



The Breton Buzz

July 2020

Fitness

Outdoor Group Fitness Classes

Outdoor group fitness classes are now offered weekdays at **8:30 AM** (weather permitting) in the **Terrace Courtyard** and **Ridge Patio/Ridge Front Entrance**. No sign up necessary! Please bring a water bottle. We encourage you to wear sunscreen, sun glasses, and a hat. Please note that there will not be class on Friday, July 3.

Day	Location	Class	Description
Mon, Wed, Fri	Terrace Courtyard and Ridge Main Entrance	Woods Workout	Combination of strength, balance and cardio exercise
Tues, Thurs	Terrace Courtyard and Ridge Patio	Stretch and Flex	Combination of poses and stretches

Open Gym

Israel's Fitness Centre and the Body Shop are open, by appointment only. At this time, appointments are not reoccurring; you need to schedule appointments each week to ensure you have a spot. Call Alisha at 643-2636 to schedule appointments. If Alisha does not answer, leave a voicemail with your name and phone number. Please note that the Fitness Centers will not be open on Friday, July 3.

Facebook Fitness Classes

New Facebook fitness classes will not be recorded unless the outdoor group fitness class is cancelled due to bad weather. Contact Liz and Madye to learn how you can watch pre-recorded classes on Facebook (an account is not required), YouTube, and on the Resident Portal.

Liz Norry

elizabeth.norry@hollandhome.org

643-2718

Madye Johnson

madelyne.johnson@hollandhome.org

643-2584

July Walking Club

We invite you to walk outdoors (weather permitting) with friends and neighbors on **Tuesdays at 9:30 AM at the Ridge Main Entrance** and on **Thursdays 9:30 AM at the Terrace Main Entrance**. No appointment necessary. We ask that everyone practices social distancing while walking and stick to the sidewalks whenever possible, especially around Breton Rehab. Let's walk our way to fitness!

Spiritual Care

Announcements

- We are emerging from of the stay-in-place restrictions. There are no planned dates yet to announce for opening of worship. As soon as this is available, you will be notified.
- Over the course of the next few weeks, Pastor Frank will continue to make chaplain messages available both by email and print.

Chaplain Gleanings

"Fear can rob us of three essential gifts from God that we desperately need at this time. Power enables us to live a life of faith when it's not easy. Love enables us to share and sacrifice when it's not convenient. A sound mind allows us to experience peace, even when everything seems to be going wrong." Christina Patterson

Scripture for Thought

"For the Lord is good and his love endures forever; his faithfulness continues through all generations." Psalm 100:5

Health Centre

Podiatry Update

We will be allowing the podiatry services to start back up and operate in the Health Centre. Health Centre staff will contact residents who are current patients with podiatry to set up new appointments. New patients are accepted as appointments arise. Please call the Health Centre directly at 643-2712 to request services. Thank you for your patience.

Visitation Guidelines:

We were greatly disappointed and frustrated when the Governor extended the visitor restrictions, especially for Independent Living, through July 24, 2020. We are advocating individually and through our association, Leading Age Michigan, to NOT include independent living within the definition of "Residential Congregate Living" for the Executive Order regarding visitor restrictions. We are hopeful we will hear changes on this shortly. If you or your family have any questions or concerns, please contact Sara Heethuis at 643-2501 or sara.heethuis@hollandhome.org.

Breton Extended Care West

Please be mindful and use extra care when driving and walking near the new construction area between 44th Street and Breton Rehabilitation and Living Centre. This includes the paved sidewalk that goes around the pond.

Tech Talk Appointments

Due to Resident Technology Manager, Jessie Riley, currently being on maternity leave, Tech Talk appointments are on hold until late September.

Breton Woods Resident Phone & Email Directory

The annual free copy of the printed resident & staff directory is now available. Email or call Sara Wever at sara.wever@hollandhome.org or 643-2728, or Amy Perin at amy.perin@hollandhome.org or 643-2720. Please indicate whether you would like just phone numbers, or phone numbers and email addresses. We will place a copy in your in-house mailbox. If you live in the Homes, it will be delivered. The free copy is available until July 24. After that, the directory will still be available, but for a small fee. Keep in mind that the directory is always available to view free of charge on the Resident Portal.

Housekeeping

Our Holland Home housekeepers continue to focus on the additional cleaning and sanitizing requirements of the common areas, including the libraries, billiards rooms, salon and computer rooms. During the interim, Atrio Help at Home can provide private pay housekeeping services. If interested, please call Atrio at 233-4142 and they will get you scheduled. If you would like to bring in an outside cleaning service, please notify Konika at 643-2704.

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

MASKS and SOCIAL DISTANCING will be enforced for all Vibrant Living events and activities. Please adhere to the rules so we can continue the scheduled events/activities. All events are for residents only with the exception of approved caregivers.

Monday, July 6 - 126th Army Band is coming to Breton Woods!

A modified 12 member band will be performing at the following times:
10:30 - 11:10 am - Terrace South Patio - Lawn chairs and walkers are welcome with 6' social distancing and masks are required.

11:20 am - noon - Ridge Front Parking Lot - Please enjoy from your patio or bring a lawn chair or walker. 6' social distancing is required and masks are required if you are not on your patio.

If coming out to watch the concert, MASKS are REQUIRED!

KDL BRINGS THE LIBRARY TO YOU!

The Bookmobile's specialized collection includes large & regular print books for patrons of all ages, audio-books and DVDs.

1.) Place hold requests for pick up by calling Patron Services at 784-2007

2.) Call 552-3341 the day of the visit for a virtual Material's Advisory session

3.) Checkouts are left at the main desk for pickup

Summer Mondays

Dates: July 6 & 20; August 3, 17 & 31; September 14

Breton Terrace: 1:30-2:15 pm

Breton Ridge: 2:45-3:30 pm

Knitting/Crochet Club

The Knitting and Crochet club will resume on Tuesdays beginning July 7 at 2:00 pm in the Expressions Room. We will socially distance and ask that you wear your mask until seated. Limited to 10 people. Call 643-2707 to sign up by Monday at noon.

Dog Party in the Terrace Courtyard

At 10:30 am on Wednesdays beginning July 8, bring your dog to let them socialize safely with other pooches from Breton Woods. Don't forget to bring 'doggy bag' for any 'sharing' your furry friend may leave behind. Social distancing and masks are required for residents.

Summer Social Hours

We will begin Summer Social Hours on the patios as follows:

Ridge Vineyard Patio: Wednesdays at 4:00 pm, beginning July 8

Terrace Courtyard: Thursdays at 4:00 pm, beginning July 9

Social distancing applies, and we ask that you not move any chairs; wear your masks until seated. Seating is limited to the proper capacity set by the current order. Drinks and snacks cannot be shared.

Ridge Friday Summer Coffee on the Vineyard Patio

Friday, July 10:

8:00 - 9:00 am - Men's Coffee

9:15 - 10:15 am - Ladies' Coffee

Bring your own mug and WEAR a MASK until you sit down. We will evaluate the success of this event with meeting the safety guidelines and determine future dates.

Monday, July 13 - Terrace June and July Birthday Celebration

During this time the Birthday Socials will be for only those celebrating a birthday in June or July. It's free and will be held as a grab-n-go at 2:00 pm at the Woods Cafe Patio.

Mondays, July 13 and 27 - Arts & Crafts in the Courtyard

We'll do arts and crafts in the Terrace courtyard under the gazebo from 10:30 - 11:30 am. Classes are limited, and you must sign-up on the Resident Portal or by calling 643-2707. Leave your name and apartment number. You will receive a call or email confirming your spot. If the heat is over 85 degrees, or it's raining, we will be in Expressions.

Terrace Tuesday Summer Coffee on the Woods Café Patio

Tuesday, July 14

8:00 - 9:00 am - Men's Coffee

9:15 - 10:15 am - Ladies' Coffee

Bring your own mug and WEAR a MASK until you sit down. We will evaluate the success of this event with meeting the safety guidelines and determine future dates.

Thursday, July 16 - Ridge June and July Birthday Celebration

During this time the Birthday Socials will be for only those celebrating a birthday in June or July. It's free and will be held as a grab-n-go at 2:00 pm at the front entrance.

Monday, July 20 - Arts & Crafts on the Ridge Vineyard Patio

We'll do arts and crafts on the Ridge Vineyard Patio from 10:30 - 11:30 am. Classes are limited, and you must sign-up on the Resident Portal or by calling 643-2707. Leave your name and apartment number. You will receive a call or email confirming your spot. If the heat is over 85 degrees, or it's raining, we will be in the Bistro.

Life Enrichment continued...

Wednesday, July 22 - Ridge Outdoor Summer Games

Main Entrance

We'll play outdoor games from 10:30 - 11:30 am. Bring a lawn chair or your walker.

Thursday, July 23 - I Scream, You Scream, We ALL Scream for ICE CREAM!

Ice Cream novelties will be served at the Terrace Woods Café Patio at 1:00 pm and Ridge Front Entrance at 2:30 pm. Come get yours for only \$1.

Wednesday, July 29 - Terrace Outdoor Summer Games

Terrace South Patio

We'll play outdoor games. Bring a lawn chair or your walker.

South and West Wings at 10:30 am

North and East Wings at 1:00 pm

Volunteer Services

Robin Lambert, Volunteer Coordinator
643-2725, robin.lambert@hollandhome.org

Volunteer Services is sending a Great BIG "HELLO!" to all our volunteers! We want to make sure you know that you have been greatly missed by the residents and the staff! We knew that the volunteer roles were very important in enhancing the lives of other Breton residents and staff, but after these long months without having you, it is much more apparent - YOU ARE MISSED!!! Volunteers become friends to many by just taking extra time to talk, visit, and bringing their beautiful smiles. They bring joy and happiness to someone's lonely day making it so much brighter. The Breton Campus is a great place to live because of your willingness to serve. We look forward to the time when we can begin scheduling volunteers again (whenever that may be). Just know that we are thinking of you and praying for you. It is so great to be seeing the end of many of the restrictions and being able to see some of you again. We all have our new accessory - the face mask. Also, your name tag would be a great thing to wear - many people look different with masks on. It will also help newer residents (and me) learn who people are since we can't see entire faces. Let's start a new trend.

Just a reminder that the Breton Market is still available to serve your basic grocery needs. We will continue to take orders at any time or on any day of the week by calling 643-2628. After about 7 rings a recording will answer, and you can leave your order after the message. If you have any questions, let us know, and we will call you back. Orders need to be placed by Thursday at 12:00 noon in order to have them delivered to you on the following Wednesday. Thank you for your purchases over the last several months! We look forward to continue serving you!

If you have any questions about volunteering, please contact me via the email or phone number information above.

Our fingerprints don't fade from the lives we've touched. – Will Fetters

Dining Services

July 4th Holiday

Reminder that the Terrace Woods Café and Ridge Bistro are closed Friday, July 3 in observance of the holiday.

Welcome Breton Ridge's New Chef!

Hello. My name is Niel Scharphorn, and it is my pleasure to have been appointed to be the chef at Breton Ridge, taking the reigns from Chef Bill as he transitions into a well earned retirement.

I come from a family restaurant background; my father owned restaurants, and you may be familiar with "The Grand Villa", which was my uncle's restaurant. My food service background is quite varied, with 15 years as a banquet hall and catering business owner and chef, the Grand Rapids Hilton Spinnaker restaurant, a five star hunting resort, as well as service and ministry positions in senior living and Christian camp and conference centers.

Personally I enjoy outdoor recreation, and I am a competitive cyclist. I am blessed to be a father of two children, and grandfather of three. I have a servant's heart in both my vocation and in my life.

I look forward to carrying on the high standards that Chef Bill has set here. It is my belief that since Bill and I have similar backgrounds and experience, and have even worked together in the past, this will be a smooth transition for all of us.

I am honored and excited to meet each of you, and to serve with excellence. - Blessings, Chef Niel