



The Breton Buzz

October 2019

Holiday Market - Saturday, October 26

The annual Breton Woods Holiday Market at the Ridge is Saturday, October 26 from 9:00 am - 3:00 pm. More details to come via your in-house mailbox and digital signage. We hope to see you and your friends at the event!

Health Services Information

Medicare Open Enrollment: Anyone with Medicare can change their 2020 Medicare health plan and prescription drug coverage between October 15 and December 7. Information on 2020 plans will be available beginning in October. In September, you received an annual notice of change from your provider(s) of your health and drug coverage. Please review any changes to decide if the plan will continue to meet your needs. If you are satisfied that your current plan will meet your needs for next year, you don't need to do anything. If you are unsure or want to make changes, Jillian England, Breton Woods' social worker and Director of Resident Health Services, is available for appointments during this time. Sign up beginning in October at the Terrace or Ridge reception desk for appointments in mid-October. We also have two Medicare Case Managers from Senior Neighbors who will be taking appointments. Call Jill at 643-2735 with questions. Other organizations that support seniors during this process that can be contacted for an appointment are:

~Senior Neighbors (home visits or at senior centers): 459-6019

~MMAP (MI Medicare/Medicaid Assist. Program): 1-800-803-7174

Walk-in Flu Vaccination Clinics - Fall 2019:

Tuesday, October 8 - 8:30 am to 3:30 pm - Terrace Health Centre

Tuesday, October 15 - 8:00 to 11:00 am - Ridge Private Dining Room

Tuesday, October 22 - 8:30 to 11:30 am - Terrace Health Centre

Please bring your insurance cards (including your Medicare Card) and wear short sleeves. Residents unable to attend the walk-in clinics may call the Health Center at 643-2712 to schedule a time.

Volunteer Services

I recently read a daily devotional on how each person needs stability and structure in their life and how we each need to feel connected. It stated that the number one epidemic is loneliness. Everyone feels lonely sometimes - maybe it's on a Sunday afternoon when you don't have anything to do, after lunch when you just sit around watching TV; maybe you get lonely because you don't see your family very often, or a good friend recently moved to Extended Care or Rehab. Volunteer Services is hoping to combat loneliness by providing you with opportunities to serve others. By serving others you will help defeat the loneliness that you may feel and it will help eliminate some of the loneliness of another resident by encouraging them and making them feel connected again.

Fight off loneliness by volunteering at BEC or BRLC - Lead a Hymn Sing, play cards, read a book out loud to someone who isn't able to read, or take time to color with someone who loves to color. Or maybe you enjoy helping at the Ridge or the Terrace - how about serving Ice Cream?

If you would like more information about ways to get involved in volunteering to fight loneliness, or if you would like to discuss your gifts and how they can be used, contact Robin in Volunteer Services at 643-2725 or robin.lambert@hollandhome.org

As you grow older, you will discover you have two hands — one for helping yourself, the other for helping others. — Audrey Hepburn

Chaplain's Corner

Announcements:

- On Monday, October 21, a new ladies' Bible Study will begin in the Ridge Vineyard at 1:00 pm on "The Armor of God" with a video by Priscilla Shirer. Books are available for \$17. Call SuZie Zoerman at 975-9988 or Ann Plas at 827-9795 if you are interested.

• Reminders:

~Breton Woods Chaplain, Pastor Frank Guter, is always available by phone at 643-2536, email at frank.guter@hollandhome.org or by stopping by his office in the Terrace next to Centre Place. He is happy to visit you in your home anywhere on the Breton Woods campus.

~Funeral or memorial arrangements can be made for the Ridge Vineyard or the Terrace Centre Place upon consultation with Pastor Frank.

Chaplain Gleanings: "Autumn is a second spring when every leaf is a flower." Albert Camus

Scripture For Thought: "Make a lampstand of pure gold. Hammer out its base and shaft, and make its flowerlike cups, buds and blossoms of one piece with them." Exodus 25:31

Fitness Information

Healthy Halloween

FRIGHTENED about the unhealthy aspects of Halloween? These healthy Halloween opportunities make it more possible to have an unBOOlievable October!

- **Monday, October 21 - 11:00 am - SoulfulMOTION - Expressions** - SoulfulMotion is designed to keep you moving and inspired. A combination of kickboxing, dance aerobics, and toning moves choreographed to Gospel, Christian, and inspirational music. The founder of SoulfulMOTION will lead this special opportunity in place of Heart Healthy Dance, the 10:45 am Strength Training class, and the Terrace Stretch and Flex class on this date. The Halloween puns may be CORNy, but you will not want to miss this SPOOKtacular workout! Afterward, let the fitness team know what you thought of the class!
- **Friday, October 25 - 1:00 pm - Cardio Drumming with Halloween-Themed Beats - Israels Fitness Centre** - Cardio drumming brings together drumsticks and an exercise ball to create a WICKED awesome exercise experience. Cardio drumming will SKULLpt your muscles and raise your heart rate. Join Alisha for this KILLER workout!
- **Thursday, October 31 - 10:30 am - Pool VolleyBOO** - This is no TRICK! TREAT yourself to a GOURD time! Join Vibrant Living Intern, Jena, for a friendly game of pool volleyball!

NEW to the POOL - Aqua Fit - The fitness team is THRILLED to present a brand NEW pool class beginning October 1. Aqua Fit will be offered on Tuesdays and Thursdays from 9:30 - 10:30 am will be led by Liz Norry. A complete water-fitness class that focuses on cardiovascular endurance, muscular strength, and flexibility, this higher intensity class uses a variety of exercises and equipment to maximize the resistance of the water. The class will end with pool volleyball and is taking the place of Water Fusion and Water Blast.

Open Gym at the Ridge - On Wednesdays, beginning October 2, we will now offer Open Gym from 2:00-3:00 pm in the Body Shop. Stop in to learn more about our fitness opportunities or about the exercise equipment. Liz will be available to provide equipment orientation and to answer any fitness related questions.

Steps in September - Thank you to everyone who participated in Steps in September and those who donated shoes for In the Image. Check digital signage to see just how many pairs were donated this year! It was great to see participants set and achieve S.M.A.R.T. (specific, measurable, attainable, relevant, timely) goals. Please return your brochure to the fitness desk during the first week of October to be entered in the drawing for a fruit basket.

Fitness Brochures - Looking for additional information on the fitness classes listed on the calendar each week? Stop by the Body Shop or Israels Fitness Centre to talk with a Fitness Coordinator or to pick up a class description fitness brochure.

Personal Training - Personal training is a service that is focused on helping people enhance their fitness and modify risk factors for disease to improve health. Personal trainers empower individuals to begin, and adhere to, their exercise programs. During this meeting, you will discuss potential goals and learn more about the service. Contact Alisha at 643-2636 to schedule a free visit.

Sign in Before you Swim - Please sign in at the fitness desk or in the locker rooms before you swim or work out. The fitness team appreciates your cooperation with this!



Santa Claus Girls: Sue Colligan will deliver your knitted or crocheted hats & mittens for ages newborn to 12 year old children with her when she works every Monday from October 9 to December 13. Any size or color would be greatly appreciated! If you have leftover yarn to donate, it would be appreciated as well. She will gladly pick up your items if you call her at 530-9472.

Memory Screening: Michigan State University and Rethinking Dementia will offer memory screenings on campus at Breton Ridge on October 4 from 9:00 am to 12:00 pm. Memory screenings are free and the results will not be shared with anyone but you. You must make an appointment by emailing Lisa Misenhimer at lisa.misenhimer@rethinkingdementiami.org or calling her at 247-9630.

Thank you!

- A heartfelt thank you to the Holland Home Foundation, for obtaining the shopping carts for the Terrace garages. The donation from Meijer stores has been a tremendous help for us!
- To all who remembered us on our special day, our 70th wedding anniversary, "Thank you"! Sincerely, Walt & Rose Felver

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.

Dawg Days - Residents volunteers will host Dawg Days in the courtyard on Wednesdays at 1:00 pm, weather permitting. Bring your dawg, leash, and bags (to clean-up) for your own dawg. Contact Yvonne Bundy at 281-5820 if you have any questions.

Art in the Studio - On the 1st and 3rd Mondays in October we will do art in the Art Studio. On October 7, we will paint mini pumpkins, and on the 21 we will make Thanksgiving cards. Get creative in the Art Studio with your friends at 10:15 am.

Monday Morning Music - Monday Morning Music will be held on the 2nd and 4th Mondays in October at 10:15 am in Centre Place. Come enjoy music, sing, and enhance the creative side of your brain.

Tuesday, October 1 - Project 1 by ArtPrize Tour

Project 1 by ArtPrize is the first in a series of multi-sited public art exhibitions. They've commissioned five artists to create sculptures, installations, performances, urban interventions and community-oriented projects throughout our city this fall. Don't miss out on the inaugural year of Project 1 by ArtPrize. Be in the lobby by 10:00 am and bring money for lunch. This trip is limited to 24 and will return around 3:00 pm. ***Sign-up***

Tuesday, October 8 - 90's Party

We're celebrating all of our 90+ year olds at 2:00 pm in the Ridge Vineyard. If you turn 90 this year, or have more life experience years than 90, keep an eye out for your invitation in your in-house mail! Be sure to RSVP by October 4 by following the instructions on your invitation. Transportation will be provided.

Thursday, October 10 - Romeo Men's Lunch at Mission BBQ

Known for their charitable giving of over \$10,000,000 to charities serving others. Let's go eat some awesome BBQ and support those serving others. Be in the lobby by 11:00 am. ***Sign-up***

Friday, October 11 - Coffee Classics - The Last Century

This is the first symphony for the Coffee Classics season. If you did NOT purchase tickets through the group, but want to ride the bus, please contact Patty ASAP. Be in the lobby by 8:30 am.

Friday, October 11 - Terrace Woods Café - 2:15 pm

Birthday Ice Cream Social

Come indulge with your friends! Free to those with birthdays in October and only \$1 for all others.

Monday, October 14 - Ridge Vineyard - 2:00 pm

Birthday Ice Cream Social

Come indulge with your friends! Free to those with birthdays in October and only \$1 for all others.

Tuesday, October 15 - Fabulous Fall Trip

Sleeping Bear Dunes National Lakeshore, tucked away in the north-west corner of Michigan's Lower Peninsula, won the title of "Good Morning America's Most Beautiful Place in America in 2019". We'll travel part of a 61 mile stretch on a coach bus on Michigan's most pristine route, M-22, to see miles of beautiful hills, lakeshore, historical places, quaint towns, color and pure beauty. Sign up and pay \$65 for the bus, food, tour and more at the receptionist by Monday, October 7 to secure your spot. Be in the lobby by 8:30 am. Note: all stops are walker friendly.

Thursday, October 17 - Ladies' Lunch at Wheelhouse Kitchen

The ladies will experience the Wheelhouse Kitchen whose menu features a contemporary twist on global fare, with seasonal recipes inspired by their Culinary Team's ongoing partnership with local suppliers. Be in the lobby by 11:00 am. ***Sign-up***

Tuesday, October 22 - Board Coffee

The quarterly Board Coffee is an opportunity to hear updates from Mina Breuker and David Tiesinga and have coffee. Join us in the Terrace Centre Place at 10:00 am.

Tuesday, October 22 - Music at Midday at Park Church with Steven Smith on the Organ

Steven Smith will perform on the organ for the Music at Midday at Park Church. Be in the lobby by 10:45 am. Bring \$6 for your lunch at the church. ***Sign-up***

Thursday, October 24 - Metropolitan Choir of Praise

This choir's mission to use music to proclaim the gospel in keeping with the Bible, and to praise, honor, and glorify the Triune God, will shine through in their performance. They will grace us with their voices in the Terrace Lobby at 7:00 pm. ***OCTA***

Saturday, October 26 - 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. Sign up in the Life Enrichment book to bring a main dish, side dish or dessert. Bring your own place setting (napkin, plate, silverware, and glass); coffee and water provided. Wear your nametag.

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

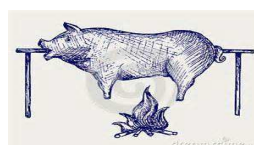
Breton Ridge Bistro

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

CALLING ALL LADIES! Join special guests Amy Bakker Baty, J.D. (estate planning attorney, Barnabas Foundation) and Andrea Prince Karsten (Senior Vice President, Buettner Karsten Financial Group, Grand Rapids and past member of the HH Foundation Board) for a special workshop at 10:00 am on Tuesday, October 29 in Centre Place. This informative workshop is designed to help you make certain your financial and planning house is in order in a practical format. Each participant will receive a Family Records Organizer which we will work on throughout the 45-minute workshop. Hosted by Holland Home Foundation.

Breton Woods Pet Policy - All well-mannered pets (dog, cat, small bird, and fish) are welcome at Breton Woods! Owners are responsible to provide for all of their pets' needs. Below are a few of the policies; refer to the Resident Handbook for the complete list.
1: Dogs and cats must be on a leash or in a pet carrier when outside the apartment/home. The pet is not allowed to visit any common areas of the building such as lobbies, game rooms, libraries, restaurants, and Terrace and Ridge common patio space.
2: When bringing pets outside for any reason, the pet must be on a leash and must be led directly outside. Upon returning to the building, pets must be led directly back to the apartment. The most direct route should always be taken to exit and enter the building.
3: Pet waste must be cleaned up immediately, double-bagged, tied securely and disposed of properly. The resident will be charged if Facility Services/Grounds is required to clean up pet waste.
4: Residents are responsible for any damages caused by their (or their visitor's) pet.

You might have some money coming... If you purchased a garage or carport and are no longer using that space, you may be eligible for a refund. A portion of the money you spent to buy the space was designated as refundable and when you vacate your space, the refundable will be paid back to you! If you are interested in knowing what you might be able to receive in a refund, please visit the Resident Services Office. Each resident's situation is different so the best way to know how this might apply to you is to check with the office.



Octoberfest and Pig Roast

Thursday, Oct 3

5:00 pm - 6:30 pm

Terrace Woods Café and Patio

Meal Includes:

Roasted Pig

Baked Beans, Coleslaw, Corn on the Cob

Homemade Apple Crisp

Assorted Beverages

\$16.00 per person

PIZZA AND GAME DAY PARTY

All Breton Woods residents are invited to a Pizza and Game Day party on Saturday, October 5 in the Ridge Ristorante from 3:00 - 6:30 pm. Come anytime; the games will start at 3:00. If you are joining us for pizza, please sign up and pay \$3.00 by 4:30 for a 5:30 meal. Signup sheets will be in the Ristorante. Tableware and beverages will be provided. We have a number of games that will be available, but bring any favorite games you'd like to play. Please remember to wear your nametag.



Polish Buffet in the Ridge Bistro

Wednesday, October 9

5:00 - 6:30 pm

Meal Includes:

"Golabki" Stuffed Cabbage

"Kielbasa and Kapusta" Polish Sausage & Sauerkraut

"Pierogi" Polish dumplings filled with Potato & Cheese

Green Beans, Rye Bread

Assorted Desserts & Beverage

\$16.00 per person

Fish & Chips upon request \$9.00

BRETON READERS

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

October: "Waves of Mercy" by Lynn Austin

October 1 @ 2:00 pm - Ristorante and

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