



The Breton Buzz

January 2021

From the Fitness Department

The Healthier You Wellness Challenge: Regular physical activity is one of the most important things you can do for your health. The Fitness Team is challenging you to move 21 minutes or more every day during the first month of 2021. For older adults, multicomponent physical activity is important to improve physical function and decrease the risk of falls. Try to incorporate aerobic, muscle strengthening, and balance training into your exercise routine. Pick up a tracking calendar in the Body Shop or Israel's Fitness Centre to record your success. Return your calendar to the fitness center during the first week of February to be entered to win a "DOOR" prize and healthy fruit basket.

Open Swim: The pool is open by appointment only. Residents can schedule appointments by calling Liz Norry at 643-2718. See the Receptionist to check in and to respond to the screening questions before each appointment.

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

Open Gym: The fitness centers are open by appointment only. Call your Fitness Coordinator to sign up. For the Body Shop at the Ridge, call Madye Martin at 643-2584. For the Israel's Fitness Centre at the Terrace, call Liz Norry at 643-2718. We encourage you to wear your mask, practice safe social distancing (12 feet between each occupied workout station), and clean the equipment before and after use. The fitness centers will not be staffed on Friday, January 1. See the Receptionist to sign in and to respond to the screening questions on January 1, before every evening appointment, and before every weekend appointment.

- 9:15 – 9:55 am
- 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
- 6:00 – 6:40 pm
- 7:00 – 7:40 pm

New Year, New Virtual Exercise Classes: The Fitness Team invites you to join them for live virtual exercise classes every weekday! Visit Holland Home's Facebook page www.facebook.com/hollandhome to tune in. If you would like to borrow a resistance band or set of dumbbells for the classes, call your Fitness Coordinator. If you need help accessing the exercise classes, connect with Jessie Riley, Resident Technology Manager, at jessie.riley@hollandhome.org or 235-2794. The schedule below begins Monday, January 4.

Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am Stretch & Flex	8:15 am Strength Training	8:15 am Stretch and Flex	8:15 am Strength Training	8:15 am Sculpt & Stretch
9:15 am Balance & Core Stability	9:15 am Cardio Core	9:15 am Balance & Core Stability	9:15 am Cardio Kick	9:15 am Flex Friday Special workout featured each week
	2:15 pm Dance Workout		2:15 pm Cardio Step	
3:45 pm Muscle Mix Monday Special workout featured each week	3:45 pm Tabata	3:45 pm Yogalates	3:45 pm First Step	

"Conductorcise" Offers Sessions Online: Maestro David Dworkin conducts a free weekly "Conductorcise" session on the organization's Facebook page every Tuesday at 1:00 pm, www.facebook.com/Conductorcise. Conductorcise is a joyous physical exercise that uses the magic of classical music to prompt brain and physical stimulation, engagement, and cardio for all ages. All of the previously recorded classes are available on the page.

The Grand Rapids Ballet Presents Moving with Parkinson's: The Grand Rapids Ballet School is offering new Moving with Parkinson's exercise classes every week through YouTube. Search "Grand Rapids Ballet Moving with Parkinson's" and scroll down to find the videos of previously recorded classes. These classes are designed to increase flexibility, strength, balance, and coordination. The class progresses from seated exercises to standing exercises. All fitness levels are encouraged to give Moving with Parkinson's a try!

CyberCycle – Exercise Your Mind and Body: In November, Breton Woods residents biked 446 miles on our CyberCycles! This is 46 miles more than we rode in October. According to the American Journal of Preventive Medicine, CyberCycling provides greater cognitive benefits for older adults than traditional exercise. If you are interested in learning more about your personal CyberCycle statistics, talk with your Fitness Coordinator today!

Staying Well this Winter: Would you like at-home workouts or other fitness-related resources? Call Alisha VanEpps at 643-2636. The Fitness Team would love to help you feel well this winter!

Announcements/Information

Calvin University January Series 2021: Due to Covid-19 gathering restrictions, we are not able to come together to view the January Series. However, for the first time in the series history, you can watch all fifteen lectures from your living room! Beginning January 6, you can watch each presentation (12:30 to 1:30 pm) on your own devices at home. If you can't join live, the presentation will be available for the entire day. The link will only be live until midnight each day so don't delay if there is one you really want to see!

How Do I Watch? All you need to do to view the presentation is go to <https://calvin.edu/january-series/> each day just before 12:30 pm and click the "WATCH NOW" button on that page. You can also sign up for daily email reminders on that same webpage to get the link right in your email each day. We will email a short 'how to' video closer to the start date in your weekly Life Enrichment email.

Need Help? Monday, January 4 is "January Series Set-Up day". Call Patty at 643-2707 to reserve a timeslot for set-up assistance. You will need your own device and internet in your unit to watch these presentations.

January Board Coffee: The in-person board coffee is canceled due to gathering restrictions. As the executive team has done in the past, they will record a Zoom coffee and it will be uploaded and available to view on the Resident Portal the week of January 25. Submit your questions prior to the Zoom coffee at PresidentQA@hollandhome.org by Monday, January 11. Questions after the presentation can go to the same email address.

From Dining Services: The Terrace Café and Ridge Bistro will continue to offer a "grab & go" style menu, however, starting January 4 there will be a small fee for any meals that are delivered to residents who are not in quarantine. If you have questions, please call Tricia Patterson at 643-2611.

Electronic Key Fobs and Key Cards: Beginning January 1, 2021, the cost to purchase key fobs and key cards will increase to account for the rising prices from the manufacturer. Key fobs will now cost \$10 and key cards will be \$7. If you would like to purchase additional electronic keys, please contact Amy (Terrace & Homes) or Sara (Ridge & Homes North) in the Resident Services Office.

Wearing a Mask Correctly: We all know that masks are required when outside of your home, however it is just as important is that you wear it the right way. Please make sure your mask covers your nose at all times. The mask should also reach as far as under your chin. Let's all do our part to stop the spread of Covid-19.

Winter Reminders: Please use caution and be aware of the plow trucks while you are driving or walking on the campus. Residents must walk on the sidewalk whenever possible and avoid walking in the road or parking areas, especially around Breton Rehab and BEC Centre and South. Holland Home will plow parking lots and shovel sidewalks when there are snow accumulations of 2 inches or more. Per state regulation, the skilled nursing facility is plowed first. If you have questions regarding our snow removal policies or have an area that has become icy or drifted shut, please call Facility Services at 235-2787.

Recycling Reminders: 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 two items are not recyclable and should be placed in the trash. If you want to recycle plastic bags, many retailers have plastic bag recycling bins near the entrances. In addition, make sure all items for recycling are free of food and any other debris and that you are placing only recycles, not trash, into the recycle bins. Please see the RSO with questions or concerns.

SO Grateful for Your Prayers & Gifts! The new year gives us new hope and optimism. God is in control. Thank you for your faithful financial support throughout 2020. May your heart and home be filled with the peace and joy of the Lord Jesus in 2021. -The HH Foundation Team

Life Enrichment

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

Lots of activities are held via ZOOM or Live Streaming. Don't miss these opportunities! If you need help learning to ZOOM, email Jessie.Riley@HollandHome.org for help or call Patty.

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 and bingo kit will be sent. The meeting ID is: 988 4230 3279.

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

Christmas Decorations Tear-down on Thursday, January 7: We need your help taking down the Christmas decorations. If we are restricted to no group activity, I will need volunteers to do individual (or couples) items throughout the day. Call Patty if you will volunteer to help and we will set up a time that works for you.

Christmas Door Decoration Competition: The winners of the Christmas Door Decorating Contest are:

- ~Terrace: Terry & Diana Sehl
- ~Ridge: Mike and MaryAnn Oatis
- ~Homes: Brian & Pat Callaghan

Celebration of Life Week is the first week in January. There are many things to celebrate in Life. God, family, friends, accomplishments, trying new things, food, dance, music, education, careers, blessings, etc. So out with 2020 and in with 2021! Let's celebrate your life together and have some fun. Each day we'll focus on different areas. Join in!

Monday, January 4: Celebrate Life! Think of something you want to celebrate in your life and add it to the tree in the lobbies.

Tuesday, January 5: Celebrate Learning New Things! Learn how to make lotions and scrubs to pamper yourself. Sign up on the Resident Portal for your kit to ZOOM in and make them with Patty.

Wednesday, January 6: Celebrate YOU! Pamper yourself today with time for yourself, do your hair, read, most importantly do YOU!

Thursday, January 7: Celebrate Music! Go to the Portal and Live Stream (main page) to listen to music from the 40's, 50's and 60's.

Friday, January 8: Celebrate Family and Friends! Do a video call through FaceTime, ZOOM, or another app and SEE THEIR FACES. Call one person you haven't seen or heard from in a while that you value.

Tuesday, January 12 - Celebrating January Birthdays: Those celebrating birthdays in January 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 those with January birthdays!

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

- Special Event:
 - Monday, January 4: National Trivia Day - Ring in the New Year
 - January 12 - Classic Movies Trivia
 - January 19 - History Trivia
 - January 26 - Religion Trivia
- The Meeting ID: 952 2556 1986

Art on Wednesdays: We're bringing art to you! You'll receive an art kit with instructions, or you can ZOOM with Patty at 2:00 pm to learn how.

- January 13 - Greeting Cards
- January 20 - Painting Stones
- January 27 - Valentine Cards

Sign up on the Resident Portal for the link and kits.

Monday, January 18 - National Michigan Day: Let's celebrate Michigan in the lobbies! Check out the history of Michigan. If you have any items you'd like to display, call Patty. Items will be out all week.

Tuesday, January 19 - National Popcorn Day: Celebrate with Popcorn! We'll have popcorn for sale for \$1 between 1:00 - 3:00 pm. Please bring exact amount. Movie theatre style and caramel corn are available.

Monday, February 1 - Celebrate National Hot Chocolate Day: Although its official day is January 31, we will celebrate a day later with FREE hot chocolate between 1:00 - 3:00 pm in the Bistro and Wood's Café.

Breton Readers: Please note that book discussion dates are tentative, depending on Covid-19 guidelines. Call Pat (Ridge) or Kathy (Terrace) for further information and/or to reserve books.

- **Ridge:** Book discussion Tuesday, 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. Call Pat Keyer at 608-6258.
- **Terrace:** Book discussion on Wednesday, January 27 - "The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shaffer. In 1946, writer Juliet Ashton finds inspiration for her next book in her correspondence with a native of Guernsey, who tells her about a book club born as an alibi during German occupation. Call Kathy Van De Weert at 608-6899.
- **Coming to the Ridge:** Tuesday, February 2 - "The Paris Wife" by Paula McLain. This book follows the life of Ernest Hemingway's first wife, Hadley, as she navigates 1920's Paris.

R.E.A.L.

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

January is an off month for REAL, however you can continue your Vibrant Living by going to calvin.edu/January for free live streaming of Calvin University's January Series. There you can also preview the topics and presenters.

Spiritual Care

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

Announcements:

- We continue weekly worship services as follows:
 - ~ Wednesdays at 3:00 pm - Terrace Centre Place
 - ~ Fridays at 3:00 pm - Ridge VineyardSign up at the front desks in advance, continue to wear your mask at all times, and observe social distancing practices.
- We hope to resume previously scheduled weekly Bible studies and start new as well. Pastor Frank will update as details become available.
- Devotional books are available on the counter by the chaplain's office at the Terrace, in the mailroom at the Ridge, or by calling or emailing Pastor Frank to have one put in your mailbox.

Chaplain Gleanings:

- "Hope smiles from the threshold of the year to come, whispering 'it will be happier'..." -Alfred Lord Tennyson
- "Be at war with your vices, at peace with your neighbors, and let every new year find you a better man." -Benjamin Franklin

Words for Thought: "The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness." Lamentations 3:22-23

Volunteer Services

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

Happy New Year! How do you think 2021 will be different for you? Will you have a "Prosperous" New Year? The Webster dictionary defines "prosper" as "to succeed in material terms, to be financially successful." Proverbs 11:25 NLT reads "The generous will prosper; those who refresh others will themselves be refreshed." True prospering does not have anything to do with material goods or financial success. If we aren't generous and share our gifts with others (our talents, abilities, and time) and just keep them for ourselves or our family, not only will others miss out on the blessing - we will also miss out. The second part of this verse shows that "those who refresh others will themselves be refreshed" - so our gift has double benefits.

Volunteering is a way to be generous, thus prosperous. Although visitors are still not allowed inside at some of our buildings, you can send cards or videotaped encouraging messages. The message can be generic if you don't know the person who you are sending it to. We can get it to someone who could use some extra joy in their life. There are lots of residents throughout this campus who could use some encouragement. By being generous in 2021 and bringing joy to others, you will prosper and refresh others and yourself. Thank you for helping to spread the joy and may you be prosperous in 2021!

Please contact Robin if you have any questions or would like to help spread the joy!

Breton Market: Thank you for your continued support of the Breton Market - it is appreciated!

- First grocery delivery of 2021 will be Wednesday, January 13. Orders begin January 1 and are due no later than Thursday, January 7, at noon. Regular schedule resumes after that.
- Greeting Cards & Stamps for sale in the RSO during office hours
 - ~ Terrace - purchases by account only (no cash sales)
 - ~ Ridge - cash sales only

On Campus Transportation: Beginning in January, On Campus Transportation will add rides on Wednesdays to the schedule. Rides will now be available Monday through Thursday. First ride is at 9:00 am and last ride is at 1:45 pm. Call 643-2627 to schedule an appointment. Rides must be scheduled by noon the day before.



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