



The Breton Buzz

November 2020

Announcements/Information

Technology News: Watch in the coming months for exciting information on new technology solutions being integrated throughout Holland Home Independent Living. We are committed to providing a user friendly and empowering experience which keeps you easily informed and connected to campus news, virtual learning opportunities, community resources, resident directories, dining menus and more. Great things are coming!

Tech Talk with Jessie Riley: Back from maternity leave, Jessie is excited to continue supporting and educating residents on technology. Currently Tech Talk, as it was once known will look a bit different – as many things do these days. If you have a technology related question or need support, please call, email or submit a Tech Talk request on the Resident Portal. Jessie will respond and schedule a one on one appointment if necessary. Watch the upcoming R.E.A.L. information for technology courses focused on increasing overall confidence and proficiency when navigating the digital world. If you have questions, please contact Jessie Riley, Resident Technology Manager at jessie.riley@hollandhome.org or 235-2794.

New Maintenance Staff

Breton Ridge and Homes: McKinley “Mac” Newton joined the Breton Woods Maintenance team in early September. With over 30 years of maintenance experience, he will be a valuable asset to the campus. Mac previously worked 2nd shift maintenance at Raybrook, but moved to Breton when this first shift position came available. He looks forward to meeting the residents and will work hard to provide the highest level of excellence within his responsibilities. Please welcome Mac to Breton Woods!

Breton Terrace: Jeff Quist is the new Maintenance Tech at the Terrace. He has been with Facility Services of Holland Home for nearly 20 years, most of which at the Raybrook campus. He looks forward to meeting you all and helping fix and solve your work order issues. When not at work he has a busy family life with wife Tanya and sons Caleb, age 11, and Brayden, age 5.

Winter Reminders: The plow trucks will be hard at work during and after snowfalls. Please be cautious and aware of the trucks while you are driving or walking on the campus. While the Grounds crew does a fantastic job clearing and salting the roads and walkways, patios will still likely be slippery. Please use caution to avoid injury. Holland Home will continue routine snow plowing and shoveling of parking lots and sidewalks when there are snow accumulations of 2 inches or more.

Pet Guideline Reminders:

- Dogs or cats must be on a leash or in a pet carrier when outside the apartment/home.
- The pet is not allowed to visit in any common areas of the building such as lobbies, game rooms, libraries, restaurants, Terrace courtyard, or Terrace and Ridge common patio space.
- When bringing pets outside for any reason, the pet must be on a leash and must be led directly outside. Upon returning to the building, pets must be led directly back to the apartment. The most direct route should always be taken to exit and enter the building.
- Dog owners and visitors are required to walk their dog beyond the porticos of the buildings when taking them out to relieve themselves.
- Pet waste must be cleaned up immediately, double-bagged, tied securely and disposed of properly.

On Campus Pet Adoption: Do you have a dog or cat which is becoming a burden for you to care for and exercise? If you answered "Yes", think about giving your pet a new home right here at Breton Woods where you could possibly still visit it. Lynn Bailey will try to match it up with someone who is looking for a pet. Let her know of your interest to re-home your pet; or if you would like to adopt a pet contact her at mbspweb1@gmail.com or (517) 647-2460.

Holland Home Foundation 2021 Planners: If interested, you may pick one up by the mailboxes at the Terrace and Ridge. If you have questions or comments, contact Marcia Timmerman at marcia.timmerman@hollandhome.org or 235-5118.

October 2020 Board Coffee Presentation: The update from Mina Breuker, David Tiesenga, Carolyn Flietstra and Troy Vugteveen has been recorded and is now available for viewing on the Resident Portal. The update includes answers to the questions received from residents. And will be shown at both the Terrace and Ridge as follows:

- Tuesday, November 3 at 2:00 pm - Centre Place
- Friday, November 6 at 10:00 am - Vineyard

If you have questions following the presentation you can submit them via email to PresidentQA@hollandhome.org.

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 can be hung on the door of the apartment.
- Please 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. The lights must be turned off from 11:00 pm to 7:00 am.

“Thank you”: The Therese (Tess) Fisher family would like to express our sincere gratitude to Breton Woods staff, residents and friends for the overwhelming expression of prayers, cards, and phone calls during and following our moms short battle with Lymphoma. Our parents (Bud and Tess) truly felt loved by all of you during their 13 year residency on Autumn Ash Drive. May God bless you and keep you in good health. - Maura Fisher

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. In September, you received an annual notice of change from your provider(s) of your health and drug coverage; in October information on 2021 plans became available. 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. Other organizations that support seniors during this process can be contacted for an appointment are:
~Senior Neighbors: 459-6019
~MMAP (MI Medicare/Medicaid Assist. Program): 1-800-803-7174

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

Music with Pete and Jane - Mondays in November

Come enjoy some music with Pete and Jane on the following dates. Masks are required. Please do not move chairs and adhere to proper social distancing.

- Monday, November 2 & 16 at 1:00 pm - Terrace Centre Place
- Monday, November 9 at 2:00 pm - Ridge Vineyard

Ladies Tea - No sign-up required.

- Mondays, November 2 and 9 at 3:00 pm - Terrace Expressions
- Tuesday, November 17 at 3:30 pm - Ridge Ristorante

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

- **Christmas Cardmaking**
~Monday, November 2 at 10:30 am - Ridge Ristorante
~Monday, November 9 at 10:30 am - Terrace Expressions

Fresh Floral Arrangement Class - Pumpkins & Flowers

~ Thursday, November 5 at 10:00 am - Ridge Ristorante
\$5 / person. On-campus transportation is available by calling 643-2627 the day prior.

- **Christmas Ornaments**
~Monday, November 16 at 10:30 am - Ridge Ristorante
~Monday, November 23 at 10:30 am - Terrace Expressions

Knitting / Crocheting Club - Tuesdays at 2:00 pm - Art Studio - Bring your own projects and enjoy social time while knitting or crocheting. Masks are required during all LE events.

Ice Cream Socials are back! Come and enjoy ice cream and coffee for \$2 / person. Includes toppings. Wear your mask when not eating or drinking and do not approach other residents sitting at tables without masks. Seating will be adjusted by staff only, if needed.

- Tuesday, November 3 at 1:00 pm - Terrace Expressions
- Tuesday, November 10 at 1:00 pm - Ridge Ristorante
- Tuesday, November 17 at 1:00 pm - Terrace Expressions

B-I-N-G-O in person! - Let's play! Bingo cards, prizes, pizza and drinks for \$5. Sign-up on the Life Enrichment board near the in-house mailboxes.

- Tuesday, November 3 at 4:00 pm - Ridge Ristorante
- Tuesday, November 10 at 4 pm - Terrace Expressions

ZOOM Bingo - Wednesdays at 2:00 pm via ZOOM - You'll receive 2 Bingo cards and chips when you sign up on the Resident Portal by the Monday prior. No Bingo the week of Thanksgiving.

Movie Madness: Movies are back on the following dates. They are limited to capacity, masks must be worn and chairs can only be adjusted by staff. Sign-up on the Life Enrichment Boards by the mailboxes.

- Wednesday, November 4 at 10:30 am in the Terrace Theatre and 1:00 pm at the Ridge Theatre - "Holiday in the Wild"
- Tuesday, November 10 at 10:00 am in the Terrace Theatre - "Paddleton"
- Thursday, November 19 at 10:30 am in the Terrace Theatre and 1:00 pm in the Ridge Theatre - "I'll See You in My Dreams"

Knit Wits - Thursdays at 2:30 pm - Ristorante (Note time change) Bring your own projects and enjoy social time while knitting or crocheting. Limited to 10 people. No Knit Wits on Thanksgiving.

November Coffee Times - Homes residents are welcome! Social distancing applies, and we ask that you not move any chairs and wear your mask unless drinking or eating.

- Fridays, November 6 & 20 - Ridge Ristorante
Men at 8:00 am; Ladies at 9:00 am
- Friday, November 13 - Terrace Expressions
Men at 8:00 am; Ladies at 9:00 am

Wine Tastings & Pairings - Sign up to attend another special Wine Tasting & Pairing. \$20 includes the wine tasting and food pairings. This will be charged to your account. Call Patty at 643-2707 to sign up.

- Wednesday, November 11 at 4:00 pm - Ridge Ristorante
- Thursday, November 12 at 4:00 pm - Terrace Expressions

Social hours are canceled on these dates. Sign-up is limited to 15 people/event. Masks and Social Distancing rules apply.

Veterans Day Socials: We are grateful for the service of all of our Veterans and will host a social for Veterans only on Wednesday, November 11 at the following locations and times. Due to capacity restraints, we are forced to limit it to the capacity of the rooms.

- Ridge and Homes: 10:00 am in the Vineyard
- Terrace: 1:00 pm Expressions

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

(Life Enrichment continued)

November Birthday Celebrations - Due to restrictions, we will only serve those celebrating birthdays in November and their spouses.

- Monday, November 16 at 2:15 pm - Ridge Ristorante
- Wednesday, November 18 at 1:00 pm - Terrace Expressions

Classical Music with Harold Huizenga - Thursday, November 19 at 10:00 am in Centre Place enjoy a beautiful selection of music prepared especially for you.

Monday, November 30 - Deck the Halls of the Terrace

We will decorate the Terrace for Christmas beginning in the lobby at 9:30 am. The Lobby Christmas Tree will be put up the week prior. Coffee and donuts provided for all volunteers.

Tuesday, December 1 – Deck the Halls of the Ridge

We will decorate the Ridge for Christmas beginning in the lobby at 9:30 am. Coffee and donuts provided for all volunteers.

Breton Readers: New in 2020 - Book discussions will be held in November and December. Due to limited space in discussion groups, call to reserve a book and a space in the discussion group ASAP.

- **Ridge:** Book discussion for "Reading with Patrick" by Michelle Kulon is on Tuesday, November 3 at 2:00 pm in the Ristorante. This book is a memoir in which Michelle mentors Patrick and relates his remarkable literary and political awakening. Call Pat Keyer at 608-6258.
- **Terrace:** Book discussion for "The Death and Life of the Great Lakes" by Dan Eganis is Wednesday, November 18 at 3:00 pm in Expressions. This book traces the scientific, historical and ecological factors endangering the Great Lakes, discussing the late 19th century efforts to connect the Lakes to the Atlantic. Call Kathy VanDeWeert at 608-6899.

Coming December 1 at the Ridge - "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 with very different lives.

Men's Book Club - The Men will be reading "Poisoning the Pecks of Grand Rapids: The Scandalous 1916 Murder Plot" and discussing it on Monday, November 23 at 2:00 pm in Expressions. Get your book the first week of November by calling Patty.

R.E.A.L.

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

Attention R.E.A.L. Board Members: R.E.A.L. Board Meetings will resume their monthly schedule Thursday, November 12 at 1:00 pm at the Terrace in Expressions.

Resident Board Members wanted: If you are interested in joining the R.E.A.L. board, please contact Patty.

011: Loss of Speech - Thursday, November 5 at 1:30 - Terrace Centre Place

As we age, various physical changes and medical situations can create changes in verbal communication. Speech and Language Pathologist Karen VanderPloeg will talk about the challenges of word-finding and other issues that can arise with conditions such as dementia, stroke, and ALS and how care-givers and family members can help.

012: "Xfinity General Q & A" (Comcast) w/Hugo via ZOOM Date/Time: Wednesday, November 11 - 1:00 pm

Sign up on the Resident Portal to receive the link.

013: Miles and Miles of Murals, Part II with Caroline Cook - November 12 at 10:00 am via ZOOM

In Part One, we viewed dozens of meaningful and beautiful pieces of artwork on brick buildings, under concrete bridges, and upon cement streets in Grand Rapids. They are proof that outdoor murals help to create an anchoring sense of place and a spark of energy into our city neighborhoods and nooks and crannies. When created by local artists, these outdoor murals can express what's on our minds... a reflection of our identities, values and current events. They begin conversations. They also beautify and introduce overlooked outdoor spaces. The murals we will see today, just like in Part One, can have an immensely powerful, positive effect on you when you understand their "stories".

014: Current Scams: How to Spot Them and Not Get Ripped Off Tuesday, November 17 at 2 pm via ZOOM

Phil Catlett, the President of BBB, will share the latest information with you about current scams, and how you can protect yourself from them.

From the Fitness Department

Group Fitness Classes: Indoor group fitness classes are offered Monday through Friday. There is no sign up required at this time. See the calendar for more information (note that there will not be fitness classes on Thursday, November 26 or Friday, November 27).

Woods Workout: Starting Monday, November 2 the Woods Workout will be increased to 30 minutes! Come try this full body workout that aims to improve strength, balance, and endurance. It is offered Monday, Wednesday, and Friday at the following locations and times:

- Terrace: Expressions at 8:30 am and 9:15 am
- Ridge: Vineyard at 9:00 am

Fitness Centers

Residents can schedule appointments by calling 643-2636. The Fitness Centers will be closed on Thursday, November 26 and will not be staffed on Friday, November 27.

We are excited to announce that starting Saturday, November 7 the Fitness Centers will be open on the weekends by appointment only, however they will not be staffed. See the Receptionist to sign a Memorandum of Understanding prior to your first weekend appointment; then before every subsequent weekend appointment to sign in and to respond to the screening questions. We encourage you to wear your mask, practice safe social distancing, and clean the equipment before and after use.

Daily appointment times are as follows:

1. 10:15 – 10:55 am
2. 11:15 – 11:55 am
3. 12:45 – 1:25 pm
4. 1:45 – 2:25 pm
5. 2:45 – 3:25 pm

Pool

The pool is open by appointment only. Residents must schedule by calling 643-2636 and see the Receptionist to sign in and to respond to the screening questions before each appointment. The pool will be closed on Thursday, November 26.

We are excited to announce that starting:

- Monday, November 2 there will be a 5th swim session, 8:30 – 9:30 am, and 5 residents will be able to use the pool each session.
- Saturday, November 7 the pool will be open on the weekends by appointment only.

Daily appointment times are as follows:

1. 8:30 – 9:30 am
2. 9:45 – 10:45 am
3. 11:00 – 12:00 pm
4. 1:00 – 2:00 pm
5. 2:15 – 3:15 pm

Active Aging Week: Thank you for your participation in Active Aging Week! The theme was 'Rise Up + Pray' and centered on Luke 22:46. Special events were focused on the spiritual, emotional, physical, social and intellectual components of Vibrant Living. We socialized over food truck dining, enjoyed an outdoor Bible study, showed off our dance moves at Zumba Gold, and united as a community with a Rise Up Parade. We hope you felt inspired to engage, pray, move, discover, and grow. A special thank you to Jim Muller for his educational course! If you or someone you know did not get an Active Aging Week t-shirt or hat and would like one, call 643-2636.

Steps in September: Thank you to everyone who participated in Steps in September and to everyone who donated shoes for In The Image. We had more participation than ever before! Together we walked and biked over 1,600 miles in the month of September. On average, participants walked and/or biked over 78 miles! Great job setting a goal, measuring progress, and walking for health! Congratulations to our drawing winner, Lynn Bailey.

Get Moving with the Director of the Grand Rapids Ballet School: Join Attila Mosolygo for an exciting 50-minute dance class online each week. The sessions are designed to increase the flexibility, strength, balance, and coordination. The classes progress from seated exercises, to standing exercises. Anyone, of any fitness level, is encouraged to give these classes a try! Go to YouTube, search "Grand Rapids Ballet Moving with Parkinson's", and scroll down to find the videos.

Spiritual Care

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

Worship Services: Modified indoor worship services have begun on weekdays at a time so that staff can carefully monitor to keep to all of the Covid 19 precautionary rules such as social distancing, wearing a mask, and sanitizing. If you haven't signed up yet to attend an indoor service this fall, you will need to do that at the reception desk. Attendance will be taken for contact tracing purposes.

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

These services are short, singing only 2 verses of a hymn at the beginning and end. We hope to return to worship on Sundays, continuing to hold separate services at both locations.

If neither of these worship times work for you, please contact Pastor Frank.

Chaplain Gleanings: "During this time, as things change day by day, we can learn to trust God daily in our lives, not only for financial provision, but also for emotional needs and much more. We may not know what tomorrow holds, but we can trust in our God who does know and provides for our needs." (anonymous)

Scripture for Thought: "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." [Matthew 6:34]

Resources: 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.

Volunteer Services

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

You've made it through 8 months of the Corona Pandemic and Thanksgiving is almost here. We are very blessed and we do have a lot to be thankful for this year! Some of you have been through other life changing events like the World Wars, the Polio outbreak, and the Great Depression. Because of your faith, strength & endurance you made it through those events and now you are making it through this lengthy pandemic. Thank you for the great examples you have been in obeying the rules, even when it wasn't what you wanted to do, but it was done to provide a safe environment for everyone.

Sometimes when going through difficulty, it is hard to see it as opportunity. As I reflect over the last months, I have been so encouraged with how many have stepped up and are continuing to volunteer. Even though our world is a very different place and we have to wear masks and stay socially distanced, *many residents have made difficulty become an opportunity by volunteering.*

Because of this virus many things are different. Volunteer positions have had to adapt to each situation and rules have been put place for everyone's protection. Someday we might be back to where we were, but just remember.....*there is always something we can still do - we may just have to adapt it a little.*

"In the middle of every difficulty lies opportunity" ~ Albert Einstein

Special Notes:

- **Breton Market** - Call in your orders to 643-2628. We also have a few other items on the shelves in the Market that aren't listed on the order form (cleaning products, canned goods, health & beauty, candy, peanuts, etc.). If you are interested in certain items, call and leave a message and I will return your call to let you know if it is available. Once sold out, they won't be replaced.

- **Greeting Cards & Postage Stamps** - Available in the Resident Services office (Mon - Fri 10 am to 3 pm) Greeting Cards - \$1.00 & Stamps - \$11.00 Added to you monthly bill (no cash or checks).

- **On Campus Transportation** - We have drivers ready to take you to other on campus locations. Rides are available Monday, Tuesday and Thursday from 9:00 am - 1:45 pm. Plan ahead! Call 643-2627 by noon the day before you need the ride.

- **Volunteer 1/2 Sheets** - These forms come in your in-house mailbox every month. Use them to record your volunteer hours for Holland Home. If you have been doing any type of volunteering within the Breton campus, and you have been completing these - THANK YOU! If you are volunteering here and don't receive one of these forms, it would be great if you would start using one. If you need to be added to the list to receive one, or would like more information on volunteering, please call me at 643-2725. This form helps us know who to thank for their donated time, and as a non-profit we need to also show we do have volunteers.

HAPPY THANKSGIVING to everyone! Count your blessings! I am blessed to know you and to work here! ~ Robin