



# The Breton Buzz

March 2021

## From the Fitness Department

### **March is National Nutrition Month**

- The benefits of healthy eating add up over time, bite by bite.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Go to [www.myplate.gov](http://www.myplate.gov) to learn more about healthy eating.

### **Pool**

The pool is open daily from 8:30 am - 9:00 pm. No appointments required. To use the pool, see the Receptionist to sign in and pick up a key (please return it when you are done).

### **Fitness Centers**

The fitness centers are open. No appointments required, but please adhere to the posted, max capacity numbers. Sign in at the fitness desk before using the fitness centers. Masks are required, please practice safe social distancing (at least 6 feet between each occupied workout station) and clean the equipment before and after use. The fitness team encourages you to attend Open Gym if you would like to learn how to use the equipment.

### **Open Gym**

Open Gym is an opportunity to learn how to use the exercise equipment in the fitness centers. The Fitness Coordinator will be available to provide instruction and answer questions.

### **Group Fitness Classes**

In-person group fitness classes have resumed. No sign up required. Please wear your mask and practice social distancing. Classes and descriptions are listed below. If you have any questions, contact:

- Liz Norry at 643-2718 (Israel's Fitness Centre)
- Madye Martin at 643-2584 (Ridge Body Shop)

### **Seated Exercise Classes:**

#### Feldenkrais

The Feldenkrais Method® uses gentle, mindful movement to improve attention, balance, flexibility, and movement efficiency.

#### Strength Training

This class is designed to increase your muscular strength and range of movement, helping with activities of daily living. Exercises may use hand-held weights, elastic bands and weighted balls for resistance. This class is suitable for all fitness levels.

### **Standing Exercise Classes:**

#### Cardio Express

Get up and go with an aerobics class that's heart-healthy and gentle on the joints. Enjoy a variety of low-impact cardio exercise.

#### Heart Healthy Dance

This aerobics class is perfect for anyone who wants to add some fun into their current workout routine. The workout includes easy-to-follow exercises designed to energize your active lifestyle.

#### Line Dancing

Enjoy a mind-body workout while dancing your way to better health! Participants will follow sequences of choreographed steps. Enjoy dancing to various styles of music while exercising your mind and body. All levels are welcome!

#### Balance and Core Stability

This class is designed for fall prevention. The focus of this class is on core muscles, lower body strength and balance. A chair may be used for balance and support.

### **Standing and Floor Exercise Class:**

#### Stretch and Flex

This gentle class stretches and strengthens the body. It incorporates a variety of yoga poses and breathing exercises. The class concludes with relaxation. Participants may bring their own yoga mat or use one that is provided.

## Tech Talk

Jessie Riley, Resident Technology Manager  
235-2794, [jessie.riley@hollandhome.org](mailto:jessie.riley@hollandhome.org)

### **New Resident Portal Coming March 15!**

The time has finally come! We will be transitioning to a new Resident Portal on Monday, March 15. Our goal with this transition is to provide you with a web based solution that supports quality virtual engagement and accommodates the most novice user all the way to the tech savvy user. With in-person gatherings still limited, a variety of virtual training sessions have been developed to provide a greater sense of familiarity and comfort with the new portal. Examples of these sessions include, small group Zoom meetings, a live stream series, a printable user guide, an informational video and one on one appointments. The Vibrant Living calendar will include all the scheduled sessions. Keep an eye out on March 8 for a letter that will be distributed to all residents. This letter will include your personalized and secured login information along with other helpful details to get you started.

We are so excited to provide you with this new technology solution. If you have any questions, please feel free to reach out to me. ~Jessie

## Announcements/Information

### **Happy New Year from Comcast/Xfinity!**

#### Xfinity Mobile

Xfinity Internet customers can save hundreds per year on your wireless service by switching to Xfinity Mobile!

To learn more, visit: [Xfinitymobile.com](http://Xfinitymobile.com)

#### Peacock

Xfinity's new streaming service is available to all residents.

Peacock premium, normally \$4.99 a month is free to all residents who have Xfinity Internet!

If you have Xfinity internet, just say "Peacock" into the voice remote.

To learn more, visit: [Peacocktv.com](http://Peacocktv.com)

### **Holiday Market 2021 Update**

The Core Committee has decided to postpone the 2021 Holiday Market. More information will follow about a possible resident event in the fall.

## Spiritual Care

Pastor Frank Guter, Breton Woods Chaplain  
643-2536, [frank.guter@hollandhome.org](mailto:frank.guter@hollandhome.org)

### **Announcements:**

- We will continue weekly worship services Wednesdays at 3:00 pm in Breton Terrace Centre Place, and Fridays at 3:00 pm in Breton Ridge Vineyard. Sign up in advance with Pastor Frank if you are going for the first time. Wear your mask at all times and observe social distancing practices.
- 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.
- All other Vibrant Living Spiritual Care activities are on hold until conditions allow. You will be notified immediately of changes.

### **Chaplain Gleanings:**

- "Hope begins in the dark. The stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: you don't give up."  
~ author Anne Lamott
- "Hope is the thing with feathers that perches in the soul - and sings the tunes without the words - and never stops at all."  
~poet Emily Dickinson

**Scripture for Thought:** "14 So then, dear friends, since you are looking forward to this, make every effort to be found spotless, blameless and at peace with him. 15 Bear in mind that our Lord's patience means salvation, just as our dear brother Paul also wrote you with the wisdom that God gave him." ~2 Peter 3:14-15

**Breton Terrace Woods Café  
and  
Breton Ridge Bistro**

Monday - Friday  
12:00 - 3:30 pm  
Delivery and take out only.

### 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.**

#### **Tuesday, March 2: Read Across America**

Calling all retired teachers and people who love to read to children. We'll set up ZOOM sessions to read to various classes on this day. We have the books, but need readers to share the gift with students. Call Patty to get your time slot.

#### **ZOOM BINGO on Mondays at 2:00 pm**

Get signed 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.

Meeting ID: 988 4230 3279.

#### **Tuesday Trivia via ZOOM at 2:00 pm**

Join Patty on Tuesdays for Trivia. It's "Participants Choice Month" Keep your brains fresh and come play Trivia. Teams are formed and it's a ton of fun. Meeting ID: 952 2556 1986

#### **Art on Wednesdays at 2:00 pm**

We're bringing art to you! ZOOM with Patty to create fun projects!

Wednesday, March 3: "Glory" Acrylic Painting on canvas

Wednesday, March 10: Vintage Jewelry Art

(looking for donations of vintage costume jewelry)

Wednesday, March 17: Cookie Cutter Bird Feeders

Wednesday, March 24: NO CLASS, so join the Cooking Demo for REAL.

Wednesday, March 31: Painting Pots and Planting Flowers/Herbs

Sign up on the Resident Portal for the link and kits. If the Governor's order changes we will meet in Expressions. Until then all classes will be Zoomed. Meeting ID: 991 0837 1927

#### **Diane Bloem Bible Study - "Significant Others in the Bible" at 10:00 am**

Wednesday, March 10: Bezalel and Oholiab (Tabernacle Craftsmen)

Wednesday, March 17: Asaph, Heman and Jeduthan (Bible Musicians)

Wednesday, March 24: Epaphroditus and Epaphras (Paul's Prison Partners)

Join Diane via Live Stream on the Resident Portal. Sign up on the Resident Portal to receive a hand-out.

#### **Thursday, March 11 at 1:00 pm: Sign-a-Long with Pete and Jane**

Join the Live Stream on the Resident Portal for a sing-a-long. We can't be kept from singing our favorite tunes and doing a little chair dancing!

#### **Monday, March 15-19: Life Story Week**

There are several residents who have not shared their Life Story and we'd like to get those finished during this week. The Life Story form is part of your confidential record and also assists HH with developing programming and identifying commonalities with other residents. They have also come in handy with residents who have memory loss and have a closer connection to when they were younger. This helps staff to identify those events in your lives.

#### **Tuesday, March 16, 12:00 - 3:00 pm: Celebrating March Birthdays**

Those celebrating birthdays in March can pick up their special dessert at the Woods Café or the Bistro. Birthdays are listed on the Life Enrichment activity boards. Send a card to someone you know. Happy Birthday to all of the March birthdays!

#### **Wednesday, March 17 - St. Patrick's Day Party during meal pick-up time (4:30 - 5:30 pm)**

We will celebrate St. Patrick's Day with some great food and drinks. We'll decorate the Café and Bistro and play some good Irish music. Order up the grub and be ready to liven up the halls.

#### **Thursday, March 18-25: Quilter's Showcase**

In honor of National Quilter's Day we will showcase a variety of quilts in the lobbies. If you have one you'd like to display, contact Patty. We'd love to showcase your homemade quilts!

#### **Tuesday, March 23, 1:00 - 2:00 pm: Spring Fling Root Beer Floats To-Go**

Let's celebrate spring with root beer floats. Stop by the Woods Café and Bistro for a refreshing float.

#### **Thursday, March 25 1:00 - 2:00 pm: Classical Music Concert with Harold Huizenga.**

Enjoy a Live Streamed concert with Harold. Login to the Resident Portal and click on the Live Stream 'button'. If you miss the concert you can view it later.

#### **Tuesday, March 30, 3:30 pm: 20-60's Music with Andrew Kapanowski**

One of your favorites is returning. We will Live Stream this performance, however if the gatherings are allowed to resume, the performance will be in Centre Place pending all rules.

### (Life Enrichment continued)

**Wednesday, March 31 at 10:00 am: Join the Hymn Sing with Jean VerHulst and Jane Mingerink** via LIVE STREAM on the Resident Portal.

#### **Thursday, April 1: Opening Day for Baseball**

We're opening the season for baseball with food, drinks and giveaways. Order your special Opening Day meal and be eligible for some fun baseball prizes.

**Breton Readers:** Please note that book discussion dates continue to be tentative depending on Covid-19 guidelines. Call Pat (Ridge) at 608-6258 or Kathy (Terrace) at 608-6899 to reserve a book and/or for updates.

**Ridge:** No discussion on Tuesday, March 2 - "Moloka'i" by Alan Brennert. This richly imagined novel, set in Hawaii more than a century ago, is an extraordinary epic of a little-known time and place - and a deeply moving testament to the resiliency of the human spirit.

**Terrace:** Book discussion on Wednesday, March 31 - "Hidden Figures" by Margot Ann Shetterly. As the United States raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in U.S. history. They crossed all gender, race, and professional lines while their brilliance and desire to dream big, beyond anything ever accomplished before by the human race, firmly cemented them in U.S. history as true American heroes. You may have seen the movie - now read the book.

**Coming to the Ridge:** Tuesday, April 6 - "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 the Guernsey Literary and Potato Peel Pie Society, a book club born as an alibi during German occupation.

### Volunteer Services

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

A great big "THANK YOU" goes to all who donated valentines to share with Breton residents. We were able to BLESS Breton residents with over 380 valentines! WOW!!! What a GENEROUS and AMAZING ACT OF KINDNESS! The people who donated these cards became volunteers, making or buying valentines to give away and no experience was needed. These cards were donated by 16 residents, 4 staff and 6 community volunteers (2 adults and 4 kids - 10 months, 3, 5, and 6 years). There were so many valentines that every resident at BRLC & both BEC's received 2 to 4 valentines and the rest were sent to some IL residents.

This was a very simple way to show God's love to others in a tangible way and a great way to be a volunteer. Cards (homemade or bought) or special notes are always welcomed, especially since visitors are still restricted in some areas. This type of mail can be done at any time, not just on a holiday or with a group. If you would like to send notes or cards, but need ideas or assistance, contact Robin.

**Status of volunteering at on campus locations:** At this time we are still under the Governor's orders and restrictions. If there are any changes we will let you know. Thank you for your patience and willingness to continue volunteering when these orders are lifted. We all need each other!

*"I am a little pencil in the hand of a writing God who is sending a love letter to the world." ~Mother Teresa*

**Greeting Cards & Postage Stamps:** These are for sale in the RSO during office hours.

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

**Breton Market:** A variety of basic grocery items are available to meet your needs. Call 643-2628 before 12:00 noon each Thursday, to place your weekly grocery order. Groceries will be delivered the following Wednesday. The Market does have some miscellaneous items for sale, so if you have a specific request, call and ask if it is available.

**On Campus Transportation:** Free van shuttle to all Breton buildings that are open to visitors. Rides are available Monday through Thursday from 9:00 am - 1:45 pm. Rides must be scheduled by calling 643-2627 before 12:00 noon the day prior to the ride. Use this service to get a to-go meal at the Ridge or Terrace, go to the Terrace Health Centre, hair salon, or to take a walk inside one of the buildings when it's too cold outside. It's a great free service available to you.