



Burcham Beacon

Volume 12

4th Edition

April 2019

Fun, Food and Mardi Gras Float



Residents enjoyed entertainment by “Generations” and a sneak peek performance from Lansing Catholic High School students of their play, 42nd Street, at our annual Mardi Gras Party. The ‘floats,’ made in each neighborhood, were a huge hit during this year’s parade, with the “Vintage Toy Shop” float made by 2CHR taking first place! This is their second year in a row of winning the float parade.



Additional photos on pages 10



St. Patrick's Day

The luck of the Irish was with us during our annual St. Patrick’s celebration, bringing blessings and cheer to all. The Irish Step Dancers, from McCartney Irish Dance School in East Lansing, danced their way into our hearts with their bouncy curls and immense talent. Later in the afternoon, the residents enjoyed refreshments and entertainment by Peter Bergin at our social.

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An Old Irish Blessing

May your troubles be less and your blessings be more and nothing but happiness come through your door.



Additional photos on pages 11



From the Desk of the Executive Director . . .

by Pam Ditri

The year 2019 marks a very special milestone for Burcham Hills – our 45th Anniversary!

This is a major accomplishment for any business and a very special time for all of us to reflect upon the impact our organization has made over the past 45 years in the lives of those we have served, those who have worked in our community and those who have had contact with Burcham Hills in many various ways.

Burcham Hills Leadership Team

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To plan our celebration, we began googling 45th anniversary to identify how one traditionally celebrates this anniversary year (thank you, Carol Giacoletto, Foundation Board member and former rehab client). What we found is the commemorative stone is blue sapphire, which symbolizes faithfulness and sincerity. The blue color fits well with our newest addition to Burcham Hills, StoneBriar at Burcham, and our theme ‘Fulfillment of Dreams.’ Hence, we began our celebration planning with the development of our colors, logo and tagline.

We will celebrate our 45th Anniversary all year long with the 45th logo added to our publications as well as to our websites, BurchamHills.com and StoneBriarat-BurchamHills.com.

During the month of April, the month Burcham Hills officially opened its doors to new residents in 1974, we will have a special 45th theme for dining, recreation and other events. A special event for residents, families and employees will be held on **Monday, April 15, from 2-3:30 pm in the Ada Whitehouse Room.** We will also serve special appetizers in the dining rooms and break rooms during the lunch meal.

Due to the limited number of persons that the Ada Whitehouse Room can and the Fire Marshal regulations, an external guest “*invitation only*” event will be held on Friday, April 12.

Burcham Hills could never have been successful these past 45 years without the continual support of residents who made Burcham Hills their home or The Center for Health & Rehabilitation their rehab center of choice.

As we look to our future, we are excited for StoneBriar at Burcham Hills to open, adding another chapter in Burcham Hills’ long-standing history. The 1st floor amenities are currently being built as we celebrate this special anniversary, and we look to the future for when StoneBriar at Burcham Hills can welcome its newest residents, which is estimated to be Spring 2021.

Thank you for choosing Burcham Hills and cheers to the future as we have many more anniversary celebrations to look forward to.





Music & Enrichment

Music Opportunities

Ralph Votapek Performance

Wednesday, April 10 / 7:00 pm / AWR

An Afternoon with Peter B.

Thursday, April 11 / 2:30 pm / AWR

Musical Memories Concert

Thursday, April 11 / 7:00 pm / AWR

New Horizons Band Performance

Wednesday, April 17 / 1:30 pm / AWR

Thursday Night Special

Marvin, Monty & Sarah

Thursday, April 18 / 7:00 pm / AWR

Piano Recital

with Sue Thomas

Saturday, April 20 / 3:00 pm / AWR

Spoonman Performance

Monday, April 22 / 2:30 pm / AWR

Piano & Vocal Performance

with Ling Lo

Tuesday, April 23 / 7:00 pm / AWR

Lansing Matinee Musicale

Wednesday, April 24 / 2:00 pm / AWR

Thursday Night Special

Jonathan Stars

Thursday, April 25 / 7:00 pm / AWR

Men's Event

Spring Breakfast

Friday, April 5

7:30 - 9:00 am / AWR

Come gather for a delicious breakfast and great conversation!



"Big House" Book Club *

Monday, April 15

1:30 pm / PDR

"Orphan Train" by Christina Baker Klein

**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 Eleanor P. 269-303-0676. Bring your book to return and pick up a copy of your next book.



"Oopsy Daisy"

Flower Sales

Thursday, April 18

3:00 pm - 5:00 pm / 2RC Lobby

Flowers will be on sale just in time for Easter.



Art Appreciation *

with Ethel Anthony

American Sculpture

Augustus Saint-Gaudens

Tuesday, April 23

4:00 pm / PDR



Preuss Pets Animal Encounter

Snakes, Parrots and Lizards, OH MY!

Come see what animals/creatures Preuss Pets brings this month!

Friday, April 26 / 1:30 pm / AWR



Artist Studio

Friday, April 5 / 4:00 pm / AWR

Friday, April 26 / 4:00 pm / AWR

See flyers for more details.



Additional April Holidays

1 April Fool's Day

19 Good Friday

21 Easter Sunday

**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.*



College with Gordon Rohman *

2:00 pm / AWR

Thursday, April 4

Wednesday, April 10

Thursday, April 18

Thursday, April 25

Topic: American Families in Film

**See flyer for details*



- ◆ BH Burcham Hills
- ◆ RC Resident Center
- ◆ CHR Center for Health & Rehabilitation
- ◆ AWR Ada Whitehouse Room (1st RC)
- ◆ PDR Private Dining Room (2nd RC)
- ◆ WC Wellness Center (2nd 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



Employee Spotlights



Employee Spotlight ~ Ardreal Holmes



Ardreal Holmes was born and raised in Flint, Michigan. He is the eldest of his family with six brothers and three sisters. Although he is not a hunter, he enjoys going to the gun range with his pops. Growing up, Ardreal enjoyed spending time with his uncles who enjoyed boxing. Although they were not professional boxers, the way they gloated about their trophies got him interested in the sport. He started as an amateur boxer at the age of 15. He quickly became number one ranked by USA boxing. His amateur record was 90-13 and he was chosen as an alternate for the 2016 Olympics.

Ardreal is now a professional boxer in the super welter weight division (also known as junior middle weight – maximum 154 pounds). He holds an 8-0 record, including 4 knockouts! He trains around his work schedule three times each day. He begins with a three to five mile run each morning, comes to work as scheduled, goes to the gym for two hours of boxing practice, then does strength and conditioning before finally going to bed. His favorite part of the day is boxing practice where he gets to spar.

Ardreal joined the Hospitality Services Department in August 2018 after getting several calls from a persistent recruiter named Taylor. He had recently moved to the area and had experience in resident care, including food service. Because Ardreal wanted to become a CNA, he worked in the Center for Health & Rehabilitation dining rooms to gain experience that would help him meet that goal. He says now he recognizes the work of a CNA. Even as a trained athlete, he can't see himself being able to keep up with our CNAs on the floor!

He says, "At Burcham Hills everybody is just nicer, and all residents are cared for in a respectful way every day." The Hospitality Promise that stands out for him is Promise #2 - We treat everyone with courteous respect. The aspect of his current role at Burcham Hills that he enjoys most is the amount of interaction he has with the residents and says he doesn't have any intentions of leaving anytime soon.

We are glad you answered Taylor's fifth phone call and we are proud to have you on Team Burcham Hills!



Employee Spotlight ~ Madison Parker



Madison "Madi" Parker joined the team as a CNA in The Center for Health & Rehabilitation at Burcham Hills in January 2019. She is attending Davenport University for Medical Case Management and eventually will pursue a degree in Occupation Therapy. Her desire is to work with the elderly so she decided to become a CNA to continue her interactions with the elderly as she continues school. She also continues to work as an Administrative Assistant at the Central Department of Corrections in Lansing.

Madison was born in California and moved to Michigan as a young child. She recently moved to Lansing from Jackson. She has 3 younger siblings, 2 brothers and 1 sister. She ran track and field and was a hurdler in High School where she was 'Best in the Area.' She also competed at the State level and ran track and field for one year in college. She has a dog named Luna that she spends a lot of time with. She loves dogs and ice cream and continues to remain physically active.

When asked what she likes about Burcham Hills, she states, "I like the friendly and welcoming atmosphere at Burcham Hills. Sometimes it's hard to "find your fit at a new place," but that was not the case when I came to Burcham Hills." She also likes the support she receives from everyone, and that she has the "tools" she needs to complete her job.

Reminiscing



It Happens Every Spring!

by Bruce Greenman

“The outlook was quite dismal for the Mudville nine that day, the score stood four and two with but one inning left to play”...Almost everyone knows that as the opening lines of the immortal Casey at the bat. Spring and baseball, it’s that time of year again.

True, the grand old game has lost much of its popularity in recent years, but there was a time when for nearly everyone, now over 70, it was THE sport. We lived or died with our team...for me it was the Detroit Tigers.

I was a grade school kid in 1933 when Harry Heilman started broadcasting Tiger games on the radio. By himself, he brought in thousands of fans with his unique style and vast knowledge.

Harry, an ex-Tiger Hall of Famer, was the last .400 hitter until Ted Williams. He even broadcasted away games, play by play, without ever leaving the Detroit studio! Receiving information via teletype, he relayed it to the listening audience in a way that made you believe he was right there at the ballpark.

In those days, before lighted fields, all games started at 3:00 pm, and rarely lasted more than two hours...they didn’t drag them out like they do now. On a warm summer afternoon, everybody had their radios tuned to Harry Heilman, and it was loud. This was so they could hear the game anywhere in the house or yard. Believe it or not, it was possible to walk down the street and never miss a play!



Tiger Stadium (they called it Navin Field then) was the place I wanted to go more than anywhere in the world. Now, they have one of those plush modern showpieces; but I say that old structure at the corner of Michigan and Trumble looked like a ballpark should look.

Throughout the years, untold numbers of Tigers have played there and I think I remember most of them. Why, I even have a knack of recalling the borderline types who came and went with the summer breezes. Ever hear of “Flea” Clifton, George Susce, Heine Schuble, Ray Hayworth or Floyd Giebel? Names that pass in the night.

We lived in East Lansing and it was a long 80 miles to Detroit. I would manage to talk my Dad into taking me four or five times a year, preferably a doubleheader. I remember many special moments like an over-the-hill Babe Ruth hitting a home run (and dropping a fly ball), a rookie by the name of Joe DiMaggio who moved on a cushion of air, a triple play (Owens to Gehringer to Greenburg), Bobo Newsome pitching and winning both games of a doubleheader, Schoolboy Rowe legging out an inside the park homerun to clinch the pennant and Roger “Doc” Cramer literally climbing up the old flagpole in centerfield to pull down a long high fly ball... And there were many more.

As a kid I would pray to God for the Tigers to win, and sometimes he answered. Fortunately, he never held me to some of the wild promises I made in return for his help.

Every year, I still look over the Tiger roster and evaluate their chances at the beginning of the season. In the earlier days, no matter how bad they looked on paper, I always picked them to win it all, and although my judgment has matured in most other areas, I still do!

Now it’s spring again. The grass is turning green, trees are budding new leaves, crocus and tulips are popping and it’s getting warm.

The cry is heard throughout the land.....**PLAY BALL!!!**





Special Events

Fourth annual Spring Fashion Show

**Tuesday, April 9
2:30 pm
Ada Whitehouse Room**

Come watch your friends and neighbors model Spring fashions from Kellie's Consignments.

Models still needed! Please sign-up in the 2RC lobby (outing book) or see Kimber Lucius (Recreation Dept.) by **Friday, April 5.**

Easter Happenings

Egg Stuffing Event

Join us in stuffing Easter Eggs for our hunt.
**Tuesday, April 16
1:30-3:30 pm / AWR**

Easter Egg Hunt

Our little loved ones are encouraged to search our community for eggs (hidden in common areas) during this annual event!
**Friday, April 19
4:00 pm / Throughout the Community**

**The AWR is open from 3:00-4:00 pm for children to gather and enjoy games, snacks and photos with the Easter Bunny. During this time, residents will be hiding the eggs in their neighborhoods and awaiting the arrival of the children.*



Wine & Cheese Socials

w/ Piano Performance by Lucille Olson

**4:00 pm / 2RC Lobby
Wednesdays, April 10 & 24**



Recycling at Burcham Hills

As the Recycling Committee continues to develop recycling plans for the Burcham Hills Community, we thought we would point out the current recycling areas in the Community.

Neighborhood Meetings

- 2RC: Monday, April 15**
1:00 pm / PDR
- 4RC: Wednesday, April 17**
3:00 pm / 4RC Lobby
- 5RC: Tuesday, April 16**
3:00 pm / PDR or 5RC Lobby
**Wine & Cheese will be served*



Open forum for questions, suggestions and concerns.

For newspapers, magazines and office paper, there are labeled blue bins in the Post Office area, located next to the Scenic View Dining Room on the RC 2nd floor. There is also a shredding bin in this area that you may use for your sensitive material. This bin is locked and AccuShred comes on site monthly and shreds this material.



RC Happenings

Groups You Don't Want to Miss!

Quilting for a Cause

Every Wednesday @ 10:00 am
Cozy Corner on 2CHR

TED Talks

Mondays / Fridays @ 10:15 am
4th floor Lounge

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

Card Making

Mondays @ 2:15 pm
4th floor Lounge

We provide the supplies, you bring the creativity and good company!

4th Floor Neighborhood

Travels Through Time

Every Wednesday @ 9:15 am
4th floor Lounge



Birthday Party

Thursday, April 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...

We enjoyed the exquisite musical performance of the Martalina Duo. Catalina Barraza and Mary Gossell played violin and piano featuring pieces by Turin and Cesar Frank.





CHR—2nd & 3rd Flr Happenings

New & Ongoing Programming:

HAPPY HOUR (2 & 3CHR, traveling cart)
Happy Hour
Wednesday, April 17
2:30-3:30 pm

Cardio Drumming (3CHR)
Thursdays @ 10:15 am



Bingo Basket (3CHR)
Wednesday, April 17
@ 10:00 am

Musical Memories (2CHR)
Thursdays @ 1:30 pm



CHR Resident Council Meeting

Located on 3CHR
Pigeon Conference Room
Wednesday, April 24 @ 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 value your input and feedback!

2CHR Birthday Party

Thursday, April 25
3:00 pm



3CHR Birthday Party

Tuesday, April 23
3:00 pm

Birthday List:

April 3	Olga Rogers
April 8	Gladys Green
April 10	Stephanie Barch
April 11	Marilyn East
April 13	Marilyn Koitek
April 16	Reginald Wigg
April 29	Joan Kehres

Join us for our
April Birthday Celebrations!

2CHR Event Outing

Dessert at
Grand Traverse Pie Company
Wednesday, April 3
1:30 – 3:00 pm



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

3CHR Lunch Outing

Steak & Shake
Thursday, April 18
11:00 am — 3:00 pm



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



Places to Go

City Limits Lunch & Bowling

Tuesday, April 2
Departing at 11:00 am
Return at approx. 3:00 pm
Cost: \$5.50 bowling + \$15-\$20 for lunch



Please sign-up by April 1



NCG Movie Outing

Tuesday, April 23
Time: TBD
Cost: \$5 movie
Snack \$ optional



Due to changing show times at the theater, movies cannot be selected more than one week ahead of outing. Movie and times will be posted the week prior to the outing.

Please sign-up by April 22



Lunch Bunch Outing

Cheddar's
Friday, April 26
Departing at 11:00 am
Return at approx. 3:00 pm
Cost: \$25-\$30



Please sign-up by April 25



Arts Chorale Outing University Lutheran Church

Tuesday, April 30
Departing at 6:30 pm
Show begins at 7:30 pm
Return at approx. 10:00 pm
Cost: Free



Please sign-up by April 29

March Neighborhood Outings

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

**Thursday April 3 - 2 CHR Event
Grand Traverse Pie Company**

**Monday April 4 - Memory Care
Applebee's**

**Thursday April 18 - 3 CHR Lunch
Steak & Shake**

**Thursday April 25 - Memory Care
Chapelure Fine Pasty**

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.

Mardi Gras



St. Patrick's Day





Wellness

Wellness Clinic



Thursday, April 25
9:30 — 11:30 am
2RC Lobby



Massage Therapy

Available by appointment on
Fridays & Saturdays
9:00 am—2:00 pm
To make an appointment, call 827—2452



Monthly Wellness Focus: Health Services

Our focus this month is on Health Services and the benefits they provide. It is important that we take the time to tend to all of our health needs and maintain our overall wellness. Burcham Hills offers a variety of health services for our residents to utilize. Some of these health services include our Wellness Center, Outpatient Therapy Clinic, caregiver and nursing staff, assistance with medication administering, ancillary services such as the pediatricist, dentist, ophthalmologist/optometrist and audiologist, vaccination availability and Dr. Perry and his team. Be sure to take a moment this month to check in and visit with the various health service teams at Burcham Hills!

Meet Your New Fitness Specialist—Kylie Taphouse!



My name is Kylie Taphouse and I am the new full-time Fitness Specialist. I am 26 years old and was born and raised in Owosso, MI. I live with my parents and older sister. I have four horses (Red, Breeze, Zoey and Tuffy), four barn cats (Spur, Speedy, Sonny and Cher) and one dog (a Shiba Inu named Snickers). I grew up playing all sorts of sports such as track, basketball, soccer and volleyball. I was on the rowing team at the University of Michigan my freshman year before injuries forced me to stop. I graduated from the University of Michigan with a Bachelor's in Science in Kinesiology – Movement Science. I took a couple gap years to apply to medical school while working as a memory care caregiver at my local assisted living community in Owosso, MI. Currently, I am working on my Master's in Health Administration online through Southern New Hampshire University. I will be graduating from that program on May 12, 2019.

Thank you to everyone who participated in our Senior Fitness Assessments (SFAs)! If you were unable to set-up an appointment and are still interested or any other questions regarding the Wellness Center or Fitness Programming, please contact Molly Fultz, Wellness Supervisor, in the Resident Services Office (#219) or call (517) 827-2452.

Wellness Center Hours

Monday—Friday, 8:00 am — 4:30 pm
Saturday-Sunday, Noon—4:00 pm

Volunteers



We are excited to bring you a new and unique program this Summer!
We are looking for residents and staff who are willing to share photos and be interviewed about their wedding.

Interviews will take 10-30 minutes and can be on a single topic from your wedding such as your fondest memory or how you met your spouse, etc.

This is a new program idea and we are sure you have questions.
Please contact Sarah Schimm at (517) 827-1061 or visit the Recreation office (1RC) with any questions you may have.

Volunteer Appreciation

April 7-13, 2019

Our volunteers are so important to our community. They give so much more than their time; they make a difference in the lives of others. Please help us recognize and thank them for all they do for our community.





The Foundation at Burcham Hills

SAVE THE DATE

BURCHAM HILLS OPEN

**GOLF OUTING
THURSDAY, SEPTEMBER 19, 2019**

**Hawk Hollow Golf Course
Shot Gun Scramble**

Proceeds will support The Foundation at Burcham Hills to provide financial and other charitable support for the benefit of the Burcham Hills community and its residents.

Information and reservations for individual player, foursomes and sponsorship packages will be available soon.

Contact Lesa Smith, director of The Foundation at Burcham Hills at (517) 827-2924 or lsmith@BurchamHills.com for additional information.



Ask Questions / Get Answers

Wednesday, April 3, at 1:15 pm in the Private Dining Room.

Speaking Agenda:

- 1:15-1:30 pm Pam Ditri, *Executive Director*
- 1:30-1:40 pm Guest Speaker—Executive Chef Kevin and Diane Peltier, Events Manager
- 1:40-1:50 pm Hospitality Services Team
- 1:50-2:00 pm Recreation

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



- | | |
|----------------------------------|----------------------------------|
| <i>Rhonda Hilts ~ March 5</i> | <i>Carolyn Thomas ~ March 7</i> |
| <i>Russell Morden ~ March 10</i> | <i>Corinda Cottom ~ March 11</i> |
| <i>Sue Byers ~ March 14</i> | <i>Diane Barnes ~ March 15</i> |
| <i>Ruth Magen ~ March 25</i> | <i>Pauline Wooley ~ March 25</i> |



From Down the Hill . . .

By Sylvia Rundquist, Clusters Board of Directors

- ◆ We are happy to welcome our newest resident, Nathalie Dutch, to the Clusters. Nathalie is a long time resident of the East Lansing Community and has many friends in the Burcham Hills Community.
- ◆ Spring is here! The robins have returned and the chipmunks are scurrying around, letting us know that Spring has finally arrived. Time to begin preparing our gardens for the warm months ahead.

Asphalt Maintenance



As soon as the weather is cooperative, Burcham Hills will schedule asphalt maintenance on the parking lots and areas surrounding Burcham Hills. We anticipate this to occur sometime in May.



Burcham Residents . . .

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

April 25

Wear Your T-Shirts With Your Favorite Logos.

**March's Winner = Monty Engelmann
"Nothing Runs Like A John Deere"**



A special invitation for you:

Burcham Hills 45th Anniversary Open House



Monday, April 15 • 2 to 3:30 p.m.

Ada Whitehouse Room at Burcham Hills

2700 Burcham Drive • East Lansing, MI 48823

Cake & Refreshments

*Hors d'oeuvres will be served in the
Dining Rooms beginning at 11:00 a.m.*

*Where we've been, where we're going.
Please join us.*

2700 Burcham Drive • East Lansing, MI 48823

BurchamHills.com



Regularly Scheduled Program Descriptions

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

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

Coffee Connections (Thurs., 9:30 am/2RC Lobby): This is a great time to come together to discuss the news of the day over a cup of coffee. Bring your own topics to discuss or just come hear what others are talking about.

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

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

Farkle (Mon., 1:00 pm; Thurs., 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.

Heavenly Spa Time (Sun., 10:15 am/3GLR): Come enjoy a rejuvenating face mask, maybe a hand massage or scented towel wraps. Each week will bring a technique for relaxation and stress relief.

Lifelong Learners (Mon/Thurs., 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.

Manicures (Mon., 3:15 pm/5RC; Fri., 2:30 pm/4RC): Recreation staff will file, buff and 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 select the topic for the upcoming week.

Open Bridge (Sun., 2:30 pm/5RC): This is an open invitation for anyone who enjoys playing Bridge. Come see who else wants to play and if there are enough interested to start a game.

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.

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

Travels Through Time (Wed., 9:15 am/4RC): Travel to a different time and place, no ticket necessary. Using videos, slideshows 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.

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).***



Spiritual Wellness & Support Groups

Stroke Education and Support Group

Wednesday, April 3, 2019 (1st Wednesday)
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, April 12, 2019 (2nd Friday)
3:00 pm, Private Dining Room

Special Presentation by April Morris, Nurse Practitioner

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



Alzheimer's Association Caregiver Support Group

Friday, April 19, 2019 (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

Open Bible Study (Non-Denominational)*

Wednesdays, 10:00 am / Burcham Library

Rosary & Communion*

Thursdays, 10:00 am / AWR
Catholic Mass will be April 11

TV Mass (Catholic)

Sundays, 10:00 am / AWR



Vespers (Non-Denominational)

Sundays, 4:00 pm / Ada Whitehouse Room

- April 7 Rev. Fred Fritz (*Communion will be offered*)
All Saints Episcopal Church
- April 14 Rev. Charles Herrick
First Presbyterian Church
- April 21 Pastor Julie Winklepleck
St. Paul Lutheran Church
- April 28 Rev. Case VanKempen
The Peoples Church



Musical Opportunities



Sing-a-Long w/ Jug & Mug

Sunday, April 14 / 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



Movies

Wednesday MOVIES*

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

April 3 - Cocoon: The Return (1988)

In this sequel to the huge hit Cocoon, the seniors who exited Earth in exchange for eternal youth, return to terra firma to visit with the loved ones they left behind. Meanwhile, their alien hosts plot the rescue of a cocoon retrieved from the ocean floor by a troublesome oceanographer. [116 min]
Cast: Don Ameche, Wilford Brimley, Courteney Cox

April 10

Canceled due to evening event in AWR

April 17 - Bull Durham (1988)

The perennially pitiful Durham Bulls ink pitching phenom "Nuke" LaLoosh, a gifted but undisciplined rookie, in hopes that he'll usher the team to victory. But it's up to seasoned bush-league catcher "Crash" Davis to keep him in line. Meanwhile, a winsome groupie who confers sexual favors on a new player each season chooses Nuke as this year's beneficiary. The problem is, she's more attracted to Crash. [108 min]

Cast: Nathaniel Parker, Anthony Lemke, Kate Hewlett
Rated R for strong sexuality, nudity and pervasive language.

April 24 - Rudy (1993)

In this fact-based drama about the triumph of the human spirit, scrawny high schooler Rudy Ruettiger dreams of playing football at Notre Dame. But his father can't afford to send him, so he ends up at a college across the street instead. Undaunted, Rudy eventually transfers to Notre Dame, where he takes on duties assisting the groundskeeper and joins the school's practice squad. [114 min]

Cast: Sean Austin, Jon Favreau, Ned Beatty

Saturday MOVIES*

1:30 pm - Showing in the AWR/IRC*

April 6 - Still Mine (2013)

His home in disrepair, elderly farmer Craig Morrison must build a better shelter for his wife, whose health is deteriorating rapidly. He faces the wrath of an overzealous government inspector but refuses to back down. [103 min]
Cast: James Cromwell, Genevieve Bujold, Campbell Scott

April 13 - Titanic (1997)

Being shown in memory of the 106th anniversary of the sinking of the Titanic on April 14, 1912. This cinematic spectacle — winner of 11 Oscars — follows society girl Rose and penniless artist Jack as they fall in love just as tragedy strikes.[194 min]

Cast: Leonardo DiCaprio, Kate Winslet, Billy Zane

April 20 - Roberta (1935)

***Showing at 7:00 pm**

Parisian couturier and deposed Russian princess Stephanie has her hands full when half her business is bequeathed to American footballer John Kent. Kent knows nothing about fashion, but sparks fly as the two try to learn to run a company together. [106 min]

Cast: Irene Dunne, Fred Astaire, Ginger Rogers

April 27 - Wild (2014)

Driven to the edge by the loss of her beloved mother, the dissolution of her marriage and a headlong dive into self-destructive behavior, Cheryl Strayed makes a decision to halt her downward spiral and put her life back together again. With no outdoors experience, a heavy backpack and little else to go on but her own will, Cheryl sets out alone to hike the Pacific Crest Trail -- one of the country's longest and toughest through-trails. [115 min]

Cast: Reese Witherspoon, Laura Dern, Gaby Hoffman
Rated R for sexual content, nudity, drug use and language.

**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.*



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.

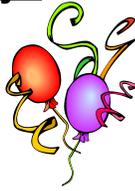


Welcome New Residents!

- #326 Jeanette McDonald
- #408 William Frantz
- #437 Joanne Simmonds
- #516 Roger Smitter
- #522 Eleanor Chapin
- #536 Doug & Betty Hall

April Birthdays

- 3 David Willis
- 3 Fidel Ovalle
- 3 Olga Rogers
- 8 Gladys Green
- 10 Stephanie Barch
- 11 Marilyn East
- 13 Lois Walker
- 13 Marilyn Koitek
- 16 Genevieve Kent
- 16 Joanne Simmonds
- 16 Reginald Wigg
- 20 Sharon Barnes
- 22 Darryl Apps
- 23 Norma Snider
- 24 Lydia Kazewych
- 27 Catheryn Harner
- 29 Joan Kehres
- 29 Doris Brickman



April Meetings

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

April Highlights

- 2 City Limits Lunch & Bowling
- 3 Stroke Education & Support Group
- 4 College with Gordon R.
- 5 Men's Event: Spring Breakfast
- 5 MSU Music Series
- 9 Spring Fashion Show
- 10 College with Gordon R.
- 10 Ralph Votapek Piano Performance
- 11 An Afternoon with Music by Peter Bergin
- 11 Thursday Night Special:
Musical Memories Concert
- 12 Parkinson's Disease Dialogue Group
- 14 Jug & Mug Sing-a-Long
- 15 Big House Book Club
- 16 Easter Egg Stuffing Event
- 17 New Horizons Band Performance
- 18 College with Gordon R.
- 18 Oopsy Daisy Flower Sales
- 18 Thursday Night Special:
Marvin, Monty & Sarah
- 19 Alzheimer's Caregiver Support Group
- 19 Easter Egg Hunt
- 20 Piano Recital: Sue Thomas
- 22 Spoonman Performance
- 23 NCG Movie Outing
- 23 Art Appreciation Discussion
- 23 Piano & Vocal Performance with Ling Lo
- 24 Lansing Matinee Musicale
- 25 College with Gordon R.
- 25 Thursday Night Special:
Jonathan Stars
- 26 Lunch Bunch Outing: Cheddar's
- 26 Preuss Pets Animal Encounter
- 30 Arts Chorale Outing

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

Events

Ext. 435 or 332-5227

Kimber Lucius
Recreation Events Planning

Wellness Team

Ext. 420 or 827-2452

Molly Fultz, BS
Wellness Supervisor
Connor Vincke, BS
Fitness Specialist
Kylie Taphouse, BS
Fitness Specialist
Robin Gessner, BS
Fitness Tech
Megan Weingartz
Fitness Tech
Alicia Feldpausch
Massage Therapist

Transportation

Ext. 267

Ben Long
Manager—ext. 292
Terry Lickman
Driver



BINGO LOCATIONS

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



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

Managed by Life Care Services

May Upcoming Events

- 1 Hand Bell Performance
- 10 Burcham Hills Talent Show
- 11 Mother's Day Tea Event
- 21 Okemos High School Planting Day
- 24 Memorial Day BBQ

