



The Breton Buzz

June 2020

Fitness

Alisha VanEpps, Fitness Manager
643-2636, alisha.vanepps@hollandhome.org

Holland Home Fitness Classes

Did You Know:

- You do NOT need a Facebook account to view Holland Home's virtual fitness classes.
- You can tune in live or watch previously recorded classes by visiting Holland Home's Facebook page, www.facebook.com/hollandhome.

Tips:

- We have found that the Google Chrome browser works best (as opposed to Internet Explorer).

The Fitness Team is Here to Help:

- Have you tried to view the classes but ran into an issue? Contact the fitness team - we would love to help!!

Liz Norry

Elizabeth.norry@hollandhome.org

643-2718

Madye Johnson

Madelyne.johnson@hollandhome.org

643-2584

Move In May: Fitbit Drawing

We want to thank everyone who participated in Move in May. Great job moving more and trying something new! To be entered to win a Fitbit, call 235-5463 during the first week in June. Leave a voice-mail that contains your name and how many minutes you were active in May.

Virtual Fitness

Have you checked out the Virtual Fitness tab on the Resident Portal? The Fitness Team encourages you to view the resources and wellness videos. New content is added each week!

Staying Active at Home

Exercise is key to healthy aging. Contact the Fitness Team, for ideas on how to stay active at home. We are here for you!

Campus Walks

Residents are encouraged to walk on the sidewalk or walking path areas whenever possible. Please remember to maintain physical distancing as recommended by the CDC. If you are not able to maintain distance, please wear a mask. When wearing your mask, please ensure it does not ride up and block your vision.

Spiritual Care

Pastor Frank Guter, Breton Woods Chaplain
643-2536, frank.guter@hollandhome.org

Announcements

- Due to current Covid-19 restrictions on meetings in group settings, Sunday worship, prayer groups, and Bible studies remain on hold. As restrictions are loosened, we will announce start up dates and times, while still following the requirements established for senior residence communities.
- As chaplain, I will continue to encourage via e-mail and other means of communications.

Chaplain Gleanings

"Suffering can give us opportunities to witness. The world is a gigantic hospital; nowhere is there a greater chance to see the peace and joy of the Lord than when the journey through the valley is the darkest." -Billy Graham

Scripture for Thought

"You have been a refuge for the poor, a refuge for the needy in their distress, a shelter from the storm and a shade from the heat. For the breath of the ruthless is like a storm driving against a wall."
Isaiah 25:4

Volunteer Services

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

The last couple of months have been very different, and at times very difficult, due to the Governor's Executive order to "Stay Home & Stay Safe". During this time of self quarantine, you likely have experienced a variety of emotions. In the beginning it wasn't so bad, but as the days and months passed, loneliness, sadness, or depression may have moved in at times to rob you of your joy. While delivering packages in the Terrace, I saw a sign that read: "**There is always, always, always SOMETHING to be THANKFUL for**". God uses all kinds of things to open our eyes, minds, and hearts. Every time I found myself complaining, becoming sad, depressed, or upset, I reminded myself that I needed to find something to be thankful for. So I would begin to say "Thank you God for...." and I would start listing the things I was thankful for. I would continue this until my focus would change from sadness and complaining, to praising God, who has ALL THINGS in HIS control. How about trying this "Thankful Expression" either by saying it in your head, out loud, or by writing it down? It is a great way to lift your spirits!

I am so VERY THANKFUL for all the volunteers who do so much for the Breton campus! Right now, I think of all those that made the masks that we are wearing - THANK YOU !! To all our other volunteers that are anxious to be helping but can't - know that YOU ARE GREATLY MISSED!! Volunteering will begin again, we just aren't sure when. All volunteers should have received the annual forms that need to be reviewed, signed, and returned. Contact Robin in Volunteer Services at 643-2725 or robin.lambert@hollandhome.org if you have questions.

And give thanks for everything to God the Father in the name of our Lord Jesus Christ - Ephesians 5:20 NLT

Just a Thought: Now that you are allowed to take out your trash and come to the reception desk to pick up packages while wearing a mask, have you found it difficult to recognize people? How about wearing your name tag? It would make it so much easier to know the face behind the mask and also help us remember the names of the people that we haven't seen for a couple months. Let's give it a try!



Recycling Reminder

Please place all approved recycling items loose (not in plastic bags) into the tall, blue Arrowaste bins. This includes all approved plastic, glass, metal and paper products, but does NOT include styrofoam or shredded paper. Those 2 items are not recyclable and should be placed in the trash. Please see the RSO with questions or concerns.

Stay Technology Safe

It is important to stay alert for cyberattacks on your personal technology devices. Be on the watch for telephone scams. AARP Watch Dog reports older adults are becoming victims of scams asking for donations, bank account numbers, and social security numbers. More and more scam calls are being sent with a local number displayed as the caller. If you don't know the number or are not expecting a call, then let it go to voicemail. Most of these callers do not leave voicemail messages.

Resident Portal

If you have never logged on to the Resident Portal, you are missing out on fun and vital information! Need help getting started, or forgot your password? Contact Resident Technology Manager Jessie Riley at jessie.riley@hollandhome.org or 235-2794.



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

Terrace Courtyard Ducklings - In early May, Terrace courtyard residents were treated to an adorable hatching of ducklings! The Michigan Department of Natural Resources recommends ducklings born in a courtyard be given access as soon as possible to their natural habitat. In an effort to do that, one duckling got left behind. Karrie from our Grounds Department captured it, however, she could not find mama and it's siblings. Being the kindhearted soul she is, she took it to Wildlife Rehab Center in GR where it will grow and be released after it matures.

Life Enrichment

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



Zoom Bingo

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

Calvin University - Passport to Adventure

Group Ticket Renewals and New Members

All residents will receive a renewal brochure for Passport to Adventure. Return the brochure with a check payable to CALVIN UNIVERSITY for \$25 for renewals, or \$30 for new members. After that date you will be responsible to contact Calvin directly to renew or join.



Resident Connection Board

Check out the Resident Portal for upcoming Resident Discussion Boards and other virtual opportunities. Add to the discussions!

If you haven't received Patty's weekly Vibrant Living email update, then you are not on our email list. Email amy.perin@hollandhome.org to be added. Don't miss out! As we are allowed to begin small group in-person events, we might announce "POP-UP" events on short notice via the email list, so make sure you're getting emails from Patty.



Holland Home
Vibrant Living

NATIONAL DAYS

courtesy of nationaldaycalendar.com

JUNE 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
	SAY SOMETHING NICE DAY <i>"In a world where you can be anything, be kind."</i>	ROTISSERIE CHICKEN DAY	EGG DAY <i>Learn how to boil the perfect egg!</i>	CHEESE DAY <i>Homemade Mac & Cheese!</i>	DOUGHNUT DAY <i>Donuts for dessert with meals!</i>	
7	8	9	10	11	12	13
CANCER SURVIVOR'S DAY 	BEST FRIEND'S DAY	STRAWBERRY RHUBARB PIE DAY <i>(see next page)</i>	EGG ROLL DAY <i>Fried Rice and Egg Rolls on the menu!</i>	CORN ON THE COB DAY	PEANUT BUTTER COOKIES DAY <i>PB Cookies for dessert with meals!</i>	ACTS OF LIGHT DAY <i>Bring light into a room or situation.</i>
14	15	16	17	18	19	20
FLAG DAY 	NATURE PHOTOGRAPHY DAY <i>Share one of your best pictures!</i>	FUDGE DAY	EAT YOUR VEGETABLES DAY	GO FISHING DAY <i>Share your fish stories!</i>	WEAR BLUE for Men's Health DAY <i>(see next page)</i>	FIRST DAY OF SUMMER! 
21	22	23	24	25	26	27
	CHOCOLATE ECLAIR DAY! <i>Get one for dessert with your meals!</i>	HYDRATION DAY <i>8 Glasses A Day!</i> <i>(see next page)</i>	PRALINES DAY	FOOD TRUCK & ANTIQUE CAR PARADE! <i>More Information coming!</i>	BEAUTICIANS DAY <i>Share a pre-Covid and post Covid picture of your hair!</i>	SUNGLASSES DAY 
28	29	30				
PAUL BUNYAN DAY <i>(see next page)</i> PRIZE!!	CAMERA DAY	METEOR WATCH DAY  <i>Look to the skies for falling stars!</i>				

SEE NEXT PAGE FOR OBSERVATION IDEAS AND VIBRANT LIVING PARTICIPATION!

OBSERVATION IDEAS AND VIBRANT LIVING PARTICIPATION

Dining Services will be supporting National Days with menu items and desserts on June 4, 5, 10, 12, 17, and 22. Enjoy the yummy additions!

Cheese Day, June 4: Visit the link below on how to put together a simple cheese board and other pairing ideas. Call The Cheese Lady store at (616) 242-9889 to order your platter or supplies to make your own. Curbside delivery to your car! Dining Services will be making homemade Mac & Cheese for the menu to celebrate Cheese Day. Check out <https://blog.brightcellars.com/oenology-2-3/> for some pairing ideas.

Strawberry Rhubarb Day, June 9: It's a bake-off! Send Patty your best Strawberry Rhubarb piece of pie with a copy of the recipe and she'll have staff judge which is the best. Share another piece with a neighbor. Winner wins a BIG PRIZE and their recipe will be shared!

Nature Photography Day, June 15: Check out the Resident Portal for beautiful photos taken by Harvey Alley and other talented Breton Woods residents. You don't need an expensive camera; beautiful photos can be taken on your tablet or smart phones. Share your favorite nature setting picture with Patty by June 10 and she'll share them on the portal and via email.

Wear Blue Day, Men's Health Awareness Day, June 19: Wear Holland Home Blue and recognize the importance of Men's Health! Did you know: On average, men live about 5 years less than women? 1 in 2 men will develop cancer? Men have a higher death rate for most leading causes of death including, cancer, heart disease, diabetes, and suicide? Men make ½ as many physician visits for prevention as women? Approximately 30,000 men in the U.S. die each year from prostate cancer. Get your check-ups, guys, and stay healthy!

Father's Day, June 21: We celebrate our fathers! Send pictures of you as a father with your family to sara.wever@hollandhome.org.

Food Truck Rally/Car Show, June 25: We'll begin with an Antique Car Parade at 4:00 pm and then have multiple food trucks that you can pre-order from and pick-up at a scheduled time. More details and order information will come as we get closer to the date and know the current orders of business. A separate flyer will be sent out with instructions. Event is pending based on the Stay Home and Stay Safe order and the Visitor Policy.

Paul Bunyan Day, June 28: Want to win a prize? Write a Paul Bunyan sized tale! Enter your story by 5:00 pm on Friday, June 22. Submit via email at patricia.alexander@hollandhome.org or send a hard copy to Patty. One story will be selected by our Vibrant Living staff and will be announced on Thursday, June 28. The selected story will be "published" on the Resident Portal on June 28. Prize, valued at over \$30, will be delivered to you! Have fun with this!

R.E.A.L. Classes via ZOOM

001: Connect With Photos by Jessie Riley, Resident Technology Manager

DATE: Thursday, June 4, 2020
TIME: 3:10 pm

This program will walk resident through various methods of sharing and sending photos on their smart devices and computers. Limited to 25.

002: Mad Food Science by Kristen Peltier, Holland Home Registered Dietician

DATE: Tuesday, June 9, 2020
TIME: 12:55 pm

Food science is anything but boring. We will have fun with some food-related science experiments. Learn about the physical properties and chemical reactions that are involved in the foods that nourish us, and how our bodies utilize them by sight, smell, taste, and tactile experience. Limited to 25.

003: What's the Difference Between Hospice and Palliative Care? by Karen Huizinga, RN, Team Manager

DATE: Thursday, June 11, 2020
TIME: 1:55 pm

What exactly is Palliative Care, and how do you even pronounce it? How am I supposed to know what would be the best plan of action to take, if I should need care in the future? We will talk about the difference between Hospice Care and Palliative Care, and learn how to decide which would be best for you, your loved one, and your entire family. Limited to 40.

004: XFINITY Voice Remote Class with Hugo Carmona, XFINITY Representative

DATE: Wednesday, June 17, 2020
TIME: 2:55 pm

The simple Voice Remote button can give you access to ease of programming, billing and account information, and much more. Limited to 25.

005: No Fault Insurance by Margaret Kroese, Executive Vice President of Hope Network Neuro Rehabilitation

Date: Thursday, June 18, 2020
TIME: 1:55 pm

Learn more about the upcoming changes in the no fault insurance changes effective July 1. Please submit questions to Patty via email at patricia.alexander@hollandhome.org by July 11. Limited to 40.

All classes can be signed up for on the Resident Portal. To view the classes, you will need to download the ZOOM app on your smartphone, tablet, or computer which must have camera and microphone. Class sizes are limited, so sign-up early. For assistance on the Resident Portal or ZOOM, email jessie.riley@hollandhome.org. You will be sent the ZOOM invite link at least 24 hours prior to the class via email.

NOTE: Please MUTE your microphone during the class. Thank you!

Writing Project

The first 60 entries will receive a custom wooden pen made by Dan Girdwood.

This project is intended to compile the experiences of residents at Holland Home during the COVID-19 Pandemic. Handwritten submissions are limited to 2 pages; typed submissions need to be one page, single spaced. This doesn't mean you can't write more, but please submit only the requested number of pages for the project.



In regards to the past 12 week COVID-19 Pandemic, some suggested topics are listed below, but not limited to:

- 1.) What was the greatest obstacle you faced and how did you deal with it?
- 2.) What is the most positive thing that you encountered or viewed as a society that came out of the Pandemic?
- 3.) Write about something that touched you and changed how you see people, society, or something.
- 4.) Write about how isolation effected you and what you did to deal with it.
- 5.) Write about the creative ways you stayed busy and things you accomplished that you normally many not have.
- 6.) If you had COVID-19, write about that; medically, mentally, and socially, how that felt.
- 7.) How did you grow as a person in faith or with technology, trying new things.

Submit your writings by June 12 to Patty Alexander by placing them with your outgoing mail. Please know that these will be shared with others. We will select a set amount of stories and compile them into a book. The first 60 people who submit stories will be given a custom pen, regardless if their story being selected.

This is a great way to express your feelings and share with others.

If you have questions, don't hesitate to email Patty at patricia.alexander@hollandhome.org or call her at 643-2707.



Brain Games

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

Summer Word Search

G	S	G	R	V	S	B	L	O	H	J	P
T	U	F	O	R	W	N	K	Q	N	P	M
M	M	H	B	Z	I	H	O	T	O	L	B
V	M	S	U	Y	M	I	P	E	I	S	U
P	E	Z	G	Z	S	S	M	G	T	S	V
F	R	K	S	M	U	E	K	B	A	P	N
L	J	N	O	B	I	S	A	L	C	C	E
N	O	I	V	T	T	S	X	M	A	H	N
N	L	V	W	S	E	A	J	U	V	M	U
D	V	P	U	B	B	L	O	O	P	X	J
X	T	G	A	J	N	G	H	G	R	S	U
U	U	L	A	B	J	N	R	C	T	F	L
A	L	X	O	A	W	U	J	I	A	T	Y
V	H	C	S	U	N	S	C	R	E	E	N
Y	P	E	R	O	S	U	N	N	Y	K	B
E	D	A	N	O	M	E	L	J	F	U	B

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|-----------|----------|------------|
| SUMMER | BEACH | JUNE |
| SUNNY | SWIMSUIT | JULY |
| SUNSCREEN | BUGS | HOT |
| POOL | VACATION | AUGUST |
| LEMONADE | BASEBALL | SUNGLASSES |

