something that makes you breathe with a different kind of happiness. Come ignite your soul making tea cup candles in the Art Studio at the Terrace. Miss-matched tea cups and saucers are welcomed for this project. Bring one if you have one. *Sign up*

Wednesday, July 24 - White River Knife & Tool Tour

Come tour this amazing factory with John Cammenga. He'll share his family business with us. We will stop for lunch afterwards. Be in the lobby at 9:00 am. *Sign-up*

Wednesday, July 24 - Ridge Beach Patio Party - 5:00 pm

It's a beach party so wear your flip flops, sunglasses and hats. Chef Bill will grill hotdogs and brats with all the fixings and we'll have fun Breton Beach Boys music.

Thursday, July 25 - Picnic POPS Motown Concert with the Grand Rapids Symphony

This special event includes a picnic dinner. Be in the lobby by 5:30 pm. *Sign-up* and pay \$31 by July 10.

Saturday, July 27: 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.

Monday, July 29 - John Ball Park Zoo Tour

Tour the zoo and then have lunch on your own. Cost is \$13 and includes ticket and a tram ride. Bus pick-up at 10:00 am. *Sign up*

Tuesday, July 30 - Co-Ed Dinner at Bostwick Lake Inn

There's nothing like the calmness of sitting on the deck with your friends. We will depart at 3:15 p.m. for dinner and a scenic ride north. Space is limited. *Sign-up*

Fitness Information

Advanced Balance - Vibrant Living Class

Thank you to all who have been sharing fitness ideas through the fitness suggestion boxes. Based on a suggestion, in July we will offer an Advanced Balance class every Monday from 2:30-3:00 pm in Israel's Fitness Centre. This class will focus on dynamic balance exercises.

Canada Themed Fitness - July 1

Wear red and bring facts about Canada to the fitness classes. During Strength Training classes you will have the opportunity to do some seated "ice skating" exercises and play noodle hockey.

Shuffleboard

Come to Expressions for a friendly game of shuffleboard on July 3 at 1:00 pm. Learn how to play or show off your skills!

Pool Volleyball

Come to the pool for a fun game of pool volleyball. Whether you play or watch, this game will be sure to SERVE up lots of laughter. Join us on July 31 at 2:00 pm.

How to STOP and Meditate

S- Stop; take a moment to sit down with good posture, close your eyes and relax your body.

T- Take a breath; as you inhale and exhale, focus on what you're doing, and feeling as your body fills with air, and expels said air.

O- Observe; throughout the practice, do your best to notice what thoughts and feelings emerge in your mind from the periphery. Do not try and judge or control these thoughts. Simply acknowledge and accept them.

P- Proceed; once your time has completed, open your eyes and gently return back to your day.


Summer Time Stretch and Flex

Wednesdays in July (weather permitting) we will offer Stretch and Flex outside. It will take place at its normal times and buildings.

Meet in the lobby with your mat and water bottle.

Move in May Recap

Thank you to everyone who participated in Move in May! Participants tried new classes including a pool circuit, cardio drumming, and Zumba. We had a great Tour de France bike ride and we tried new food from around the world that Dining Services prepared. Congratulations to our drawing winners Jean VerHulst and Sandy Klassen.



Terrace 4th of July Party

Let's celebrate our nation's history with a focus on pioneers moving west in covered wagons. Each table will plan what they'll pack in their wagon.


Pulled pork on buns, potato salad, tableware and beverages will be provided, but please sign up to bring a salad, dessert or \$5.00 cash.

You may choose to sit with friends, or you may draw a table number for mixed seating to meet new people.


Sign up NOW at the reception desk.

If you have questions, please call Diane Bloem at (616) 281-5169.

All Breton Woods residents are invited to a **Picnic Pot Luck on July 4** in the Vineyard.



Social Hour - 5:00



Patriotic Sing-a-Long - 5:30

Pot Luck - 6:00

Bring your favorite picnic dish to share.
Coney Dogs, buns, tableware and beverages provided.

Donations are appreciated to cover expenses.
Please remember to wear your name badge.