



The Breton Buzz

March 2020

Volunteer Services

Pastor Rick Warren said we will never find happiness in possessions, power, salary, or success. Our *"permanent ongoing happiness only comes when you give your life away in service. God wired you to give your life away. God blesses you so you can bless others. When you bless others, God will bless you. If you're struggling through a lack of joy in your life, try serving people...then watch God change your perspective."*

It is very easy to want to stay in your home and not participate in activities or volunteer because of various reasons, but maybe God wants to bless you and someone else by having you volunteer. There are always areas that need help either on a regular basis or someone just to fill in once in a while. Current needs are: cashiers at the Breton Market, on-campus drivers, devotion leaders, greeters, hymn sing leaders, pianists, and visitor companions.

If you would like to find out more about how you could use your time to bless the lives of others living at Breton Woods, please contact me at robin.lambert@hollandhome.org or 643-2725. Thank you for considering this opportunity to bring joy to yourself and to others!

Fitness Information

New Fitness Opportunities During Pool Closing

While the pool is closed (expected to reopen 3/16) the fitness team encourages you to try one of the following fitness classes:

- **Functional Circuits** - Mondays, Wednesday, and Fridays
11:20-11:45 am in Israel's Fitness Centre

Join Liz for this functional, total body workout. In each class we will complete different exercises and work all of our major muscle groups. We will use a variety of exercise equipment to challenge our balance, strength, endurance, and flexibility.

- **Heart Healthy Dance** - Tuesdays and Thursdays
10:00-10:25 am in Expressions (exception, the 12th will be in IFC)

This class is perfect for anyone who wants to add some fun to their current workout routine. Follow simple moves to great music. This class will get your heart pumping.

Four Week - Aqua Circuit Class: Celebrate the reopening of the pool with a fun circuit class that will you get you moving and feeling good. This class will be offered on Fridays at 2:30 pm for four weeks, beginning on March 20. There will be different "stations" that target different muscle groups to improve strength and aerobic endurance. Come make a splash with Vibrant Living Intern, Maya!

Walk in to the New Year: Thank you to those who participated in the January walking challenge. Breton residents walked over 3,700,000 steps! While it was not an individual competition, we want to congratulate Carol Pratt and Marge Baker for being Breton's top steppers. Thanks for taking a step towards better health.

Move It Monday! Let's start each week off right by moving together. The fitness team encourages you to go the extra mile on Mondays in March. Bring a friend or neighbor to the fitness center and try go at least one mile on a treadmill, bike, nu step, elliptical, or swim in the pool. Pick up a tracking sheet on the fitness desk. Participants who turn in their tracking sheet at the end of the month will be entered to win a fitness basket.

CyberCycle Madness: CyberCycle riders unite! This is a knockout tournament (like March Madness). Ride the CyberCycle every Tuesday and Wednesday for five weeks beginning March 10-11. Each round, teams have 48 hours to ride as many miles as they can. All rounds will begin and end at midnight USA Eastern time. In the Qualifiers, every CyberCycle team (across the globe!) will battle for the most miles. The top 16 teams move forward into the Super Sixteen, and seeded according to placement. The remainder of the tournament will be single elimination head-to-head play. The team that rides the most miles in each matchup will move forward to the next round. Riders MUST have a CyberCycle account in order for their miles to count. If you do not have a CyberCycle ID, please contact the fitness team to register. Go team Breton Woods!

Creating Healthy Habits

"The first step to changing your behavior is to create an awareness around what you do regularly," explains Dr. Lisa Marsch, behavior change expert at Dartmouth College. "Look for patterns in your behavior and what triggers the unhealthy habits you want to change." When it comes to creating a healthy habit keep it simple, consistent, and daily.

WANTED: A nurse manager at Breton RLC is working on making memory boxes for the residents and is in need donations. Items include but are not limited to things from the 30's, 40's, 50's, 60's and 70's, but must be small enough to fit in a shoe box. A detailed list can be found on the resident bulletin boards. Donations can be dropped off at the Resident Services Offices.

Scam ALERT: Recently MI State Police has warned us of scammers targeting seniors by posing as health officials or agents representing Publisher's Clearing House. Here are some tips to spot, verify and stop a scam:

- Add your number to the FTC's Do Not Call Registry.
- If you have Caller ID, do you recognize the phone number calling you? If not, don't pick it up.
- It's OK to hang up.
- If you think the call is real and you are concerned, return the call to a legitimate number you know or can verify through an independent source.
- Never give out your personal information such as your full name, address, birth date, and social security or account numbers.

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.

2019 Holiday Market Financial Summary: The Holiday Market Core Committee is pleased to report:

Revenue - \$13,772.05; Expenses - \$1,969.79; Tithe to Resident's Assistance Fund - \$1,377.21; Sound System for Bretonnaires - \$8,229.00; Library - \$75.00. This year's Holiday Market is Saturday, November 7, 2020. Thank you all!

Attention Crafters: Do you have a craft project you are working on and would like to share it with others? In preparation for the 2020 Holiday Market, all crafters are invited to the annual "Show 'n Tell" in Expressions Thursday, March 12 at 10:00 am - noon and the Ridge Private Dining Room Friday, March 13 at 10:00 am - noon. Enjoy fellowship, coffee, and refreshments, and come away with shared and new ideas for this year's event.

Memory Screening: Michigan State University and Rethinking Dementia will offer memory screenings on campus at Breton Ridge Friday, March 6 from 9:00 am to 12:00 pm. Email Lisa Misenhimer at lisa.misenhimer@rethinkingdementiamiami.org. or call her at (616) 247-9630 to make an appointment.

Is it Time for an Updated Photo? The pictorial directory is a useful tool both in the print version and on the Resident Portal. We are offering a chance for residents to have a new, updated photo taken. Open "drop-in" times at the Resident Service Offices are: Tuesday, March 10 from 10:00 - 11:00 am & 2:00 - 3:00 pm

Breton Woods In Motion Support Group: This meeting is for caregivers of/or residents experiencing motion disorder due to Essential Tremors, Parkinson's or Huntington's Disease and will meet March 5 & April 2, at 2:00 pm in the Terrace Private Dining Room. 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.

Pool, Spa & Locker Room Closing: The pool, spa & locker rooms remain closed for annual cleaning and maintenance. The tentative re-open date is Monday, March 16. If you would like to use Raybrook's pool during this time, call Zack House at 235-5472 for class schedules and details.

New Resident Lunches: If you are a new resident who has moved into the Breton campus within the past year, you are invited to join other new residents at a special "We'd like to get to know you" lunch with Mina Breuker, Holland Home President and CEO. RSVP is required. March 27 and April 3 are full, so we have added Friday, April 10 from 12:00 to 1:30 in the Breton Ridge Private Dining Room. To reserve your seat, please email Marcia Timmerman at marcia.timmerman@hollandhome.org or call her at 235-5118.

Thank you! I am so grateful for all the expressions of sympathy, prayers, cards and loving concern expressed by the staff and residents of the Ridge. It has truly been a gift to me and my family during the period of David's illness and death - Diana Comfort.

BRETON READERS

Carol Berghage (Ridge) at 827-1306 or Delores DeKok (Terrace) at 455-2415.

March: *Nothing Daunted: The Unexpected Education of Two Society Girls in the West* by Dorothy Wickenden

March 3 @ 2:00 pm - Ristorante

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



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.

LAST CHANCE SIGN-UP - Spectrum Brown Bag Tour to Shiphewana on Tuesday, April 7. *Sign-up and Pay \$105 TO SPECTRUM TOURS at the receptionist by March 1.

Mondays, March 2 & 9 - National Craft Month in the Art Studio
It's National Craft Month so let's craft on the first two Monday's in March. Invite a friend to come with you at 10:00 am to get creative. We will be doing cards and multi-media art. *OCTA*

Wednesday, March 4 at 4:00 pm - Spanish Wine Tasting with Carlos Rubio

Join Carlos Rubio, the CEO and Winemaker of Bodegas Corral Winery for some of the finest wines grown in one of the most admired regions of Spain. We will taste four wines with the chef's choice pairing in the Terrace Private Dining Room. *Sign-up and Pay* \$10 for this special event. Limited to 24 seats.

Wednesday, March 11 - God Moments Writing with Legacy Christian - 9:30 - 11:15 am - Terrace Lobby

We're publishing a book with the 2nd graders at Legacy Christian and need 24 residents to share a story of:

- A moment they had with God that was a miracle story.
- A time when they learned something about who God is (his faithfulness, his mercy).
- A time when God empowered YOU to do something you couldn't have done on your own.

Sign-up and share your story with God. *OCTA*

Wednesday, March 11 - The Ardan Academy of Irish Dance

This amazing group of dancers, who compete at the national and world levels, will perform at 6:30 in the Ridge Vineyard. You'll be amazed by their costumes and dance.

Thursday, March 12 - Calvin Passport to Adventure

On Assignment: Alaska with Rich Reid. Be in the lobby at 5:45 pm for the bus. Contact Patty if you are NOT riding the bus.

Thursday, March 12 - Wild Alaska in Spring and Summer DVD

For those not going to Passport to Adventure for the Alaska travelogue, join us at 6:30 pm in the Theatres for "Wild Alaska in Spring and Summer".

Friday, March 13 - Clara's Circle of Friends Coffee Classics

Coffee Classics season ticket holders be in the lobby no later than 8:30 am for the bus to go to the Grand Rapids Symphony Coffee Classic's concert. Call Patty if you will NOT be riding the bus.

Friday, March 13 - Terrace Birthday Social - 1:30 pm

Let's celebrate March Birthdays! Join us in the Woods Café at the Terrace for our Birthday Social. \$1/person except for those celebrating a March Birthday residents. *OCTA*

Saturday, March 14: Bingo at the Ridge

All Breton Woods residents are invited to play Bingo in the Ridge Bistro from 12:30 - 3:30 pm. Donation of \$1.00 per Bingo card (4 card limit) is requested. Snacks, coffee and water are provided.

Saturday, March 14 at 3:00 pm - SCHS Drama to Present...

NEWSIES: The Broadway Musical -

SCHS Drama invites you to join us this March as we present the musical NEWSIES. With its catchy tunes and energetic choreography, NEWSIES is a show that is sure to please all ages. With themes such as friendship, family, belonging, and the quest for justice, the musical explores many facets of life in meaningful ways and join us for a fun show for the whole family. Be in the lobby by 2:00 pm for the bus.

*Sign-up and pay \$10 by March 6. Limited to 24 seats *

Monday, March 16 - Ridge Birthday Social - 2:00 pm

Let's celebrate March Birthdays! Join us in the Vineyard at the Ridge for our Birthday Social. \$1/person except for those celebrating a March Birthday residents. *OCTA*

Wednesday, March 18 - Puzzle Competition

Enter to participate in the 4-man puzzle competition. You'll be partnered with three other people to complete a puzzle in a 2 hour timed period. The competition will go from 2:00 - 4:00 pm in Expressions at the Terrace. Snacks and beverages will be provided. Sign up in the Life Enrichment book; names will be randomly drawn and teamed together. *OCTA*

Friday, March 20 - Up - In Concert Live to Film - POPs Symphony

POPs Symphony season ticket holders be in the lobby no later than 6:30 pm for the bus to go to the Grand Rapids Symphony POPs concert. Call Patty if you will NOT be riding the bus.

Monday, March 23 - ROMEO Men's Lunch at Cascade Roadhouse

The Men's ROMEO group will be dining at the Cascade Roadhouse. Their delicious menu in a rustic and natural elements paired with the vintage inspired pine walls and fireplace will certainly leave you feeling comfortable and cozy. The bus departs at 11:00 am. *Sign up*

Life Enrichment continued...

Tuesday, March 24 - Ladies Lunch at Linear

Enjoy dinner by the river in the North Monroe neighborhood at Linear. The restaurant has a modern vibe. They have some hints of bright, Frank Lloyd Wright inspired patterns, blended with natural wood tables and chairs, and dark, sleek floors. Be in the lobby at 11:00 am. *Sign-up*

Tuesday, March 24 - Women's Billiards Tournament

It's time to chalk-up those cue sticks and get your "sharking" strategy together. The Terrace will host the Women's Billiards Tournament at 3:00 pm in the Billiard's Room on the lower level. Don't miss out on the opportunity to win the traveling trophy. *Sign-up* by Friday, March 20. *OCTA*

Thursday, March 25: Opera in the Woods - "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 and ends in a heavy surprise. The opera will be shown in the Terrace Theatre at 6:30 pm.

Thursday, March 26 - Veteran's ArtPrize Workshop

Veteran's and your wife are invited to an ArtPrize Workshop with Pamela Alderman from 2:30 - 4:30 pm in Expressions. Busing provided.

Saturday, March 28 - 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 nametag.

Monday, March 30 - Music with Jane, Pete and Paul

10:00 am - Centre Place

Don't miss out!

Monday, March 30 - The Butterflies are Blooming at Frederik Meijer Gardens

This year, over 60 species of butterflies from Asia, Africa, and Central & South America, will take flight in the warm, lush environment of the Lena Meijer Tropical Conservatory. Be in the lobby by 11:00 am for the bus. Lunch on your own in the Café at the gardens. *Sign-up*

Tuesday, March 31 - Rehoboth Choir in Concert

We are blessed to have the Rehoboth Choir in from New Mexico to perform in the Terrace lobby at 1:00 pm. The choir is directed by Bob Ippel, a Calvin College graduate. Rehoboth Christian High School is committed to developing the next generation of Christian Native leaders on a local and National level. Towards this end, we desire that our Native students become fully aware of and embrace their identity as Native people and their identity in Christ.* A free-will offering will be taken to support their performance and trip to the Mid-west to serve and perform.

Spiritual Care

Announcements:

- "Background Believers": Have you personally met Caleb, the brave spy, or Bezalel and Oholiab, the Tabernacle artisans, or Asaph and Heman, Biblical song writers, or Barzillai, an 80 year old relief worker? Beginning Wednesday, March 4 at 9:30 am in Center Place, these fascinating significant others will be studied in a new Bible study series written and led by Diane Bloem. A weekly Lenten service begins Wednesday, March 4 at 3:30 pm in Centre Place and goes through April 1, 2020.

Chaplain Gleanings: "Men may spurn our appeals, reject our message, oppose our arguments, despise our persons, but they are helpless against our prayers." - Sidlow Baxter

Scripture For Thought: "And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God." - Hebrews 12:1-2



St. Patrick's Day Dinner

5:00 - 6:30 pm

Terrace Woods Café - Tuesday, March 17

Ridge Bistro - Wednesday, March 18

MENU FEATURES:

Choice of:

Guinness Beef Stew

- or -

**Corned Beef and Cabbage
with Red Skin Potatoes
and Carrots**

**Both served with a Roll.
Includes Dessert & Beverage.
\$16.00 per person**



Also available: Fish & Chips served with Slaw, Dessert and Beverage. \$11.00