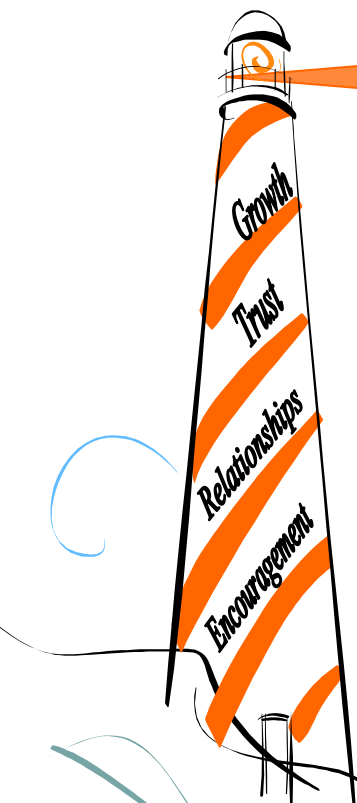


Burcham Beacon

Volume 10

10th Edition

October 2017



Just as in history, the lighthouse gave a guiding light to conduct mariners to their destination, so will the Burcham Beacon act as a guide to Aging with Grace.



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Newsletter Staff

Co-Editors	Nancy Hanford Bruce Greenman Alesha Williams
Layout/Design	Nancy Hanford
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Labor Day Luau

Wind and cooler temperatures couldn't put a damper on this annual event. With entertainment by Ricki and Nikki and a delicious buffet, complete with roasted pig and plantains, this was a luau experience that could not be beat!



Additional photos on page 6



Awareness, research, support and a cure are the focus of the funds raised for the Alzheimer's Association. This year, the Burcham Hills team raised \$4,076 toward this cause. These funds were raised through several fundraising events all leading up to our very own **Walk to End Alzheimer's** event here at Burcham Hills. After a successful first run, we are planning for this to be an annual event to support this cause so near to many of our hearts!

Additional photos on page 16



2700 Burcham Dr. ~ East Lansing, MI 48823 ~ (517) 351-8377



From the Desk of the Executive Director . . .

by Pam Ditri

As I had mentioned in my September Beacon article, we will be conducting a Resident Satisfaction Survey during this month of October.

We are working with a third-party vendor called Sensight Surveys who will compile the results and provide a final report. Sensight also provides a comparison of other communities in their report, so that we can evaluate how we compare to others.

Burcham Hills Leadership Team

Pam Ditri, NHA
Executive Director
827-1042

Nancy Hanford
Communications / Exec. Asst.
827-1043

Cindy Popovitch
Director of Organizational Dev.
827-2954

Jim Kaczmarczyk
Director of Finance/Controller
351-4662

Pegi Chatti, RN, NHA
CHR Administrator
827-1037

Barbara Smith, NHA
Director of Post-Acute Network
349-4803

Marcy Harris, LPN
Director of Resident Center
827-0361

Mark Sarvis
Director of Building & Grounds
351-3642

Jennifer Sokol
Director of Hospitality
827-1025

Jessi Kvatek, RN
CHR Director of Nursing
827-1038

Bill Cosby
Director of Sales
487-0832

Abdullah Masood
Director of Operations
827-0692

Lesa Smith, MPA, CFRE
Foundation Director
827-2924

Sarah Metz
Business Development Director
827-1059

In September, Marcy Harris and I met with the Executive Committee of the Resident Association for their feedback related to the survey. We had options of conducting a simple questionnaire or a Life Plan Community survey which has close to 80 questions. The consensus of the Executive Committee of the Resident Association was to use the more robust Life Plan Community survey.

We ask that everyone complete this survey during the 2-week window. More details will follow. Our goal is 100% completion. It is extremely important that we hear from everyone so we have feedback from all to evaluate. You will have multiple choice questions to answer and an area for comments. Your comments are greatly appreciated. All the information you provide will help us identify areas for improvement and set goals to make any necessary improvements.

We anticipate the survey results to be completed in November or early December. We will then provide a summary of your feedback, including what areas respondents said we do well in and what areas have been identified for improvement. We will provide this communication to our employees, management company and Board of Trustees.

Thank you for choosing Burcham Hills, and I thank you in advance for completing the survey with your honest feedback.





Intergenerational Exercise Class

Tuesday, October 10

10:00-10:45 am / GLR & 3CHR

Children from Peoples Church Preschool will join the residents in a gentle and fun fitness group.



Music Opportunities

Thursday Night Special: Jonathan Stars

Featuring: S'mores & Hot Cocoa Bar

Thursday, October 12

7:00 pm / AWR

Lansing Matinee Musicale

Wednesday, October 18

2:00 pm / AWR

Men's Event: Fall Into Fun

Outdoor Games & Autumn

Themed Activities

Tuesday, October 17

2:30 pm / AWR

All are welcome to attend



Art Appreciation*

With Ethel Anthony

Dance Macabre

Tuesday, October 17

4:00 pm / PDR



Wine & Cheese Socials

w/ Piano Performance by

Lucille Olson

4:00 pm / 2RC Lobby

Wednesday, October 11

Wednesday, October 25



Square Dancing Evening

Join local square dancers as they do-si-do and promenade.

Thursday, October 26

7:00 pm / 4RC Lobby

All are welcome to attend and don't be shy! No experience is necessary to enjoy the fun.



Neighborhood Meetings

2RC: Monday, October 16

3:00 pm / PDR

5RC: Friday, October 20

3:00 pm / 5RC Lobby

(wine & cheese served)



Open forum for questions, Suggestions and concerns.

"Big House" Book Club *

****No October Meeting****

Next meeting: Monday, November 20

1:30 pm / Ada Studio

"The Nightingale" by Kristin Hannah

**Be sure to make notes of areas you wish to discuss.*

If you would like a book or more information, please contact Margaret Rockwell 333-1856 or Jane Bunge 337-3162. Bring your book to return and pick up a copy of your next book.



Birds of a Feather

****Will be taking a break in October****

Additional October Holidays

October 5

Do Something Nice Day

October 9

Columbus Day

October 21

Sweetest Day

**All programming complies with the Fair Housing Act (FHA). Some programs may require support staff, which will need to be arranged with the Personal Wellness and/or Recreation departments prior to the event.*

◆ BH	Burcham Hills	Location Key
◆ RC	Resident Center	
◆ CHR	Center for Health & Rehabilitation	
◆ AWR	Ada Whitehouse Room (1st RC)	
◆ AS	Ada Studio (1st RC)	
◆ PDR	Private Dining Room (2nd RC)	
◆ WC	Wellness Center (1st RC)	
◆ LS	Leisure Studio (1st CHR)	
◆ SVDR	Scenic View Dining Room (2nd RC)	
◆ SP	Stansell Patio (1st CHR)	
◆ GLLR	Great Lakes Living Room (3rd RC)	



Employee Spotlight ~ Rachel Benton

Rachel Benton, RN, joined the CHR team in July 2017 as the 3rd floor CHR Nurse Manager. Rachel has years of nursing and long-term care experience. She started her career as a certified caregiver, and did this for nine years while attending nursing school. She became a registered nurse in 1998.



Rachel loved her first job as a nurse in a local long-term care facility. From there, she accepted a position at McLaren Hospital to gain more nursing experience, but eventually returned to long-term care as an Assistant Director of Nursing and later a Director of Nursing, which she did for 10 years.

Rachel grew up in Byron, Michigan and graduated from Byron High School. She and her husband, Keith, were high school sweethearts and have been together nearly 29 years (married for 23 years). Together, they have three children – a son named Nick who is 28-years-old, a daughter named Jade who is 18-years-old and a daughter named Baeleigh who is 12-years-old. As a family, they love to camp or just have campfires in their backyard. Her youngest daughter plays soccer; therefore, most of their free time is spent at soccer tournaments. Rachel also plays soccer on a women's soccer team, loves to read, spend time with her family, gardening and just relaxing outdoors.

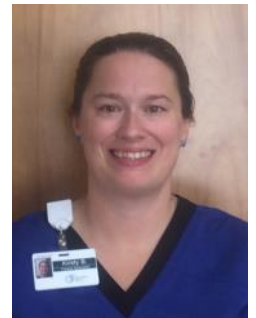
After interviewing for various job opportunities, Rachel chose to join the Burcham Hills team because of Burcham's reputation. Rachel states, "I have now been the 3rd floor Nurse Manager for a little over a month and absolutely love my job, the residents and am grateful for this opportunity."

We are happy to have Rachel on the Burcham Hills team. Feel free to stop by the 3rd floor CHR to say hello and introduce yourself.



Employee Spotlight ~ Kirsty Bullis

Kirsty (like Kirsty Alley from *Cheers*) Bullis was born in Williamston and has spent most of her life in the greater Lansing area. She moved to Denver, Colorado for about 8-months last year to be closer to her sister and her mother; however, she didn't care for the frequency of crime in the area so she moved back home. She currently lives in Mason. She has one sister, Katie, who lives in Denver, and 2 cats – named Beast and Molly. However, Beast is well-behaved and Molly is a beast! She also has a Quarter Horse mare named Scoot. She likes to spend her time horseback riding and running. She currently runs and trains with Team Playmakers, and will be running her third Chicago Marathon on October 8. She continues to train to qualify for the Boston Marathon as well as many other races. She also serves as an Ambassador for the Abbott World Marathon Majors.



Kirsty graduated from MSU with a degree in Equine Studies and worked training racehorses until the recession hit. Then, she changed careers to become a Personal Trainer and started training people instead of horses.

She was working with a family member of one of our residents who mentioned that Burcham Hills had a nice gym and she should consider working here. As luck would have it, a few weeks later she saw a posting on Indeed.com and applied for the position. She has worked in the Wellness Department as a Fit Specialist for 3-months.

Kirsty really enjoys the positive atmosphere at Burcham Hills. She feels that it is a very friendly place to work, and especially enjoys her interactions with the residents. She really likes her co-workers a lot. She says "I feel like I do good every day I'm here! I get to make a difference in somebody's life every day; you don't get that feeling in a regular training environment."

Thanks for being part of our team Kirsty!



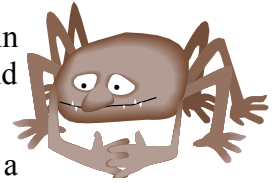
Anyone Can Predict the Weather

by Bruce Greenman

This is early October. I like all four seasons as each presents its own special enticements, but autumn has to be the best of all... warm days, cool nights, lavish colors, burning leaves, pumpkins and football. Unfortunately, many people worry so much about the approaching winter that they fail to thoroughly enjoy the beauties of fall.

Instead of merely wondering and worrying about winter – did you know that all about us are many sure signs of what lies ahead? Professional meteorologists might pooh-pooh these signs, but who are they to criticize time-tested folklore? For example, if ducks, honking a warning, leave the north in mass, cold weather is imminent. The same goes for large flocks of geese flying south. Also, low flying hawks in the fall portend a hard winter.

If you find an unusually larger number of spiders in your house in the fall, or if skunks move in under your barn, then you are in for a terribly hard winter. (Of course, if you are from the city and do not have a barn, the hen house will do.)



Everyone has a theory about the woolly bear caterpillars (wooly worms). Very black coats are a sign of a cold winter. If the worms are crossing the road (wearing their black coats) and headed southeast, that indicates a bad winter in the Middle East. Black stripes bode ill for the end of the winter.

The other day I happened to see two woolly worms who were albinos. That is right – completely white. The only explanation I can think of is they were using camouflage so they can hide under the snow and not be held responsible.

I have always heard hornets build their nests high or low depending on the amount of snow they expect for winter. What I do not understand is why the hornets should care about snow. They do not spend winters in their nests anyhow.

A fisherman-friend of mine says that when the dorsal fin of Michigan Perch is light, the winter will be mild; it is a bad sign if the fin is black. When worms are deep in the ground, the winter will be bad and the same holds true when fish go deep to feed. I personally think the worms go deep to avoid being fed to the fish, who have gone deep seeking the worms.

How many mornings were foggy in August? If you had kept count, you could have predicted the winter snowfall. And if ice forms early in November, the rest of the winter will be mild. A snowstorm moving in from the east will last at least 24 hours.

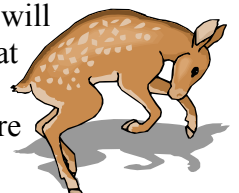
The other day I spotted a crow and remembered my grandfather's words that if a crow lands on a low tree branch, it will be a short winter. If it lands on a high branch, it will be long. That particular crow took no chances on being classed with weather forecasters; he landed on a branch about midway up.



I recently read that warm-blooded armadillos are already retreating from the Midwest to warmer climates. You know what that means don't you? The impending ice age is nearly upon us!

Besides the familiar theory about the groundhog, did you know that muskrats say it is going to be a long winter with lots of snow when they build exceptionally large houses to hold extra food supplies?

Everyone knows that beavers always cut their winter supply of wood in the good season so they will have plenty of tasty bark to gnaw on during the winter. But watch out for an early cutting, that means an early winter! Deer rutting early is a sure sign of heavy snow. Squirrels scurrying to store nuts without chattering indicates a hard winter. Also, watch those cattle in the fields, for if they are standing in tight groups, that too is a bad sign.



... Continued on Page 15

TRICK OR TREAT PARADE

Friday, October 27

3:00 - 4:00 pm : AWR open for children to enjoy games, refreshments and photos.

4:00 - 5:00 pm : Children will be throughout the community trick or treating.

Donations Needed:

We are now accepting donations for individually wrapped candy. Please drop off all donations by Thursday, October 26.



HALLOWEEN PARTY

Tuesday, October 31

2:30 - 4:00 pm / Ada Whitehouse Room

Come party with all the ghouls and goblins and dress to impress or scare!

Entertainment by "The Clarksons"

Light refreshments will be served.



Burcham Sings! Chorus

The Chorus is led by students from the MSU based chapter of the ACDA (American Choir Directors Association).

Always welcoming new members!

The Chorus meets Every Tuesday @ 7:00 pm / AWR



LABOR DAY LUAAU PARTY





Groups You Don't Want to Miss!

Square Dancing

Thursday, October 26 @ 7:00 pm
4th Floor Lounge

We are very excited to be bringing back our square dancing group. Whether you prefer to watch or join in, this is an event you won't want to miss.

Card Making

Every Tuesday @ 1:30 pm
4th Floor Lounge

Need a creative card?
We will supply all the materials
as well as tips and ideas.



4th Floor Neighborhood

Travels Through Time

Every Wednesday
@ 9:15 am
4th floor Lounge



Birthday Party

Thursday, October 19
1:30 pm
4th floor Lounge



Join your neighbors as they
celebrate their special day!

Geographic Explorer Films

Every Friday
6:30 pm
4th floor Lounge

All 4th floor residents, families
& staff are encouraged to attend.

Trip to the Cider Mill



Uncle John's Cider Mill is one of our favorite places to go.

Our group enjoyed cider and fresh doughnuts surrounded by a beautiful orchard.

We look forward to going again soon!



New & Ongoing Opportunities

Musical Memories (2CHR)

October 12 & 26 @1:30 pm

Play different musical instruments to familiar music. Great opportunity to gather with your peers and have fun.



Piano with Marvin (3CHR)

October 13 @4:00 pm



Evening Bingo (3CHR)

Every Monday @ 6:45 pm



Happy Hour (1CHR Dining Room)

Wednesday, October 25 @ 3:00 pm

Socializing opportunity to talk with your peers, listen to music and enjoy cheese and sparkling cider.



Resident Council Meeting

Located on 3CHR

Pigeon Conference room

Wednesday, October 25 @ 11:00 am

This meeting is for both 2nd & 3rd floor neighborhoods. Please join us and receive information about things happening within your neighborhood. We also value your input and feedback!

Daily Bingo Activity

Love Bingo? Each day one number is picked and placed by the elevator on 2CHR & 3CHR. Mark your numbers as they come daily and win more bingo bucks once you have a bingo! Bingo sheets can be obtained from Maegan in Recreation.

Upcoming Events 2nd floor Neighborhood

2nd floor Neighborhood Monthly Meeting

Thursday, October 26 @ 3:00

Families & staff are encouraged to attend.

Birthday Party

Thursday, October 26 @ 3:30 pm

**Come celebrate our
October Birthdays!**



Upcoming Events 3rd floor Neighborhood

3rd floor Neighborhood Monthly Meeting

Monday, October 30 @ 2:30 pm

Families & staff are encouraged to attend.

Birthday Party

Monday, October 30 @ 3:00 pm

**Come celebrate
our October Birthdays!**



2nd Floor CHR Event Outing

Scenic Drive w/ Donuts & Cider

Thursday, October 5

12:30 — 2:00 pm



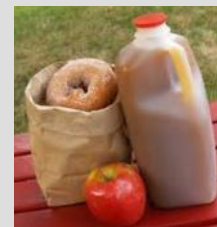
****Please contact Maegan or Eldon
if you would like to attend.**

3rd Floor CHR Event Outing

Scenic Drive w/ Donuts & Cider

Thursday, October 19

12:30 — 2:00 pm



****Please contact Maegan or Eldon
if you would like to attend.**



Uncle John's Cider Mill
St. Johns, MI

Wednesday, October 11
Depart at 1:30 pm
Return at approx. 4:30 pm

Cost: Spending money



Please sign up by Oct. 10

Grand Princess Riverboat Color Cruise
& Island Festival

Grand Ledge, MI
Friday, October 13
Departing at 1:00 pm
Return at approx. 4:00 pm



Cost: \$11 + spending money

Please sign up by Oct. 11

Lunch Bunch Outing
Coral Gables

Friday, October 20
Depart at 11:00 am
Return at approx. 1:30 pm

Cost: \$15-\$20



Please sign up by Oct 19

MSU Homecoming Parade

Don't miss prime seating for the annual Homecoming Parade. With over 130 entries, including the Spartan Marching Band, MSU Alumni Band, MSU athletic & dance teams and other East Lansing community groups.

Friday, October 20
Depart at 5:00 pm
Return at approx. 9:30 pm

Cost: Free



Please sign up by Oct. 19

October Neighborhood Outings

Get to know your neighbors! Check with your Recreation Therapist or Therapy Leader for the specific time and destination of your outing.

Wednesday October 4 - Memory Care
Potter Park Zoo Tour

Thursday October 5 - 2CHR Lunch
Scenic Fall Color Drive

Thursday October 19 - 3CHR Event
Scenic Fall Color Drive

Thursday October 26 - Memory Care
Scenic Fall Color Drive

The leaves are changing fast and we are taking full advantage with our neighborhood outings this month. Each neighborhood will offer a scenic drive to take in the fall colors in our very own backyard. This will be a must see opportunity!

Outings Sign-up Procedure

Please sign up in the 2nd floor Resident Center Lobby (table in hall by kitchen) at least 48-hours in advance for ALL outings and shopping trips, unless otherwise stated on sign up sheet. If you find it difficult to sign yourself up, you may also contact the Receptionist at 351-8377. Please be aware that signing up does not guarantee attendance. Number of seats as well as the needs and safety of the individuals will be evaluated. You will be notified once a decision is made on the final attendance. To provide a fair opportunity for others, we may limit the number of outings individual attend each month. *ALL trips depart from the 2RC Lobby.*

NOTE: Outing locations are accessible to ALL residents unless other wise noted on flyer and sign-up sheets. Accessible transportation is provided and wheelchairs can be requested in advance for your added convenience. If you require assistance or reasonable accommodations to attend, please contact the receptionist prior to signing up.

Regularly Scheduled Program Descriptions

Academic Lecture Series (Mon. & Fri., 9:45 am/AWR): Each week a new lecture from online educational sources will be presented. Residents select the series they wish to have presented next.

Bridge (Tues., 3:00 pm): This independent program reserves a space and time for residents with a love of Bridge to meet and play. If you are interested in playing, see Resident Ellie Miller (room 233) for more information.

Card Making (Mon., 3:15 pm/4RC): Whether you need a card for a special occasion or just like being creative, Recreation staff will assist you in making a beautiful card you will be proud to mail. We can make cards for good causes such as the military troops and thank you's for area businesses.

Creative Cooking (Sat., 2:00 pm/4RC): We provide the recipe, ingredients and supplies for a new recipe each week, often focused on the holidays or season each month.

Farkle (Mon., 1:00 pm; Thur., 2:30 pm; Sat., 3:00 pm/4RC): A classic dice-rolling, risk-taking game. Don't know how to play? No worries, we will teach you...it's easy!

Geographic Explorer Film (Fri., 6:30 pm/4RC): A variety of series are presented with a focus on nature, geography and world exploration.

Lifelong Learners (Mon/Thur., 4:00 pm/PDR): This learning experience is provided via videos through Great Courses. Topics are selected by a committee of residents. Each video series comes with a transcript and guide books to assist in the learning experience.

Making Strides Walking Group (Thur., 9:30 am/4RC): Recreation staff will accompany residents on a walk through the community and outdoors. Wear comfortable shoes and clothing. Staff will adjust the pace of the walk to meet the needs of those who attend that group.

Manicures (Tues., 1:30 pm/5RC; Fri., 2:30 pm/4RC): Recreation staff will file, buff and even paint your nails. This is a first come, first served opportunity. If time runs out, we will make every effort to schedule additional time.

Michigan History Group (Tues., 6:30 pm/PDR): Each week is a new topic focused on our beautiful mitten state. Recreation staff presents their findings and residents share stories of their experiences. Residents help pick the topic for the upcoming week.

Reference a Librarian (Wed., 12:30 pm/2RC Lobby): Annie from the East Lansing Public Library provides books to loan and will take requests to bring for future visits.

Social Calls (Sun 9:15 am): Recreation staff provide one-on-one visits for residents on an as needed basis.

Tech Time with Sarah (Tues., 2:30 pm/4RC): Do you have a question or need help with your tablet, laptop or cell phone? Sarah will provide one-on-one assistance to teach and assist with your questions.

Travel Through Time (Wed., 9:15 am/4RC): Travel to a different time and place, no ticket necessary. Using videos, slide shows and historical information, you will feel as though you are traveling through time and experiencing the wonders of the world.

Quilting for a Cause (Wed., 10:00 am/2CHR): Residents make quilts to be donated to area organizations in need. We have all the equipment and can teach anyone interested in being involved.

Trivia (Sat., 10:30 am/4RC): Come test your knowledge on a variety of subjects using both trivia and other brain games such as word searches, word scramble puzzles, and cross word puzzles. These are often focused on a timely topic such as a holiday or based on a theme.

Wii Bowling (Wed., 1:00 pm/4RC): No heavy balls or rented shoes, come try your skill at the Wii version of a favorite past time!

Wine & Cheese Social (Every other Wed., 4:00 pm/2RC Lobby): Enjoy wine and cheese selections while Lucille plays the piano. It is a wonderful social opportunity to gather before dinner.

**Do you have a question about a program or a new program idea?*

Contact Alesha Williams at (517) 827-1068 or stop by the Recreation office (1RC).



Wellness Clinic

Thursday, October 26

9:30 — 11:30 am

2RC Lobby



Hearing Aid Cleaning · Blood Pressure Checks · Oral Health Checks · Social Wellness Assessment

Monthly Wellness Focus: Social

Need help communicating online?



Computers are a great way to stay in touch with family members and friends. We can now talk face-to-face with people thousands of miles away in real time.

But what if we don't know how to use these features?

Burcham Hills offers "Tech Time with Sara" to help answer questions about that new iPad, laptop video camera or any other tech-related questions you may have. "Tech Time with Sarah" is at 2:30 pm on Tuesdays on the 4th floor lobby.

If the problem is a little more technical or you aren't sure what's wrong, you can request assistance by asking the Reception staff to send a request to our Information Technologies Department. Submit your request at the Reception desks or call 351-8377. (Note: there may be a charge for this service.)

Group Exercise Schedule

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2:30 Tai Chi	10:15 Enhanced Fit	11:00 Laughter Yoga	10:15 Enhanced Fit	1:00 Fall Prevention	1:00 Fall Prevention	1:00 Cardio Drumming
	11:00 Fit and FUN	1:00 Fall Prevention	11:00 Fit and FUN	1:30 Cardio Drum	1:30 Cardio Drum	2:30 Circuit Train
		1:30 Cardio Drum				

Thank you!

A special thanks to the following residents for assisting the Human Resources Department in putting together Benefit booklets for staff. Together, they assembled over 300 packets.

June White · Ernamarie Messenger ·
 Karen Douglas · Margaret Pearson ·
 Barbara Potter · Maxine Hewett ·
 Esther Dalrymple



Meet Our New Social Services Intern Madison Kukuk

Madison is completing her undergraduate degree at Michigan State University in Social Work. Social Work majors have to complete a year-long internship their senior year.

Madison was placed at Burcham Hills because she had interest in being in a clinical setting. She is studying under Diane Parsons in the Center for Health & Rehabilitation (CHR). Madison enjoys meeting residents and families and hopes to gain experience in a clinical setting while she is at Burcham Hills.

Originally, Madison thought she would become a nurse, but decided to go a different route. Madison chose social work because she enjoys helping those in need, allowing her to work with a diverse group of people—from children to elders. After she graduates, she hopes to go back to school for her Masters in Social Work. Her career goals consists of working with children and families or in trauma.

Madison is from Algonac, Michigan. A small town on the eastside of the state. She enjoys traveling, and really enjoyed her time in Key West, Florida. She hopes to explore more places soon. She enjoys time with friends, going to the movies and shopping at Target. Madison recommends the new movie “Girls Trip” for a good laugh.

**Please help us welcome Madison to the
 Burcham Hills community!**



THE FOUNDATION AT BURCHAM HILLS **CAR RAFFLE**

WIN A 2017 CHEVROLET CAMARO!



**ONLY 350 TICKETS AVAILABLE
\$150 EACH**

TOP PRIZE: 2017 Chevrolet Camaro
(or \$30,000 vehicle purchase credit at Graff Chevrolet)

DRAWING DATE:
Saturday, October 28, 2017

WHEN:
6:00 – 8:00 PM



WHERE:
GRAFF CHEVROLET of Okemos!
1748 Grand River Avenue,
Okemos, MI 48864

TO PURCHASE YOUR TICKET(S):
Please contact Lesa Smith, Director,
The Foundation at Burcham Hills at
lsmith@BurchamHills.com
or (517) 827-2924.

Raffle proceeds will be used to support programs and services for the benefit of the Burcham Hills community and its residents. If a minimum of 200 tickets are not sold, the drawing will revert to a 50/50 raffle.



2700 Burcham Drive
East Lansing, MI 48823

Managed by Life Care Services*

License number: R43061

From Down the Hill . . .

By Sylvia Rundquist, Clusters Board of Directors



◆ We are happy to welcome Philip and Joanne Jager to the Clusters this month. They are returning to Michigan from Santa Fe, New Mexico, where they have lived for over 20 years. Here they are closer to family.

- ◆ The Clusters residents have been on the go this month. Many attended the wonderful Labor Day Luau and the trip to Potter Park Zoo. Fortunately, the weather was cooperative for both of these events. Several who went to the zoo remarked that they hadn't been to a zoo since they were young!
- ◆ Also this month, at least 22 residents attended the Hospice benefit, 'A Theatre Night Out,' held on September 20 at the Riverwalk Theatre in downtown Lansing. Cocktails, a silent auction and delicious heavy



Voting Precinct

As a reminder, Burcham Hills is a voting precinct for the City of East Lansing. Voting will be held on **Tuesday, November 7**, in the Ada Whitehouse Room. Polls are open from **7:00 am—8:00 pm**. If you are not registered to vote, you have until **October 10** to do so. If you need an application, please see the receptionist.



Daylight Savings Time

Before going to bed on **Saturday, November 4**, please remember to move your clocks **back** one hour.



Ask Questions / Get Answers

Ask Questions / Get Answers (AQ/GA) **Wednesdays at 1:15 pm** in the **Private Dining Room**. Guest speakers for discussion are listed below:

<u>Date</u>	<u>Speaker</u>	<u>Department</u>
Oct 4		RC Leadership
Oct 11		CHR Leadership
Oct 18	Jen Sokol	Director of Hospitality Services
Oct 25	Barbara Smith	Director of Post-Acute Network

◆ *Please note: Speakers are subject to change, please refer to the daily calendar.*

Speaking Agenda:

- 1:15-1:30 Pam Ditri, *Executive Director*
- 1:30-1:35 Guest Speaker
- 1:35-1:50 Hospitality Team
- 1:50-2:00 Alesha Williams, Recreation (Oct. 25)



In Memory Of

We take this time to remember those we loved and have passed away during the month of September. We express our sincere thoughts and prayers to their families.

*Sept. 6 ~ Ilene Petroskey
Sept. 12 ~ Shirley Richards*

Sept. 7 ~ Harry Iwasko



“Community Memorial Service: A Celebration of Life”

Friday, November 3, 10:00—Noon

Ada Whitehouse Room



Please join us as we honor those residents who have passed over the past six months. Flowers will be offered to those with raised hands as we read the names of those who have passed.

After discussion and vote by the Resident Association, the bronze statue, previously located in the Scenic View Dining Room and then moved to the Library, will have a new home. It will be moved to a more prominent location in front of the pillar, outside of the Ada Whitehouse Room (between the two chairs). This statue was donated to The Foundation at Burcham Hills by Ethel Anthony a few years ago.



The Outlaw
1906 ~ Bronze
Frederic Remington, American
1861-1909

The subject of the cowboy and horse was a central, important theme in Remington’s works. “The Outlaw,” portrays the cowboy’s tenacity and power as his horse, Outlaw, thunders earthward on its forelegs.

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My grandmother’s favorite barometer was the cat. If it went to sleep with its head turned over, you could look for a cold snap. Any pet I ever had slept that way most of the time.

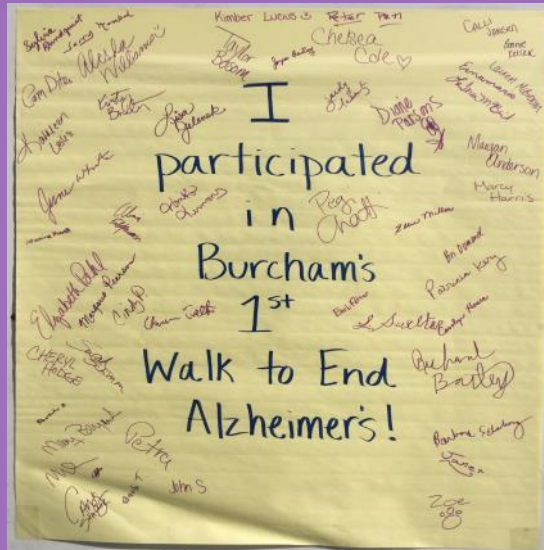
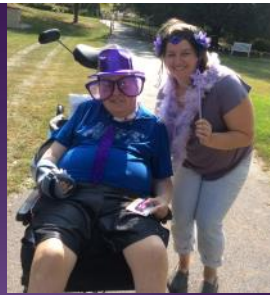
The old reliable Farmer’s Almanac tells of an interesting way to predict weather for the entire year. On Christmas Eve between 11:00 pm and Midnight, take 12 onions all the same size, cut a hole in the top of each, fill the holes with salt and lay the onions in a row heading east to west. Christmas morning go to the onions and name them January, February, March, etc. and then examine them closely. The ones that have water running out of them will be wet months. Unfortunately, the book does not say what to then do with 12 salty onions.



Here is one final theory. Open a persimmon seed and inspect the shape of the germ. If spoon shaped, there will be plenty of snow; if it resembles a knife, the winter will be cold and cutting; and if it looks like a fork, the winter will be mild. The only problem is trying to get it open, persimmon seeds are slippery customers.

If any of these “signs” work for you, great! As for me, I think I will rely solely on the saying “all signs fail in dry weather, and weather signs cannot always be trusted.”







Extraordinary IMPRESSIONS™

Dear Pam, Once again let me say what a great place Burcham Hills is! I had the opportunity to share my enthusiasm with a guest at my table at the Sip & Savor marketing event on Thursday, August 31. Everyone, including the staff, seemed to be enjoying the opportunity to be together outdoors on a beautiful day surrounded by delicious and attractively presented food. Thank you to Bill Cosby, Diane, Chef Kevin and staff. And then the next day, the Luau was as nice as those carport picnics/BBQs always are. I give a lot of the credit to the people in charge (Alesha Williams, Diane Peltier and Chef Kevin) and the capable and friendly staff that is always helping wherever they can. Thank you! ~ Sylvia Rundquist (Clusters Resident). Promises # 1-#10

I wanted to pass along an Extraordinary Impression that I witnessed today. Resident Bonnie Williams' birthday was today. During her beauty shop appointment, Bonnie was reminiscing about the times she rode the bike in the past. Alesha stepped up and provided Bonnie a birthday ride around Burcham's property. Thank you for making an Extraordinary Impression, Alesha! ~ Taylor Bosom (Recreation Therapist). Promises #3, #4, #6, #10



Dear Pam, Thank you for making it possible for Janet Ronk and me to have the Private Dining Room for our College of Human Ecology Retirees breakfast meeting this morning. Members of the group were very impressed with the room set-up, the food and the services. A few of them responded to our invitation and stopped in to see our apartments. ~ Thelma Hansen (Resident). Promises #2, #3, #4, #6, #8, #9, #10

The 10 Promises

1. We greet you warmly, by name and with a smile.
2. We treat everyone with courteous respect.
3. We anticipate your needs and act accordingly.
4. We listen and respond enthusiastically in a timely manner.
5. We hold ourselves and one another accountable.
6. We make you feel important.
7. We embrace and value our differences.
8. We ask, "Is there anything else I can do for you?"
9. We maintain high levels of professionalism, both in conduct and appearance, at all times.
10. We pay attention to details.



Burcham Hills has agreed to serve as a collection partner for the upcoming *Movers for Meals* program. This annual program's mission of helping families facing hunger during the holiday season is in its seventh year. The program is locally presented by **TWO MEN AND A TRUCK®** and partners with local schools, businesses and other organizations, including Burcham Hills. The program runs from **October 1-November 13** and collects nonperishable food items to help put dinner on the

table for families that do not have a regular food source. These food items make a significant difference for these families during the Thanksgiving and holiday seasons and will be donated to the Greater Lansing Food Bank. The collection boxes will be located at each entrance of the community.

The *Movers for Meals* program continues to grow and gain additional success. In recent years, the program has averaged nearly 5,000 pounds of donated food for food banks across the country. The *Movers for Meals* objective is to support local families facing hunger crises around the country. Additional information on the program can be found at twomenandatruck.com/about-us/community-service.

Stroke Education and Support Group**Thursday, October 5, 2017 (1st Thursday)****1:30—3:30 pm, Private Dining Room****Topic: Internet Safety****Presenter: Mike Simmons, Sparrow Librarian**

Sparrow Health System and The Center for Health & Rehabilitation at Burcham Hills have partnered to bring a fresh approach in stroke support to the Lansing area. Each meeting will have an educational component followed by support and sharing time. The goal of this group is to provide invaluable information from experts in various areas to aid those who have suffered from a stroke.

**Parkinson's Disease Dialogue Group****Friday, October 13, 2017 (2nd Friday)****3:00 pm, Private Dining Room**

Opportunity for residents with Parkinson's Disease to come together and get acquainted and discuss mutual concerns.

**Alzheimer's Association Caregiver Support Group****Friday, October 20 2017 (3rd Friday)****1:30—2:30 pm, Private Dining Room**

It's a family affair. You are not alone in the fight against Alzheimer's disease. This Caregiver Support Group can help. The support group is designed to offer emotional support and provide helpful information on coping with the challenges of Alzheimer's disease. The group is facilitated by trained support group professionals. The group is confidential, free and open to the public. Everyone needs support, especially those caring for loved ones with Alzheimer's Disease. We hope you can join us each month!

**Religious Services****Bible Study (The Peoples Church)***

Each Thursday at 6:15 pm / 4RC

Open Bible Study (Non-Denominational)*

Wednesdays, 10:00 am / Burcham Library

Rosary & Communion*

Thursdays, 10:00 am / AWR

*Catholic Mass will be October 12***TV Mass (Catholic)**

Sundays, 10:00 am / AWR

Unitarian Universalist Discussion Group*

Saturday, October 14 & 28 / 2:00 pm / AWR

**Episcopal Service (4th Tues)***

October 24 / 2:00 pm / 3MC - Red Cedar

Vespers (Non-Denominational)

Sundays, 4:00 pm / AWR

October 1 - Rev. Fred Fritz, University Lutheran

◇ *Communion will be offered*

October 8 - Rev. Michael Anderson, University Lutheran

October 15 - Rev. Julie Winklepleck, St. Paul Lutheran

October 22 - Pastor Mark Thompson, Central United

Methodist

October 29 - Rev. Charles Herrick, First Presbyterian Church

Monthly Music Opportunities**Sing-a-Long w/ Jug & Mug**

Sunday, October 15 / 7:00 pm / Ada Whitehouse Room

Piano w/ Lucille Olson

Wednesdays / 4:00-5:00 pm / 2nd floor RC Lobby

Piano w/ Lorrie Dyal

Tuesdays / 10:15-11:00 am / CHR 3rd Floor

Piano w/ Marvin Lyons

2nd/4th Friday / 4:00-4:30pm / CHR 3rd Floor





Wednesday MOVIES*

7:00 pm - Showing in the AWR/IRC*

October 4 – The Immortal Life of Henrietta Lacks (2017)

In 1951, doctors harvested cancerous cells from an unwitting Henrietta Lacks, who died later that year. This riveting drama recounts her daughter’s quest to learn about the mom she never knew and the medical breakthroughs that arose from those cells. [93 min]

Cast: Oprah Winfrey, Rose Byrne, Renee Elise Goldsberry

October 11 - Quartet (2012)

A trio of retired opera singers’ annual celebration of Verdi’s birthday sours when their estranged fourth member shows up but refuses to sing. Tensions rise and diva drama erupts — will personal problems prevent the show from going on? [99min]

Cast: Maggie Smith, Tom Courtenay, Billy Connolly

October 18 - Into the Storm (2014)

When a wave of powerful tornadoes bears down on the town of Silverton, a band of high school students tries to capture the destruction on videotape. As nature’s raw power overwhelms everything in its path, the residents hang on for dear life. [89 min]

Cast: Richard Armitage, Sarah Wayne Callies, Matt Walsh

October 25 - Going in Style (2017)

Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail. [96 min]

Cast: Morgan Freeman, Michael Caine, Alan Arkin

Saturday MOVIES*

1:30 pm - Showing in the PDR/2RC*

October 7 - Mostly Martha (2002)

Martha is a single woman who lives for one passion: cooking. The head chef at a chic restaurant, Martha has no time for anything—or anyone—else. But Martha’s solitary life is shaken when a fateful accident brings her sister’s eight-year-old daughter, Lina to her doorstep. As Martha struggles to care for her headstrong niece, the restaurant hires a charming and carefree Italian chef named Mario. Suspicious of Mario’s intentions, Martha slowly discovers that he has a special recipe for living - that will touch her home and her heart. [106 min]

Cast: Martha Gedeck, Maxime Foestre, Sibylle Canonica

October 14– Separate Tables (1958)

Lonely characters staying at an English hotel try to connect with one another. Maj. Pollack likes to reminisce about acts of heroism in WWII. Sybil Railton-Bell is a repressed spinster ruled by an oppressive mother. John Malcolm, a cynical writer, is surprised by the sudden arrival of his ex-wife. But Wendy Hiller steals the show. [100 min]

Cast: Deborah Kerr, Rita Hayworth, David Niven

October 21- That’s Entertainment (1974)

Take a trip back to Hollywood’s golden age with this tribute to MGM musicals that features scenes from nearly 100 celluloid gems, such as An American in Paris and Singin’ in the Rain. The collection of nostalgic clips includes song and dance numbers from so many favorites from the past. [135 min]

Cast: Fred Astaire, Elizabeth Taylor, Frank Sinatra

October 28– Giant (1956)

Texas cattleman Bick Benedict journeys to Virginia in the early 1920s, falls in love with aristocratic, independent-minded Leslie Lynnton and takes her back to his ranch — setting the stage for an intergenerational saga that spans decades. [201 min]

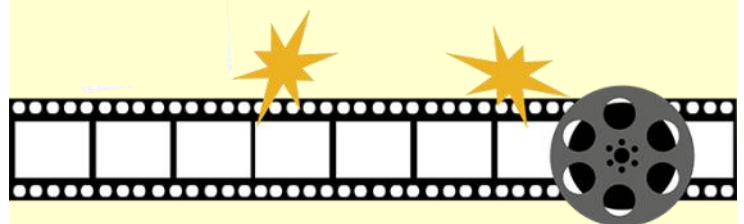
Cast: Elizabeth Taylor, Rock Hudson, James Dean

A Movie Committee selects the movies shown each month, which are based on resident requests.

If you would like to be a part of the committee or you have a movie to suggest, please contact Maxine Hewett or someone in the Recreation Therapy Office, 1RC.



*All programming complies with the FHA. Some programs may require support staff, which will need to be arranged with the Personal Wellness and/or Recreation departments prior to the event.



Welcome New Residents!

- #521 Phillip Douglas
- #427 Margaret Schneider
- #348 Leon & Marleen Greenwood
- #352 Phillip Christy
- #331 Alden Olson
- #554 Margaret Pearson
- #453 Robert & Clara Frederick

Meetings in October

- 9 Res. Assn. Monthly Mtg—1:30 pm / PDR
- 25 Resident Council—11:00 am / 3 CHR
- 26 Food & Dining Comm.—1:30 pm / PDR

Recreation Team

Alesha Williams, CTRS
Recreation Manager
Ext. 417 or 827-1068

Resident Center

Ext. 277 or 827-1061

Kimber Lucius

Recreation Assistant

Sarah Schimm

RC Recreation Assistant

Center for Health & Rehab

Ext. 277 or 827-1061

Lindsay Vos, CTRS

CHR Rehab Therapist

Maegan Anderson, CTRS

2&3CHR Recreation Therapist

Taylor Bosom

CHR Recreation Therapist

Eldon Wood

2&3CHR Recreation Lead

Chelsea Cole

2&3CHR Recreation Assistant

Volunteers

Ext. 410 or 827-2452

Elizabeth Pahl, BA

Events

Ext. 435 or 332-5227

Kimber Lucius

Events & Entertainment

Wellness Team

Ext. 420 or 827-2452

Elizabeth Pahl, BA

Wellness & Volunteer Manager

Bri Dumond, BS

Fitness Specialist

Alicia Feldpausch

Massage Therapist

Transportation

Ext. 267

Abdullah Masood

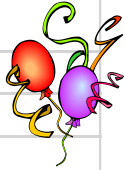
Director—ext. 371

Dave Alward / Terry Lickman

Drivers

Cathy Privette, Scheduler

October Birthdays



1	Leah Heimbeck
4	Norma Wing
5	Carolyn Haase
9	Helen Gieseler
9	Charles Willems
9	Winnie Elamin
10	Carolyn Thomas
10	Eloise Miller
11	Margaret Pearson
12	Gregory New
14	Alice Longendyke
14	Mary Joyce Longstaff
14	Linda Ferrier
14	Carol Parsons
16	Gwyneth Schroeder
20	Beverly Hicks
21	Douglas Lounsbury
21	Fatma Issawi
22	Mary Henry
22	Salome Garcia
23	Clara Frederick
24	Kay Gallup
24	Deborah DeView
26	Noah Alonso
28	Maxine Chase
29	Mary McAlister
29	August Sollid
29	Duane Davis

October Highlights

- 5 Stroke Education & Support Group
- 10 Intergenerational Workout
- 11 Uncle John's Cider Mill Outing
- 12 Thursday Night Special – Jonathan Stars
- 13 Grand Princess Riverboat Color Cruise
- 13 Parkinson's Disease Dialogue Group
- 15 Jug & Mug Sing-a-Long
- 16 Big House Book Club
- 17 Men's Event – Fall into Fun
- 17 Art Appreciation with Ethel A.
- 18 Lansing Matinee Musicale
- 20 Lunch Bunch Outing: Coral Gables
- 20 Alzheimer's Caregiver Support Group
- 20 MSU Homecoming Parade
- 27 Trick or Treat Parade
- 31 Halloween Social



BINGO LOCATIONS

Saturdays 10:00 am 2CHR
Sundays 2:30 pm 2CHR
Fridays 2:30 pm 3RC & 3CHR

November Upcoming Events

- 10 Veteran's Day Social
- 14 Fall Fashion Show
- 16 Harvest Festival
- 21 Trunk Show



2700 Burcham Drive • East Lansing, MI 48823
BurchamHills.com

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