

Burcham Beacon

Volume 11
10th Edition
October 2018



INSIDE THIS ISSUE

- 3 Music & Enrichment
- 4 Employee Spotlights
- 5 Reminiscing
- 6 Special Events
- 7 Resident Center Happenings
- 8 CHR 2nd & 3rd floor Happenings
- 9 Places to Go
- 12 Wellness
- 14 Foundation
- 15 Memorials
- 17 Regularly Scheduled Programs
- 18 Spiritual Wellness & Support Groups
- 19 Movie Listings

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Witches Brew

Double, double toil and trouble;
Fire burn, and cauldron bubble.
Fillet of a fenny snake,
In the cauldron boil and bake;
Eye of newt and toe of frog,
Wool of Bat and tongue of dog,
Adder's fork and blind-worm's sting,
Lizards' Leg and howlet's wing,

Double, double toil and trouble;
Fire burn, and cauldron bubble.
Add thereto a tiger's chaudron,
For the ingredients of our cauldron.
Cool it with a baboon's blood,
Then the charm is firm and good.
O well done! I commend your pains;
And every one shall share the gains.

See Cover Story . . . Page 2



From the Desk of the Executive Director . . .

by Pam Ditri

I have had the privilege of serving on the Board of Directors for LeadingAge Michigan, which is the not-for-profit association which supports and represents communities such as Burcham Hills and other senior housing services. There is also a National LeadingAge which supports all states as well with advocacy at the national level in DC.

Recently, the LeadingAge's national CEO, Katie Smith Sloan, provided her thoughts in an article titled, *Disrupt Ageism*. LeadingAge will be providing communities such as Burcham Hills with training videos and guides aimed at raising awareness about ageism. These trainings will address negative messaging, stereotypes, assumptions and judgments about aging and older adults. It was noted that recently in some schools young students dressed up as an elder to poke fun at the aging population. Many expressed their displeasure with this versus celebrating aging. Additionally, there are many jokes about older people that, at times, are down right offensive.

Katie's article points out that Millennials, like the boomers several generations before them, are change agents. They want to make a difference. Currently, there are over 10 million millennial caregivers. AARP reports that 25% of all caregivers are between the ages of 18-34, each delivering roughly 20 hours of care a week. As caregivers, they are witnessing the experience of aging and noticing blatant and subtle acts of ageism. This is an ideal group to reach to begin the conversation about "ageism" and negative effects it can have on our society. By reaching millennials via a social media campaign [#carrytheconvo](#), we are hoping to engage them in advocating for solutions.

In a recent conversation, we discussed what can we do within Burcham Hills to hire additional qualified Millennials as they are our future workforce? What will entice them to enter into the field of senior services? How can we help those thinking about future careers and recognize that our senior population has much to offer, something many of us already recognize?

As an organization we will continually be challenged to look at how we represent senior care and reflect upon our own internal ageism. The LeadingAge resources will help guide us in this journey. I look forward to Burcham-wide conversations on this topic. What better place than Burcham Hills to start a grass roots movement to bring awareness to Ageism. I hope you will join the conversation.

"Aging has a wonderful beauty and we should have respect for that."

~ Eartha Kitt



Burcham Hills Leadership Team

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... On The Cover

As Halloween approaches, notice that we at Burcham have our own witches. Portraying those masters of sorcery are our own Barbara Potter and Mary Lou Johnson. The goblin assisting them is an unknown staff member. Do you know who it is? Beware of tasting that devilish brew. Folk lore tells us that it will cast a spell of untold horrors.



Music Opportunities

Thursday Night Special Double Play Flute and Tuba

Thursday, October 18
7:00 pm / AWR

MSU Music Series*

Friday, October 19
7:00 pm / AWR

Lansing Matinee Musicale

Wednesday, October 24
2:00 pm / AWR

Thursday Night Special

David G. Smith

Thursday, October 25
7:00 pm / AWR



Wine & Cheese Socials

w/ Piano Performance by Lucille Olson

4:00 pm / 2RC Lobby

Wednesdays—October 10 & 24



Artist Studio

Friday, October 12 & 19

4:00 pm / AWR See flyer for more details.



Ballroom Dancing Class

Every Monday Evening (starting October 15)

7:00 pm / 4RC Lobby

This 6-week program will be an instructional movement class using ballroom dancing. See flyer for details.

All are welcome to attend and don't be shy!

No experience is necessary to enjoy the fun.



- ◆ BH Burcham Hills
- ◆ 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)

Location Key

"Big House" Book Club *

Monday, October 15

1:30 pm / PDR

The Book Thief, by Markus Zusak

*This is a discussion group and it is highly encouraged to read the book and make notes of areas you wish to review.

If you would like a book or more information, please contact Margaret R. 333-1856 or Mary R. 351-7099. Bring your book to exchange for a copy of the next book.



Preuss Pets Animal Encounter

Snakes, Parrots and Lizards, OH MY!

Come see what animals/creatures

Preuss Pets brings this month!

Friday, October 19 / 1:30 pm / AWR



College with Gordon Rohman*

2:00 pm / AWR

Thursdays, October 4, 11, 18, 25

Topic: Eight Chapters in American History

*See flyer for details



Wednesday, October 10

3:00 - 4:00 pm

A behind the scenes tour of the main kitchen with

Executive Chef Kevin Kueppers

Tours begin in the Scenic View Dining Room.



Model Train Presentation with Ed

Monday, October 15

10:30 am / Great Lakes Room & 2:00 pm / 3CHR



Additional October Holidays

- 5 Do Something Nice Day
- 8 Columbus Day
- 14 National Dessert Day
- 20 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.

LeadingAge Awards Burcham Hills Staff Members

Burcham Hills' Director of Operations **Abdullah Masood, LNHA**, and Memory Care Manager **Kathleen Leslie, MBA and MHA**, received recognition by LeadingAge Michigan at its Annual Conference in May 2018 in Novi. LeadingAge Michigan represents mission-based providers who serve seniors and adults with disabilities. Masood was named "Emerging Leader," while Leslie received the "Shining Star" award. In this issue, we will share the nomination submission for Kathleen Leslie.



Kathleen Leslie grew up in Detroit, Michigan. In 2004, she earned a Bachelor's Degree in Recreational Therapy from Grand Valley State University. In 2009, she earned a Master's Degree in Business Administration and Healthcare Management from the University of Phoenix. Kathleen has two beautiful children with her husband, Marcus.

Kathleen has been blessed with a servant spirit for those who struggle with dementia. From the resident himself to the family and friends who grapple with the changes of their loved one, Kathleen is the calm, educated, supportive figure they can rely on.

Kathleen accepted the position of Memory Care Manager at Burcham Hills in June 2014. At that time, Burcham Hills had three neighborhoods of Memory Care that served residents from the very early stages of dementia to the end of life. Since dementia affects each individual differently, this environment was challenging in many aspects including community education, resident programming and person-centered care.

Starting at the foundation, Kathleen began educating, not only the Burcham Community, but has also spent many hours outside of the community sharing her knowledge of dementia at the Sparrow Senior Health Series for two years, Aging Gracefully, and at local senior centers. Through PowerPoint presentations and hands-on trainings, Kathleen systematically created an environment of better understanding of the needs of a person with dementia. This is very helpful for staff and family caregivers to experience best practices of care. In addition, family members and friends became more educated about the transition into community memory care which can be a very challenging time for all involved. Kathleen has spent many hours supporting the families and staff at Burcham Hills discussing personal strategies for various barriers faced by the residents with dementia.

Kathleen shares a lot of focus on the day to day living environment of those with dementia. Not only did she work to create neighborhoods with calming décor, resident-produced artwork and a staff that encourages positive interaction, but she also added several specialized interventions as well. A sensory room was designed by Kathleen complete with a bubble wall, aromatherapy, quiet music and tactile blankets. She implemented the warm, aromatherapy wash towels which not only stimulate the senses but also assist with hand hygiene. The Music and Memory program was also added to the daily options of memory care residents who are comforted by their own personal play lists.

The most impactful change that Kathleen created in the Memory Care programming at Burcham Hills was the addition of two new neighborhoods for residents with dementia called, Assisted Connections. This program creates an environment for residents whose dementia affects their judgment and safety awareness, yet continue with all of their physical care needs. Kathleen initiated the Assisted Connections program in the Fall of 2015 to encompass a need that was lacking in memory care programs in the area. The residents who qualify for the program can communicate more freely in this environment of their peers who are sharing similar experiences without living in the traditional memory care environment of those who are challenged by increasing physical needs as well as cognition changes. The Assisted Connections neighborhoods have proven to create a very close-knit "family" environment with decreased falls, increased socialization and an increase in resident and family satisfaction. Kathleen and the specially trained staff in these neighborhoods create daily opportunities based on the requests of the residents for deeply enriching experiences.

Kathleen Leslie continuously strives to support those affected by dementia. She has many more ideas for creating complementary interventions and living environments that will generate a meaningful, purposeful life for elders. We can expect to see Kathleen's positive impact spread through the greater Lansing area and beyond as her brilliant intellect and kind hearted spirit break down the obstacles of dementia care.



Autumn . . . A Special Time of Year

by Bruce Greenman

Personally, I like all four seasons of the year, as each presents its own special enticements. Nevertheless, I think autumn has to be the best of all. The poet has said, “What is so rare as a day in June?” Well, *I* say – “What is so wondrous as a day in October?”

October presents a little bit of everything from warm Indian summer days and cool nights to pleasant fall rains that are so essential to next year’s crops. Yesterday is still around you with the maturity of summer’s growth, but the ripeness is past. I guess we would have to think of it as the evening of the year.

In autumn, the trees flaunt lavishness of color. Pumpkins are golden in the fields, while cornstalks stand shocked in regal splendor as they rustle in the breeze. The fruit ripens and mellows as the time has come for the harvest of the year’s endeavors.



Someone once said that October is just the happy side of summer and the pleasant side of winter. Kids go off to school in the morning wearing their jackets and come home in the afternoon dragging them along the ground. On Friday nights and Saturday afternoons, the roar of the crowds tell us that football is once more reigning supreme in the world of sports.

Then, there is that nip of frost that foretells of winter’s icicle teeth. Just when it appears that cold weather is here to stay, Mother Nature brushes the cobwebs out of the sky and Dame Summer makes a curtain call – it’s Indian Summer.

By the end of October, the trees are stripped of their gaiety and it’s leaf raking time. The skies are filled with the haunting call of wild geese. It’s also when goblins and witches ride their brooms across the clouded face of the moon.

Have you ever visited an old-fashioned cider mill? It’s great fun! Burcham had an outing to the Country Mill Orchard in Charlotte last month. It’s a wonderful place to do it all – watch the huge cider press in operation, sit at a table with a glass of fresh squeezins’ and some popcorn, all while listening to the tunes of the old-time player piano. Also, at the Country Mill, you can take a ride through their orchards and pick a few apples for yourself.

The aromas of autumn are so good! Apple orchards, fodder in the shock, burning leaves, jack-o-lanterns and a farmer’s market!

Remember how, before life at Burcham, we had to rake leaves? At my home in East Lansing, it was a big, big job because we had many huge elms and maples. Leaves . . . falling and falling. And falling. Piling up higher and higher. Actually raking could be fun – kinda. But not on Saturdays. Those were for going to football games, and naturally Sundays were for watching the pros on TV . . . so who had time to worry about those leaves?



Yes, autumn is really something special. It is truly one of the most memorable “evenings” of the year!



*The door of autumn,
Golden on one side,
Silver on the other.
Let us pass through softly.*

~ Author Unknown





Photo Studio Days



FREE

Appointments available:
Monday, October 8 - Noon - 5:00 pm
Tuesday, October 9 - 9:00 am - 5:00 pm

We are pleased to offer this opportunity for professional headshots or family photos free of charge. One pose only per scheduled session.
Photos by appointment only.

Contact Kimber Lucius to schedule your appointment.
(517) 332-5227

Halloween Social



Wednesday, October 31

2:30 - 3:30 pm / AWR

The theme will be "Halloween Colors" (orange/black/purple). Feel free to wear your favorite costume and join us for refreshments.

Entertainment by "The Clarksons."



TRICK OR TREAT PARADE

Join us in welcoming all the little ghouls and goblins parading through our community for this annual festive event. Candy will be available to handout in 2RC, 3MC, 4RC, 1CHR, 2CHR, & 3CHR

Monday, October 29

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

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



Donations Needed:

We are now accepting donations for individually wrapped candy. Please drop off all donations in the bins at the Reception areas by Thursday, October 25.

The election will be Tuesday, November 6.

Are you registered? Need an absentee ballot? We can help!

Forms are available at the RC Reception area or Recreation office.

We can also help you in completing the forms.

Call (517) 827-1068 to make an appointment.

Deadlines: Register or change address by October 9;

Complete absentee ballot request by October 26.





Groups You Don't Want to Miss!

Quilting for a Cause

*Every Wednesday @ 10:00 am
2 CHR*

Whether you want to sew an item to donate or make a nice project for yourself, we have plenty of supplies, instruction and good company.

TED Talks

*Mondays and Fridays @ 10:15 am
4th floor lounge*

Short talks are offered on various topics from science to environmentally friendly art and community enriching projects.



4th Floor Neighborhood

Travels Through Time

*Every Wednesday
@ 9:15 am
4th floor Lounge*



Birthday Party

*Thursday, October 18
1:30 pm
4th floor Lounge*

Join your neighbors as they celebrate their special day!



Geographic Explorer Films

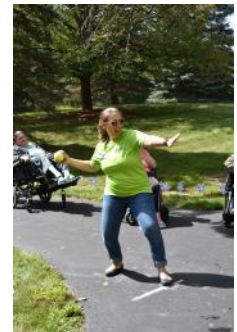
*Every Friday
6:30 pm*

4th floor Lounge

All residents, families & staff are encouraged to attend.

This past month...

Thank you to everyone who participated in Burcham's second annual **Walk to End Alzheimer's**. We had a beautiful day and an enthusiastic crowd to take part in games, photos, a dunk tank and an all around good time!

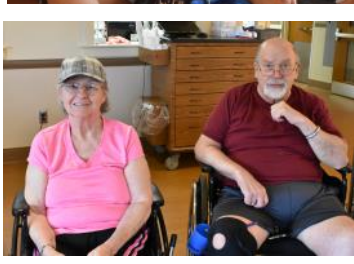


RC Breakfast

Friday, October 5 @ 7:00-9:00 am



Residents had a lot of fun during the first Horse Races held in the CHR! This game was generously made and donated by Deidra Tyrrell, wife of resident Randy Tyrrell. Dice are rolled to see which horse will make it to the end first! Be sure to be at the next horse races as you will not want to miss this unique opportunity!



CHR Resident Council Meeting

Located on 3CHR

Pigeon Conference Room

Wednesday, October 31 @ 11:00 am

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

2CHR Birthday Party

Thursday, October 25
@ 3:00 pm

3CHR Birthday Party

Tuesday, October 30
@ 3:00 pm



Birthday List:

Norma Wing – October 4
Winnie Elamin – October 9
Linda Ferrier – October 14
Deanna Wilson – October 24
Deb Devew – October 24
August Sollid – October 29
Duane Davis – October 29



Come celebrate our **October** Birthdays!

2CHR Neighborhood Outing

Color Tour

Thursday, October 4
1:30-3:30 pm



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

3CHR Neighborhood Outing

Color Tour

Thursday, September 20
1:30 — 3:30 pm



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



**Art Appreciation
Broad Museum**



Tuesday, October 2

Departing at 1:00 pm / Tour at 1:30 pm

Return at approx. 3:30 pm

Cost: Free

Please sign-up by Sept. 28

**MSU Homecoming
Parade and Picnic Dinner**



Friday, October 5

Departing at 4:45 pm

Return at approx. 9:30 pm

Cost: Free

Please sign-up by Oct 3

**Men's Event Outing
East Lansing High School
Football Game**



Friday, October 12

Departing at 6:15 pm

Return at approx. 10:00 pm

Cost: \$5 + concessions

Uncle John's Cider Mill



Tuesday, October 16

Depart at 1:00 pm

Return at approx. 5:00 pm

Cost: \$ for cider and donut/shopping

Please sign-up by Oct. 15

Meridian Community Band Concert

SAVE THE DATE - Friday, November 2

Departing at 6:45 pm, concert at 7:30 pm

Return at approx. 10:00 pm

Cost: Free

Please sign-up by Nov. 1

**Premium Series - The Wharton Center
LSO: Brahms Symphony No. 3**

SAVE THE DATE - Thursday, November 15

Departing at 6:30 pm, concert at 7:30 pm

Return at approx. 10:30 pm

Cost: \$33 (ticket + premium series fee)

See flyer for more details.

Please sign-up & pay for tickets by Oct. 31

October Neighborhood Outings

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

**Wednesday October 3 - Memory Care
Red Lobster**

**Thursday October 4 - 2 CHR
Color Tour**

**Thursday October 18 - 3 CHR
Color Tour**

**Tuesday October 25 - Memory Care
Color Tour**

*Join your neighbors and friends on these
exciting excursions.*



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.

Labor Day Luau

Hawaiian leis, delicious food, toe tapping music and smiles were in abundance at our Annual Labor Day Luau. Ricky and Nikki were a hit with their upbeat music, putting everyone in the party mood. The menu was a perfect pairing with the theme and we couldn't have asked for better weather to end our summer events.





THE END OF ALZHEIMER'S STARTS WITH BURCHAM HILLS

A special 'Thank you' to everyone who helped our Walk team this year. The **Lansing Walk to End Alzheimer's** was a huge success and the Burcham Hills Team contributed \$5,240 to the fight.





WELLNESS CLINIC

Thursday, October 25

9:30-11:30 am

2RC Lobby



Hearing Aid Cleaning · Questions for the Dentist ·
Blood Pressure Checks · Balance Assessments



Monthly Wellness Focus: Social Wellness

Social Wellness refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social Wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

Miss your Fitness Assessment?

You can make an appointment
anytime for an assessment!



Fitness Specialists will assess strength, flexibility, endurance, balance and coordination. Each appointment takes 30-minutes. You will get a full report on each category that includes your percentile for your age group. It is \$24, and is billed to your monthly statement.

To make an appointment, call
(517) 827-2452
or stop by the Wellness Center

October Wellness Challenge: Social

Complete the challenge below. Put your responses in the drawing box located on the 2RC Lobby by the outing book across from Pam Ditri's Office.

Attend one of the following Social Events:

- Any outing in October
- Wine & Cheese Social (Oct. 10)
- Birthday Party (Oct. 18)
- 5th Floor Neighborhood Meeting (Oct. 19)
- Wine & Cheese Social (Oct. 24)
- 4th Floor Neighborhood Meeting (Oct. 25)
- Halloween Social (Oct. 31)



Congratulations,
Lois Walker
September Wellness
Challenge Winner!

If you have any questions or concerns about Resident Wellness, please contact Elizabeth Pahl at epahl@burchamhills.com or 828-2452.



Burcham Sings! Chorus

**Meets Every
Tuesday at 7:00 pm - AWR**

Whether you have been singing for audiences your whole life, in your car or in front of your cat, **all are welcome!**

You do not have to have a trained voice or even need to know how to read music.

Family members are also invited to participate and small group performances are encouraged.

Students from the MSU based chapter of the ACDA (American Choir Directors Association) continue to lead the Burcham Sings! Chorus.



Burcham Hills has some **'hidden gems'** we want to make sure you are aware of....

Puzzles: There are puzzle tables set up throughout our community that are open for all to participate. Feel free to stop by any of the locations to help find the pieces. Locations: Library (1RC), 4RC Lounge, 2CHR Cozy Corner, 3CHR Solarium)

Meeting Rooms: Rooms like the AWR and PDR can be reserved for residents and their families through the RC Receptionist. However, if you need a smaller space for a meeting, gathering or for a small group to play a game, the 5RC card room may be a better option. This can be reserved by calling the Recreation Manager at (517) 827-1068.

Wellness Clinic: This hidden gem of a program is offered on the last Thursday of each month from 9:30-11:30 am in the 2RC Lobby. An area dentist and audiologist are on hand for questions and education. Blood pressure checks can also be taken and balance assessments provided. Blood pressures can also be taken upon request in the Wellness Center throughout the month.

Audiology and Optometry Services: These services are offered monthly if a minimum of 10 residents sign up. The day each month they come varies and appointments can be made with Marcy Harris (Resident Center) 827-0361 or Jennifer Rose (Center for Health & Rehabilitation) 827-1036.

Technology Resources: Burcham Hills offers several technology opportunities. On Tuesdays at 2:30 pm, Sarah Schimm is available on the 4th floor to assist residents with a variety of tech questions at Tech Time with Sarah. The Gadget Workshop is held every other month in the 2RC Lobby and an East Lansing Public Library representative is on hand to answer questions about all your gadgets and provide education in a variety of tech related topics. A community computer is also available in the Library (1RC) for use by residents.

Do you have great news/announcements you would like to share . . .

We would like to have a small section in the monthly Burcham Beacon showcasing your announcements and/or special events in your lives. Whether it be a new grandbaby, graduation, special event, please submit your announcements to the RC reception by the third week of the month and we will gladly showcase them in the next issue of the Burcham Beacon.



News from The Foundation at Burcham Hills

The Foundation at Burcham Hills 2018 Fall Campaign Supports The Burcham Hills Benevolent Care Fund

Each year, The Foundation at Burcham Hills conducts its year-end fundraising campaign to generate charitable support for programs and/or services within the Burcham Hills Community. For its 2018 Campaign, the Foundation is asking for support of the Burcham Hills Benevolent Care Fund.

What is the Burcham Hills Benevolent Care Fund?

The Fund provides financial support to residents in the Burcham Hills Community who have found themselves negatively affected by changes in their financial status, thus allowing them to live at Burcham Hills. It is our honor and responsibility to help ensure no one must leave their Burcham Hills home - even if they have outlived their financial resources. As the cost of senior care increases each year, the availability of this benevolent support provides tremendous peace of mind for residents and their families.

Each year, The Foundation at Burcham Hills assists several residents through its Benevolent Care Fund. During its last fiscal year, the Fund contributed a total of \$34,620 in benevolent care grants, and as of July 1, it had written grants in the amount of \$19,340 to ensure residents remain in their Burcham Hills home.

What is the Need?

As we are living longer 20, 25 or even 30 years following retirement, it may cost more than a lifetime of our savings, even with good stewardship and planning, is able to sustain. As we age, it is possible our level of medical care, and the expense of that care, becomes more expensive. Unfortunately, it is not uncommon for seniors to exhaust their savings, either due to unforeseen health issues or sheer longevity.

In response to this growing need, The Foundation at Burcham Hills works to ensure funds are available to offer support to a larger number of Burcham residents through the Benevolent Care Fund. To this end, we are asking for your consideration of an outright and/or planned gift to the Burcham Hills Benevolent Care Fund during this year's Fall Campaign. Your generosity will help us continue and strengthen our commitment to enhance our residents' sense of security.

Giving to The Foundation at Burcham Hills

As the fundraising arm of Burcham Hills, The Foundation at Burcham Hills is committed to enhancing the lives of our residents by securing philanthropic resources that empower our mission to ensure Burcham Hills as the Greater Lansing area's preferred Life Plan Community and retirement lifestyle option. Charitable gifts received from donors like you strengthen The Foundation's mission to provide financial and other charitable support exclusively for the benefit of the Burcham Hills community and its residents. Please visit BurchamHills.com and click on the Burcham Hills link for additional information on charitable giving to support Burcham Hills. Please contact Lesa Smith, MPA CFRE, director of The Foundation at Burcham Hills by phone (517) 827-2924 or e-mail lsmith@burchamhills.com for assistance with your gift or to review your giving options.

Thank you for your support of the Burcham Hills Community. Your giving makes an impactful difference!

The Foundation at Burcham Hills is a 501(c)(3) not-for-profit organization allowing your planned gift to be tax-deductible related to applicable state and federal law. All information provided regarding charitable giving is intended to outline general gift planning and assist donors to achieve their philanthropic giving intentions. The Foundation at Burcham Hills staff is not qualified to provide specific legal, tax or investment advice. For such advice, please consult with your own legal and/or financial advisor before giving any charitable gift.



**From Down the Hill . . .**

By Sylvia Rundquist, Clusters Board of Directors

- ♦ This month, we welcomed Allan and Nancy Martling and Ann Harrison to the Clusters. Allan and Nancy are former Lansing residents. He is a retired pastor and she volunteers for many organizations. Ann comes from East Lansing, and is a retired Professor Emeritus from MSU. Many of you may know her from her lectures at Burcham Hills.
- ♦ The Marketing Department opened the Sales Center for StoneBriar at Burcham Hills at 834 Lenna Keith Circle in the Clusters. StoneBriar at Burcham Hills is the name of the new independent living building planned for the Burcham Hills Community.

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 3	Todd Gute	StoneBriar at Burcham Hills
Oct 10	Jen Sokol	Director of Hospitality Services
Oct 17	Mark Sarvis	Director of Building & Grounds
Oct 24	Robyn Householder	Therapy Program Manager
Oct 31	Jim Kaczmarczyk	Director of Finance

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

Speaking Agenda:

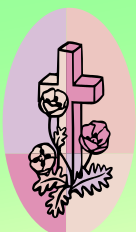
1:15-1:30	Pam Ditri, <i>Executive Director (Abdullah Masood—Oct. 10 & Oct. 31)</i>
1:30-1:40	Guest Speaker
1:40-1:50	Hospitality Team
1:50-2:00	Alesha Williams, Recreation Manager (Oct. 31)

**Daylight Savings Time**

Before going to bed on **Saturday, November 3**, please remember to move your clocks **back** one hour.

From the Burcham Hills Resident Center Association . . .

In the first week of October, you will receive our annual letter requesting contributions to the Employee Holiday Fund to be gifted to the Burcham Hills employees at the annual holiday party scheduled for Friday, December 14, from 2:00-3:00 pm in the Ada Whitehouse Room. These contributions can be given to the Business Office where you can also obtain a receipt. Individual contributions and amounts remain confidential.

**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.

Vivian Dunham ~ September 13

Thomas Brennan, Sr. ~ September 29

Frank Kueppers ~ September 28

Burcham Residents . . .

**4th Friday of the Month is
Friendly Friday . . .**



October 25

**Wear Your T-Shirts
With Your Favorite Logos . . .**



An Resident/Family Update

Wednesday, October 3

Ask Questions / Get Answers

1:15 pm / Private Dining Room

*A virtual imagery (three dimensional) presentation
of the new independent living expansion
and first-floor amenities.*

(If you are unable to attend, a virtual presentation
will be available on Relias in the near future.)

Managed by Life Care Services

A Simple Prayer

By Mary Ann Ross

*As I say my simple prayer,
I know that He is there.
For I feel a sense of peace
beyond compare.*

*I know He always hears me when I pray,
at any time of night or day.*

*Why a simple prayer?
Because it's usually brief and
it can happen anywhere.
No need for crystal lights and
golden chairs.*

*You might be in an elevator,
or on a crowded thoroughfare.*

*As you pray for friends or loved ones,
you will feel peace and
comfort knowing that
because you took the time to say
a simple prayer, you helped them
through their day.*

*So, try it. Say a simple prayer,
And you'll know that He is there.*



Burcham Hills Receives 5-Star Rating for Staffing

The Center for Health & Rehabilitation at Burcham Hills has received a 5-Star Rating for staffing on the *Nursing Home Compare* website. This rating is the result of daily staffing reports sent to the Centers for Medicare & Medicaid Services (CMS) via their new mandatory Payroll Based Journal (PBJ) reporting system. PBJ is a very stringent system requiring reporting of daily hours worked for each individual person involved in direct care. Individual staff hours are reported for every 24-hour period and submitted quarterly to CMS. The reported hours are measured against the State's staffing requirement and produce the resulting star rating. The most recent star ratings published on *Nursing Home Compare* are the first to be based on PBJ.

The new payroll data, analyzed by Kaiser Health News, showed that for-profit nursing homes averaged *16 percent fewer staff* than did non-profits, even after accounting for differences in the needs of residents. The biggest difference was in the number of registered nurses: At the average non-profit, there was one RN for every 28 residents, but at the average for-profit, there was only one RN for every 43 residents. Researchers have repeatedly found lower staffing in for-profit facilities, which make up 70 percent of the industry.

Burcham Hills is very proud to be a not-for-profit entity, and very proud to be one of only 79 licensed nursing homes in the nation to receive the coveted 5-Star Rating for staffing. Burcham also received a 5-Star rating for Quality Measures and has maintained an Overall 5-Star Rating since early 2017. We attribute this honor of being in the top tier among both the State and the Nation to the efforts of our Caregivers. *Thank you for upholding our mission and culture of excellence in quality and caring.*



Regularly Scheduled Program Descriptions

Bridge If you are interested in playing, see Resident Ellie Miller (room 233) for more information.

Cranium Crunches (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.

Cooking Class (Thur., 2:30 pm/GLR): We provide the recipe, ingredients and supplies for a new recipe each week, often focused on the holidays or season each month.

Euchre (Thur., 3:00pm/3CHR): Classic 4-person trick-taking card game.

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.

Lecture Series (Mon. & Fri., 10:15 am/4RC): Each week a new lecture from online educational sources will be presented. Residents select the series they wish to have presented next.

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 (Mon., 3:15 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.

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.

Travels 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/5RC): Residents make quilts to be donated to area organizations in need. We have all the equipment and can teach anyone interested in being involved.

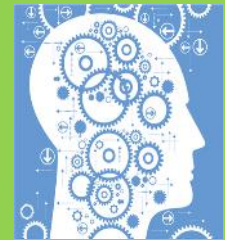
Wii Bowling (Wed., 1:00 pm/5RC): No heavy balls or rented shoes, come try your skill at the Wii version of a favorite past time!

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).***

Stroke Education and Support Group***Wednesday, October 3, 2018******2:30 - 4:00 pm, Private Dining Room***

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 12, 2018 (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 19, 2018 (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 3:00 pm / 4RC

Postponed until further notice**Open Bible Study (Non-Denominational)***

Wednesdays, 10:00 am / Burcham Library

Rosary & Communion*

Thursdays, 10:00 am / AWR

*Catholic Mass will be October 11***TV Mass (Catholic)**

Sundays, 10:00 am / AWR

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

October 23 / 2:00 pm / 3MC - Red Cedar

Vespers (Non-Denominational)

Sundays, 4:00 pm / AWR

October 7 - Rev. Fred Fritz, All Saints Episcopal Church

◇ Communion will be offered

October 14 - Rev. Julie Winklepleck, St. Paul Lutheran

October 21 - Rev. Michael Anderson, Univ. Lutheran of E.L.

October 28 - Rev. Allan Martling, Edgewood UCC

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

Sunday, October 21 / 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 / 4:00-4:30 pm / CHR 3rd Floor



**Wednesday MOVIES*****7:00 pm - Showing in the AWR/IRC*****October 3 – Tuesdays with Morrie (1999)**

When Mitch Albom learns his beloved professor, Morrie Schwartz, is dying with Lou Gehrig's Disease, he reconnects with his mentor and learns from him all over again. [89 min]

Cast: Jack Lemmon, Hank Azaria, Wendy Moniz

October 10 - The Zookeeper's Wife (2017)

After the Nazis invade Poland, Warsaw Zoo caretaker Antonina and Jan Zabinski place themselves in grave danger when they begin collaborating with the Resistance in an effort to save Jews from the horrors of the Warsaw Ghetto. [126 min]

Cast: Jessica Chastain, Daniel Bruhl, Johan Heldenbergh

October 17 - Damn Yankees (1958)

America's favorite pastime meets the bright lights of Broadway in this musical about an ordinary Joe whose deal with the devil transforms him into a home run hitter for the Washington Senators—but Joe must cause his team to lose the pennant. [111 min]

Cast: Tab Hunter, Gwen Verdon, Ray Walston

2018 Calendar Movie Spotlight**October 24 - You Can't Cheat an Honest Man (1939)**

Larson E. Whipsnade runs a circus badly, of course, and get into all kinds of mischief with Edgar Bergen (and his puppet, Charlie). A hilarious ping-pong game is the highlight of the film. [79 min]

Cast: W.C. Fields, Edgar Bergen, Charlie McCarthy

October 31 - Abbott & Costello Meet Frankenstein (1948)

This horror-comedy flick features the bumbling buddies as railroad baggage clerks who receive a strange shipment—the last remains of Dracula and Frankenstein's monster. Trouble is they're still alive! [83 min]

Cast: Bud Abbott, Lou Costello, Lon Chaney Jr.

Saturday MOVIES***1:30 pm - Showing in the PDR/2RC*****October 6 - A Wrinkle in Time (2018)**

Based on the timeless classic and filled with spectacle, warmth and heart, this celebrated film follow an ordinary girl's epic adventure and brave journey home, with the ultimate triumph of love. [110 min]

Cast: Josh Gad, Dennis Quaid, Peggy Lipton

October 13 – Cast Away (2000)

After FedEx systems engineer Chuck Noland's plane crashes in the Pacific Ocean, he finds himself fighting to survive on a deserted island with nothing but a painted volleyball—a silent partner he names Wilson—for company. [140 min]

Cast: Tom Hanks, Helen Hunt, Nick Searcy

October 20 – Eat, Pray, Love (2010)

Recent divorcee Liz decides to reshape her life, traveling the world in search of direction. She heads to Italy, India and Bali, indulging in delicious cuisine while seeking the true meaning of self-love, family friendship and forgiveness. [140 min]

Cast: Julia Roberts, James Franco, Javier Bardem

October 27 - Classic Halloween Double Feature: Dracula (1931)

This is a 1931 adaptation of Bram Stoker's classic vampire novel. Revisit Transylvania for the eerie mood created by spectacular cinematography and the oft-copied take on the infamous Dracula. [75 min]

Cast: Bela Lugosi, Helen Chandler, David Manners

Invisible Man (1933)

Scientist Jack Griffin terrorizes the British village of Ipping in this classic horror film. After a drug experiment gone awry, Griffin becomes invisible and must hide out in the local inn, his face completely bandaged. By the time Griffin confides in friends Dr. Kemp and Flora, it's too late—the drug has turned him into a homicidal maniac who must be hunted down. [71 min]

Cast: Claude Rains, Gloria Stuart, Williams Harrigan



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!

#350 Joe Beia
#351 Mary Heppler
#427 Joe Leshock

October Birthdays

2 Frieda Juola
2 Gladys Russell
4 Barbara Brochu
4 Norma Wing
5 Carolyn Haase
9 Helen Gieseler
9 Chuck Willems
9 Winnie Elamin
10 Carolyn Thomas
10 Ellie Miller
11 Margaret Pearson
12 Gregory New
12 Lucille Gustafson
14 Mary Joyce Longstaff
14 Linda Ferrier
16 Margaret Schroeder
18 Barbara Tait
21 Douglas Lounsbury
22 Mary Henry
22 Joan Russ-Murphy
23 Clara Frederick
24 Kay Gallup
24 Diane Harsha
24 Deanna Wilson
24 Deborah DeView
26 Noah Alonso
26 Rae Howe
29 August Sollid
29 Duane Davis
31 Margery Shanker



Meetings in October

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

October Highlights

2 Art Appreciation Outing: Broad Museum
3 Stroke Education & Support Group
4 College with Gordon
8/9 Photo Studio
10 Kitchen Tours
11 College with Gordon
12 Parkinson's Disease Dialogue Group
12 Men's Event:
East Lansing High School Football game
15 Model Train Presentation
15 Big House Book Club
15 Ballroom Dancing Class
16 Uncle John's Cider Mill Outing
18 College with Gordon
18 Thursday Night Special:
Double Play Flute and Tuba
19 Alzheimer's Caregiver Support Group
19 Preuss Pets Animal Encounter
19 MSU Music Series
21 Jug and Mug Sing-a-Long
24 Lansing Matinee Musicale
25 College with Gordon
25 Thursday Night Special:
David G. Smith
29 Trick or Treat Parade
31 Halloween Social with The Clarksons

Recreation Team

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

Resident Center

Ext. 277 or 827-1061

Sarah Schimm

RC Recreation Assistant

Evonne White

MC Recreation Assistant

Center for Health & Rehab

Ext. 277 or 827-1061

Taylor Bosom, CTRS

CHR Recreation Therapist

Maegan Anderson, CTRS

2&3CHR Recreation Therapist

Eldon Wood

2&3CHR Recreation Lead

Chelsea Cole

2&3CHR Recreation Assistant

Volunteers & Events

Ext. 435 or 332-5227

Kimber Lucius

Events & Volunteer Planning

Wellness Team

Ext. 420 or 827-2452

Elizabeth Pahl, BA

Wellness Coordinator

Bri Dumond, BS

Fitness Specialist

Kirsty Bullis, BS

Fitness Specialist

Alicia Feldpausch

Massage Therapist

Transportation

Ext. 267

Abdullah Masood

Director—ext. 371

Dave Alward / Terry Lickman
Drivers



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

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BINGO LOCATIONS

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

November Upcoming Events

2 Meridian Community Band Concert Outing
8 Historical Figures: Firestone & Friends
12 Veterans Day Social
15 Harvest Festival