



The Breton Buzz

December 2020

From the Fitness Department

Vibrant Living Virtual Exercise: The Fitness Team invites you to join them for live virtual exercise classes every weekday! Visit Holland Home's Facebook page to tune in, www.facebook.com/hollandhome. You DO NOT need a Facebook account to view the exercises classes. Should you need help accessing the exercise classes, contact Jessie Riley, Resident Technology Manager, at 235-2794 or jessie.riley@hollandhome.org.

Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am Stretch & Flex	8:15 am Cardio Express	8:15 am Stretch and Flex	8:15 am Cardio Express	8:15 am Stretch & Flex
9:15 am Balance & Core Stability	9:15 am Strength Training	9:15 am Balance & Core Stability	9:15 am Strength Training	9:15 am Balance & Core Stability
	2:15 pm Barre Workout		2:15 pm Brain & Body Exercise	
3:45 pm Cardio Drumming	3:45 pm Seated Stretches	3:45 pm Boot Camp	3:45 pm First Step	

Open Swim: The pool is open by appointment only. Residents can schedule appointments by calling 643-2636. See the Receptionist to sign in and to respond to the screening questions before each of your appointments. The pool will be closed on Friday, December 25.

- 8:30 – 9:30 am
- 9:45 – 10:45 am
- 11:00 – 12:00 pm
- 1:00 – 2:00 pm
- 2:15 – 3:15 pm

Open Gym: The fitness centers are open by appointment only. Residents can schedule appointments by calling 643-2636. The fitness centers will not be staffed on December 24. The fitness centers will be closed on Friday, December 25. We encourage you to wear your mask, practice safe social distancing, and clean the equipment before and after use. Please see the Receptionist to sign in and to respond to the screening questions before every weekend appointment.

- 9:15 – 9:55 am (temporary addition in place of group classes)
- 10:15 – 10:55 am
- 11:15 – 11:55 am
- 12:45 – 1:25 pm
- 1:45 – 2:25 pm
- 2:45 – 3:25 pm

Volunteer Services

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

Just like most of 2020, Thanksgiving proved to be different due Covid-19 and to the Governor's request to limit family gathering size. Hopefully with Christmas coming, we will be able to focus on Jesus' birth and the forever home He has promised us! The holidays usually bring joy and happiness, but for some people, the holidays aren't filled with joy. Think about your neighbors down the street or hall who may be alone this year. Whether it's their first time or has been that way for many years, holidays can bring sadness.

Volunteering is "doing what you can", and it's different for everyone. One of my favorite local Christian radio stations motto is "We are better together than we are apart." When I think of the Breton campus, I think this should be our motto also. You may not know your neighbors, but now is a great time to reach out. What a great gift to focus on someone on your street or your floor that you don't know! Go meet them, help them with something, spend time with them (of course while social distancing and wearing a mask). Send them a card, write them a note, or call them. Perform a Random Act of Kindness by leaving something nice by their door with a kind note; mend strained relationships, and the list goes on. Be the best gift that someone at Breton receives this Christmas! Also, since the masks hide our faces, wear your nametags so it helps residents and staff know who you are.

Thank you for helping us "BE BETTER TOGETHER" by volunteering and by bringing joy into the lives of others! Christmas Blessings!

"I am only one, but I am one. I cannot do everything, but I can do something. And because I cannot do everything, I will not refuse to do the something that I can do." ~ Edward Everett Hale

Announcements/Information

Resident Advisory Board: Congratulations to Doug Howe and Lois VanderWel who were elected to join the Resident Advisory Board committee! Doug will represent the Ridge and Lois will represent the Homes. Their 2-year terms start in 2021.

Breton Market order and delivery changes for the holidays:

- To have groceries delivered on Wednesday, December 2, your order must be called in by Wednesday, November 25 by noon.
- There will not be grocery delivery on Wednesday, December 30 and Wednesday, January 6, therefore no orders will be taken from December 24 - 31.
- Grocery ordering begins again on Friday, January 1 until Thursday, January 7 at noon for delivery on Wednesday, January 13. Normal schedule resumes after that.
- Call 643-2628 to place you Breton Market grocery order. If you would like to order from the Market, but need someone to call you for your order, call Robin at 643-2725 to request this help.

Terrace Christmas Card Sale: Christmas cards are on sale for only 25 cents each. There is a large selection available in the Terrace Resident Service Office, Monday-Friday 10:00 am - 3:00 pm. Happy holidays!!!

Greeting Cards and Postage Stamp Sales:

- Terrace - purchases by account only (no cash sales)
- Ridge - cash sales only

"Tis the Season" for Package Delivery: During the holidays, be prompt in picking up your packages at the Reception Desk. Space is very limited in these areas, and with so many packages coming in, your timeliness is appreciated! Thank you in advance.

Light up Lives for Breton RLC & EC residents: Breton Rehab is looking for donated Christmas decorations to use outside in hopes of adding some additional holiday cheer for residents when they look out their windows. If you have items for donation, please drop them off in the RSO during open hours.

Gift Certificates: Breton Woods will resume accepting gift certificates in Terrace Café, Ridge Bistro and Terrace Salon. We will also be issuing gift certificates if you or a visitor are interested in purchasing them. Call the RSO if you have any questions or concerns.

Breton Woods Holiday Decorating Guidelines: Please be mindful when decorating for the holidays by following these rules:

- Live or artificial trees may be used inside. If you reside at the Homes, live or artificial wreaths may be placed on the outside door of the home. If you reside at the Terrace or Ridge, only an artificial wreath may be hung on the door of the apartment.
- Do not use extension cords as they are a potential fire hazard. Power strips are recommended instead.
- Equipment or property of Breton Woods may not be moved from its original location in or around the building without prior consent of management.
- Exterior Christmas lights must be non-blinking and be turned off from 11:00 pm to 7:00 am.

Resident Services Offices Holiday Hours - The RSOs will be closed December 24 & 25, and January 1; and will close at 3:00 pm on December 31.

Caregiver Support Group: Are you caring for someone with dementia? This small group is led by Rosemary Apol-Hoezee and Lois Thomas, certified trainers in Teepa Snow's Positive Approach to Care. It offers opportunities to share and learn practical tips for daily living and is a place to find comfort. The group meets the 2nd Tuesday of every month from 3:30-4:30 pm at the Terrace Private Dining Room.

Santa Claus Girls - Due to the pandemic crisis, the Santa Claus Girls have made the very difficult decision to suspend operations through the 2020 Christmas giving season. They assure us that they have every intention of resuming operations next year.

Now is a good time to start knitting and crocheting those hats and mittens as there will be an even greater need next year. Call Terrace resident Sue Colligan at 530-9472 if you need yarn.

Phone Books: In an effort to save money and resources, Breton Woods will no longer order bulk supplies of the Yellow Pages and/or White Pages phone books. If you wish to receive a copy, call 1-844-339-6334 to place an order to be delivered to your home.

Life Enrichment

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

We have lots of activities via ZOOM or Live Streaming. Don't miss out on these opportunities. If you need help learning to ZOOM, email Jessie.Riley@HollandHome.org for help or call Patty.

Due to the current restrictions, we cannot decorate as a group. However, your help is still needed. Please contact Patty if you can help so our buildings look amazing for the holidays.

ZOOM BINGO is moving to Mondays at 2:00 pm: Sign up to play Bingo with others via ZOOM. It's a fun experience with residents from both Raybrook and Breton. Sign up on the Resident Portal and the link will be sent. The meeting ID is 988 4230 3279.

Veteran Pictures: Veterans who do not currently have their picture on the Veteran Walls can call Patty to schedule a time to get their pictures taken.

Christmas Door Decoration Competition: Don't let Covid ruin your holiday spirit! We're having a door decorating competition. Decorate the outside of your apartment or Home door to bring some joy to your neighbors. Competition begins Tuesday, December 1 and judging will be on Tuesday, December 8. Get creative and have fun! Winners be announced December 15.

Tuesday Trivia via ZOOM: Join Patty Tuesdays at 1:00 pm for Trivia.

- December 1 - Bible Trivia
- December 8 - Classic Movies Trivia
- December 15 - History Trivia (time change to 2:30 this week)
- December 22 - Christmas Trivia

Sign up on the Resident Portal for your packet.

Art on Wednesdays: We're bringing art to you! You'll receive an art kit with instructions or you can ZOOM with Patty to see how it's done.

- December 2 - 10:00 am - Acrylic Pour Marbled Christmas Ornament
 - December 2 - 1:00 pm - "It is well with my soul" canvas painting
 - December 9 - 1:00 pm - Snowy Pinecone Jar with Candle
 - December 16 - 1:00 pm - Snowflake Wine Bottles with twinkle lights
- Sign up on the Resident Portal for the link.

Christmas Movie Madness Watch Parties: Watch movies with your friends via our Watch Parties.

- December 3 - 10:00 am - "Christmas Inheritance"
- December 3 - 12:00 pm - "Dolly Parton's Christmas on the Square"
- December 10 - 12:00 pm - "The Christmas Chronicles I"
- December 10 - 2:00 pm - "The Christmas Chronicles II"
- December 17 - 2:00 pm - "Knight Before Christmas"

Sign up on the Resident Portal to receive the links and popcorn!

Thursday, December 3 - Cooking with Chef Jenna from Amore

Trattoria: Chef Jenna will ZOOM in with us at 4:30 pm for a cooking demonstration. Amore Trattoria is a traditional upscale Italian restaurant on Alpine Avenue. Chef Jenna was recently featured on Mike Rowe's show for helping the community during COVID. Participants will receive a sampling of the food being demonstrated.

Sign up on the Resident Portal to receive the links and sampling.

Tuesday, December 15 - Birthday Celebrations don't stop because of COVID:

Those celebrating birthdays in December can pick-up their special dessert between 11:30 am - 3:00 pm at the Woods Café or the Bistro. Happy Birthday to all of the December birthdays!

Thursday, December 17 - Music with Harold Huizenga:

Join in via ZOOM at 10:30 am as Harold presents a beautiful selection of Christmas and Classical music.

Sign up on the Resident Portal to receive the link.

Friday, December 18 - National Christmas Sweater Day: Wear your spirited Christmas sweater and you'll get a treat! Pick up your treat at the Woods Café or Bistro between noon and 3:00 pm wearing your sweater.

Monday, December 21 - Crossword Puzzle Competition: We'll distribute a Crossword Puzzle to celebrate National Crossword Puzzle Day. The first people to hand it in correct to the receptionist wins Bragging Rights of being the Best! The crossword puzzles will be available at the mailboxes or emailed to Patty's list at 9:00 am.

Tuesday, December 22 - National Eggnog Day: It's not Christmas without a little eggnog, so we have you covered! Stop by the Woods Café or Bistro for eggnog and a cookie to go from 1:00 - 3:00 pm.

Breton Readers: Due to limited space in discussion groups, call to reserve a book and a space in the discussion group ASAP.

- **Ridge:** No book discussion due to current restrictions. "The Other Wes Moore: One Name, Two Faces" by Wes Moore. Two youths with the same name born a year apart in the same community, growing up in very different worlds. Call Pat Keyser at 608-6258.
- **TERRACE:** Book discussion on Wednesday, December 30 pending restrictions. "The Great Alone" by Kristin Hannah. In 1974, a former Vietnam POW, suffering from flashbacks and nightmares, moves his family to Alaska to live off the grid in an attempt to find peace, restoration and freedom. Call Kathy VanDeWeert at 608-6899.

Coming to the Ridge January 5: "The All Girl Filling Station's Last Reunion" by Fannie Flagg. This book spans decades and generations from the 1940's to today, centering around five women who worked in a Phillips 66 gas station during WW II.

Notes from the Library Committee:

- If you have a book from the Library that you have finished reading, please remember to return it to the Library.
- There is a box in each library for book donations. If you have large numbers of books to donate, please call Patty prior at 643-2707.

R.E.A.L.

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

014: "Coping with Grief During the Holidays with Ray Paget" -

Thursday, December 3 at 2:00 pm via ZOOM: As you approach the holidays, remember: Grief is a necessity and a privilege. Grief comes as a result of giving and receiving love. Don't let anyone take your grief away. ZOOM in with Ray and learn how to better deal with grief all year round.

Sign up on the Resident Portal to receive the link.

015: "Forty Functional Exercises to Try this 'Fitness' Season with the Fitness Team" - Friday, December 4 at 2:30 pm via ZOOM:

Get your tennis shoes on and join the Vibrant Living Fitness Team for a fun class on functional fitness. Participants will have the opportunity to perform forty exercises, learn which muscles are being targeted, and understand the functional application of each movement. Functional training aims to make everyday activities, like walking up stairs, using a vacuum or putting something on a high shelf, easier. Come see for yourself how functional movements can help improve your balance, agility and cardiovascular fitness, as well as flexibility and strength in your lower and upper body.

Sign up on the Resident Portal to receive the link.

016: "Xfinity Peacock & Q&A" - Monday, December 14 at 1:00 pm via

ZOOM: Don't miss out on a choice of more movies on your Xfinity plan. Hugo, our Xfinity Rep, will ZOOM in to show you how to get Peacock and will answer any questions you may have.

Sign up on the Resident Portal to receive the link.

017: Twinklin' Holiday Lights in Grand Rapids - Tuesday, December 15

at 1:00 pm via ZOOM: Are you craving a traditional drive around the neighborhood, admiring holiday lights? Watch this festive presentation dressed in your finest holiday sweater as we celebrate the holiday season together virtually. Learn about the history of holiday lights, and other local traditions. From the comfort of your favorite chair, experience downtown Grand Rapids bejeweled and illuminated with twinklin' lighting displays. Caroline Cook will narrate as you visually pass by uniquely special places, some of which will evoke nostalgic and warm feelings from holidays past.

Sign up on the Resident Portal to receive the link.

Spiritual Care

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

Worship Services: Modified indoor worship services remain on weekdays so staff can carefully monitor to keep to all of the Covid 19 precautionary rules. For contact tracing purposes, if you haven't signed up to attend a service, you will need to do that at the reception desk.

- Wednesdays at 3:00 pm - Terrace Centre Place
- Fridays at 3:00 pm - Ridge Vineyard

These services are short, with an opportunity to leave an offering as you exit.

Chaplain Gleanings: "A couple of reminders in this Covid Pandemic time: 1) It (the Covid 19 virus) is reminding us to keep our egos in check. It is reminding us that no matter how great we think we are or how great others think we are, a virus can bring our world to a standstill. 2) It is reminding us that we can be patient, or we can panic. We can either understand that this type of situation has happened many times before in history and will pass, or we can panic and see it as the end of the world and, consequently, cause ourselves more harm than good." Anonymous