



The Breton Buzz

September 2019

Holiday Market - Saturday, October 26

The annual Holiday Market is only 2 months away! There will be delicious homemade baked goods, one of a kind handcrafted items, raffle prizes and over 20 outside vendors. Please plan to attend and bring as many friends as possible to enjoy the event. This year we will be donating 10% of the profits to Residence Assistance Fund. If you have questions, or would like to become more involved, please contact Jean Deckert at 843-5923 or Sandy Esch at 226-6749.

Health Services Information

Prescription Disposal - The U.S. Environmental Protection Agency issued new rules for healthcare providers on handling hazardous waste pharmaceuticals on February 22, 2019. A provision that prohibits disposing pharmaceuticals down the drain becomes effective nationally on and after August 21, 2019. The rules were enacted to protect drinking water and surface water. They are expected to reduce the amount of hazardous waste pharmaceuticals entering U.S. waterways by as much as 2,300 tons annually. Please check with your pharmacy regarding medication disposal or bring your unwanted medications to the Terrace Health Centre for disposal. They must be in their original containers and be dropped off during business hours. There is a \$3.00 fee for disposal. Please direct questions to Jill at 643-2735.

Volunteer Services

Each and every person is gifted with many different talents and abilities. Just look around this beautiful Breton campus and you can see, hear, and smell all of the awesome gifts with which the residents and staff have been given. We are so blessed to be in a place that recognizes that these gifts are from God. Thanks to our many volunteers who selflessly share their gifts each and every day by giving of their time and talents here at Breton!

Are you gifted with musical abilities? Are you able to play a musical instrument or the piano? We have awesome pianos at Breton Rehab and the Extended Care buildings that need fingers to "tickle the ivories". Many residents and staff enjoy listening and singing to the music our volunteers make. Did you know that people with dementia remember music and can sing even when they can no longer talk?

If you would like more information about volunteer opportunities or if you would like to discuss your gifts and how they can be used, contact Robin in Volunteer Services at 643-2725.

Start where you are. Use what you have. Do what you can.—Arthur Ashe

Chaplain's Corner

"The New Heaven and the New Earth": A Bible study led by Diane Bloem will begin Wednesday, September 4 at 9:30 am in Centre Place, and run through November 20. Everyone is welcome.

Women's' Six Week Bible Study on the book of Nehemiah, led by Ridge resident and former BSF teaching leader MaryAnn Oatis. Classes are Mondays, September 9 through October 14 as follows: 9:00 am - Terrace - Expressions. Sign up by Centre Place. 1:00 pm - Ridge - First class is in the Bistro, the remaining will be in the Vineyard. Sign up at Reception. *Please note this is a duplicate of the 9:00 am class.

Coffee Break Bible Study for both men & women will begin on Wednesday, September 25, and will meet weekly at 2:00 pm in the Ridge Private Dining Room. Homes resident JoAnn Miersma leads this Bible study on the book of Genesis.

Saturday Morning Hymn Sing: After the summer off, we resume on September 14. We sing hymns from 9:00 - 9:30 am & then have fellowship with our coffee buddies. If you would like to use your talent by occasionally playing the piano or directing the songs, call Jean VerHulst at 827-9431.

After Service Social Time: Please join us as we resume our fellowship time on Sunday, September 8, at 7:00 pm in the Woods Café.

Chaplain Gleanings:

A prayer: "Bless my mind with calm & sight; Bless my heart with love & light; Bless my day with grace & ease; Bless my world with hope & peace."

Scripture For Thought: "Unless the Lord builds the house, the builders labor in vain." [Psalm 127:1]

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. We plan to share current research information as well as have fun chair exercises with Liz. Suggestions for speakers are welcomed. Feel free to join the open forum discussions. Contact Lynn Bailey at (517) 647-2460 or mspweb1@gmail.com with questions.

Memory Screening: Michigan State University and Rethinking Dementia will be offering memory screenings at Breton Ridge on Friday, September 6. Memory screenings are free, and the results will not be shared with anyone but you. You must make an appointment by calling Lisa Misenhimer at 247-9630 or emailing her at lisa.misenhimer@rethinkingdementiamiami.org

"Walk to End Alzheimer's 2019 Grand Rapids": Holland Home is again sponsoring a team in the "Walk to End Alzheimer's". The walk will be on Saturday, September 14, at The Meadows at Millennium Park. Challenge your family! Everyone can register online at "Walk to End Alzheimer's 2019 Grand Rapids". Our team name is Holland Home. If you have any questions, call Laurie Buter at 485-1580.

Save the Date: Keeping the Promise Dinner - Tuesday, November 19 - DeVos Place - This is a fundraising event benefitting the Holland Home Resident Assistance Fund. Watch your mailbox this month for an invitation.

Resident Representative Elections: During September, we'll accept nominees/volunteers for the open Resident Representative positions. Newly elected representatives will serve a two year term beginning on January 1, 2020. For a list of open positions please stop by the Reception Desk, Resident Services Office, or check the Breton Woods portal. If you would like more information about all the Resident Representative responsibilities, see Amy Perin (Terrace & Homes South) or Sara Wever (Ridge & Homes North) in the Resident Services Office.

Monthly Birthday Posting: At the request of residents who want to acknowledge resident's birthdays, we would like to post a monthly birthday list on the communication boards and on the Resident Portal. It will only include your name and day of the month. Please contact Patty if you do not want your birthday listed.

Holland Home Friends and Neighbors: Because of who God is, we praise Him for what He has done to bless us with 50 years of marriage. We would like to invite you to celebrate with us, Sunday, September 22, from 2:00 - 4:00 pm in the Ridge Vineyard. Thank you. Bob & SuZie Zoerman

Reminder for Homes residents: Remember to check your front door deadbolt lock if the you seldom use it. If your lock is "sticking", call Facility Services Call Center at 235-2787.

OPERA IN THE WOODS: We, as a committee, are pleased to announce the 2019-20 season's operas that will play in the Terrace Theatre at 6:30 pm on the following Wednesdays.

September 25: "Aida" - Verdi - The story takes place in ancient Egypt and relates to a war between two countries, Egypt and Ethiopia. The climax, which is spectacular, comes early in the grand "Victory March". The war is background to a love story that ends in tragedy. The complication is the relationship between two women who are both in love with the same man.

November 20: "Eugene Onegin" - Tchaikowsky - The story revolves around a teenage girl who falls in love with an older man, in his early twenties. She is ready to be engaged, but he is not. The love proceeds toward a surprise ending (interrupted only by a duel).

January 22: "Fallstaff" - Verdi - Verdi was intrigued by Shakespeare's plays. The distinctive element of this opera was that Verdi combined parts from two plays, "The Merry Wives of Windsor" and "Henry IV". Terfel gives a memorable performance of an egotistical, dirty, sloppy old man.

March 25: "Thais" - Massenet - This is a beautiful, but stormy, love story; human on one side and religious on the other, between a lively courtesan and a stern hermit. It takes place in Egypt during the early period of Christianity. The opera ends in a heavy surprise.

May 27: "The Flying Dutchman" - Wagner - This story is about a sea captain who swears a violent epitaph against God. He is sentenced to eternal life searching for a woman whose love will release him from his sentence. He finds her, but she also has a young suitor.



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.

Tuesday, September 3 - Men's 9 Ball Billiards Tournament
The Men's 9 Ball Billiards Tournament will be hosted at 1:00 pm at the Ridge. Come showcase your skills and vie for your name on the plaque. The traveling trophy will be housed at the building of the winner! Sign-up by Friday, August 30 ***OCTA***

Wednesday, September 4 - End of Summer Adventure Trip
Call Patty - there are still a few seats available.

Friday, September 6 - Diana: 7 Days That Shook the World
This illuminating documentary movie examines the aftermath of Princess Diana’s tragic death and the dramatic week leading up to her funeral. It will be shown at 10:00 am in the Ridge and Terrace theatres.

Wednesday, September 11 - Newton's Family Farmer's Market
Join us in the Terrace west parking lot for our last Farmer's Market of the season. From 9 - noon you can purchase fresh fruit, vegetables, honey, and more from the Newton's Farm. ***OCTA***

Thursday, September 12 - Voices of Freedom Concert - 6:30 pm
Join us for a beautiful concert in the Terrace lobby. Voices of Freedom is an 8-part, a cappella, vocal ensemble composed of men and women that have sung honoring many heroes. There will be a free-will offering* ***OCTA***

Monday, September 13 - Ridge Vineyard - 2:00 pm
Ice Cream Social Celebrating September Birthdays
Come indulge with your friends! Free to those with birthdays in September and only \$1 for all others.

Friday, September 16 - Terrace Woods Café - 2:15 pm (Please note the time change due to Bible studies)
Ice Cream Social Celebrating September Birthdays
Come indulge with your friends! Free to those with birthdays in September and only \$1 for all others.

Tuesday, September 17 - ROMEO Men's Lunch at Founders Brewery
We will eat in the beer garden if the weather is nice. Bring a jacket and hat and be in the lobby at 11:00 am. ***Sign-up***

Thursday, September 19 - Ladies’ Lunch at Downtown Market
The ladies will have the opportunity of choosing any restaurant in the Downtown Market for lunch, followed by a time to shop. You'll be given a map with the list of options prior and you can partner up with a small group and enjoy lunch or eat on the second level together. Be in the lobby at 11:00 am. ***Sign-up***

Friday, September 20 - Art at the Woods 2019
Enter your art work in the upcoming week of Art at the Woods. Pre-register by picking up a form by the mailboxes, fill it out and turn it in to Patty by September 13. You are allowed to display TWO items. Art pieces should be dropped off to Sara Wever for the Ridge and to the Terrace Lobby for the Terrace on the designated tables between 10:00 am and 1:00 pm on September 20. Call Patty with any questions. The art will be on display September 23-27 and will need to be picked up by noon on Monday, September 30. Utilize On-Campus Transportation during the week to see art between the buildings.

Saturday, September 28 - 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 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.

Tuesday, October 22 - Fall Color Tour
Save the date! We'll be heading NORTH, color permitting. More details to come in the October Buzz.

BRETON READERS

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

September: *“Annie’s Ghosts: A Journey into a Family Secret”*
by Steve Luxenberg

September 3 @ 2:00 pm - Ristorante and

September 25 @ 3:00 pm - Terrace Private Dining Room

Fitness Information

3rd Annual Steps in September
Residents and staff, let's walk together for health! Stop by the Fitness Center to pick up a brochure that contains a calendar to record daily goals. Examples of goals include walking 10,000 steps each day or getting on the nu step for 20 minutes each day. Please return your brochure during the first week in October to be entered to win a prize. During Steps in September we will be collecting new and lightly worn shoes for In The Image. Donation boxes will be located in the Fitness Centre and Body Shop.

Active Aging Week - Rooted in Wellness
We will be celebrating Active Aging Week September 23-27. We will celebrate aging and the benefits of active living. Active Aging Week will showcase the abilities of our community and will provide the opportunity to experience diverse activities! The theme is 'Rooted in Wellness', *Let your roots grow down into Him and let your lives be built on Him* - Colossians 2:7. Each day of the week we will focus on *growing* in a specific component of Vibrant Living. In the next couple weeks you will receive a special Active Aging Week calendar with all of the event information!

Fall Semester Vibrant Living Intern
My name is Jena Dietz. I am in my last semester at Cornerstone University. I am on the JV soccer team and enjoy getting to spend time with teammates playing a game we all enjoy. I am the oldest of 4 children. I love to exercise and be active. I am looking forward to meeting you all and getting to know you!



Additional Balance and Core Stability Class
Due to large attendance numbers in our morning balance classes, Liz is adding an additional class. The aim is to give residents another opportunity to improve balance and to be able to offer more personalized instruction. Our new class will be offered from 1:00 - 1:30 pm on Tuesdays and Thursdays in Israels Fitness Centre. This new offering will begin September 3.

Fitness Schedule Change
We have not been getting participants for the 1:15 pm Monday Water Fusion class, so beginning Monday, September 9 we will now offer Open Gym from 1:00-2:00 pm in the Fitness Centre. If you are interested in learning more about our fitness opportunities or about the exercise equipment this will be a great opportunity for you! Liz will be available to help you with an equipment orientation and to answer any fitness related questions. This time is for individuals of all fitness levels.

Line Dancing
We start up from our summer hiatus on Thursday, September 5. Join us weekly at 1:00 pm in Expressions.

Ping Pong
Every Thursday at 1:00 pm in the Ridge Vineyard, we play ping pong for about an hour. We are looking for residents who have interest in playing, regardless of ability. We are willing to provide basic instruction, plenty of practice, and lots of fun!

Bean Bag Tournament
Thank you to all of our tournament participants and spectators! Congrats to our two time defending champions Dale Snyder and Dan Myers and to our runners up, Bob Maring and Norm Johnson.



Resident-Run Labor Day Potluck: Monday, September 2 in the Ridge Vineyard. Social Hour at 5:00pm, Potluck at 6:00 pm. Sloppy Joes, tableware and beverages provided. Along with a dish to pass, donations are appreciated to help cover expenses. Wear your nametag.

Bingo at the Ridge - Saturday, September 14, 1:00 - 3:00 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.

Save the date! Saturday, October 5, Pizza & Game Day - Ridge:
All Breton Woods residents are invited to a Pizza & Game Day party from 11:00 am - 3:00 pm in the Vineyard/Ristorante. Watch for more detailed information in the October Breton Buzz!



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