



The Breton Buzz

August 2020

Fitness Information

Tai Chi - Six Week Session

Tai Chi is a gentle form of exercise that can help maintain strength and balance. A special six week Tai Chi class from 9:30 - 10:15 am will be led by Denise Karsen on Tuesdays beginning July 28 and Thursdays beginning July 30.

Tuesdays in the Terrace Courtyard

Thursdays on the Ridge Patio

Special Facebook Live Fitness Class

The fitness team will offer a special Facebook Live fitness class on Friday, August 7 at 1:00 pm. Go to [facebook.com/hollandhome](https://www.facebook.com/hollandhome) to tune in.

Moving With Parkinson's

Attila Mosolygo from the Grand Rapids Ballet School is offering new Moving with Parkinson's classes every week through YouTube. Search "Grand Rapids Ballet Moving with Parkinson's" and scroll down to find the videos of previously recorded classes.

Outdoor Group Fitness Classes

Outdoor group fitness classes are offered weekdays at 8:30 am in the Terrace Courtyard and on the Ridge Patio. Please note that all Ridge classes are now offered on the Patio. No sign up necessary.

Fitness Centers

Israel's Fitness Centre and the Body Shop are open by appointment only. Call Alisha at 643-2636 to schedule.

Volunteer Services

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

Have you found your *new normal* yet? Hopefully the continuing chaos in the world isn't getting you down. The Bible tells us not to worry about tomorrow & that we need to trust God & only take one day at a time.

A great way to reduce worry & take your mind off other things is by focusing on others. This can be done by serving others by volunteering. Because of the pandemic, we all need to do things differently so we need to create a "*new normal*" and this includes how we volunteer. Anything we can do to encourage someone is better than doing nothing at all.

Examples of volunteering and sharing your gifts with other residents on our campus (Rehab, Assisted Living, Independent Living) are: writing notes or cards (try picking random people out of the directory in order to meet new people), record yourself playing an instrument or singing. Draw/paint/color a picture to give away. Call someone who used to live in your building or who just lost a spouse. Do devotions together with someone over the phone. Find a special way to welcome the many new residents who have moved in recently. Use your imagination to think of things that you could do to brighten someone's day. You may never know how your new way of volunteering has helped encourage another resident, but it won't happen if you don't try.

You are never too young or too old to create a new normal for yourself. Times have changed so let's make the best of it and bless others by expanding the way we volunteer! Contact me if you would like to send things to the Rehab or Extended Care. Let me know if you have any other great ways to volunteer - I will look forward to hearing them. Thanks for your willingness to be an encourager!

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

Health Centre

Dealing With The Summer Heat

Who's at risk?: Adults over 65 and people with existing medical issues. What can you do?

- Stay Cool-
 - ~Stay in the air conditioned space when possible.
 - ~Avoid the direct sunlight.
 - ~Wear light weight/light colored clothing. Avoid the color black.
- Stay Hydrated-
 - ~Drink MORE water than normal.
 - ~Don't wait until you're thirsty to drink water.
 - ~Avoid alcohol/soda or other sugary drinks.
 - ~Remind each other to drink water.
- Stay Informed-
 - ~Check the news for the daily weather. Try to
 - ~Go for walks in the early hours of the day, before the heat reaches its peak.
- DRINK PLENTY OF: WATER! WATER! WATER!



Solicitation - With this year being an election year we want to remind you of Holland Home's solicitation policy: Solicitation by any individual, group or agency is not allowed at any of the Holland Home campuses. Political signs are not to be displayed in windows, balconies, lawns or bulletin boards. Political gatherings may be held in private apartments or Homes, but not in public areas of the campus without prior management approval.

Recycling Reminder - Recycling bins at the Terrace are located in the trash rooms on the first floor only, and at the Ridge in the trash rooms on the parking level / loading dock area only. Please do not leave recyclables in the trash rooms on floors where the trash chutes are located.

Pat's Pill Bottles - Thank you very much for a job well done! With help from you, Christian Memorial Hospital in Bangladesh has a 10 year supply of pill bottles. We did it together! For now, we are suspending the collection of pill bottles. Thank you again for your faithful help. It was wonderful what you did. God bless each and every one of you.
-Pat Eklund

No Parking Zone - As a reminder, there is no parking allowed under porticos. This area is reserved for resident drop off and pick up only. Also, no parking is allowed in the half circle area at the east side of the Terrace.

"Finding Hope" - You're invited to a 6-week grief support group hosted by the Faith Hospice Bereavement Department. You may choose to attend either a morning or afternoon session.
When: Monday August 10, 17, 24, 31 and September 7 and 14
Time: 11:00 am - 12:00 pm or 1:00 pm - 2:00 pm
Where: Meeting virtually via Zoom
Registration is required:
Call 616-204-0991 by August 7 to register.
This group is open to all residents of Breton Ridge & Breton Terrace & Breton Homes who have lost a loved one. Whether or not the death was recent, the isolation and uncertainty brought by the COVID-19 virus may have caused additional losses that impacted your unique ongoing grief journey. We want to support you!

On-Campus Transportation - Breton On-Campus Transportation will resume with a modified schedule and by appointment only beginning on Monday, August 10. Look for details regarding available days, how to schedule an appointment, and safety guidelines to follow for you and the volunteer driver.

Scams Reminders:

Here are some tips on how to spot, verify, and stop a scam:

- If someone calls claiming to be a loved one of yours, double check by attempting to reach the loved one in question. Confirm their status or whereabouts with other family members.
- Spot the red flags:
 - ~If the caller is frantic and demands funds be wire transferred, sent in cash, or via gift cards - it's probably fraud.
 - ~If the caller instructs you not to tell anyone - it's probably fraud.
- Slow down. Do not act right away, even though you will be pressured to do so.
- Never provide personal identifying information to an incoming caller. Do not provide your bank account, credit card information, or social security number. Hang up and call the company or individual back on a phone number you know to be correct.

Life Enrichment

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

Knitting / Crochet Club - Tuesdays at 2:00 pm in Expressions

(canceled on 8-18-20)

Limited to 10 people. Call Patty to sign up by Monday at noon.

Knit Wits – Thursdays at 2:00 pm in the Ristorante

Limited to 10 people. Call Patty to sign up by Monday at noon.

Summer Social Hours

Ridge Vineyard Patio: Wednesdays at 4:00 pm

Terrace Courtyard: Thursdays at 4:00 pm

Homes residents are welcome. Social distancing applies, and we ask that you not move any chairs; wear your mask until seated. Seating is limited to the proper capacity. Drinks and snacks cannot be shared.

Kent District Library Book Mobile

Monday, August 3, 17, & 31

1:30 pm at the Terrace Main Entrance

2:30 pm at the Ridge Main Entrance.

~ Use the iPad to communicate with staff.

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

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

~ Checkouts are left at the main desk for pickup.

You will not be able to enter the bus. Call or go on-line to place all requests. They will be available for pick up at the times above.

Coffee on the Patios

Friday, August 7 – Ridge Patio and

Friday, August 28 – Terrace Woods Café Patio

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.

Dog Party in the Courtyard

Wednesdays at 10:30 am. Bring your dog and doggie (poo) bag and come and socialize with others. 6' Social distancing for residents.

ZOOM Bingo

Wednesdays at 3:00 pm. Sign up on the Resident Portal or by calling Patty.

August Birthday Celebrations

Terrace Woods Café Patio: Monday, August 10 at 2:00 pm

Ridge Patio: Friday, August 14 at 2:00 pm

Due to restrictions, we will only be serving those celebrating birthdays in August and their spouses.

Arts & Crafts

Ridge Vineyard Patio: Monday, August 3 - Sand Dollar Painting

Terrace Expressions: Monday, August 24 - Greeting Cards

Ridge Vineyard Patio: Monday, August 31 - Greeting Cards

Classes are limited, and you must sign up on the Resident Portal or by calling Patty. Leave your name and apartment number. If the heat is over 85 degrees, or it's raining, classes will be moved inside. Class time is 10:30 - 11:30 am.

Patty's Pop-Up Pages

A Pop-up Book Club for up to 10 people. Sign up on the Resident Portal or by calling Patty. You can sign up for one book, but if room allows, the other book can be added from a waitlist. Call Patty to be put on the waitlist for the second group. Two large print available. We have a couple extra books if you would like to just read the book and not participate in the discussion.

Books:

"Angel Sister" by Ann Gabhart. Pick up by August 7; discussion on Monday, August 24 at 1:30 pm. In Expressions.

"The Aviator's Wife" by Melanie Benjamin. Pick up by August 7; discussion on Wednesday, August 26 at 1:30 pm in the Ristorante.

Marty Miller in Concert

Wednesday, August 26 at 4:00 pm - Ridge back parking lot.

Thursday, August 27 at 4:00 pm - Terrace South Patio

Come listen to some wonderful music and enjoy ice cream for \$1. BYO chair.

Emotional & Spiritual Wellness Classes – MaryAnn Oatis and Suzie Zoerman will each offer a 3 week series of classes. Both Suzie and MaryAnn have knowledge and experience relating everyday life with faith and processing our emotions within these areas. Because attendance is limited to 9 residents per class, sign up is limited to one class per resident; this will allow for as many people as possible to attend at least one class. Please bring your Bible. Sign up on the Resident Portal or call Patty Alexander at 643-2707. Leave a message with your name and which class you would like to attend.

~MaryAnn Oatis: "What does 'being' there look like?"

Tuesdays (August 4, 11, & 25) - 10:30 am - Ridge Ristorante

Thursdays (August 6, 13, & 27) - 10:30 am - Terrace Expressions

Session 1: "Loss & Loneliness in Quarantine."

Session 2: "Overcoming Grumbling with Gratitude."

Session 3: "Finding Contentment in Change."

~Suzie Zoerman: "Our World Now"

Tuesdays (August 4, 11, & 25) - 10:30 am - Terrace Expressions

Thursdays (August 6, 13, & 27) - 10:30 am - Ridge Ristorante

Session 1: "Where are we?"

Session 2: "Where are we going?"

Session 3: "Where is God in all of this?"

R.E.A.L.

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

"PopTarts" with Mr. Post (Homes North resident)

Monday, August 10 - 10:00 am - Terrace South Patio

Come hear the story of how the PopTart was developed and Mr. Post's experiences. Some chairs will be available, but please bring your own if you can. 6' social distancing and masks required until program begins. Seating is limited to the proper capacity.

"Xfinity" (Comcast) w/Hugo via ZOOM

Wednesday, August 12 & 26 - 1:00 pm

A great Q&A session with our Rep on anything Xfinity you need help with. Sign up on the Resident Portal or by calling Patty.

"Understanding Grief" with Ray Pagent via ZOOM

Thursday, August 13 - 2:00 pm

You are not alone. Join in on Zoom with Ray and learn more on understanding grief. Sign up on the Resident Portal or by calling Patty.

"Civil War and Valley City" with Caroline Cook via ZOOM

Tuesday, August 18 - 2:30 pm

Grand Rapids, the Valley City, was eager to support the war between the states. Kent County sent more than 4,000 men to war - 5% of the state's "boys in blue". Off to the battle fields, these soldiers bravely and enthusiastically answered the call to arms. Likewise, on the home front, there were resilient loved ones who endured the hardships of a nation at war. We will wander through the streets of Grand Rapids, in search of reminders of this monumental historical milestone...the war between the states. Ready to muster in? Sign up on the Resident Portal or by calling Patty.

Spiritual Care

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

August Worship Services

Services will be less than one half an hour. You must follow social distancing (6' apart unless living in same household) and wear your mask at all times. Bring your own chair or walker to sit on. Services are weather permitting as follows:

- Wednesdays - Terrace South Patio at 10:30 am
- Fridays - Ridge main parking lot (A Wing) at 10:30 am

Chaplain Gleanings

"You are braver than you believe, stronger than you seem and smarter than you think." -Christopher Robin

Scripture for Thought

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." -Hebrews 12:1



Vibrant Living Programming



August 2020

S U	MON	TUES	WED	THURS	FRI	S A						
2	<p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 Arts/Crafts - RP Sand Dollar Painting</p> <p>KDL Bookmobile 1:30-TME 2:30-RME Order Books to be delivered by calling Patron Services at 784-2007</p>	<p>8:30 - Stretch & Flex - TCY/RP</p> <p>9:30 am Tai Chi - TCY</p> <p>Emotional & Spiritual Wellness Classes (sign-up required)</p> <p>10:30 - Ridge Ristorante MaryAnn Oatis "Loss & Loneliness in Quarantine"</p> <p>10:30 - Terrace Expressions Suzie Zoerman "Where Are We?"</p> <p>2:00 pm - Knitting - EX</p>	<p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Dog Party -TCY</p> <p>10:30 - Worship Service - TSP (BYO chair)</p> <p>3:00 - ZOOM BINGO</p> <p>4:00 - Social Hour - RP</p>	<p>8:30 - Stretch & Flex - TCY/RP</p> <p>9:30 - Tai Chi – RP</p> <p>Emotional & Spiritual Wellness Classes (sign-up required)</p> <p>10:30 - Terrace Expressions MaryAnn Oatis "Loss & Loneliness in Quarantine"</p> <p>10:30 - Ridge Ristorante Suzie Zoerman "Where Are We?"</p> <p>2:00 pm – Knit Wits - RI</p> <p>4:00 pm Social Hour - TCY</p>	<p>Ridge Coffee 8:00 - 9:00 Men 9:15 - 10:15 Women Ridge Patio (BYO mug)</p> <p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Worship Service - RME (BYO chair)</p>	3	4	5	6	7	8	
9	<p>8:30 - Woods Workout - TCY/RP</p> <p>10:00 - R.E.A.L. class: "PopTarts" with Mr. Post Terrace South Patio (BYO chair)</p> <p>2:00 Terrace August Birthdays WCP <i>(only birthday people and their spouses)</i></p>	<p>8:30 - Stretch & Flex - TCY/RP</p> <p>9:30 - Tai Chi – TCY</p> <p>Emotional & Spiritual Wellness Classes (sign-up required)</p> <p>10:30 - Ridge Ristorante MaryAnn Oatis "Overcoming Grumbling with Gratitude"</p> <p>10:30 - Terrace Expressions Suzie Zoerman "Where Are We Going?"</p> <p>2:00 - Knitting - EX</p>	<p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Dog Party -TCY</p> <p>10:30 - Worship Service - TSP (BYO chair)</p> <p>1:00 - R.E.A.L. ZOOM class: "Xfinity/Comcast" with Hugo</p> <p>3:00 - ZOOM BINGO</p> <p>4:00 - Social Hour - RP</p>	<p>8:30 - Stretch & Flex - TCY/RP</p> <p>9:30 - Tai Chi – RP</p> <p>Emotional & Spiritual Wellness Classes (sign-up required)</p> <p>10:30 - Ridge Ristorante MaryAnn Oatis "Overcoming Grumbling with Gratitude"</p> <p>10:30 - Terrace Expressions Suzie Zoerman "Where Are We Going?"</p> <p>2:00 - Knit Wits - RI</p> <p>2:00 - REAL ZOOM class: "Understanding Grief" with Ray Pagent</p> <p>4:00 - Social Hour - TCY</p>	<p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Worship Service - RME (BYO chair)</p> <p>2:00 - Ridge August Birthdays RP <i>(only birthday people and their spouses)</i></p>	10	11	12	13	14	15	
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