



The Breton Buzz

January 2020

Volunteer Services

Happy New Year!!! Where did 2019 go? My mom always told me the older you get the faster time goes and boy was she right!

With the New Year comes the making of New Year's resolutions for many people. The top 10 Healthy New Year's Resolutions for Older Adults from HealthInAging.org are: eat healthier, consider taking a multi-vitamin, be active, see your doctor regularly, drink less alcohol, guard against falls, give your brain a workout, quit smoking, speak up if you feel down or anxious, & get at least 7 to 8 hours of sleep a night.

Did you know that making resolutions will provide you with goals and purpose for your life which will provide discipline? It is a way to begin the new year with an upbeat and positive attitude. If you are going to consider making some New Year's Resolutions, how about adding volunteering to that list if it isn't already there. For example, when someone moves from the Homes, Terrace, or Ridge to a new place like the Extended Care or the Rehab buildings, it can be a big adjustment, and it is so nice to have old neighbors and friends as a friendly visitor. You can never have too many visitors, especially this time of the year!

If you'd like more information about becoming a Friendly Visitor to someone you know or to someone that could use a visit, please contact Robin in Volunteer Services or call 643-2725.

Thank you for starting this year off by serving others!

"Approach the new year with resolve to find the opportunities hidden in each new day". — Michael Josephson

Fitness Information

Walk into the New Year: Start this year off on the right foot by participating in this community wide walking competition. Our recorded numbers will be compared between the Raybrook and Breton campuses. All of the staff, regardless of location and department, will make up a third competing team. Have a pedometer? Great! Just record the number of steps you're taking each day. Don't have a pedometer? No problem! Record the amount of time you spend walking, or the distance that you walk. Be sure to turn in your walking log so that we can see how close the competition is each week.

Walking logs can be picked up in the fitness centers. Standings will be posted regularly in the fitness centers, or emailed to participants.

- Remember you can record your steps, minutes, or miles walked.
- Turn your sheets into the fitness center, or email your results to elizabeth.norry@hollandhome.org

Winter Walking Club: Don't let the winter weather interfere with your walking routine! Come walk the halls with friends and neighbors each week in January!

- Wednesday afternoons at 1:30 pm - meet in the Terrace Lobby.
- Friday afternoons at 2:00 pm - meet in the Ridge Lobby.

Body Shop Reopening: The Body Shop is scheduled to reopen on Monday, January 6. For your safety, the fitness team encourages you to attend Open Gym or to sign up for a one-on-one equipment orientation prior to using the new equipment. Liz Norry leads Open Gym on Wednesdays from 2:00 pm to 3:00 pm. You can sign up for an equipment orientation at the fitness desk or by calling Alisha Van Epps at 643-2636. The equipment is available for use outside of the regularly scheduled classes.

Body Shop - Open House - Monday, January 20 - 2:00 - 3:30 pm
The fitness team invites you to the Body Shop Open House! **The event will begin in the Vineyard.** The Dining team will serve tasty and healthy appetizers for you to enjoy before your guided tour. You will learn about the tools, services, and opportunities that Vibrant Living offers and about the HUR USA exercise equipment and technology. Next, you will have the opportunity to see an equipment demonstration by the fitness team. Then, you will be able to sign up for a one-on-one equipment orientation to learn how to use the new equipment. Stop by anytime between 2:00 pm and 3:30 pm. A shuttle will run from the Terrace to the Ridge from 1:45 pm 3:45 pm.

Meet our Vibrant Living Interns - Winter 2020

Maya Leisinger is a senior at Grand Valley. She is passionate about helping people build strength and maintain independence. She hopes to go to physical therapy school in the future. Maya will work in the Body Shop.

Hannah Dykema is a junior at Cornerstone University and hopes to one day become an Occupational Therapist. She graduated from South Christian High School. She attends The Local Church in Cascade, where she serves in the kids program. Hannah will work in Israel's Fitness Centre.

Corey Sawall is a senior at Grand Valley. She hopes to become an Occupational Therapist and to work with stroke patients. Her hobbies include working out, watching professional soccer, reading, and hiking. Corey will work at Breton and Raybrook.

January Series 2020: We will livestream the January Series again this year. As you have probably experienced, technology can be a tricky business and may decide to not cooperate regardless of how many times we practice the process. Please be patient with our volunteers who are giving of their time to set up the livestream at three locations. If something does happen to interfere with the livestream, we will do our very best to get things back on track. If you would be willing to help set up or learn how to set up the livestream, we are always in need of volunteers to make this happen during the month of January. Please contact Marenta Klinger at 643-2724 if you are willing to help. We hope you enjoy this year's line up!

Absentee Ballots: If you would like to join the Permanent Absentee Voter list, please take a form from the Friends Helping Friends bulletin board located in both the Terrace and Ridge. The form only needs to be completed by those who are not currently on the Permanent Absentee Voter list.

Breton Woods In Motion Support Group: With the exception of January, this support group will continue on the first Thursday of the month through April at 2:00 pm in the Terrace Private Dining Room. This meeting is for caregivers of/or residents experiencing motion disorder due to Essential Tremors, Parkinson's or Huntington's Disease. We are also looking for volunteers to lead a support group for Grief, Cancer, and Dementia. Contact Lynn Bailey at (517)647-2460 or mspweb1@gmail.com with suggestions and/or questions.

Resident Advisory Board: Congratulations to Lois Webster who was elected to join the Resident Advisory Board committee! Lois will represent the Terrace. Her 2-year term starts in 2020.

Recycling News: Beginning on January 1, Kent County will no longer recycle plastic bags or shredded paper due to difficulty in processing. This means you may no longer drop these items into the recycling carts at the Terrace & Ridge. The county asks that you only shred confidential documents and then put them in the trash, not recycling. If you wish to continue recycling your plastic bags, Meijer stores have plastic bag recycling bins near the entrances where you can drop off all kinds of clean, clear plastic wrapping, bags and packaging. Please make sure the plastic is free of food and any other debris.

Free Memory Screening: Memory screening can provide valuable information about how you're doing. Private screenings take approximately thirty minutes. Memory screenings will be conducted by appointment only on January 3, 2020, 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

Holiday Market: The Core Committee wants to thank you all for working so hard to make the Holiday Market a success. We had many volunteers behind the scenes organizing and making items to sell. You all did a fabulous job, and we appreciate all your efforts that grossed \$13,024. Based on suggestions provided by many of you, the funds will go toward the Resident Assistance Fund and a new sound system for the Bretonaires.

Here are the results of the raffle prize drawings:

Legos - Rachel Black; American Girl doll - Dan & Pam Bury; Baby quilt - Becky Kerr; Floral arrangement - Nettie Dykhouse; Lighthouse - Mary Lou Myers; Quilt - Janice Cok; Calico Cat - Roger Vandekieft; Gift cards/fruit basket - Colin Vugteveen

Line Dancing Demonstration: Come kick off the new year at the Line Dancing demonstration Thursday, January 9 at 1:00 pm in Expressions. Shake off those cold winter blues while we heat up the dance floor with a wide variety of music. Enjoy light refreshments, and you might even find yourself kicking up your heels!

To all my Breton friends: A very heartfelt "Thank you" for your prayers, cards & calls during Ron's illness & death. - Anne Kunnen.

Winter Reminders: The plow trucks are hard at work during snowfalls. Please be cautious and aware of the trucks while driving or walking on the campus. We know the Grounds crew does a fantastic job clearing and salting the roads and walkways; however, patios will still likely be slippery. Please use caution to avoid injury. Holland Home will continue the routine snow plowing and shoveling of parking lots and sidewalks when there are snow accumulations of 2 inches or more.

Phone Books: In an effort to save money and resources, Breton Woods will no longer order bulk supplies of the Yellow Pages and/or White Pages phone books. If you wish to receive a copy, you may call and place an order for one to be delivered to your specific address. Orders can be made by calling 1-866-329-7118.

Life Enrichment

Patty Alexander, Life Enrichment Coordinator
643-2707, patricia.alexander@hollandhome.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.

Attention Veterans: Honor Flight Applications Due!

Veterans who have not been on their Honor Flight to Washington DC, please see Patty to get an application to fill out. I'd like to submit them as a group and get as many as we can on the same flight. This is at no cost to you. You did not have to serve in war time. Call 643-2707 and leave me a message, and I'll leave an application in your mailbox.

Friday, January 3 - Packing Up Christmas Decorations - Ridge

Meet in the Ridge lobby at 10:00 am to help pack up the Christmas decorations. Lots of hands make less work, so come join in!

Monday, January 6 - Packing Up Christmas Decorations - Terrace

Meet in the Terrace lobby at 10:00 am to help pack up the Christmas decorations. Lots of hands make less work, so come join in!

Monday, January 6 - Hummingbirds Video at 3:00 pm

David Attenborough takes us into the remarkable lives of hummingbirds via stunning slow motion photography. Everything about these tiny birds is superb and extreme. See these magical creatures in both the Ridge and Terrace theatres. (52m long video)

Monday, January 6 - Men's ROMEO Lunch at HopCat

The Men's ROMEO group will dine at HopCat by Knapps Corner. Featured are all the HopCat staples, such as Killer Mac & Cheese, burgers and, of course, their famous fries. The bus will depart at 11:00 am. *Signup*

Tuesday, January 7 - Ladies Lunch at the Old Goat

The ladies will have lunch at the Old Goat which specializes in food cooked from scratch, ranging from wood fired pizzas to endless soup and bread, to delicious sandwiches. The bus will depart at 11:00 am. *Sign-up*

Friday, January 10 - Baking Bread Pudding and Birthday Social

Chef James will do a baking demonstration on Carmel Pecan Bread Pudding and we will enjoy some for our January Birthday Social at the Terrace at 1:30 pm in the Woods Café. \$1/person except for those celebrating a January birthday.

Monday, January 13 - Ridge Birthday Social - 2:30 pm

Let's celebrate January Birthdays! Join us in the Vineyard at the Ridge at 2:30 pm for our Birthday Social. \$1/person except for those celebrating a January birthday.

Tuesday, January 14 - Art in the Studio - Terrace

Don't let the cold get you down! We're brightening up your day with art! We'll be designing our own art on tote bags. It's easy and fun! Invite a friend to come with you at 10:00 am to get creative.

Monday, January 20 - King: A Man of Peace in a Time of War

In honor of Martin Luther King Jr. Day, we will show the 57 minute documentary in the theatres at the Ridge and Terrace at 4:00 pm.

Tuesday, January 21 - Classical Concerts with Harold Huizenga

Experience 45 minutes of the best classical music concerts collected by Harold. Not only hearing, but seeing the performances will make this an amazing event at 3:00 pm in Centre Place at the Terrace.

Friday, January 24 - Chinese New Year Dinner Party

Discover the traditions and taboos, dishes and drinks that are part of China's most important holiday, the Chinese New Year. Chef James will have a Chinese buffet and we'll celebrate the Chinese New Year in fashion. 5:00 - 6:30 pm *OCTA*

Saturday, January 25 - Single's Potluck - 5:00 pm

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 name tag.

Thursday, January 30 - Breakfast at Morning Belle

At Morning Belle they fresh squeeze Valencia Oranges, cut vegetables, and mix their scratch-made pancake batter daily. They don't fry their food, and everything on the menu is made to order. Be in the lobby by 8:30 am to go to a delicious breakfast at this new restaurant. *Sign-up*

Looking ahead:

Master Arts Theatre - Father Brown - February 27

London is once again confounded by the notorious thief, Flambeau, whilst Scotland Yard's detective unexpectedly teams up with an unassuming priest, Father Brown, in the hopes of finally catching him. To get your ticket, **Sign-up and PAY \$14 by January 20.**

Life Enrichment continued...

Upcoming Broadway Shows: Get your tickets NOW!

- **Charlie and the Chocolate Factory** - Roald Dahl's amazing tale is now Grand Rapid's golden ticket! It's the perfect recipe for a delectable treat: songs from the original film, including "Pure Imagination," "The Candy Man," and "I've Got a Golden Ticket," alongside a toe-tapping and ear-tickling new score from the songwriters of Hairspray. Get ready for Oompa-Loompas, incredible inventions, the great glass elevator, and more, more, more at this everlasting showstopper! **Sign-up and PAY \$59 for tickets at the receptionist desk by January 20.** Tentative date for show is Thursday, March 12 at 7:30 pm.
- **Escape to Margaritaville** - Welcome to Margaritaville, where people come to get away from it all - and stay to find something they never expected. *Escape to Margaritaville* is the musical comedy featuring both original songs and your most-loved Jimmy Buffett classics, including "Cheeseburger in Paradise," "Fins," "Volcano," and many more. *USA Today* calls it "A little slice of paradise!" and *Entertainment Weekly* raves, "It will knock your flip-flops off!" Don't let the party start without you. **Sign-up and PAY \$57 at the receptionist desk by February 1.** Tentative date for show is Thursday, May 28 at 7:30 pm.

B	I	N	G	O
12	18	41	47	61
7	26	39	54	70
4	27	FREE SPACE	49	63
5	23	35	58	73
3	30	32	52	75

Bingo at the Ridge - Saturday, January 11, 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.

BRETON READERS

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

January: *The Whole Town's Talking* by Fannie Flagg

January 7 @ 2:00 pm - Ristorante

January 29 @ 3:00 pm - Terrace Private Dining Room

NEW!! Ridge Gardening Club: Our Michigan winter certainly started early this year with cold and snowy weather in October! But come January, we can warm up with planning for flower baskets and climbing vines on the patio, nurturing our herb wall, and adding raised vegetable beds in the courtyard. The bed design makes them accessible for everyone, and you will be able to weed, water and pick tasty tomatoes and more whether standing or sitting! PLUS, there will be friends with helpful ideas that you can bring home for container gardening on your own balcony. Join the Ridge Gardening Club Thursday January 16 at 10:00 am in the Bistro.

"Anyone who thinks that gardening begins in the spring and ends in the fall is missing the best part... Gardening begins in January, with a dream" - Josephine Neuse



Chaplain's Corner

Announcements:

- "The Armor of God" Bible Study will resume weekly on Mondays beginning January 6 in the Ridge Vineyard/Ristorante at 1:00 pm. Due to the Calvin University January Series Live Stream, January 13, 20 & 27 will be postponed to 1:30 pm.
- Coffee Break Bible Study will resume weekly on Wednesdays at 2 pm starting January 8 in Ridge Private Dining Room.
- Ridge resident and former BSF teaching leader MaryAnn Oatis will lead Part I of a free Bible study on Samuel.
 - ~Terrace: Mondays - January 13, 20, 27, February 3, 10, & 17 8:30 - 9:45 am in the Private Dining Room
 - ~Ridge: Tuesdays - January 14, 21, 28, February 4, 11, & 18 8:30 - 9:45 am in the Private Dining RoomPlease note that Tuesday's class is a repeat of Monday's class. Sign up is required at the reception desk of the location you plan to attend. Look for Part II in the spring.

Chaplain Gleanings:

"What the new year brings to you will depend a great deal on what you bring to the new year". (Madison Alcedo)

Scripture For Thought:

"For what you have done I will always praise you in the presence of your faithful people. And I will hope in your name, for your name is good." Psalm 52:9

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