



The Breton Buzz

October 2020

From the Fitness Department

Pool: The pool is open Monday through Friday by appointment only. Schedule by calling 643-2636.

- 9:45 – 10:45 am
- 11:00 am – 12:00 pm
- 1:00 – 2:00 pm
- 2:15 – 3:15 pm

Residents are held responsible to stay within their pool appointment parameters and respect the incoming appointment by completing their appointment on time.

- For your first appointment, see the Receptionist to sign the memorandum of understanding.
- For each appointment, see the Receptionist to sign in and respond to the screening questions.

How to Stay on Top of your Mental Well-Being:

Tips from Vibrant Living Intern, Gabby Applegarth

- Finding Time to Relax - Finding some “me” time, a time to just think and take your mind off the daily stressors of life. Some activities you can do include reading a book, playing Sudoku, doing a word search or anything else that helps you.
- Exercising - Staying active can keep not only your body moving, but also your mind moving and active. Try one of the fitness opportunities that the Vibrant Living Fitness Team offers. The fitness team offers morning exercise classes, open gym and open swim sessions Monday through Friday.
- Eating Right - Healthy eating is a great way to help keep your mind well. Making sure you get your fruits and vegetables every day is an important component for a nutritious diet.
- Staying Connected - Talking to loved ones can have a huge impact on your mental well-being, happiness, and overall attitude. Make it a point to reach out to a loved one or friend.
- StayingPositive - Always look for the positives in things and don’t dwell on the negatives.

Group Fitness Classes: Beginning Monday, October 5, group fitness classes will be held indoors. Classes are limited to 9 participants. Sign up once to reserve your spot for classes by calling Alisha at 643-2636. You may attend one *Woods Workout* each day it is offered. You may attend one *Tai Chi* class each day it is offered. For your safety, please do not arrive more than a couple of minutes early to your class. Please be respectful of upcoming classes by leaving as soon as your class ends.

Breton Ridge:

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-8:50 am Woods Workout with Madye Vineyard	8:30-9:10 am Stretch and Flex with Madye Ristorante	8:30-8:50 am Woods Workout with Madye Vineyard	8:30-9:10 am Stretch and Flex with Madye Ristorante	8:30-8:50 am Woods Workout with Madye Vineyard
9:00-9:20 am Woods Workout with Madye Vineyard	10:30-11:15 am Feldenkrais with Karel Millard Ristorante	9:00-9:20 am Woods Workout with Madye Vineyard	9:30-10:00 am Tai Chi with Denise Karsen Vineyard	9:00-9:20 am Woods Workout with Madye Vineyard
			10:15-10:45 am Tai Chi with Denise Karsen Vineyard	

Breton Terrace:

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-8:50 am Woods Workout with Liz Expressions	8:30-9:10 am Stretch and Flex with Liz Expressions	8:30-8:50 am Woods Workout with Liz Expressions	8:30-9:10 am Stretch and Flex with Liz Expressions	8:30-8:50 am Woods Workout with Liz Expressions
9:00-9:20 am Woods Workout with Liz Expressions	9:30-10:00 am Tai Chi with Denise Karsen Expressions	9:00-9:20 am Woods Workout with Liz Expressions		9:00-9:20 am Woods Workout with Liz Expressions
9:30-9:50 am Woods Workout with Liz Expressions	10:15-10:45 am Tai Chi with Denise Karsen Expressions	9:30-9:50 am Woods Workout with Liz Expressions	1:00 - 2:00 pm Line Dancing with Sue DeBoode Expressions	9:30-9:50 am Woods Workout with Liz Expressions

Health Center Information

Flu Vaccinations Fall 2020: Because we aren’t able to have our traditional flu vaccination clinic this year, there will be several days and times that we will do vaccinations by appointment. For those who would like their flu vaccination administered by the Terrace Health Centre staff, please call the office at 643-2712 to sign up. Residents will be notified after sign up of the individual date, time, and details of their appointment.

Medicare Open Enrollment: Anyone with Medicare can change their 2021 Medicare health plan and prescription drug coverage between October 15 and December 7. Information on 2021 plans will be available beginning in October. In September, you received an annual notice of change from your provider(s) of your health and drug coverage. Please review any changes to decide if the plan will continue to meet your needs. If you are satisfied that your current plan will meet your needs for next year, you don’t need to do anything. If you are unsure or want to make changes, Jillian England, Breton Woods’ social worker and Director of Resident Health Services, is available for appointments. Call 643-2617 to sign up for appointments that begin in mid-October. There will be a R.E.A.L. course via Zoom in October to help prepare for open enrollment. Other organizations that support seniors during this process that can be contacted for an appointment are:

- ~Senior Neighbors: 459-6019
- ~MMA (MI Medicare/Medicaid Assist. Program): 1-800-803-7174

Announcements/Information

Caregiver Support Group: Are you caring for someone with dementia? Come to the Caregiver Support Group, a place to find comfort, community, and practical tips for daily living. Beginning on October 13, the group will meet every 2nd Tuesday, 3:30-4:30 pm at the Breton Terrace Private Dining Room. Led by Lois Thomas and Rosemary Apol-Hoezee, certified trainers in Teepa Snow’s Positive Approach to Care, this small group will offer opportunities to share and learn. Please contact Amy Perin at 643-2720 to sign up as space is limited.

October Board Coffee: The in-person coffee is canceled, however a Zoom coffee will be recorded. It will be available on the Resident Portal Monday, October 26. Submit your questions prior to the Zoom to PresidentQA@hollandhome.org by Friday, October 19. Questions after the presentation can go to the same email address.

Dear Breton Woods residents: We, the Bill Alverson family, would like to thank you, one and all, for the many cards and messages regarding Bill’s passing on August 23. Your caring and prayers helped. He is now in our Lord’s arms. We are saying God bless all of you. ~Anita Alverson

Outdoor Sprinklers: Facility Services Grounds team will be shutting the sprinklers off the first part of October. Please call the Facility Services Call Center with questions or concerns. Thanks!

Sales Department Information

Resident Recruitment: Wouldn’t it be great to have some of your best friends become your neighbors? We currently have 1-bedroom apartments available at Raybrook Estates I & III, and 1-and 2-bedroom apartments, and condo-style homes at Breton Woods. Help spread the word that Holland Home is a great place to live! Our “refer-a-friend” program can earn you up to a \$1,000 credit on your next monthly statement when your friend signs a Continuing Care Agreement and moves to Holland Home. It’s simple – just request a resident recruitment form from the Sales & Information Centre at 643-2726 and we take care of the rest. If your friend isn’t already in our system and they mention your referral at move-in, you receive the referral bonus!



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

October 2020

S U	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A
	<p><u>Terrace Location Key:</u> EX - Expressions TCY - Courtyard TME - Main Entrance TSP - South Patio WCP - Woods Café Patio</p>	<p><u>Ridge Location Key:</u> RI - Ristorante RME - Main Entrance RP - Patio</p>		<p style="text-align: center;">1</p> 8:30 am - Stretch & Flex - TCY & RP 9:30 am - Tai Chi – RP REAL: “How to ZOOM” Terrace: 10:15 am - EX Ridge: 11:30 am - RI 1:00 pm – Line Dancing - EX 2:00 pm – Knit Wits – RI 4:00 pm - Social Hour - TCY	<p style="text-align: center;">2</p> Ridge Coffee - RP - 8:00 - 8:45 am - Men 9:00 - 9:45 - Women (BYO mug) 8:30 - Woods Workout - TCY/RP	3
4	<p style="text-align: center;">5</p> 8:30 & 9:00 am - Woods Workout - VI & EX 9:30 (EX only) 10:30 am - Thanksgiving Card Making - RI 1:00 pm - REAL via ZOOM - “A Grand History of River City” 3:00 pm - Ladies Tea - EX	<p style="text-align: center;">6</p> 8:30 am - Stretch & Flex - RI & EX 9:30 & 10:15 am - Tai Chi – EX 10:30 am - Feldenkrais - RI 2:00 pm - Knitting/Crocheting - EX 3:30 pm - Bingo Party \$5 - EX (includes snacks/prizes)	<p style="text-align: center;">7</p> 8:30 & 9:00 am - Woods Workout - VI & EX 9:30 (EX only) 10:30 am - Dog Party -TCY 10:30 - Worship Service - TSP (BYO chair) 11:00 am - Veteran Pictures (new residents) Terrace Lobby 2:00 pm - ZOOM BINGO 4:00 pm - Social Hour - RP	<p style="text-align: center;">8</p> 8:30 am - Stretch & Flex - RI & EX 9:30 & 10:15 am - Tai Chi – VI 1:00 pm - Line Dancing - EX 2:00 pm – Knit Wits - RI 2:00 pm - REAL via ZOOM - “Medicare Open Enrollment” (sign-up) 4:00 pm - Social Hour - TCY	<p style="text-align: center;">9</p> Terrace Coffee - WCP - 8:00 - 8:45 am - Men 9:00 - 9:45 am - Women (BYO mug) 8:30 & 9:00 am - Woods Workout - VI & EX 9:30 (EX only) 2:00 pm - Ridge October Birthday Social - RP 3:00 - Worship Service - RME (BYO chair)	10
11	<p style="text-align: center;">12</p> 8:30 & 9:00 am - Woods Workout - VI & EX - 9:30 (EX only) 10:30 am - Thanksgiving Card Making - EX 2:00 pm - Terrace October Birthday Social - WCP	<p style="text-align: center;">13</p> 8:30 am - Stretch & Flex - RI & EX 9:30 & 10:15 am - Tai Chi – EX 10:30 am - Feldenkrais - RI 2:00 pm - Knitting/Crocheting - EX 2:30 pm - REAL via ZOOM - “Fall Recipes and Lifetime Nutrition”	<p style="text-align: center;">14</p> 8:30 & 9:00 am - Woods Workout - VI & EX 9:30 (EX only) 10:30 am - Dog Party -TCY 1:00 pm - REAL via ZOOM - “Xfinity – Troubleshooting” 11:00 am - Veteran Pictures (new residents) Ridge Lobby 2:00 pm - ZOOM BINGO 4:00 pm - Social Hour - RP	<p style="text-align: center;">15</p> 8:30 am - Stretch & Flex - RI & EX 9:30 & 10:15 am - Tai Chi – VI 1:00 pm – Line Dancing - EX 2:00 pm – Knit Wits - RI 4:00 pm - Social Hour - TCY	<p style="text-align: center;">16</p> Ridge Coffee - RP - 8:00 - 8:45 am - Men 9:00 - 9:45 am - Women (BYO mug) 8:30 & 9:00 am - Woods Workout - VI & EX 9:30 (EX only)	17
18	<p style="text-align: center;">19</p> 8:30 & 9:00 am - Woods Workout - VI & EX 9:30 (EX only) 10:30 am – Ridge Fall Art Class - RI 1:00 pm - REAL via ZOOM - “Miles and Miles of Murals” (part one) 3:00 pm - Ladies Tea - EX	<p style="text-align: center;">20</p> 8:30 am - Stretch & Flex - RI & EX 9:30 & 10:15 am - Tai Chi – EX 10:30 am - Feldenkrais - RI 2:00 pm - Knitting/Crocheting - EX 3:30 pm - Farkle Dice Game - EX	<p style="text-align: center;">21</p> 8:30 & 9:00 am - Woods Workout - VI & EX 9:30 (EX only) 10:30 am - Dog Party -TCY 1:00 pm - REAL via ZOOM - “Connecting with Photos” (sign-up) 2:00 pm - ZOOM BINGO 4:00 pm - Social Hour - RP	<p style="text-align: center;">22</p> 8:30 am - Stretch & Flex - RI & EX 9:30 & 10:15 am - Tai Chi – VI 1:00 pm – Line Dancing - EX 2:00 pm – Knit Wits - RI 4:00 pm - Social Hour - TCY	<p style="text-align: center;">23</p> Terrace Coffee - WCP - 8:00 - 8:45 am - Men 9:00 - 9:45 am - Women (BYO mug) 8:30 & 9:00 am - Woods Workout VI & EX 9:30 (EX only)	24
25	<p style="text-align: center;">26</p> 8:30 & 9:00 am - Woods Workout - VI & EX 9:30 (EX only) 10:30 am – Terrace Fall Art Class - EX 1:00 pm - REAL via ZOOM - “The Benefits of Static and Dynamic Stretching” 3:00 pm - Ladies Tea - EX	<p style="text-align: center;">27</p> 8:30 am - Stretch & Flex - RI & EX 9:30 & 10:15 am - Tai Chi –EX 10:30 am - Feldenkrais – RI 1:00 pm - REAL via ZOOM - “Staying Mentally Healthy and Happy with Physical Activity” 2:00 pm - Knitting/Crocheting - EX 3:00 pm - Ladies Tea - RI	<p style="text-align: center;">28</p> 8:30 & 9:00 am Woods Workout - VI & EX 9:30 (EX only) 10:30 am - Dog Party -TCY 1:00 pm - REAL via ZOOM - “Xfinity – Account Info” 2:00 pm - ZOOM BINGO 4:00 pm - Social Hour - RP	<p style="text-align: center;">29</p> 8:30 am - Stretch & Flex - RI & EX 9:30 & 10:15 am - Tai Chi – VI 11:00 am - Floral Arrangement Class - EX 1:00 pm – Line Dancing - EX 1:00 pm - Floral Arrangement Class - VI 2:00 pm – Knit Wits - RI 4:00 pm - Social Hour - TCY	<p style="text-align: center;">30</p> 8:30 & 9:00 am - Woods Workout - VI & EX 9:30 (EX only)	31

Life Enrichment

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

Social Hours - The Ridge and Terrace Social hours will be held on the Patio in October. If it is rainy or below 55 degrees, we will move into the Ristorante and Expressions. Please note that if this is done, capacity is set per the current Executive Order and first come basis. Social distancing and masks requirements must be adhered to.

Ridge: Wednesdays at 4:00 pm on the Ridge Patio

Terrace: Thursdays at 4:00 pm on the Courtyard Patio

Back-up locations are Ridge RI/VI and Terrace EX.

Veteran Pictures - Veterans that do not currently have their picture on the Veteran Walls can come and have their pictures taken on the following dates and times:

~Terrace Lobby: Wednesday, October 7, 11:00 am - Noon

~Ridge Lobby: Wednesday, October 14, 11:00 am - Noon

Wear a solid colored collared shirt.

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

Bring your own projects and enjoy social time while knitting or crocheting. Limited to 10 people.

Knit Wits - Thursdays at 2:00 pm - Ristorante

Bring your own projects and enjoy social time while knitting or crocheting. Limited to 10 people.

October Coffee Times - Homes residents are welcome! Social distancing applies, and we ask that you not move any chairs and wear your mask until seated. Weather permitting (55 degrees or above) and seating is limited to the proper capacity.

~Ridge Vineyard Patio: Fridays, October 2 and 16. Men at 8:00 am;

Ladies at 9:00 am

~Terrace Woods Café Patio: Fridays, October 9 and 23. Men at 8:00 am;

Ladies at 9:00 am

Back-up locations are Ridge RI/VI and Terrace EX.

ZOOM Bingo Time Change - Wednesdays at 2:00 pm. Join Bingo via ZOOM. You'll receive 2 bingo cards and chips when you sign up on the Resident Portal or by calling Patty by the Monday prior.

October Birthday Celebrations - Due to restrictions, we will only be serving those celebrating birthdays in October and their spouses.

~Terrace Woods Café Patio - Monday, October 12 - 2:00 pm

~Ridge Patio - Friday, October 9 at 2:00 pm

Back-up locations are Ridge RI/VI and Terrace EX.

B-I-N-G-O in person! - Let's play! Bingo cards, prizes, and snacks supplied for \$5. Limited to the first 10 that arrive.

~Terrace - Tuesday, October 6 at 3:30 pm - Expressions

Arts & Crafts - Classes are limited to 10 people. Sign up at the Terrace or Ridge on the R.E.A.L. board near the in-house mailboxes.

- **Thanksgiving and Thankful Cardmaking**

~Monday, October 5 - Ridge Ristorante - 10:30 am

~Monday, October 12 - Terrace Expressions - 10:30 am

- **Fall Art Painting**

~Monday, October 19 - Ridge Ristorante - 10:30 am

~Monday, October 26 - Terrace Expressions - 10:30 am

- **Fresh Floral Arrangement Classes**

~Thursday, October 29 at 11:00 am in Terrace Expressions and 1:00 pm in Ridge Vineyard. We are limited to 9.

Farkle Dice Game - Tuesday, October 20 at 3:30 pm - Expressions.

Join us for a game of Farkle. A simple game that involves rolling the dice for points. Each person will have their own dice and social distanced.

Sign up at the Terrace on the R.E.A.L. bulletin board near the in-house mailboxes.

Ladies' Tea - Terrace Expressions

We will enjoy tea in Expressions. This is limited to 10 people and will be filled so everyone gets tea at least once per month or more.

Call Patty at 643-2707 to sign up.

Terrace: Mondays, October 5, 19, 26 at 3:00 pm

Ladies' Tea - Tuesday, October 27 at 3:00 pm - Ridge Ristorante

The ladies will enjoy tea in the Ristorante. This is limited to 10 people.

Sign up by calling Patty at 643-2707.

(Life Enrichment continued)

Calling All Quilters! Come to the quilt camp, November 11, 12, & 13 for fun, fellowship and learning. Camp will be held in the Terrace Art Studio from 9:00 am until 8:00 pm. Quilters may work on their own project or a group piecing project. Call Pat Callaghan at (231) 420-2821 for information and to sign-up.

Breton Readers: "The Queen of the Big Time" by Adriana Trigiani

Ambitious teen Nella Castelluca, the daughter of a hard-working family from a small Italian village in Pennsylvania, aspires to live in genteel society far from the rigors of farm life, dream that is compromised when a poet she loves disappears under scandalous circumstances and then returns just before Nella's marriage to another man.

- Ridge readers will receive the book in September and will discuss it on Tuesday, October 6 at 2:00 pm in the Ristorante.
- Terrace readers will receive the book after October 6 and will discuss it on Wednesday, October 28.

If you would like to be added to the Breton Readers list, contact Pat Keyser at 608-6258 for the Ridge, or Kathy VanDeWeert at 608-6899 for the Terrace. If you were already on the list previously, you are all set. Once books are distributed, the process will be to call Pat and Kathy to sign-up to be a part of the discussion group. The capacity of the group will be determined based on the Executive Order at that time.

R.E.A.L.

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

001: Learn How to Zoom.

Date: Thursday, October 1

Terrace: 10:15 am in Expressions

Ridge: 11:30 am in Ristorante

Bring your laptop, smartphone, or tablet and your email login and we'll set you up with Zoom and teach you how to use it. This is limited to 10 people per session. Sign up on the R.E.A.L. bulletin board by the mailboxes at the Terrace and Ridge.

002: A Grand History of River City by Caroline Cook

Date/Time: Monday, October 5 at 1:00 pm

Via Zoom: Sign up on the Resident Portal to receive the link.

Grand, indeed. Grand in rich, glorious details, but really, more like a short story than a long tale. Our history is but a blink in time.

Retelling the story of who and when in Grand Rapids history is unbelievably fleeting compared to world history, yet immensely interesting... so much so, that it is an enormous task to confine the discussion to one hour. This visual presentation is 60ish minutes of fabulous historical photographs supporting a timeline beginning with geology through present time and into the future.

003: Medicare Open Enrollment with Jill England

Date/Time: Thursday, October 8 at 2:00 pm

Via Zoom: Sign up on the Resident Portal to receive the link.

Open Enrollment can be confusing with all the different choices. Join Jill for a presentation and Q&A on the upcoming Medicare Open Enrollment Class via Zoom.

004: Fall Recipes and Lifetime Nutrition with EMU Students

Date/Time: Tuesday, October 13 at 2:30 pm

Via Zoom: Sign up on the Resident Portal to receive the link.

Dietetics students from Eastern Michigan University have combined their love for the fall with their passion for nutrition and dietetics to bring you an educational and interactive class filled with fun. After demonstrating how to prepare a delicious fall meal, we will dive into nutrition topics that are important for maintaining a healthy lifestyle. We hope you can join us!

005: "Xfinity" (Comcast) w/Hugo via Zoom

Topic: Troubleshooting your Xfinity Cable

Date/Time: Wednesday, October 14 - 1:00 pm

Via Zoom: Sign up on the Resident Portal to receive the link.

Learn how to troubleshoot the issues you're having with Xfinity cable.

(R.E.A.L. continued)

006: Miles and Miles of Murals...Part One

Date/Time: Monday, October 19 at 1:00 pm

Via Zoom: Sign up on the Resident Portal to receive the link.

Who says art museums must be inside, enclosed with 4 walls, a ceiling and floor? Swirling all about us in Grand Rapids, in each of our city neighborhoods, vibrant, and intriguing artwork is appearing outside on sides of buildings, underneath highway overpasses, on retaining walls, street surfaces and utility boxes. These are murals, street art, wall art, painted by artists that celebrate beauty, or calls to action, and tributes to heroes. These murals transform otherwise unnoticeable, or worse, blighted spaces into must-see, energizing attractions. Viewing these murals is a study in local history, community activism and sheer expressions of creativity art all the time!

007: Connecting with Photos

Date/Time: Wednesday, October 21 at 1:00 pm

Via Zoom: Sign up on the Resident Portal to receive the link.

They say a picture is worth a 1000 words, and isn't it true! The digital age has made it easier to share these special photos. Connecting with Photos will teach you various methods of sharing photos on your smart devices or computer. With the click of a mouse or tap of your finger, you can enjoy a brand new view of life's special moments. What a fantastic way to stay connected with your family and friends!

008: The Benefits of Static and Dynamic Stretching

Date/Time: Monday, October 26 at 1:00 pm

Via Zoom: Sign up on the Resident Portal to receive the link.

Join our Fitness Team Intern, D'Amaie and learn the differences between Static and Dynamic stretching and their benefits with your mobility.

009: Staying Mentally Healthy and Happy with Physical Activity

Date/Time: Tuesday, October 27 at 1:00 pm

Via Zoom: Sign up on the Resident Portal to receive the link.

Gabby, our Vibrant Living Intern from Aquinas College, will discuss how to stay mentally healthy and happy with physical activity. She will discuss the importance of getting away from negative thoughts and moving toward positive ones.

010: "Xfinity" (Comcast) w/Hugo via Zoom

Topic: Accessing Your Account

Date/Time: Wednesday, October 28 - 1:00 pm

Via Zoom: Sign up on the Resident Portal to receive the link.

Learn how to solve account issues on your TV to expedite issues. Hugo will go through how to access your account and beneficial ways to utilize the information.

Election information - R.E.A.L. Governmental Affairs Committee (GAC)

Absentee ballots for the November 3 General Election will be mailed soon. If you haven't registered to receive an absentee ballot, you can apply on-line or receive information from the City Clerk. Because of COVID-19 visitor restrictions, the GAC will not be conducting on site candidate forums this year. However, in cooperation with the Wyoming/Kentwood Chamber of Commerce and WKTV, the GAC will publish dates for the virtual forums conducted by the Chamber for candidates in our area.

The "air" dates for WKTV, and possibly the Chamber's Facebook site, will be made available for you on digital signage, flyers, or in Patty's weekly update after October 5. If you are interested in seeing your candidates and hearing their positions on issues within their specific offices before you vote, consider waiting to cast your ballot until after you view the virtual forums.

Spiritual Care

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

Worship Services: Due to the cold and rain forecasted this week, the outdoor worship services on Wednesday, September 30 and Friday, October 2 are postponed until the following week when there is an improved outlook.

~ Wednesday, October 7 - 10:30 am - Terrace South Patio

~ Friday, October 9 - 3:00 pm - Ridge North Parking Lot

If restrictions change and we are able to meet indoors, you will receive an update and instructions on any conditions that might apply.

(Spiritual Care continued)

Resources: Please look for encouragement from our availability of devotional books on the counter by the Chaplain's office (Terrace) or in the mailroom (Ridge). You may also contact me to have one sent to your home or put in your in-house mailbox.

Chaplain Gleanings

"For what use is our fear right now? Worry is like a rocking chair: It gives you something to do but never gets you anywhere." ~humorist Erma Bombeck.

Now is the time for a more scientific and analytical approach, as the physicist Marie Curie said: "Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."

Scripture for Thought: "I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them." Isaiah 42:16

Volunteer Services

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

"Change" – what is it? Do you like it? According to one dictionary it is "to make, alter, or modify." 2020 has been a big year of change because of Covid 19. Let's go back in time and reminisce a little... Think about when you had your first job. It was a 'change' - probably difficult at first because of having a new boss (not your parents), learning new things, you may have gotten in trouble for doing things wrong, but after learning and gaining experience, the job became easier and it became positive. Now, years have passed and you're older and maybe you decided to get married - that was a big change! You went from making all your own decisions, such as where to go at night and how to spend your money, to having someone to ask. Again with 'change' at first comes the good and maybe not so good at first, but it all turns out to be great after all those years of marriage.

Now back to October 2020, the 7th month of the Corona Virus Pandemic. There have been many changes, some bad and some good. Think back to where you have been (alone in your room and isolated - not so good) and how far you have come in 7 months. Maybe you have drawn closer to God, prayed more, wrote more letters, things you wouldn't have done if it didn't happen (good changes). Right now, the changes at Breton we are seeing are very good! Group events such as Active Aging Week, Volunteer On Campus Drivers are driving for their 3rd month, many residents are actively volunteering by making face masks, teaching classes, leading Zoom Bingo, making phone calls to other residents to check on them, delivering mail and newspapers, helping with the Library, delivering groceries, weeding, typing, virtual volunteering, making activity pages on the computer, and the list goes on & on...

Thank you to all of you who are volunteering and to those of you who will begin to volunteer. Just because we can't go to BRLC or BEC yet doesn't mean volunteering has to stop - there are always new ways to volunteer and make positive 'changes' continue to happen. If you would like to talk more about ways to volunteer, please contact Robin in Volunteer Services at 643-2725 or robinlambert@hollandhome.org

Don't be afraid of change. You may lose something good, but you may gain something better. - Anonymous

Breton Market: Weekly ordering is available anytime day/night. Orders are due by Thursday at noon for delivery the following Wednesday. Call 643-2628 and leave the following information: Your name, building, apartment number, and items you want to order (including quantity).

Thank you for all the plastic bag donations! We are well stocked again and no more are needed at this time. We will let you know when more are needed.

On Campus Transportation: Rides are available Monday, Tuesday, and Thursday from 9:00 am - 1:45 pm (excluding holidays) by appointment only by calling 643-2627. Appointments must be scheduled by 12:00 noon the day before the ride is needed.