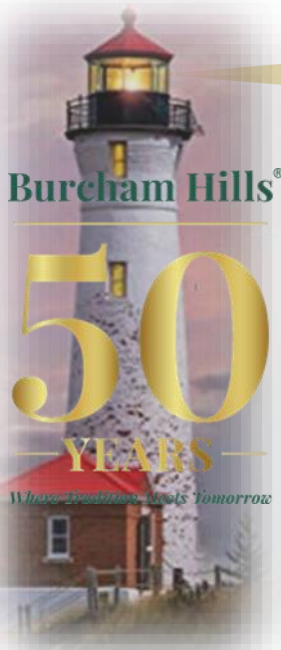


# Burcham Beacon

Volume 17; Issue 7

July 2024



## Featured Extraordinary Promise

**We hold ourselves  
and one another  
accountable.**

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### Newsletter Co-Editors

Matthew Bebermeyer  
Nancy Hanford

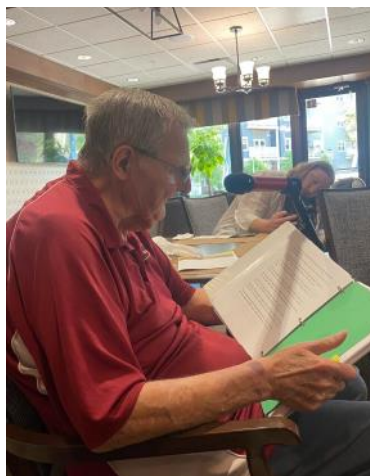
## Barks, Cars and Art

June started out with a Meet & Greet from the East Lansing Police Department K9 unit. This powerful pup and his handler showed off his impressive policing skills and also a softer side (literally) allowing residents to pet him and gain a little insight into his off-duty homelife.

We also celebrated the fathers in our lives at our Father's Day Car Show presented by the Capital City Old Car Club. They brought a sense of nostalgia to our courtyard for this special day and the weather could not have been more perfect.

The 3rd annual Burcham Artwalk returned, transforming our community once again into an art gallery. Burcham played host to over 101 displays featuring artworks by 30 residents and staff including live performances held in the Bistro and AWR. Resident Chuck Lapreeze, from the Center for Health & Rehabilitation, shared readings of some of his lovely poetry, while the StoneBriar Choir and Kazoo Band performed. We even had the chance to listen to an original monologue by our very own staff thespian Kyle Bucholz.

*More photos on page 12*



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



# From the Desk of the Executive Director . . .

by Kari Rennie

Last year in July, we kicked off our new formal recognition program for the employees in our community. It is called Extraordinary Rewards, and our employees had the chance to obtain “points” for anything they desired! The *Extraordinary Impressions* cards that many of you completed over the past year were also counted for an allotment of points. This gives you, the resident, an opportunity to recognize those special employees who make a difference in your every day.

This year, we are expanding on our recognition program, and we will be instituting an Employee of the Month and Employee of the Quarter for all to learn about some of Burcham’s Best in our organization! What you can do to help is when you see a behavior worth recognizing, please share by completing an Extraordinary Impressions card, send an email to me or let a director know when you see our team members going above and beyond and creating a meaningful experience for all we serve!

*“The essence of America – That which really unites us – is not ethnicity, or nationality or religion – it is an idea – and what an idea it is: That you can come from humble circumstances and do great things.” ~ Condoleezza Rice*

Happy Independence Day to all in our community and may this summer month be filled with many memories and great joy!

**Burcham Hills Leadership Team**

**Kari Rennie, NHA**  
Executive Director  
827-1042  
krennie@burchamhills.com

**Nancy Hanford**  
Director of Admin. Services  
827-1043  
nhanford@burchamhills.com

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827-1037  
abrummette@burchamhills.com

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Director of Finance  
351-4662  
mdewolf@burchamhills.com

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Director of Food & Beverage  
827-1025  
mpray@burchamhills.com

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Resident Center Director  
827-9029  
mrobbins@burchamhills.com

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Director of Sales & Marketing  
827-0703  
mtraillcrosser@burchamhills.com

**Petra Paca**  
Director of Human Resources  
827-1057  
ppaca@burchamhills.com

**Mark Sarvis**  
Director of Building & Grounds  
351-3642  
msarvis@burchamhills.com

**Lesa Smith, MPA, CFRE**  
Foundation Director  
827-2924  
lsmith@burchamhills.com

Burcham Hills®  
**TRIVIA CONTEST**  
50 YEARS  
Where Tradition Meets Tomorrow

**July's Question**

How many nurse call lights/pendant calls a month on average does our Burcham Team respond to across the campus?

A – 21,865 nurse call lights per month  
B – 20,865 nurse call lights per month  
C – 19,865 nurse call lights per month

Submit your answer to the Concierge or in the Scenic View Dining Room. All submissions with the winning answer will be entered into a raffle for a \$500 monthly credit on your account! A drawing of the correct guesses will be held and then announced at our Residential Town Hall Meeting on July 12 so be sure you come on down to Ada Whitehouse Room to see who your lucky neighbors are - it could be YOU!!

**\$500 Monthly Credit**

**RESIDENTIAL TOWN HALL**

FRIDAY, JULY 12, 2024  
2:00 pm  
Ada Whitehouse Room

**NEW COMMUNICATION PLATFORM**

Kari Rennie  
Executive Director

Join us for the **second Residential Townhall**. An opportunity for all – Resident Center, Center for Health & Rehabilitation, Cluster Condo and StoneBriar residents to get to know each other better and hear from the Leadership Team members, and potentially resident leaders and resident peers about what is happening within our community! Learn who the winners are of the April, May & June Trivia Contest - it could be YOU!

Burcham Hills  
50 Years | Where Tradition Meets Tomorrow



*All programs are subject to change, please check digital signage for updates.*

**Music Opportunities**

**Jay Hill**

Tuesday, July 9 / 2:00 / AWR

**Evening Music in the Courtyard:  
The Kiwanis Band**

Thursday, July 11 / 7:00 / Courtyard

**Live-Stream Musical Performance**

Sunday, July 14 & 28 / 2:00 pm / AWR

**Tom Timlin**

Thursday, July 25 / 2:00 / AWR

**Peter Bergin**

Wednesday, July 31/ 2:00 pm / AWR



**Room Location Key**

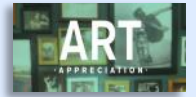
RC	Resident Center
CHR	Center for Health & Rehabilitation
SB	StoneBriar
AWR	Ada Whitehouse Room (1RC)
GLR	Great Lakes Room (3RC)
FC	Fitness Center (2RC)
PB1	Pebbles 1 Gym (1RC)
PB2	Pebbles 2 Exercise Room (1RC)
PDR	Private Dining Room (2RC)
SP	Stansell Patio (1CHR)
SVDR	Scenic View Dining Room (2RC)
WRAS	Wild Rose Art Studio (1SB)

**Art Appreciation w/ Ethel Anthony**

Art Discussion: French & Spanish Painters

Monday, July 8

1:30 pm / Slate Room (1RC)



Local art enthusiast, Ethel Anthony, discusses art, the artist who made it and her experiences and knowledge.

Ethel will look at art forms from all over the world and across centuries. There will be a wide range of mediums, including sculpture, drawing, painting, and masks. This presentation will bring out what is fun and absorbing about the images giving eyes a chance to delight in the shapes, colors, and details of the art form.

**Gadget Workshop\***

Tuesday, July 16

1:30 - 3:30 pm / 2RC Lobby

East Lansing Public Library will host a drop-by table in the lobby to answer a variety of technology related questions.



**Let's Talk About Birds**

Thursday, July 18 / 2:30 pm /

AWR



John Baumgartner, Clusters Resident, will provide an educational presentation on local birds. There will also be an opportunity for an open discussion about birds.

**"Oopsy Daisy" Flower Sales\***

Wednesday, July 24

3:00 - 6:00 pm / 2RC Lobby



**Additional July Holidays**

July 7 World Chocolate Day

July 14 Shark Awareness Day

July 20 Space Exploration 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.*

## **Fascinating People & Places** **Fridays @ 6:30 pm / 4RC Lobby**

### **Friday, July 5 & 12—Rachel Carson**

#### *Shown in two parts*

Often called the mother of the modern environmental movement, Rachel Carson rocked the world in 1962 with her book *Silent Spring*, which warned the American public of the impact of pesticides on the environment. This American Experience film provides an inspiring portrait of a strong and intensely private woman whose writings changed the course of our nation.

### **Friday, July 19 & 26 —On Broadway**

#### *Shown in two parts*

Released as New York City was facing an uncertain path after the recent pandemic, this film shows how Broadway led the way in a previous rebirth thanks to innovative work, a new attention to inclusion and the sometimes uneasy balance between art and commerce. *On Broadway* takes us behind the scenes many groundbreaking and beloved shows and features interviews with legends of the stage and screen, including Hugh Jackman, Helen Mirren, August Wilson and Alec Baldwin.



## **Bless You Boys!**

**Wednesday, July 17 / AWR**

Join avid Detroit Tiger baseball enthusiast and memorabilia collector, Todd Walter, as he guides and engages audiences through a journey of Detroit Tiger baseball memories. His powerful storytelling abilities and sharing of an extensive artifact collection are a “hit” wherever.

## **Kyle Schippa: Where in Michigan am I?**

**Thursday, July 25 / AWR**

So you think you know Michigan? In the “Where In Michigan Am I?” travelogue series Kyle asks you to guess the name of the location based his impressive photography and interesting facts about the locale.



**Death Cafe**  
 TUESDAY, JULY 23  
 (4th Tuesday of each month)  
 9:30 - 11:00 am  
 Wild Rose Art Studio (StoneBriar)

Join this group directed discussion (with no agenda) over drinks and snacks. The purpose of this program is to increase our awareness of death with a view to helping people make the most of their (finite) lives.

Death can be scary, sad and strange. But it can also be empowering and motivational. So let's talk about it!

## **Name that Tune Trivia**

**Tuesdays @ 1:00 pm / 4RC**

See if you can guess that tune! We play the first few notes of any song from the 20's to the 60's and see who is the first to guess it. We'll also learn some fun trivia about the singers and composers of many iconic tunes.

## **Mindful Meditation**

**Wednesdays @ 3:30 pm / Slate Room**

Using various resources from well-crafted videos to ambient music and live scripted meditations, we hope this weekly experience will help you slow down, refresh your mind and give you some practice in facing day-to-day stress with mindfulness and optimism.



## Why Burcham?

By Bob Ference, Resident Center Resident & Lead Director of the Resident Center Association

Almost 17 years ago, my wife and I moved to Okemos to be near our daughter and her family. Two years later, we became members of The Peoples Church in East Lansing and met other members who had parents or spouses at the Burcham Hills Resident Center. We attended several events at Burcham Hills and were impressed by the community and the positive comments we heard from friends about life at Burcham.

My wife passed away a little over 5 years ago and I suffered a significant leg injury, which required lengthy physical therapy including a positive month-long stay at Burcham's Center for Health & Rehabilitation. Back home, I was alone, cooking my own meals, doing laundry and house maintenance. I began thinking about alternatives. To me, Burcham offered three advantages:

1. It was only a 10-minute drive from my daughter.
2. There were more than 20 Peoples Church members here, so I would have a ready-built family.
3. Burcham offered a continuum-of-care, from Independent Living through multiple levels of assisted living, memory care, hospice and both short- and long-term medical care. As my abilities declined, my daughter would not have to search for new residences for me.
4. I might add a fourth, told to me by a resident friend, "There are two distinct advantages to being here. First, you do not have to cook. And more important is that you do not have to clean up after cooking." Amen to that!

I arrived at Burcham on January 31, 2020 and was meeting lots of people and learning procedures. Six weeks later, the world changed with the COVID pandemic. We went into lockdown and could not leave our rooms. Meals were delivered. Instantaneously, everything had changed.

I was greatly impressed by how quickly and how well Burcham staff adapted. Was it fun? No! Did it work? Remarkably, yes!

When gatherings were again permitted, I was recruited by the then president of the Resident Center Association to serve as Vice President. When his term expired, I was elected as his successor.

The purpose of the Association is ". . . to promote the well-being, interests and activities of members and to seek solutions to matters of general concern." Recently, we brought to management new residents' concerns about being overwhelmed by information on arrival. Burcham departments responded with new welcoming activities. The Association is working to complement those by focusing on building lasting one-on-one relationships. I have been very pleased with Burcham, especially during the very difficult COVID times. Are there still opportunities for improvement? Undoubtedly, I see the future very positively, extending the excellent services and reputation of the past 50 years by adapting to continuing change in resident needs. Burcham has done this well in its first 50 years, and I expect it will continue to do so in the future.



# RUMMAGE & BAKE SALE

Hosted by East Lansing Prime Time Senior Program, Burcham Hills & Oasis Senior Advisors to support programs for area seniors!

**SALE DATES/TIME:**

Thursday, July 25 &  
Friday, July 26  
8:30 am - 3:00 pm

**LOCATION:**

2700 Burcham Drive  
East Lansing, MI  
in carport near  
Park Lake Road entrance.

**VOLUNTEERS NEEDED!**

Contact Alesha Williams at  
(517) 319-6958  
for information

**DONATIONS NEEDED**

Donations of gently used items will be accepted from 8:00 am on Wednesday, July 24 until 8:00 am on Friday, July 26.

Items can be dropped off in the large carport in the area marked for donations.

We are also accepting donations of baked goods for the sale.

**SPECIAL NOTE**

All donations must be in working and usable condition. No large appliances, mattresses, pianos, entertainment centers, baby furniture or medical equipment will be accepted.



Burcham Hills®

50  
— YEARS —

Where Tradition Meets Tomorrow



**RC Neighborhood Meetings**



**2RC: Tuesday, July 16**

2:00 pm / PDR

**3RC: Tuesday, July 9**

11:00 am / Looking Glass (3RC)

**4RC: Tuesday, July 2**

1:30 pm / 4th Flr Lobby

**5RC: Tuesday, July 23**

3:00 pm / 5th Flr Lobby

Open forum for questions, suggestions and concerns with Michelle Robbins, Resident Center Director.

**Let Us Know**

What kind of small groups would you be interested in attending? In what areas of the building would you like to have activities? At what time? Recreation would love to hear your suggestions.



**Mondays**

**3:30 pm**

**Cornerstone Bistro**

A cocktail will be featured each week as you join together with your friends and neighbors for this weekly event.



Frances Albano	#353
John Cooper	#454
Don Fowler	#538
Kent Maher	#447
Betty Mankowski	#532
Lois Rice	#211
Dennis Swan	#302
Joan Travis	#450



**Resource  
Reminder**

**Mindful Meditation**

**Wednesdays / 3:30 pm / Slate Room**

Relaxing is easier said than done! Using sounds, music, lighting and guided visualizations, our group can help you practice calming down your mind and releasing the built up tension in your muscles.

**Birthday Party**



Tuesday, July 2  
1:00 pm / 4RC

Join us in celebrating those with July birthdays!

**Wine & Cheese Social**

**3:00 pm / 2RC Lobby**

**Friday, July 5 & 19**

*Come mingle and munch with music by Shaoming!*



**RC Food & Dining Committee**

Thursday, July 25

2:30 pm / 4RC

*All RC Residents are welcome to attend!*



**CHR Outing & Event Details for July**

**Birthday Party** Wednesday, July 3 / 1:30 pm (3CHR)

**Happy Hour** Thursday, July 18 / 3:00 pm (2CHR)

**Lunch Outing to Olive Garden** Wednesday, July 24 / 11:00 am

*\*sign-up with a recreation staff or call (517) 827-1061*

**CHR Food & Dining Meeting** Tuesday, July 30 / 10:30 am (3CHR)

**Resident Council Meeting** Tuesday, July 30 / 11:00 am (3CHR)



**Community Outing  
Equine Center For Learning**

Wednesday, July 10  
Depart: 12:15 pm  
Return approx.: 3 pm



*Please sign-up by July 5*

**Lunch Bunch Outing**

**P.F. Chang's**  
Thursday, July 11  
Depart: 11:30 am  
Return approx.: 2:00 pm  
Cost: \$20 - \$25



*Please sign-up by July 9*

**Community Outing  
Meridian Historical Village**

Tuesday, July 16  
Depart: 11:30 am  
Return approx.: 3:00 pm  
Cost: \$10

*Please sign-up by July 14*

**Community Outing**

Lake Lansing Friday Night Concert Series  
Friday, July 26  
Depart: 6:00 pm  
Return approx.: 9:00 pm  
Cost: \$8



*Please sign-up by July 23*

**Do you have ideas on where  
we should go for outings?**

Please share your ideas by calling:

**Matt Bebermeyer**  
Resident Life Manager  
(517) 220-2215

*We would love to hear your ideas!*



**Outings Sign-up Procedure**

Please sign-up by calling the Recreation Department at (517) 827-1061 at least 48-hours in advance for ALL outings, unless otherwise advertised. If your call is not answered, please leave a message so we can return your call and complete your sign up. 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 individuals attend each month. *ALL trips depart from the 2RC Lobby.*

**NOTE:** Outing locations are accessible to ALL residents unless otherwise advertised. 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 indicate assistance needed when signing up.

**Fitness Specialist Hours**

Monday - Friday  
7:00 am — 4:30 pm  
Fitness Centers  
always open



**Monthly Wellness Focus:**



**Social Wellness**

Social Wellness is a sense of connectedness and belonging. The social dimension of health involves creating and maintaining a healthy support network. Building a healthy social dimension might involve asking a colleague or acquaintance out for lunch, joining a club or organization, setting healthy boundaries, using good communication skills that are assertive rather than passive or aggressive, being genuine and authentic with others and treating others in a respectful way.

**Group Exercise Schedule**

**Fall Prevention**

Mon / Wed / Fri  
10:15 am / AWR

**Fit & Functional**

Tue / Thurs  
11:15 am / AWR

**Advanced Fit & Functional**

Mon / Wed / Fri  
11:15 am / AWR

**Rise & Shine**

Tue / Thurs  
9:15 am / 4RC

**Special Notice:**

July class cancellations:

Rise & Shine—July 4

Fall Prevention & Advanced Fit—July 17, July 24

Fit & Functional—July 2, 4, 23

A combined Fit & Functional class will be held  
July 23, 24 / 10:15 am / 4RC



**SUMMER**

**WELLNESS FAIR**



**FREE MINI CLASSES**

9:30 AM  
MEDITATION UNDER THE GAZEBO

10:00 AM  
FIT & FUNCTIONAL

10:30 AM  
CARDIO DRUMMING

**SPECIAL CLASSES & PROGRAMS**

**WEDNESDAY, JULY 17**  
**9:00 - 11:00 AM**  
**COURTYARD**

**EXTRAS**

GAMES & GIVEAWAYS

FITNESS CENTER ORIENTATION

SCHEDULE YOUR FREE SENIOR  
FITNESS ASSESSMENT WHEN YOU  
SIGN UP AT THE FAIR.

**PARTICIPATING VENDORS**

- Compassus
- TMC Therapy
- Careline
- Burcham Foundation
- Fit Team
- Resident Services

## Who Do I Contact If . . . ?

**Care Coordinator**, on duty 24-hours a day, 7-days a week  
Located on 4<sup>th</sup> floor, lobby area; Cell Phone: (517) 927-1888

- Care or health needs
- Medications
- Ordering oxygen, medical equipment
- New prescriptions or physician orders
- Urgent changes in medical condition
- Leave of absence medications

**Michelle Robbins, NHA**, Resident Center Director  
Located on 2<sup>nd</sup> floor, (517) 827-0692  
[mrobbins@burchamhills.com](mailto:mrobbins@burchamhills.com)

- Management & Operations
- Quality of Care Services
- Regulatory Compliance
- Urgent changes in medical condition

**Tiffany Payne, LPN**, Resident Center Clinical Director  
Located on 3<sup>rd</sup> floor, Apt. #337; (517) 827-9029 direct  
[tpayne@burchamhills.com](mailto:tpayne@burchamhills.com)

- Clinical Operations
- Quality of Care Services
- Pharmacy & Physician Questions

**Samantha Volk, CNA**, Wellness Navigator  
Located on 3<sup>rd</sup> floor, Apt. #324; (517) 827-1078 direct  
[svolk@burchamhills.com](mailto:svolk@burchamhills.com)

- Life Plan Community Continuum of Care Transitions
- Resident Care & Life Enrichment Coordination
- Resident Assessment & Level of Care Determinations

**Kyle Bucholz**, Wellness Operations Coordinator  
Located on 2<sup>nd</sup> floor; (517) 220-2223 direct  
[kbucholz@burchamhills.com](mailto:kbucholz@burchamhills.com)

- Coordinates Move-In/Out & Internal Transfers
- Resident Center Operations
- Resident and Family Liaison
- Quality Assessment & Compliance

**Justin Schilling, CNA**, Resident Center Staffing Coordinator  
Located on 5<sup>th</sup> floor; (517) 827-2909  
[jschilling@burchamhills.com](mailto:jschilling@burchamhills.com)

- Personal Wellness Services
- Companionship to External Appointments

### Security

Located on 2<sup>nd</sup> floor, Apt. #201; (517) 977-4581 direct  
[security@burchamhills.com](mailto:security@burchamhills.com)

- Building entry after hours
- Package Delivery
- Security concerns

**Receptionist**, (517) 351-8377, ext. 0  
Available Daily 7:30 am – 8:00 pm

- Placing work orders (i.e., picture hanging, sink clogged, etc.)
- Carports / Laundry Lockers
- Locked out of your apartment
- Stamps, cashing checks (up to \$100), Sending Packages
- Scheduling Transportation & Room Reservations
- Helping find the right person or answer questions or concerns

**Nancy Hanford**, Director of Administrative Services  
Located on 2<sup>nd</sup> floor of StoneBriar; (517) 827-1043 direct  
[nhanford@burchamhills.com](mailto:nhanford@burchamhills.com)

- Notary Services / Reception Services / Concierge Services
- Burcham Beacon
- Appointment with Executive Director
- Communications / Questions

**Matt Pray**, Director of Food & Beverage  
Located on 2<sup>nd</sup> floor; (517) 827-1025 direct  
[mpray@burchamhills.com](mailto:mpray@burchamhills.com)

- Dining Services
- Nutrition or Dietary Needs
- Culinary or Menu Suggestions
- Planning a special meal and/or an event

**Matt Bebermeyer**, Resident Life Manager  
Located in Recreation; (517) 351-8377 direct  
[mbebermeyer@burchamhills.com](mailto:mbebermeyer@burchamhills.com)

- Oversees Recreation, Fitness, Transportation & Salon
- Day to day functions of Recreation and Fitness

**Jayme Sweten**, Volunteer Services  
Located in Recreation; (517) 827-1060 direct  
[jsweten@burchamhills.com](mailto:jsweten@burchamhills.com)

- Volunteer Services
- Pet Visits

**Lesla Smith, MPA, CFRE** Foundation Director  
Located on 2<sup>nd</sup> floor; (517) 827-2924 direct  
[lsmith@burchamhills.com](mailto:lsmith@burchamhills.com)

- Charitable Gifts to Burcham Hills
- Planned Gifts to Burcham Hills
- Stock/Other Appreciated Assets to Burcham Hills



**The Salon Team**

**Hair and Nail Stylists**

Tammy Stump  
Jodi Rice

**Massage Therapist**

Amy Vandenberghe

**PS Salon & Spa** offers full services in our Burcham Hills Salon, located on the first floor of the Resident Center. Please contact the salon at (517) 351-7241 to make your appointment.



**Hair & Nail Appointments**

Monday & Thursday / 9:00 am - 4:00 pm

Tuesday & Wed / 9:00 am—3:00 pm

Friday 10:00 am—3:00 pm

**Massage Therapy Appointments**

Thursday / 9:00 am - 2:00 pm

**From Down the Hill . . .**

By Peggy Garver, Clusters Association Liaison



- ◆ Our special long-term resident, Gloria Epstein, wrote this poem for her birthday:

*98's a big number, I think we'd all agree,  
and I'm asked this question quite constantly,  
What food, drinks, pills and moves make your life so long,  
While feeling good and strong?  
The answer is no secret,  
I'll shout it near and far -  
I happen to be born under a lucky star!*



Pictured:  
Lunch at the Clusters Gazebo  
for Father's Day!



MICHIGAN STATE  
UNIVERSITY  
College of Human Medicine



**BREAKFAST WITH A DOCTOR**

A HEALTH & WELLNESS SERIES

Burcham Hills, East Lansing Prime Time & Michigan State University College of Human Medicine welcome you to join us for this educational series featuring local physicians and researchers focusing on topics relevant to older adults and healthy aging!

*Save the Date*

WEDNESDAY, AUGUST 21, 2024

WEDNESDAY, OCTOBER 9, 2024



BURCHAM HILLS • 2700 BURCHAM DRIVE • EAST LANSING, MI 48823

Managed by Life Care Services®

BURCHAMHILLS.COM



## **News from the Burcham Hills Foundation**

*By Lesa Smith, Foundation Director*

**BURCHAM HILLS  
OPEN**

**HAWK HOLLOW GOLF COURSE**

**Burcham Hills®**

**50  
—YEARS—**

*Where Tradition Meets Tomorrow*

**6th Annual Golf Outing**  
**THURSDAY, SEPTEMBER 19**

All proceeds benefit the Burcham Hills Foundation, dedicated to enriching the lives of the Burcham Hills community and its residents through financial and charitable support.

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



## In Loving Memory . . .

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

Filomena “Mena” Mendez ~ June 8  
Alexander Anderson ~ June 15

Sharon Shaltry ~ June 9  
Cherryl Valleau ~ June 18

Due to the 4th of July Celebration (on July 2), the Bistro will be open for Grab & Go Lunch only. Any regular daily special or counter/grill services will not be available.

# Welcome to the RC Team



## Tiffany Payne, LPN

Tiffany Payne lives in Mason and has two dogs. She loves going fishing on Lake Michigan on her father’s charter boat in her free time. While taking care of her grandmother, Tiffany realized that senior living was the field for her. She became a nurse aide in 2015 and began working in a long-term care community and hospital for the next four years while attending college to become a nurse. She enjoys taking care of people and helping with their daily needs to improve their quality of life. She became a licensed practical nurse in 2020 and has worked in skilled nursing, long-term care and memory care. She enjoys promoting independence and being a leader. In May 2024, Tiffany joined Burcham Hills. She is excited about being part of the Burcham Hills team and is looking forward to Burcham’s next 50 years.



## Samantha Volk, CNA

Samantha “Sam” is from Chicago, and resides in Lansing with her husband, Tyler and their four children - 3 girls and 1 boy. Her hobbies include painting, crafting and sewing. Samantha has held various positions in assisted living and skilled nursing and began at Burcham in April 2023 as a CNA. Samantha is excited to bring her energy and positivity to the residents of the Resident Center community as the new Wellness Navigator.



## Justin Schilling

Justin Schilling and his wife of 7 years, Marissa, reside in Eaton Rapids, Michigan. Justin has been in the medical field for the last 10 years as a CNA. He has worked in various settings from nursing homes to hospitals and assisted living communities. While in these settings, he has worked as a caregiver, MedTech, Preceptor, Team Lead, scheduler and as a Wellness Training supervisor. He came to Burcham Hills because he has heard a lot of good things over the years, and decided to come find out for himself if Burcham lives up to its reputation. He says that he is very happy he made the decision to join the Burcham family and can’t wait to get fully immersed in Burcham’s culture!



## Burcham Hills Library Scoop

### The Right-Sized Library?

*As submitted by Susan York, StoneBriar Resident*

Our Burcham Hills Library collection contains more than 2,200 books. This is both gratifying and challenging given the limitations of space we have. Our role is to provide entertainment and information resources to the population we serve. We have built our collection largely by accepting donations of books, but, at some point soon, if we fail to be selective our shelves will overflow.

In planning to accommodate more books, we have begun to use all the bottom shelves in each column of shelves. To make these titles so far from eye level more readable, some of the lowest sections are tipped back. But even using the shelves this way, we are cramped for space. Our patrons probably have noticed that most shelves are packed tight. We are in the process of considering additional alternatives for freeing up space including adding one or two additional bookcases.

The most obvious solution to overcrowding is to become more selective. Thus, we have developed a policy for accepting donated books that rules some books out—those in fair or poor condition, representing genres we do not use or want, and books published before the year 2000. We are also in the process of withdrawing from current circulation books published before the year 2000, with the exception of those we unofficially label “classics”, i.e., with some redeeming feature or reputation of continuing pertinence and value. These are difficult decisions.

Having undertaken a survey of readers in the last few months, we know that about 40 percent have a preference for large print books. We are currently receiving discarded large print books from the East Lansing Public Library to enlarge our collection of these as well as purchasing others. Reader preferences for history and biography over other types of nonfiction help direct us to purchase books in these two categories as well.

Donated books that do not meet our requirements are returned to donors at their request or stored for the annual rummage sale in July, proceeds of which go to support programs for the East Lansing Prime Time Seniors Program. Thus, we make space for new books.

Respondents to our survey indicated they see the Library as a homey, comfortable, yet active place. We are striving to maintain that reputation and to fill our shelves with “good stories” and books that have staying power over time. Come see what we have to offer.

**Be a Reader & Learner Now!**



**Alzheimer's Association Caregiver Support Group**

Thursday, July 11 (every 2nd Thursday)  
4:00 - 5:00 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.

**Lansing Area Parkinson's Support Group**

*No meeting in July*  
3:00 - 5:00 pm, Ada Whitehouse Room



Join this local organization for education, comradery and social activities. Learn coping technology, share knowledge and experiences and make new friends. Offer and receive support from those who understand.

**Religious Services**

**Open Bible Study (Non-Denominational)\***

Hosted by Pastor Peter Robinson  
from Pilgrim Congregational UCC  
Tuesdays, 10:00 am / Slate Room

**Rosary & Communion\***

Hosted by volunteers from St. Thomas Aquinas  
Thursdays, 10:00 am / AWR  
**Catholic Mass will be July 11.**

**TV Mass (Catholic)**

Hosted by volunteers from St. Thomas Aquinas  
Sundays, 10:00 am / AWR

**The Peoples Church Live-Stream Service**

Sundays, 9:30 am / 5RC



**Vespers (Non-Denominational)**

Sundays, 4:00 pm / Ada Whitehouse Room

July 7                      Rev. Shawnthea Monroe  
The Peoples Church

July 21                     Rev. Haley Hanson  
The Peoples Church

July 28                     Rev. Linda Farmer-Lewis  
United Methodist

**Call for Ministers**



Our Vespers Program relies on Ministers in our community willing to volunteer their time. If you know of a minister who may be willing to officiate services at Burcham Hills, please contact Jayme Sweten, Volunteer Coordinator at (517) 827-1060 to provide information. We will call the ministers to provide details and gauge interest.

**American History** (Tues., 7:00pm/AWR): Dive into history from the prehistoric to history in the making. Join us for the video, lectures and open discussion.

**Artist Studio** (Wed., 2:00 pm/553): Each session offers an opportunity to create something new. Everything from props for our socials to gifts around the holidays. We are also open to suggestions.

**Brain Boosters** (Sat., 10:15 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.

**Bridge** (Thurs., 1:30 pm/5RC; Mon., 1:30pm/4RC): Join your neighbors in playing this classic trick-taking card game.

**Exploring Architecture** (Thur., 3:15pm/Slate Room): Do you love really beautifully designed buildings? We are excited to use our virtual reality headsets which give us the chance to explore all the beautiful flaws and flawlessness of the world's most intriguing architecture.

**Exploring The Arts** (Mon., 3:00pm/533): Sneak a peak at great performances, artistic inventions and incredible intangible heritage.

**Farkle** (Sat., 2:00/4RC): A fun dice game with easy to follow rules. Come roll with us, we will keep score!

**Fascinating People & Places** (Fri., 6:30 pm/4RC): Each Friday evening, a video is featured that focuses on a person's life or an interesting place.

**Living to Learn** (Mon., 2:00 pm/ 4RC): Watch for this educational program on your calendar. Each week, new topics will be introduced through presentations, discussion groups and hands-on activities.

**Manicures** (Mon., 11:00 am/5RC; Fri., 2:00 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.

**Mindful Meditation** (Wed. 3:30/Slate Room) We meet for guided meditations to promote a calm and mindful approach to our day to day lives.

**Name That Tune Trivia** (Tues. 1:00pm/4RC) We play a tune from the 20's to the 60's and see if you can guess it. We'll also have some trivia about the writers and performers of iconic songs.

**Social Visits** (Mon., 10:00 am/in your apartment): Do you ever feel just a bit too tired to come out and about, but could still use some company? We love a good conversation and would be happy to come to you. Call the Recreation Team at (517) 827-1061 if you would like to request a social visit.

**Tech Time** (Fri., 10:30 am/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 Series** (Thurs., 11:00 am/553): 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.

**Wii Bowling** (Tue., 4:00 pm/553): This fun interactive video game brings bowling to life without having to find a ball that isn't too heavy or has holes that fit your fingers! See if you can beat the high score!

**Reference a Librarian** \*Cancelled until further notice due to city transportation issues.

Do you have program ideas you would like to see on our calendar?

Contact Matt Bebermeyer, Resident Life Manager, at (517) 220-2215.

## Wednesday MOVIES\*

7:00 pm - AWR (1RC)\*

### July 3 - Robin Hood (1991)

Robin Hood decides to fight back as an outlaw when faced with the tyranny of the Sheriff of Nottingham. [143 min] *Cast: Kevin Costner, Morgan Freeman, Mary Elizabeth Mastrantonio*

### July 10 - Must Love Dogs (2005)

Sarah Nolan, a preschool teacher, is forced into finding a man after her sister Carol makes her a profile on a matchmaking website. Her life is changed when she meets Jake, a recent divorcee. [98 min]

*Cast: Diane Lane, John Cusack, Elizabeth Perkins*

### July 17—Mona Lisa Smile (2003)

A free-thinking art professor teaches conservative 1950s Wellesley girls to question their traditional social roles. [119 min]

*Cast: Julia Roberts, Kirsten Dunst, Julia Stiles*

### July 24 - Once Upon a Texas Train (1988)

Outlaw John Henry Lee and his gang are bank robbers tearing through Texas. When their next heist is on a train, Lee's freedom comes to an end when Capt. Owen Hayes of the Texas Rangers catches the thief red-handed. [96 min]

*Cast: Willie Nelson, Richard Widmark, Shaun Cassidy*

### July 31—Now, Voyager (1942)

A frumpy spinster blossoms under therapy and becomes an elegant, independent woman. [117 min]

*Cast: Bette Davis, Paul Henreid, Claude Rains*

**\*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  
Madison Crosser at (517) 351-0087

## Saturday MOVIES\*

1:30 pm - AWR (1RC)\*

*Encore Presentation at 7:00 pm /- AWR (1RC)\**

### July 6 - The Patriot (2000)

A widowed farmer, with a brave but brutal military past, decides not to join up when the British arrive in 1776. However, when his son enlists and is later captured by the enemy, the former soldier must abandon his new-found pacifist principles in order to rescue his oldest child, and forms a regiment of Carolina patriots, whose guerrilla tactics prove pivotal to the US war effort. [165 min] *R-rated movie*

*Cast: Mel Gibson, Heath Ledger, Joely Richardson*

### July 13— P.S. I Love You (2007)

When Gerry, the husband of Holly Kennedy, dies from an illness, she loses the love of her life. Knowing how hard Holly will take his death, Gerry plans ahead. Beginning on her 30th birthday, she receives the first in a series of letters written by him, designed to ease her grief and encourage her to move forward to a new life. [125 min]

*Cast: Hilary Swank, Gerard Butler, Harry Connick Jr.*

### July 20—20,000 Leagues under the Sea (1954)

A ship sent to investigate a wave of mysterious sinkings encounters the advanced submarine, the Nautilus, commanded by Captain Nemo. [127 min]

*Cast: Kirk Douglas, James Mason, Paul Lukas*

### July 27 - The Pirates of Penzance (1983)

Frederic plans to mark his 21st birthday by breaking free from the Pirate King and beginning his courtship of Mabel. But because he was born on Feb. 29, a date that only arrives every fourth year, Frederic isn't technically 21 -- and the Pirate King is still his master. Unless something gives, Frederic will soon be on a collision course with the Pirate King's new nemesis: Mabel's father. [112 min]

*Cast: Kevin Kline, Angela Lansbury, Linda Ronstadt*



**July Birthdays**

- 4 Cyrus Stewart
- 6 Robert Miller
- 7 Jerome Palmer
- 7 Phyllis Andersland
- 9 Rebecca Kellogg
- 9 Edward Foster
- 10 Peg Valenti
- 11 Lois Jones
- 12 Mary Freeman
- 14 Dorothy Massoll
- 18 Robert Ference
- 20 Gail Boyd
- 20 Joan McConnell
- 21 Mary Rodgers
- 21 Gerry Koupal
- 22 James Singel
- 24 Trish Walton
- 25 Elaine Poshedly
- 28 Anne Kutak
- 30 Connie Brozovic
- 30 Susan York
- 30 Mary Fielding
- 30 Mary Richter
- 31 Sharon Gardner
- 31 Nancy Gillespie

**July Meetings**

- 8 Resident Ctr Assn. Board Mtg  
1:30 pm / PDR
- 25 RC Food & Dining Comm. Mtg  
1:30 pm / 4RC *(all RC residents welcome)*
- 30 CHR Food & Dining Meeting  
10:30 am / 3CHR Pigeon
- 30 CHR Resident Council  
11:00 am / 3CHR Pigeon

**July Highlights**

- 1 Garden Tours
- 2 4<sup>th</sup> of July Picnic
- 4 **Independence Day**
- 5 RC Wine & Cheese Social
- 8 Art Appreciation w/ Ethel
- 9 Musical w/ Jay Hill
- 10 Equine Center for Learning Outing
- 11 Lunch Bunch: P.F. Chang's
- 11 Evening in the Courtyard:  
Kiwanis Band
- 11 Alzheimer's Caregiver Support Group
- 12 Quarterly Town Hall Meeting
- 14 Live Stream Music
- 16 Gadget Workshop
- 16 Garden Tours
- 16 Lansing Parkinson's Support Group  
*No meeting in July*
- 16 Meridian Historical Village Outing
- 17 Wellness Fair
- 17 "Bless You Boys" a Detroit Tigers  
Presentation
- 18 Let's Talk About Birds
- 19 RC Wine & Cheese Social
- 23 Death Café
- 24 Oopsy Daisy Flower Sales
- 25 RC Food & Dining Committee
- 25 Kyle Schippa's Travelogue
- 25 Tom Timlin Plays Guitar
- 26 Friday Night at the Band Shell Outing
- 28 Live-Stream Music
- 31 Peter Bergin Performs

**Life Enrichment Team**

**Matthew Bebermeyer**  
Resident Life Manager  
Ext. 205

**Resident Center**  
Ext. 277 or 827-1061  
**Sarah Schimm**  
RC Recreation Assistant

**Center for Health & Rehab**

Ext. 281 or 827-2449  
**Jaidyn Schooley**  
Recreation Therapist  
**Diana Vogel**  
Recreation Therapy Assistant

**Volunteers**

Ext. 427 or 827-1060  
**Jayne Sweten**  
Volunteer Coordinator &  
RC Recreation Assistant

**Wellness Team**

Ext. 410 or 827-2452  
**Tracy Wescott**  
**Rachel McNamara**  
**Olivia Logan**  
  
Fitness Specialists

**Transportation**

(517) 410-1078  
**Terry Lickman**  
Driver

**PS Salon & Spa**

(517) 351-7241  
Appointments available  
Monday-Friday  
9:00 am - 3:00 pm



**BINGO LOCATIONS**

**Wednesdays 6:30 pm 2CHR**  
**Thursdays 3:30 pm 3CHR**  
**Saturdays 3:30 pm 3CHR**

**August Upcoming Events**

- TBD Brews, Cruise & Tatoos
- 21 Breakfast with a Doctor
- 23 Friday Night at the Bandshell

Burcham Hills®

