



The Breton Buzz

April 2020

Stay Home. Stay Safe. Save Lives: To combat the spread of COVID-19 in Michigan, Governor Whitmer signed the “Stay Home, Stay Safe” executive order effective March 24, 2020. For at least the next three weeks, all Michigan businesses and operations must temporarily suspend in-person operations that are not necessary to sustain or protect life, and all Michiganders must stay in their homes unless they’re a part of that critical infrastructure workforce, engaged in an outdoor activity, or performing tasks necessary to the health and safety of themselves or their family, like going to the hospital or grocery store.

YOU CAN:

- Go to the grocery store or pick up take-out food.
- Go to the pharmacy to pick up a needed prescription.
- Engage in outdoor activities like walking, hiking, running, biking.
- Go to the hospital or secure any care necessary to address a medical emergency or to preserve your health or the health of a loved one.
- Fill your car with gas.
- Return to Michigan to a home or place of residence from outside the state.
- Leave the state for a home or residence elsewhere.
- Walk your pets and take them to the veterinarian for needed medical care.

YOU MAY NOT:

- Leave the home to work unless your employer designates you as a critical infrastructure worker.
- Participate in any public gatherings.
- Visit someone in the hospital, nursing home, or other residential care facilities (with limited exceptions).
- Go to the mall or to restaurants.

Stop the Spread: We need YOUR help! The CDC has provided us with recommendations to help prevent the spread of COVID-19. We all need to practice these so we all stay healthy!

- Wash your hands often
- Avoid close contact - social distancing
- Cover coughs and sneezes
- Clean frequently touched areas
- Stay home if you can

Avoid Online Coronavirus Scams: Michigan Attorney General Dana Nessel reminds Michigan consumers to be aware of online coronavirus scams selling bogus products and providing false information on COVID-19 tests and treatments. If you believe you are the target of a scam, hang up the phone and verify the identity of the caller independently. Do not give out any personal information unless you have first confirmed who you are talking to is actually who they claim to be. Information around the COVID-19 outbreak is changing rapidly. The latest information is available by using Michigan’s Coronavirus website or by visiting the CDC’s website: www.cdc.gov

Stimulus Check Scams: There is a new trend where scammers are calling or emailing people claiming to need personal information in order to send them their COVID-19 related Stimulus check. Do not give out your PayPal account information, Social Security number, bank account number or anything else if someone claims such information is essential to sign you up for a stimulus check relating to the coronavirus pandemic. None of this is needed. These are scams.

Census 2020 Safety: The Census Bureau or a legitimate census worker will never ask for your Social Security number, bank account number, credit card number, money or donations. They will never contact you on behalf of a political party. If you are asked for any of these, whether it be via phone, mail, email or in person, it is a scam and should be reported to ois.fraud.reporting@census.gov

Recycling News: Kent County no longer recycles 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. Only shred confidential documents and then put them in the trash, not recycling. If you want to recycle plastic bags, many retailers have plastic bag recycling bins near the entrances. In addition, please make sure all items for recycling are free of food and any other debris.

Crafters: Thank you for your participation in our recent 2020 Holiday Market “Show n’ Tell”.

Breton Terrace Health Centre Information: Amid the Covid-19 pandemic, the Health Centre is open for urgent needs only at this time. Please call ahead. Non-urgent appointments will be canceled (the office will call you to let you know if your upcoming appointment is canceled). Please call the office with concerns or questions. Thank you!

NEW! Breton Dementia Support Group: This group will help build a support system with people who understand dementia. Trained facilitators will provide a safe, confidential place for caregivers, family and friends of those living with dementia. It will also provide the opportunity to exchange practical information on care giving challenges, offer possible solutions, talk through issues, offer coping strategies as well as share feelings, needs, and concerns. This group is focused for those who love and support someone who is living with dementia. The first meeting will tentatively be in May and will be held the last Tuesday of every month there after from 3:30 to 4:30 pm in the Breton Terrace Private Dining Room. If you would like to come to the group, but are unable to make alternative arrangements for your loved one living with dementia, please call Patty Alexander at 643-2707.

From the Development Team: Due to the current COVID-19 situation, all Development related events are either canceled or postponed. This includes: New Resident Lunches with Mina Breuker, CEO, Annual Heritage Society Lunch, Development Donuts. Feel free to contact Marcia at 235-5118 if you have any questions. Prayers for all our residents that you will remain in good health!

Quarterly Board Report & Coffee - Due to the current situation with COVID-19, the Breton Board Coffee scheduled for Tuesday, April 21, at 10:00 am has been canceled.

New from the Breton Market - Breton Market is now offering once a week limited Breton Market order and delivery service. Market deliveries arrive at your door on Wednesdays. Orders need to be called in to 643-2628 by 12:00 pm on Thursday for delivery the following Wednesday. All orders are subject to product availability and are charged to resident monthly statements. If you have questions, call 643-2628.

Item	Details	Price
Eggs	½ Dozen	\$1.00
Milk – 2%	Half Gallon	\$2.25
Orange Juice – Simply Orange	52 oz bottle	\$4.25
Mixed Fruit	By the Cup	\$0.50
Yogurt – Strawberry/Strawberry Banana	By the Cup	\$0.50
Applesauce – unsweetened	By the Cup	\$0.50
Pudding – Chocolate	By the Cup	\$0.50
Pudding – Vanilla	By the Cup	\$0.50
Ensure – Chocolate	Bottle	\$1.00
Ensure – Vanilla	Bottle	\$1.00
Jimmy Dean Sausage, Egg & Cheese Sandwich	1 sandwich	\$1.50
English Muffins – frozen	Package of 6	\$3.50
Wheat Bread	By the Loaf	\$3.50
Toilet Paper (limit of 4)	By the Roll	\$0.50
Red Baron Pepperoni Pizza	Personal Size	\$1.50
GoTo’s Meal: Pot Roast Dinner	1 meal	\$6.50
GoTo’s Meal: Meatloaf Dinner	1 meal	\$6.50
GoTo’s Meal: Lobster Macaroni & Cheese	1 meal	\$5.00
GoTo’s Meal: Spaghetti & Meat Sauce	1 meal	\$4.50
GoTo’s Meal: Salmon Dinner	1 meal	\$6.50

New Pool Access: If you live in the Homes or the Ridge and would like access to the Pool, please see Sara or Amy in either of the Resident Services Offices (after the pool & offices reopen) to sign for and receive your own A2 key to unlock the door when using the Pool.

A BIG Thank You.... to the residents and staff for making my “20th” birthday on February 29 so memorable and fun! It was very much appreciated! ~Carolyn Cole

Life Enrichment

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

Sign up means you must sign up at the Reception Desk or on the Resident Portal @ www.mybretonwoods.org

OCTA means On-Campus Transportation is Available. Call the Ridge receptionist at 643-2582 by **noon** to sign up for a ride.

Friends,

I know it's difficult during this pandemic to ask you to totally stop what you've been doing within our Vibrant Living components. We want you well, so in this Breton Buzz we're including some ticket renewals for when the virus has passed, and things to do until then. After this is all over, you may find you actually did more in the 4-8 weeks than last year. I'm here for you to get you resources to stay busy and keep your mind fresh, as well as your body and soul. Hang in there and don't hesitate to ask for the tools to stay Vibrant.

~Patty Alexander, Life Enrichment Coordinator

Calvin College Passport to Adventure - Renewals and New Group Tickets

We will renew Passport to Adventure in April. All residents will receive a renewal brochure mid-April. If you are not attending the April 28th Passport to Adventure presentation, please have the form and check for \$30 made payable to Calvin College turned in by Monday, April 24 with your form from the brochure. After that date you will be responsible to contact Calvin College directly for your renewal. Brochures will be out sometime in early April. The confirmed presentations are:

- Monday, October 12- Hot Spots: America's Volcanic Legacy, by Gray Warriner
- Wednesday, November 4- Morocco, by Rick Ray
- Thursday, February 11, 2021- Cuba-On the Edge of Discovery, by Brent Winebrenner
- Monday, March 8, 2021- Turkey, Crossroads of Europe & Asia, by Marlin Darrah
- Monday, April 12, 2021- Normandy-Wonders and Memories, by Cyril Isy-Schwartz

Broadway Grand Rapids Shows and Tickets

Every resident should have received a form for the 2020-2021 Broadway Season. This year to reserve your tickets, return the form with a \$25 deposit per show by April 15 to the black box at the receptionist. We are doing this to better schedule the dates and best seats for each shows.

Broadway shows coming to Grand Rapids in 2020-2021 are as follows:

- Come From Away, October 13-18, 2020 (Approximate cost is \$60-70)
- Hairspray, November 17-22, 2020 (Approximate cost is \$60-70)
- Wicked, March 31-April 18, 2020 (Approximate cost is \$95 -100)
- Ain't Too Proud - The Life and Times of the Temptations, May 18-23, 2021 (Approximate cost (\$60-70)
- Dear Evan Hansen, June 22-27, 2021 (Approximate cost unknown)

REAL Classes:

All REAL Classes have been suspended until June 1st. Classes scheduled in March and April will be rescheduled for summer months, if possible.

REAL Class videos are available for viewing on the Resident Portal . Other events and concerts are also on there such as the Jubilee Women's Music Ensemble, the Metropolitan Choir of Praise, the ABC Orchestra from East Kentwood High School, and the Children's Piano Recital.

REAL Board meetings are canceled for April at this time.

Use your talents and stay active with your mind, body and soul!

Start a Pen Pal: If you want to Pen Pal with a student from Excel Charter Academy, contact Patty to get set-up. 60+ students await.

Planting Kits: If you'd like to start a planting kit with some flowers or herbs for your patio, contact Patty and she'll provide you one for free with instructions.

Craft Kits: There are art/craft kits available for you to do crafts in your home. Cards, painting, adult coloring? Let Patty know your interest and she'll put one together for you with what you enjoy doing. Don't be afraid to try something new.

Life Enrichment continued...

The Books are Back!

Effective Wednesday, April 1, we will begin taking requests for books from both the Terrace and Ridge Libraries once per week. We cannot guarantee that we will have the specific book you are requesting, but we will do our best to get you something similar or by the same author. Please note that the library will NOT be open and is not to be entered while books are being pulled. This is for the health and safety of the person pulling the books. If you are interested in requesting a book, please follow the below process:

- Pick up a book request form by the Terrace and Ridge USPS mailboxes, or contact Patty.
- Submit the form to the box on the counter by the Terrace or Ridge USPS mailboxes, or email it to Patty by Thursday at noon.
- We will DELIVER the requested books to your door each Monday afternoon.
- We will be tracking who has what books and contacting you directly for return instructions. Please do not return your book at this time.

This process will move forward on a trial basis based on positive impact and considering the health and safety of our community. We need everyone's help in adhering to the above guidelines for this process to be successful. Thank you for your cooperation!

Puzzles: Let Patty know if you'd like a 300-500 piece puzzle delivered. The boxes will be cleaned and rotated weekly.

Pray. Read your Bible. Bible Journal.

If you haven't returned your Life Story Form, take time to fill it out and return it. Contact Patty if you need a new form.

Learn another language by downloading an app on your phone or computer and start learning. Many are free!

Write a story or book about something interesting to you.

Organize a presentation about yourself to share for an upcoming "Tell Us Your Story". Let Patty know when you're done and ready to present.

Get artsy and draw something. Pick an object and try to draw it.

Journal about how Covid-19 is impacting your restriction to certain areas and activities.

Google something you've always been interested in and watch a YouTube video or read about it.

Make gifts for the holidays or birthdays from items you have in your home.

Write a story about what you would have done when you were younger to fill this time without technology.

Video-call your family and friends. For Apple phones, ask Siri to "FACETIME _____" (name of person you'd like to video call)

Listen to different music stations on your TV or radio and while you're listening, get up and dance! Nobody is watching so dance and get some exercise, even if you're only able to chair dance.

Watch Sunday Service on TV or stream it on your computer.

Crossword Puzzles or Word Search Puzzles

Read a good book (or several).

Do easy exercises at home with modifying items you have to do them like your classes. Walk in place.

Clean out your cupboards and storage units.



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

Fitness Information

Staying Active at Home

Exercise is key to healthy aging. Looking for some exercises you can complete right in your home? The Fitness team would love to share exercise resources with you! Contact our Fitness Coordinators, Liz and Madye!

Liz Norry

elizabeth.norry@hollandhome.org or 643-2718

Madye Johnson

madelyne.johnson@hollandhome.org or 643-2584

Vibrant Living Virtual Exercise

The National Physical Activity Guidelines recommends engaging in 150 minutes of moderate-intensity physical activity a week. The fitness team has created a library of exercise videos on the Resident Portal to help you reach that goal. Click the Virtual Fitness tab to continue with your favorite classes at home. You will find strength training, stretch and flex, cardio, and balance training videos.

Facebook Live Fitness

We cannot offer our usual group exercise classes during the COVID-19 outbreak, but it is important to stay active and maintain gains in strength, balance, and flexibility that reduce fall risk, strengthen the immune system, and improve quality of life. The fitness team will be offering live, virtual classes through Facebook every weekday. Visit Holland Home's Facebook page to tune in and learn more, www.facebook.com/hollandhome

Monday, Wednesday, Friday

9:00 am - Stretch and Flex

10:00 am - Strength Training

11:00 am - Cardio Express

1:00 pm - Strength Training

Tuesday, Thursday

9:00 am - Balance and Core

10:00 am - Heart Healthy Dance

11:00 am - Balance and Core

1:00 pm - First Step

Best Wishes Maya and Hannah!

Due to the COVID-19 crisis, Grand Valley State University has deemed the exercise science student internship experience complete and Cornerstone University has mandated that their students complete their remaining internship hours from home. Please say a prayer for Maya and Hannah and for their future endeavors!

Back Health

What is one thing that we can focus on to improve our back health? Posture. You may be reading this newsletter now, with your shoulders hunched forward, and legs crossed. Over time, bad posture impacts our constriction of blood vessels, nerves and muscles. These are things that contribute to back pain. Good posture, however, can help protect us against back pain and improve overall health. Imagine there is a string attached from your head to the ceiling, pulling you up. Your shoulders are back, and your feet are flat on the floor. Try to make it a habit to be aware of how you are sitting and challenge yourself to stand up, walk and move around every hour.

Spiritual Care

Announcements:

- Until further notice, the Breton Woods Sunday evening worship service is canceled, however there are several churches offering livestreaming services:
 - ~Plymouth Heights Christian Reformed Church
<https://phcrc.org/>
 - ~Kentwood Community Church (Sunday - 9:00 am)
<http://www.kentwoodcommunitychurch.com/?twocol=livestream>
 - ~Fifth Reformed Church (Sunday - 10:00 am)
<https://www.fifthchurch.org/>
 - ~Calvary Udenominational Church (Sunday - 10:45 am)
<https://calvarygr.org/>
 - ~LaGrave Christian Reformed Church (Sunday - 10:00 am)
<https://www.lagrave.org/>
 - ~Immanuel Reformed Church (Sunday - 9:30 am)
<https://immanuelreformedchurch.org/>
 - ~Ada Bible Church (Sunday - 9:00 am & 11:00 am)
<https://www.adabible.org/>
 - ~Ada Christian Reformed Church (Sunday - 9:30 am - April 5 - Pastor Bob Zoerman - Breton Ridge resident)
<https://www.facebook.com/AdaCRC/>
 - ~Westminster Presbyterian Church (Sunday - 11:00 am)
<https://www.youtube.com/user/WestminsterGR>
 - ~Redeemer Presbyterian Church (Sunday - 9:30 am & 5:00 pm)
<https://www.redeemer-opc.org/>
 - ~Resurrection Life Church (Sunday - 9:30 & 11:30 am & 5:00 pm)
<https://live.reslife.org/>
- Our Good Friday and Easter services are canceled as well, so please check the websites listed above to see if they have streaming services available for these.
- Christianity Today has a resource for Covid-19 information from around the world. The link is:
<https://www.christianitytoday.com/ct/2020/march-web-only/coronavirus-churches-christians-news-advice-covid-19.html>
- New Terrace resident, Bob Schotanus, will lead a men's & women's 12 week Bible study series on "The Holy Spirit". The format will be a DVD presentation with discussion and prayer. See the May Buzz for start date information. Bob can be reached at 551-8973 if you have any questions.
- A weekly ladies Bible study on "The Gospel of Luke" led by Mary Ann Oatis is tentatively set to start Monday, May 11 in the Ridge Private Dining Room and on Tuesday, May 12 in the Terrace PDR at 9:00 am. For additional information or signing up please call Marlene Dekker (822-4131) or Mary Ann Oatis (942-0633).

Chaplain Gleanings: "Easter says you can put truth in a grave, but it won't stay there." Clarence W. Hall

Scripture For Thought: "Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him." Mark 16:6

APRIL WELL-BEING CALENDAR	SUN	MON	TUE	WED	THU	FRI	SAT
				1 WORSHIP WEDNESDAY: LISTEN TO A SERMON ONLINE	2 TEXT OR CALL A LOVED ONE TODAY	3 JOURNAL: WRITE ABOUT YOUR FAVORITE TRIP OR DESTINATION	4 CREATE A NEW CRAFT, OR TRY SKETCHING
	5 WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR	6 MINDFUL MONDAY: TRY SOME DEEP BREATHING EXERCISES	7 TRY TO EAT TWO SERVINGS OF FRUIT AND 3 SERVINGS OF VEGGIES	8 WATER WEDNESDAY: DRINK 8 CUPS OF WATER	9 WRITE A LETTER OR AN EMAIL TO A FRIEND	10 RELAXING MUSIC CAN REDUCE FEELINGS OF STRESS/ANXIETY	11 COOK A NEW RECIPE
	12 WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR	13 MOVE IT MONDAY: TRY AN ONLINE EXERCISE CLASS	14 PRAY FOR THE HOLLAND HOME COMMUNITY	15 WORKOUT WEDNESDAY: PRACTICE WALL PUSH-UPS	16 COMPLIMENT YOUR NEIGHBOR	17 TAKE SOME TIME TO APPRECIATE THE HERE AND NOW	18 TRY A NEW BRAIN GAME, LIKE SUDOKU OR A CROSSWORD
	19 WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR	20 MAKE OVER MONDAY: ORGANIZE A DESK, OR EVEN AN ENTIRE ROOM	21 POST AN ENCOURAGING NOTE ON THE OUTSIDE OF YOUR DOOR	22 WALKING WEDNESDAY: WALK OUTSIDE OR SEATED MARCH INSIDE	23 PRAY FOR HEALTH CARE WORKERS	24 PERFORM A RANDOM ACT OF KINDNESS	25 STUDY SOMETHING YOU KNOW NOTHING ABOUT
	26 WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR	27 MOVE IT MONDAY: STRETCH IN THE MORNING AND EVENING	28 WRITE A NOTE TO YOUR PASTOR OR CHAPLAIN	29 WORSHIP WEDNESDAY: LISTEN TO YOUR FAVORITE HYMN OR SONG	30 PRAY FOR THE STATE OF THE WORLD		

Together, we can help the helpers!

As you are probably aware, orders for standard/disposable face masks are on long back-order, due to both demand and supply chain issues. In an effort to be as prepared as possible to continue to protect our high-risk population of seniors and staff, we are looking for donations of handmade masks and materials for making handmade masks.

According to the CDC, fabric masks are a crisis response option when other supplies have been exhausted. It is important to remember that prior to the modern masks, washable fabric masks were standard at hospitals and nursing homes. These fabric masks can be sterilized and used repeatedly. While not ideal, they will provide a level of protection for our staff and residents during the pandemic.

Donations of fabric and materials for mask making:

We are turning to you — our residents and the community as a whole to donate as many elastic bands and cotton fabric as possible. To create these masks, we are looking for the following materials:

- 1/8" or 1/4" elastic bands or elastic cord
- Tightly woven cotton fabric like tea towels or fabric used for quilting. NOTE: Cotton clothing such as a t-shirt is too porous to be effective, so please refrain from donating these types of items.

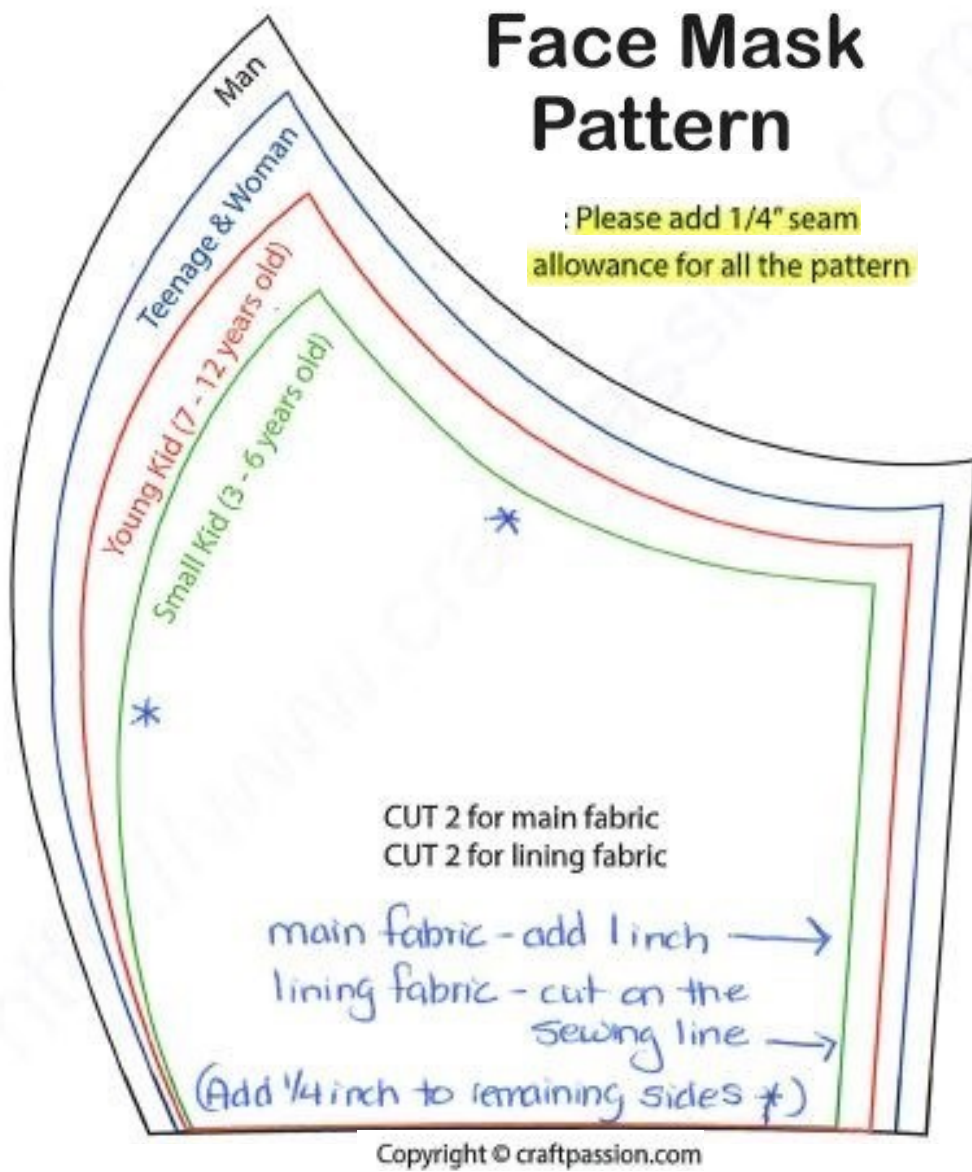
Using these donated materials, dedicated teams of Holland Home staff members and volunteers will begin sewing as many fabric masks as possible. Please be assured that Holland Home will sanitize all donations prior to and after the masks are constructed.

Donations of handmade masks:

We also will happily accept handmade masks you sew on your own. In doing so, please use the following directions:

- Use tightly-woven cotton fabric like tea towels or fabric used for quilting and 1/8" or 1/4" elastic bands or elastic cord.
- Pre-wash the fabric twice using hot water and soap to allow for shrinking.
- Sew the fabric masks using the pattern on the Holland Home website at www.hollandhome.org, or by picking up a copy at the Terrace and Ridge mailboxes.

When your masks are complete, drop off at our designated drop off location (below). Collected masks will be immediately sent for processing and laundry to be sanitized and prepared for use.



Donations can be dropped off at:

Breton Rehabilitation and Living Centre
2589 44th Street SE, Grand Rapids, MI 49512
(drop box is located in entrance way)

If you are willing to sew and are in need of supplies, or have any questions, contact Amanda Van Der Kloek, Director of Volunteer Services at amanda.vanderkloek@hollandhome.org or 235-5017.

We thank you in advance for your continued support — together, we can help the helpers!

**Also highly contagious is -
Kindness, Patience, Love,
Enthusiasm, and a Positive
Attitude. Don't wait to catch it
from others - be the carrier!**

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