



# The Breton Buzz

November 2019

## Health Services Information

**After Hours Response Nurse:** We are working on expanding the hours for this program to better meet the needs of the campus. While reviewing the Response Nurse contacts, we found very low utilization during the overnight hours. Rather than just having this service available "After Hours" we are working toward having a staff contact for medical needs that serves the campus 24/7. This Response Nurse would primarily be answering the phone from 8:00 am-8:00 pm. Outside of those hours, other staff would be answering your calls and assisting you in problem solving your medical concerns. Please continue to call the Response Nurse phone at: 485-7435. You may also contact the Health Centre Monday - Friday from 7:00 am - 7:00 pm. Contact Jillian with Resident Health Services at 643-2735 with questions or concerns. Thank you for your patience while we work to improve on this service!

## Volunteer Services

Volunteer Services hosted it's annual Luncheon on September 26 to thank all of our AMAZING Volunteers for being so generous with their time, talents, and support. We had a wonderful turnout and I was so blessed to see and talk to so many people who provide so many services. THANK YOU to each and every volunteer! Holland Home wouldn't be the great place it is without you!

If you aren't currently volunteering, but would like to learn how you could use your time to benefit the lives of others living on the Breton campus, contact Robin in Volunteer Services at robin.lambert@hollandhome.org or at 643-2725.

**Holland Home Volunteer Statistics** from January - August 2019:

- Volunteers served a total of 24,308 hours. That equates to about 18 full time employees - that's a lot of help!
- There are over 155 volunteer roles that are managed across Breton Campus, Raybrook Campus and Corporate Office.
- Holland Home has 541 active volunteers.

*"Remember that the happiest people are not those getting more, but those giving more." H. Jackson Brown Jr.*

## Fitness Information

### **Thursday, November 14 at 10:00 am Ping Pong Tournament**

Calling all ping pong players! Showcase your skills at the annual ping pong tournament in the Ridge Vineyard. No sign up necessary. Whether you watch or play you are sure to enjoy this fun event!

### **Friday, November 29 - Fitness Classes**

Fitness classes will be cancelled the day after Thanksgiving. The fitness team encourages you to be active with your family, friends, and neighbors. Go to the Body Shop, Fitness Center, the pool, or play some ping pong!

**Body Shop Renovations:** The exciting renovations in the Body Shop are scheduled to begin on Monday, October 28. Two major components of the renovation include the installation of new flooring and new equipment. Part of the Ristorante will serve as our temporary fitness center. Most Ridge fitness classes will be held in this space. You will be able to use some machines and equipment such as a nustep, recumbent bike, or dumbbells. The Ridge Stretch and Flex class will be offered in the Ridge Private Dining Room. We hope to have the renovations complete by the end of the year. Call Alisha Van Epps with any questions at 643-2636.

*"The joy of the Lord is my strength" (Nehemiah 8:10)*

**Fitness Classes & Inclement Weather:** Winter is upon us. Starting in November, there will be a sign up sheet to receive an email if fitness classes are cancelled due to inclement weather. Sign up sheets will be located in the Israels Fitness Center and Body Shop.

**THANK YOU** to our Raybrook and Breton residents who participated in the Development-hosted Pancake Breakfasts this year. The combined net total raised for the Resident Assistance Fund after expenses was \$2,564.00! Much appreciated!!

**Annual Fire Alarm Testing:** Simplex will test the fire alarm system in all apartments and common areas. They will need to enter each apartment to the complete this mandatory testing. Simplex will also test the full building alarm. There will be an announcement prior to sounding the alarm stating that it is just a test and another at the conclusion of the test. Dates for the testing: Terrace: October 28 - November 1; Ridge: November 4 - 8.

### **Scammers are Targeting YOU!**

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.

**Keeping the Promise Dinner** - The annual Holland Home event is Tuesday, November 19 at DeVos Place. Please join us for a wonderful evening with great food and enjoy music performed by Jenny Oakes Baker and children. Proceeds go toward the Holland Home Resident Assistance Fund. Invitations have been distributed; RSVP is required. Sign up at the Reception Desk for complimentary coach bus transportation (residents only). If you have questions, call Marcia Timmerman at 235-5118.

**Breton Market - Holiday Special:** Santa Claus is coming early. Beginning November 4, all CHRISTMAS CARDS are on sale for 25 cents each, while the supply lasts. Sorry.....Scrooge can only sell Christmas cards at this price. All other cards are still only \$1.00, including Thanksgiving. Get your holiday cards early! Ho-Ho-Ho!

**Santa Claus Girls:** Sue Colligan will take 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 November 1 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.

## Chaplain's Corner

### Announcements:

- There is a need for additional help for Audio Visual operations at both the Terrace Centre Place and at the Ridge Vineyard during worship services. If you have an inclination to learn in this area, or towards volunteering in other aspects of Spiritual Care, let Pastor Frank know as soon as possible.
- A new Spiritual Activity brochure has been distributed. Please review it for opportunities on our BW campus for spiritual growth and development.

**Chaplain Gleanings:** "Tell me and I forget. Teach me and I remember. Involve me and I learn.." [Benjamin Franklin]

**Scripture For Thought:** "I always thank my God for you because of his grace given you in Christ Jesus."

[1 Corinthians 1:4]

## Life Enrichment

Patty Alexander, Life Enrichment Coordinator  
643-2707, patricia.alexander@hollandhome.org  
**Resident Portal: [www.mybretonwoods.org](http://www.mybretonwoods.org)**

When **\*Sign up\*** is noted, you must sign up at the Reception Desk or on the Resident Portal @ [www.mybretonwoods.org](http://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.

**Art in the Studio** - On the 1st and 3rd Mondays in November we will do art in the Art Studio. On November 4th, we will paint gourds, and on the 18th we will make Christmas cards. Get creative in the Art Studio with your friends at 10:00 am. **\*OCTA\***

**Monday Morning Music** - Monday Morning Music will be held on the 2nd and 4th Mondays in November at 10:00 am in Centre Place. Come enjoy music, sing, and enhance the creative side of your brain. **\*OCTA\***

### **Tuesday, November 5 - Election Day**

Just a reminder, it's Election Day! Breton Woods is in Precinct 13 of Ward 2, located at St. Paul United Methodist Church, 3334 Breton Avenue. Absentee ballot applications can be completed up to the Friday before the election.

### **Tuesday, November 5 - Music at Midday at Park Church**

A special time of music with Dr. Chris Dekker, grandson of Terrace residents, Marlene and Norm Dekker, on the organ. Bring \$6 for lunch at the church, and the concert will follow. Be in the lobby at 11:00 am. **\*Sign-up\***

**Thursday, November 7 - The Jubilee Women's Music Ensemble**  
Jubilee is composed of seven singers, who also are instrumentalists, and maintains a high standard of musicality, learning and growing within various genres. They perform in contemporary and traditional styles, ranging from gospel to classical to folk genres. Come hear their angelic voices and enjoy a night of fellowship in the Vineyard at the Ridge. A freewill offering will be taken. Cookies and coffee will be served at 6:15 pm; concert is at 7:00 pm. **\*OCTA\***

### **Monday, November 11 - Veteran's Ceremony & Social**

We will honor our veterans in a ceremony in Centre Place at 2:00 pm. The veterans will have a social following in the Woods Café.

### **Friday, November 15 - Occupation Day!**

Dress up as your pre-retirement occupation! Get a nametag at the Reception Desk and share your work experiences with others throughout the day. At the end of the day, celebrate your retirement with Chef James' special dinner at the Terrace and sit with others from the same profession.

### **Friday, November 15 - Terrace Birthday Social**

#### **Terrace Woods Café - 1:30 pm**

Celebrating all November Birthdays at the Terrace! Join us for a special treat and fellowship with your friends at 1:30 pm in the Woods Café. Free for November birthday residents, \$1 for all others.

### **Monday, November 18 - Ridge Birthday Social**

#### **Ridge Vineyard - 2:15 pm**

Celebrating all November Birthdays at the Ridge! Join us for a special treat and fellowship with your friends at 2:15 pm in the Vineyard. Free for November Birthday residents, \$1 for all others.

### **Monday, November 25 - Puzzle Competition**

Calling all Puzzlers! We're having a spirited, fun Puzzle Competition! The competition will begin at 10:00 am with instructions being given by the puzzle tables in the Ridge Library and Terrace Lobby puzzle area. All are welcome!

### **Friday, November 29 - Lion King Broadway Show**

A few seats remain available for the 2:00 pm matinee. Ticket price is \$86. Call Patty if you are interested. Be in the lobby at 1:00 pm.

### **Saturday, November 30 - 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.

## Life Enrichment continued...

### **Tuesday, December 3 - Music at Midday at Park Church**

A special concert with Penny Kindraka on the hand bells. Bring \$6 for lunch at the church, and the concert will follow. Be in the lobby at 10:30 am. **\*Sign-up\***

### **Wednesday, December 4 - It's Hockey Time with the Griffins!**

Pre-game with pizza and drinks at 5:00 pm in the Terrace Private Dining Room (transportation provided). Then at 6:00 pm we'll catch a bus to the VanAndel Arena for the GR Griffins vs. the Chicago Wolves. \$32 includes your pre-game party, lower bowl ticket and fun! **Sign-up and pay by November 18.**

### **Friday, December 20 - Holiday Classics Organ Concert - 7:00 pm**

Purchase your tickets online or by calling the Grand Rapids Public Museum at 929-1700. A Holland Home bus will be provided. **\*Sign up\***

### **Additional December Save the Dates!**

December is a busy month, so here's a heads up on holiday activities to save the date for:

- Monday, December 9 - Ladies Christmas Tea at the Terrace, 3:00 pm
- Tuesday, December 10 - Ladies Christmas Tea & Cookie Exchange at the Ridge, 3:00 pm
- Thursday, December 12 - Christmas Party at the Terrace Woods Cafe, 5:00 pm
- Friday, December 13 - Christmas Party at the Ridge Vineyard, 5:00 pm
- Saturday, December 14 - Bretonaires Concert and Social in the Woods Cafe, 7:00 pm

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

**Bingo at the Ridge - Saturday, November 9,  
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.

### **Thanksgiving Dinner 5:00 - 6:30 pm**

#### **Buffet Menu:**

Roast Turkey with Cranberry Sauce, Baked Ham, Herbed Stuffing, Sweet Potatoes, Mashed Potatoes, Green Bean Casserole, Garden Salad, Rolls & Butter, Assorted Pies, Assorted Beverages  
\$16.00 per person

#### **Ridge Vineyard - Wednesday November 20**

#### **Terrace Woods Café - Friday, November 22**



If you are having more than 5 guests, please call to make a reservation.

Ridge Vineyard: 643-2598

Terrace Woods Café: 643-2716

### **Dining Services Holiday Hours For Thanksgiving Week**

#### **Terrace Woods Cafe:**

Monday 11:30 am - 6:30 pm

Tuesday 11:30 am - 6:30 pm

Wednesday 11:30 am - 1:30 pm

Thursday, Thanksgiving Day - Closed

Friday - Closed

#### **Ridge Bistro:**

Monday Dinner 5:00 - 6:30pm

Tuesday 11:30 am - 1:30 pm

Wednesday 11:30 am - 1:30 pm Soup & Salad Bar

Thursday, Thanksgiving Day - Closed

Friday - Closed



### **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