



The Breton Buzz

Fitness Information

Full-Length Fitness Classes

The fitness team offers live virtual fitness classes through Facebook every weekday at 9:00, 10:00, & 11:00 am, and 1:00 pm. You DO NOT need a Facebook account to watch these classes. You can also watch all of the previously recorded classes. Call or email Liz or Madye to have video links emailed directly to you. Visit Holland Home's Facebook page to tune in, www.facebook.com/hollandhome

Move in May: Summer Olympics

Move in May is an exciting physical wellness program that encourages you to be active. Join the Fitness Team on Facebook Live on Fridays in May for our very own Breton Woods Summer Olympics workouts. We will showcase fun, new classes!

Move in May Challenge

Let's commit to be fit by moving more in May. The Fitness Team is encouraging you to track how many minutes you are active each day in a notebook or on a calendar. Tracking sheets are also available to print on the resident portal. Call 235-5463 during the first week of June and share how many minutes you were active this month to be entered to win a Fitbit!

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 resources on the Resident Portal to help you reach that goal. Click the Virtual Fitness tab to check them out! New resources are added each week.

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

643-2718

Madye Johnson

madelyne.johnson@hollandhome.org

643-2584

Moving with Parkinson's

The Grand Rapids Ballet School is offering new Moving with Parkinson's exercise classes every week through YouTube. Search "Grand Rapids Ballet Moving with Parkinson's" and scroll down to find the videos of previously recorded classes. Call or email Liz or Madye to have the link emailed directly to you.

Spiritual Care

Announcement

Due to the continuation of quarantine, Sunday worship, prayer groups, and the new Bible studies with Bill Schotanus and Mary Ann Oatis mentioned in last month's Buzz are on hold.

Chaplain Gleanings

"The emerging situation with the COVID-19 coronavirus and the many news reports around us are creating anxiety and worry for the future and our well-being. In times like these, it is especially important to remember God's promise to be with us. He who made us, and gave his own Son for the salvation of the world, will not leave his children in this time of need." (inspired by Psalm 46)

Scripture for Thought

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

Volunteer Services

Thank you for "sewing" your support!

A very special thank you to our talented sewers for making and donating handmade masks. We appreciate the outpouring of support from our sewers and those that donated items to create masks. We have received over 3,800 handmade masks that have been distributed to residents and staff across the organization. We are so thankful for your support in helping our helpers!

Volunteering Opportunities

Now that you have had to isolate yourself in your home for several weeks, are you thinking about what you want to do when you are able to go out in the world again? It gets lonely when you are stuck in the same place for a while, doesn't it? While you are home thinking about what you want to do when you are released from quarantine, give some thought to volunteering on our campus. There is nothing better than sharing the gifts that God has blessed you with - everyone has gifts and there are many volunteer needs throughout this campus that could benefit from your help (there are currently no volunteers at any of our locations because of the Corona Virus). Please give some thought and prayer as to how you can become active in volunteering once this quarantine is over. If you have any questions or would like to talk about what's involved, please contact Robin in Volunteer Services at robin.lambert@hollandhome.org or 643-2725. Thanks for your consideration!



Campus Walkers

As a reminder, residents are to walk on the sidewalk whenever able and avoid walking in the road or parking areas, especially around Breton Rehab and BEC Centre. For those of you who are walking on the campus, please remember to maintain physical distancing as recommended by the CDC. If you are not able to maintain distance, wear a mask. When wearing your mask, inside or outside, please ensure it does not ride up and block your vision. After a walk, be sure to check yourself for ticks.

Holiday Market

Due to the uncertainty of the future and the fact that we count on businesses to help us financially, the Core Committee has decided to cancel this year's Holiday Market and reschedule it for November 6, 2021. Thank you again to everyone who was willing to help with this year's event. If you have questions or concerns, please contact Sandy Esch at 226-6749 or Jean Deckert at 843-5923.

Electronic Communications

If you aren't getting email updates then you are not on our email list. EMAIL: amy.perin@hollandhome.org to add your name to the list. Don't miss out on communication.

Resident Portal

Check-out the Resident Portal for upcoming Resident Discussion Boards and other Virtual Opportunities.



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

Life Enrichment

Patty Alexander, Life Enrichment Coordinator
643-2707, patricia.alexander@hollandhome.org
Resident Portal: www.mybretonwoods.org

Calvin University - Passport to Adventure Renewals and New Group Tickets

All residents will receive a brochure in May for Passport to Adventure which now renews in June. Return the brochure with a check payable to CALVIN UNIVERSITY to Patty for \$25 for renewals, or \$30 for NEW members. After that date you will be responsible to contact Calvin University directly for your renewal.

Veteran's ArtPrize Project

All Veterans are encouraged to participate in sponge painting and/or developing a piece of art to be exhibited at ArtPrize with the Kent County Veterans group and Pamela Alderman. Contact Patty to get your kit and more details. 2-3 Veterans are needed to put together final designs to represent Holland Home in addition to the individual masterpieces that will fill the exhibit.

Kid's Food Basket

Volunteers are needed to decorate bags or to trace designs for the kids to color. These bags are used for the meals delivered to the students missing meals. Let's brighten up their day! Contact Patty and ask for the Kid's Kit to be sent out to you.

Zoom Bingo

Zoom Bingo will begin on Wednesdays at 3:00 pm in May. Sign-up on the Portal to play and get your Bingo Kit. You'll need to download the Zoom app.







Can you solve these puzzles?



		3		4	2		9	
	9			6		5		
5							1	
		1	7			2	8	5
		8				1		
3	2	9			8	7		
	3							1
		5		9			2	
	8		2	1		6		

			1	5		6	8	
						7		1
9	1						3	
		7		2	6			
5								3
			8	7		4		
	3					8		5
1		5						
7	9		4	1				

MAY 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 MAY DAY Time to think about flowers for your patios	2 FITNESS DAY Commit to doing something active everyday this month
3 LEMONADE DAY Sit on your patio and enjoy a glass!	4 BIRD DAY 	5 CINCO de MAYO Enjoy the Chef's menu today in the Bistro or Woods Café	6 NURSES DAY Yeah to our Holland Home Nurses! See Reverse <i>Zoom Bingo 3 pm</i>	7 NATIONAL DAY OF PRAYER The prayer program will be distributed.	8 MILITARY SPOUSES DAY Thank you to all of the alumni military spouses!	9 WINDMILL DAY 
10 	11 WOMEN'S CHECK-UP DAY! Self-checks are important!	12 NUTTY FUDGE DAY Ice Cream Day!	13 APPLIE PIE DAY Yum! Order a slice from the Cafes! <i>Zoom Bingo 3 pm</i>	14 DANCE LIKE A CHICKEN DAY. Play the Chicken song and dance.	15 PIZZA PARTY DAY The Chefs are making pizzas!	16  THANK YOU!
17 PACK RAT DAY Clean out those closets or junk drawers!	18 VISIT YOUR RELATIVES DAY! Come up with a theme and video-call them!	19 DEVIL'S FOOD CAKE DAY	20 BE A MILLIONAIRE DAY What can't Money buy? Make a list. <i>Zoom Bingo 3 pm</i>	21 WAITSTAFF DAY Send a kind note to our Dining Services Staff	22 ROAD TRIP DAY Write a story on your best road trip. Share it for a REAL Class!	23 LUCKY PENNY DAY Good luck on your day!
24 SCAVENGER HUNT DAY See if you can complete the hunt!	25 HANG A FLAG, HONOR OUR FALL-EN 	26 PAPER AIRPLANE DAY Make a plane and release it off your deck at 1 p.m.	27 SENIOR HEALTH & FITNESS DAY Begin today w/ at least one healthy habit change <i>Zoom Bingo 3 pm</i>	28 HAMBURGER DAY Order from the Café	29 PAPERCLIP DAY FREE paperclip bookmark!	30 CREATIVITY DAY Try something new and share it.
31  Put on a Smile	SEE LAST PAGE FOR OBSERVATION IDEAS AND WAYS VIBRANT LIVING IS PARTICIPATING!					

NATIONAL SPACE DAY, MAY 1: Check-out the newest vehicle going to space.

<https://www.boeingfutureu.com/virtual-field-trips/space>

BIRD DAY, MAY 5: Sit on your patio and discover the birds of Spring. Netflix and YouTube have amazing videos available on birds to watch.

NURSES DAY, MAY 6: Let's flood our Holland Home nurses with appreciation! Leave a thank you note/card outside your door by Sunday evening, May 3. It will be picked it up when your mail is delivered. The cards will be given to our Holland Home nurses, CNA's, Resident Aides, etc. on Wednesday, May 6. Homes residents can drop them off at the Terrace or Ridge reception desk. If you need supplies, let Patty know.

NATIONAL DAY OF PRAYER, MAY 7: Pastor Frank is preparing a day of prayer program. You will receive the program the week of and are welcome to join in as we pray collectively.

MILITARY SPOUSES DAY, MAY 8: Write your story on what it was like to be a military wife. We'll share these stories and celebrate the women who held down the home front.

DANCE LIKE A CHICKEN, MAY 14: Let's get up and move! If you hear the Chicken Dance, go out on your balcony and join in! Listen between 2:00 - 3:00 pm. (weather permitting)

PIZZA PARTY DAY, MAY 15: Take advantage of this day and have pizza delivered to your door. Order from Dining Services. Cost will be charged to your monthly bill.

SCAVENGER HUNT DAY, MAY 24: A copy of the scavenger hunt will be distributed. Join in.

PAPER AIRPLANE DAY, MAY 26: Purge some of those frustrations and negative feelings from the last weeks of isolation. Write at least one thing on the paper airplane (directions below). Join all of Breton Woods residents as we step out onto our patios/balconies/decks and "let it go" on Tuesday, May 26 at 1:00 pm. Holland Home staff will clean up. Cancelled if raining or snowing.

HAMBURGER DAY, MAY 28: Order a hamburger meal from Dining Services. Cost will be charged to your monthly bill.

SMILE DAY, MAY 31: Wrap up this month with a smile. Wear the smiley sticker to remind yourself and those around you to 'turn that frown upside down'!

PAPER AIRPLANE DIAGRAMS – If needed or wanted

