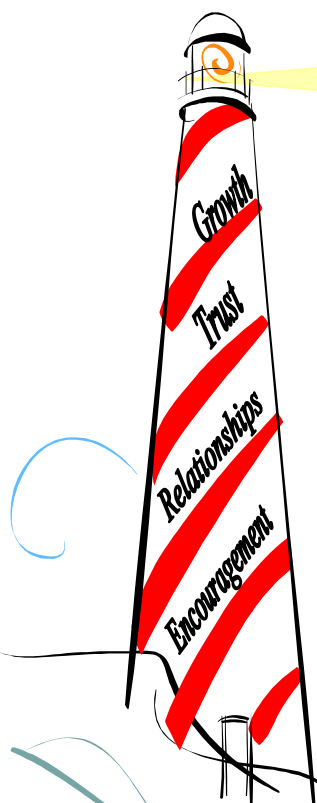


Burcham Beacon

Volume 11

6th Edition

June 2018



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



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Newsletter Staff

Co-Editors	Nancy Hanford
	Bruce Greenman
	Alesha Williams
Layout/Design	Nancy Hanford
Feature Writers	Bruce Greenman
Publicity	Tammy Terwilliger



Burcham's Got Talent

Staff and residents demonstrated their array of talents at our 10th Annual 'Burcham's Got Talent'. The audience was treated to dance, musical and acting talents. A special Thank You to Tammy Terwilliger, who organizes this event each year.

Mother's Day Tea Social

The Clarksons entertained the ladies and their guests as they enjoyed a selection of teas and refreshments at our Mother's Day celebration. It was a pleasure to honor all of the mother's at Burcham Hills.



Memorial Day BBQ

There was no shortage of laughter and smiles at our annual Memorial Day Celebration. Jay Hill serenaded as residents and staff enjoyed good ol' fashion meal complete with fried chicken, ribs and all the fixins. It was a hoedown of a good time.

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



From the Desk of the Executive Director . . .

by Pam Ditri

During the May Board of Trustees meeting, the Board approved the 2018-19 Annual Business & Budget Plan as presented. Resident Private Pay rate increases are set at 3.5%. Notices will be sent to residents or their responsible parties within the month as we must provide to you a 30-day notice of any increase.

As in previous years, meetings will be held so we can review with you some of the key budget assumptions for the year, which includes \$1.165 million in capital expenditures and a wage increase for our 366+ employees.

This budget update meeting is scheduled for **Wednesday, June 20, at 1:15 pm** during the **Ask Questions / Get Answers meeting** in the **Private Dining Room**. I hope you can join the meeting. Minutes will be sent following the meeting if you are unable to attend. And as always, we are available to answer any questions you may have.

Burcham Hills Leadership Team

Pam Ditri, NHA
Executive Director
827-1042

Nancy Hanford
Communications / Exec. Asst.
827-1043

Cindy Popovitch
Director of Organizational Dev.
827-2954

Jim Kaczmarczyk
Director of Finance/Controller
351-4662

Pegi Chatti, RN, NHA
CHR Administrator
827-1037

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

Marcy Harris, LPN
Director of Resident Center
827-0361

Mark Sarvis
Director of Building & Grounds
351-3642

Jennifer Sokol
Director of Hospitality
827-1025

Jessi Kvatek, RN
CHR Director of Nursing
827-1038

Bill Cosby
Director of Sales
487-0832

Abdullah Masood
Director of Operations
827-0692

Lesa Smith, MPA, CFRE
Foundation Director
827-2924

Jonathan Wilson
Business Development Director
827-1059

In May, Burcham received our CCRC Registry for entrance fees. Over the past several months, we have been working with the State of Michigan in submitting the necessary documents. Since we have been a rental community, we did not have to have this type of registry with the State. Once we determined to offer Entrance Fee agreements for the new Independent Living product, we were required to submit documents, which the State of Michigan thoroughly reviewed for compliance. Having this registry in place, means Burcham Hills may now take priority deposits for the new Independent Living product. As previously mentioned, we will offer this first to our current Independent Living residents who may qualify, and then to the Burcham Clusters' residents and finally to the external community.

On **Thursday, June 28**, we will be presenting an **Update on the new IL product**, including the amenities and designs of the building (interior and exterior). This meeting will be held **at 2:30 pm** in the **Ada Whitehouse Room**. Bill Cosby, Director of Sales, and Todd Gute, MayotteGroup Architect, will be the presenters.

This is an exciting time for Burcham Hills. We are working hard towards our repositioning plan including refinancing of our bonds. Our goal is to offer a full complement of residential living options as well as care and services for all stages of adult life to the greater Lansing community.

Thank You for Choosing Burcham Hills!

Happy
Father's
Day

**Music Opportunities****Piano Recitals****Miho Segal & Students**

Saturday, June 2

10:00 am / AWR

Joan W. & Students

Saturday, June 2

2:00 pm / AWR; and

Sunday, June 3

7:00 pm / AWR

Thursday Night Special**Cello Recital w/ Char Sherman & Students**

Thursday, June 7

7:00 pm / AWR

Piano Recital**Judy McCoy & Students**

Saturday, June 23

1:30 pm / AWR

Thursday Night Special**Sing-a-Long with Marvin & Monty**

Thursday, June 28

7:00 pm / AWR

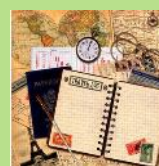
**Artist Studio****Friday, June 8 and Friday, June 29****3:30 pm / AWR** See flyer for more details.**Preuss Pets Animal Encounter***Snakes, Parrots and Lizards, OH MY!**Come see what animals/creatures
Preuss Pets brings this month!***Friday, June 15 / 1:30 pm / AWR****"Big House" Book Club *****Monday, June 18****1:30 pm / Ada Studio***"The Lost City of 2" by David Grann***Be sure to make notes of the areas you wish to discuss.*

If you would like a book or more information, please contact Margaret R. 333-1856, Jane B. 337-3162 or Mary R. 351-7099. Bring your book to return and pick up a copy of your next book.



BOOK CLUB

- ◆ 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**Travel Log Series**

Join Resident Carol Roush as she discusses her travels to Switzerland
Tuesday, June 19 / 2:30 pm / AWR

Special Educational Presentation**Hemoglobin: Blood is Red**

Presented by Dr. Zach Burton

Monday, June 25 / 2:30 pm / AWR**Tuesday Treats***w/ Tom Timlin***Tuesday, June 26****2:30 pm / AWR****Garden Tours**

with Burcham Hills Gardeners

Wednesday, June 27 / 3:00 pm

Meet in 2RC lobby for a tour of the beautiful Burcham Hills Gardens and see the ever changing colors and plants progress.

**Neighborhood Meetings****2RC: Monday, June 18**

3:00 pm / PDR

5RC: Friday, June 15

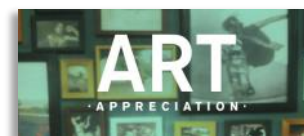
3:00 pm / PDR

*Wine & Cheese will be served

4RC: Thursday, June 28

1:30 pm / 4RC Lobby

Open forum for questions, suggestions and concerns.

**Wine & Cheese Socials***w/ Piano Performance by
Lucille Olson***4:00 pm / 2RC Lobby****Wednesday, June 13, & Wednesday, June 27****Art Appreciation****with Ethel Anthony***Jasper Johns****Tuesday, June 19****4:00 pm / PDR**

**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.*



Employee Spotlight ~ Alisha Curtis

Alisha Curtis was born in Lansing, Michigan, and is a lifelong resident of Laingsburg. She loves working in her gardens and spending time with her two wonderful children.



She started working at Burcham Hills in April 2005 in the Center for Health & Rehabilitation (CHR). She began as a CNA on the 2nd floor; and later, when she completed her nursing degree, she worked on both the 2nd and 3rd floors on third shift, then worked first shift on the 3rd floor. In 2012, Alisha moved to the 1st floor (rehab) when the shifts changed to 12-hours. Recently, she started the role as an Admissions Nurse.

“What I experienced as a floor nurse has helped me as an admissions nurse,” Alisha said. She feels that her experience as a floor nurse has given her good insight into how to set up the medication times that make sense with the workflow on the floor. Alisha said, “When I am doing admissions, I know what works best for the floor nurses.” She is also open to feedback and learning every day, “They just gave me feedback today, ... I am always learning.”

Alisha came to Burcham Hills as she knew a few people that worked here. Even though they are not still working at Burcham Hills, Alisha says “I’m still here.” She views Burcham Hills as her “home away from home.”

Many important changes have occurred at Burcham Hills since she has been working here. One of the changes she likes is the 12-hour shifts that allow her to work longer days and have more days off. She also feels that “teamwork has improved” over the years, and that management “have come together and worked more with the staff.” The most important change happened recently when she got the Admissions Nurse position.

Alisha said of her home-away-from-home, “I enjoy my co-workers, ... I have had opportunities to leave, and I haven’t because of my co-workers, they are like family to me.” What she enjoys most about working at Burcham Hills is when guests and residents recognize, “when you go above and beyond, and you are appreciated.” She always finds it rewarding “When you get a special thank you note, ... that’s always positive.”

She would say to new employees of Burcham Hills that “The team works together, and it is a positive environment.”

Congratulations on your new position as Admissions Nurse for the CHR. We look forward to your wonderful contributions to the team at Burcham Hills.



Employee Spotlight ~ Patricia Middleton

The Resident Center is excited to introduce Patricia Middleton into the new position of Staff Development Manager. This position focuses on the development of the Caregiving and Med Tech teams. The manager will provide support for not only new employees, but also for the existing staff needs, including competencies, customer service expectations and retention.



Patricia, who prefers to be called Pat, was born in Dade City, Florida. She was raised and spent most of her life in Michigan. Pat will be celebrating 21 years of marriage on June 3, 2018. She has one daughter, two sons, five granddaughters and one grandson. Pat’s passion is spending time with her family. She also enjoys going to the movies and shopping.

Pat will be celebrating 10 years at Burcham Hills in August 2018. Prior to her position as the Staff Development Manager, she spent time as a Caregiver, Med Tech and Care Coordinator in the Resident Center. Her professionalism and team-based approach is very much appreciated by the residents, families and her co-workers. Pat shares that she truly loves the residents and the culture at Burcham Hills, and Burcham is the “BEST JOB EVER!!”



If You're an Old Timer, You'll Remember When . . .

by Bruce Greenman

☞ Alexander Pope wrote, "Fools rush in where angels fear to tread." Remember the song, "Fools rush in where wise men never go, but wise men never fall in love, so how are they to know?"

For some reason, this brings up the subject of kissing. Actually, this topic was brought to my mind by an article which states that kissing can be hazardous! Or at least potentially hazardous to your health. How about that? I suppose it was only a matter of time until someone added this innocent pastime to the ever growing list.



It seems that every time we turn around some expert is telling us that another common item or activity can cause disease or death. Even worse are recent revelations that some miracle type drugs may be more dangerous than helpful.

Kissing, if you can believe it, shortens your life. An American Heart specialist says the average kiss cuts three minutes off your existence. (I figure that means you lose a whole day for every 480 kisses.) The investigators even secured opinions on kissing from all over the world. They found, for example, that research workers at one British University were repulsed by kissing. Even when the mouth appears healthy and appetizing, it is an excellent vehicle for passing on germs.



Realizing that it would be impossible to ban it completely, these august researchers (loonies) came up with the following (impractical) suggestions:

- Kiss as little as possible and only when you have to. (They must have heard that an ounce of prevention is worth a pound of cure, and what better prevention than to abstain from this repulsive human behavior?)
- Only kiss people who carry a certificate showing a clean bill of health. (Obviously, it's as simple as saying, "May I see your health certificate?" I wonder how often they have to be renewed? Do they come with a guarantee? . . . sounds like a need for a new type of insurance policy.)
- Be certain to disinfect the lips and mouth before and after kissing with a powerful antiseptic. (Far be it from me to explain this expert advice.)

Meanwhile, an American psychologist has split kissing into three categories: Low voltage, indicating family affection; medium voltage, or a form of thanks; and high voltage (and who would disagree) which shows mutual passion. Naturally, the higher the kissing voltage, the greater the risk to your health. (I also read recently, in a different article, that the husband who kisses his wife goodbye before leaving for work will live longer than one who doesn't. Just keep the voltage low.)

In Munich, a professor who has long studied kissing (or is it studied long kissing?) is quoted as saying, "A kiss releases a real tempest in the human body." The pulse rate can leap from 72 to 110 beats per minute and blood whips through the body twice as fast. (Physical fitness doctors tell us that regular increases of this type are important for cardio-vascular well-being). At the same time, the stomach begins to have spasms, gastric juices slow down (got to keep those juices jangling) and there is a rash of indigestion if a kiss is held too long.



The list of serious consequences goes on, but by now you should have the general idea without going into more specifics.

In short, these experts are telling us that kissing is hazardous to our health. In fact, one may take it a step further and say kissing is deadly. I wonder if it was all this research that resulted in the expression, "the kiss of death"?



Father's Day Car Show & Ice Cream Social

Saturday, June 16

2:30 pm - 4:00 pm

**Under the carport and parking lot
(AWR - Rain Location)**

Join us for this outdoor event and entertainment by "Jay Hill" while also enjoying an ice cream treat and a classic car show with The Capitol City Old Car Club. Burcham Hills is one stop on their annual Father's Day Tour, and they will "pull in" around 3:00 pm.



East Lansing Income Tax Proposal

Thursday, June 14 / 2:00 pm / AWR

The East Lansing City Manager, George Lahanas, will be presenting information on the East Lansing Income Tax proposal. This proposal will be on the ballot on August 7, 2018. He will offer a brief presentation with handouts and will take questions from attendees.

While similar to the proposal that was placed on last November's ballot, this proposal includes the following key differences:

1. The tax is time-limited to 12 years;
2. It will be dedicated for specific purposes: police and fire protection, infrastructure (maintenance and improvement of streets and sidewalks, water and sewer systems, parks and recreation and facilities) and supplemental payments for unfunded pension liabilities for retired City employees.

*Note that retirement income is not taxable locally.

****New Program Idea!!!****

Would you be interested in learning to play Mahjong?
We have a volunteer looking for a group of at least 4 who would be interested in learning to play this simple game on Tuesdays at 7:00 pm. If you are interested, please sign up in the outing binder on 2RC. We will take sign ups until June 15 and determine interest.

Additional June Holidays

5	Hot Air Balloon Day
14	Flag Day
21	Summer Solstice



Groups You Don't Want to Miss!

Quilting for a Cause

*Every Wednesday @ 10:00 am
Ada Studio*

We have moved the group to the RC.
All quilts are donated to
various non-profits.

Cribbage

*Every Friday @ 1:30 pm
& Every Monday @ 2:15 pm
4th Floor Lounge*

A moderately challenging and very
enjoyable card game.

4th Floor Neighborhood

Travels Through Time

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



Birthday Party

**Thursday, June 21
1:30 pm
4th floor Lounge**

*Join your neighbors as they
celebrate their special day!*

Geographic Explorer Films

Every Friday

6:30 pm

4th floor Lounge

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

This past month.....



We indulged our
inner kid and had
some fun at a
model train
demonstration;



enjoyed an
excellent
performance
by a unique
duo; and



spent every spare
moment in the
gardens to
welcome Summer
in full bloom!

New & Ongoing Opportunities

Cardio Drumming (AWR)

Tuesdays and Thursdays @ 1:30 pm

Exercise mixed with fun? Come see what this group is all about!



Piano with Marvin (3CHR)

Friday, June 8 & 22 @ 4:00 pm

Euchre (3CHR)

Every Thursday @ 3:00

****New**** If you enjoy playing cards and love Euchre, please join us!



Bible Study (3CHR)

Thursday, June 14 & 28 @ 2:00 pm

Join with your peers for an all new non-denominational bible study!

Happy Hour (All CHR dining rooms)

Wednesday, June 20 @ 2:30 pm

A social opportunity to talk with your peers, listen to music and enjoy some sparkling cider and cheese & crackers.



Pizza Party

June 5 @ 3:30 pm
2CHR



We have received enough bingo bucks for a pizza party. This will occur following the bingo game. As a reminder, bingo bucks can continue to be turned in towards a pizza party.

2CHR Event Outing

Scenic Drive & Ice cream

Thursday, June 7
12:30 — 2:30 pm



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

CHR Resident Council Meeting

Located on 3CHR

Pigeon Conference Room

Wednesday, June 27 @ 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, June 28

@ 3:00 pm

3CHR Birthday Party

Monday, June 25

@ 3:00 pm



Birthday List:

Sally Cornwell – June 2

John Smith – June 19

Russell Meyers – June 20

James Zaccari – June 29



Come celebrate our **June Birthdays!**

3CHR Lunch Outing

Applebee's

Thursday, June 21
11:00 am — 2:30 pm



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



Lugnuts Game Seniors Eat Free Night



Friday, June 15

Depart at 6:00 pm

Return at approx. 10:00 pm

Cost: \$11 (includes hotdog, chips and drink)

Other food or souvenirs are an additional cost.

Sign-up and ticket payment due by June 5

Lake Lansing Bandshell Capital City Barbershop



Friday, June 22

Departing at 6:15 pm

Return at approx. 9:30 pm

Cost: Free

Please sign-up by June 21

Lunch Bunch Outing Reno's East Lansing



Friday, June 29

Depart at 11:00 am

Return at approx. 1:30 pm

Cost: \$20 - \$25

Please sign-up by June 28

Men' Event Outing (ladies are welcome too) Hawk Island Fishing Trip

Thursday, June 14

Depart at 10:30 am

Return at approx. 3:30 pm

Cost: Free



June 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 June 6 - Memory Care
Saddleback BBQ

Thursday June 7 - 2 CHR
Scenic Drive & Ice Cream

Thursday June 21 - 3 CHR
Applebee's

Thursday June 28 - Memory Care
Potter Park Zoo

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.







WELLNESS CLINIC

Thursday, June 28

9:30-11:30 am

2RC Lobby

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



Monthly Wellness Focus: Environmental

Environmental Wellness inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with nature and your personal environment.

Tai Chi

Tuesdays

10:00 am

AWR

Tai Chi improves safety and health. Tai Chi is a gentle exercise that improves balance and prevents falls. It consists of making slow, graceful movements while breathing deeply.

Science has shown that one of the best things we can do for our bodies and our minds as we age is to keep ourselves moving and stay physically active! Here are **5 fun fitness facts** about the ways that exercise helps us as we age:

1. Exercise can help us lose or maintain weight.
2. Staying physically fit and active can help reduce and prevent illness and chronic disease.
3. Exercise can help us to increase our mobility, flexibility and balance.
4. Staying physically active can help improve our sleep habits and quality by helping us fall asleep more quickly, fall into a deeper sleep and wake up feeling more energized.
5. Exercise acts as a huge stress reliever and can cause our bodies to release different endorphins that help reduce the feelings of sadness, depression or anxiety.

If you have any questions or concerns about Resident Wellness during Elizabeth Pahl's leave of absence, please contact Alesha Williams, Recreation Therapy Manager, at (517) 827-1068 or awilliams@burchamhills.com or Molly Fultz, VOICE Program Facilitator/Fit Tech, (517) 827-1060 or mfultz@burchamhills.com.



Thank You Okemos High School Seniors

They dug up weeds on their hands and knees, shoveled truck loads of mulch, planted beautiful flowers and even prepared our vegetable gardens. Thank you to the hard working students of Okemos High School for helping to get our grounds ready for Summer, and choosing Burcham Hills as your Senior Project for so many years. Also a big Thank You to the staff of Burcham Hills who took time out of their busy workdays to lead the student groups.





News from The Foundation at Burcham Hills

Ingham County Home Association donates \$20,000 to The Foundation at Burcham Hills

We are thrilled to announce The Foundation at Burcham Hills recently received a second gift from the Ingham County Home Association bringing the Association's giving to \$20,000 in support of benevolent care!

In April, The Foundation at Burcham Hills received \$10,000 from the Ingham County Home Association to support the Lenna Keith Benevolent Care Fund. This generous gift is the second of the Association's two contributions supporting benevolent care, and brings the Association's giving to \$20,000 over the past seven months.

The Ingham County Home Association is a non-profit organization made up of Lansing area women's clubs (East Lansing, Haslett, Mason and Webberville). Funded by contributions, investment and business income, the Association focuses its giving on housing, shelter, senior citizens' housing and support of retirement communities in the tri-county region. During a recent luncheon hosted by The Foundation at Burcham Hills, Ingham County Home Association President, Patricia Hall stated, "We know there is a tremendous need in the community and that the monies we are providing for your distribution will be used in areas where you can do the most good!"

Introduced by former The Foundation at Burcham Hills Board member Ray Champion, the Benevolent Care Fund offers financial support for Burcham Hills residents negatively affected by changes in their financial status, thus allowing them to live at Burcham Hills for a longer period of time. We strive to make sure that no one must leave their Burcham Hills' home due to a funding issue and are pleased to have the opportunity to support our residents through the Benevolent Care Fund.

The Foundation at Burcham Hills exists to generate and receive charitable gifts in support of the entire Burcham Hills Community. As a 501(c)(3) not-for-profit organization, gifts received through the Foundation are tax-deductible related to applicable state and federal law. For additional information regarding the many charitable ways to give to The Foundation at Burcham Hills, please contact Lesa Smith, at (517) 827-2924 or lsmith@burchamhills.com. Charitable donations allow Burcham Hills to continue developing programing and services that touch the lives of all who call Burcham Hills home or receive invaluable rehabilitation care and assistance.





Name Tag Update

After the Jingles, came the “Name Tag?” Project, a sticker sign (see below) that would be placed above the inside door of each resident in the Resident Center (not including Memory Care residents).

We contacted 85 residents:

Floor	Accepted	Refused
2 nd floor	23	0
4 th floor	38	5
5 th floor	18	1
Total	79	6



In summary, 100% were contacted and offered the name tag sticker; 93% accepted the challenge; 7% did not want to participate. We believe we have seen an increase in the residents wearing their name tag, which encourages camaraderie amongst the residents.

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:

Date	Speaker	Department
June 6	Betsy Azelton	RC Clinical Manager
June 13	Jonathan Wilson	CHR Business Development Director
June 20	Lesa Smith	Director, The Foundation at Burcham Hills
June 27	Bill Cosby	Director of Sales

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

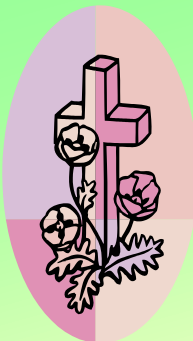
Speaking Agenda:

1:15-1:30	Pam Ditri, <i>Executive Director</i>
1:30-1:40	Guest Speaker
1:40-1:50	Hospitality Team
1:50-2:00	Alesha Williams, <i>Recreation Manager (June 27)</i>



In Memory Of

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







*Helen Street ~ May 9
Mary McAlister ~ May 18
Sally Whalen ~ May 21
Hasmukh Shah ~ May 26
Pauline Lowrie ~ May 29
Elsie Klier ~ May 30*

*Michele Fluck ~ May 10
Edward Soergel ~ May 18
Jane Coons ~ May 23
Mereta Spitler ~ May 26
Alexander Tait ~ May 24*



	Monty Engelmann <i>President</i> (517) 332-1429 Apt. #510 Board Member Since: May 2014 Term Expires: May 2019
	Eleanor Pinkham <i>Secretary</i> (269) 303-0676 Apt. #525 Board Member Since: February 2015 Term Expires: May 2019
	Thelma Hansen <i>Environmental Services</i> (517) 827-2301 Apt. #218 Board Member Since: May 2018 Term Expires: May 2021
	Barbara Potter <i>Gardens</i> (517) 214-7229 Apt. #509 Board Member Since: May 2016 Term Expires: May 2020
	Maxine Hewett <i>Life Enrichment & Recreation</i> (517) 881-4027 Apt. #526 Board Member Since: May 2014 Term Expires: May 2021
	Ellie Miller <i>Welcoming</i> (260) 243-2629 Apt. #233 Board Member Since: January 2018 Term Expires: May 2020
	Sylvia Rundquist <i>Clusters Representative</i> (517) 351-6066 1975 Searl Court

	Bruce Greenman <i>Vice President</i> (517) 332-0544 Apt. #530 Board Member Since: May 2008 Term Expires: May 2019
	Dan Brodbeck <i>Treasurer</i> (517) 331-2232 Apt. #312 Board Member Since: February 2017 Term Expires: May 2019
	Mary Lou Johnson <i>Food & Dining</i> (517) 664-2928 Apt. #506 Board Member Since: April 2017 Term Expires: May 2020
	Joyce Bailey <i>Library</i> (517) 290-7477 Apt. #413 Board Member Since: May 2017 Term Expires: May 2020
	Lorrie Dyal <i>Religion</i> (517) 282-3671 Apt. #444 Board Member Since: September 2014 Term Expires: May 2018 – <i>serving interim</i>

Burcham Hills Resident Center Association Officers & Committee Chairs 2018-2019

The Resident Center Association's Board of Directors would like to remind you that June is **Annual Dues Collection Month**. Shortly, you will receive a letter requesting your annual membership **dues of \$10.00**. We appreciate your contributions!



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.

Cribbage (Mon., 2:15pm; Fri., 1:30 pm/4RC): Unique card game that does not require any experience to play successfully.

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/AWR): 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/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?***

Stroke Education and Support Group***New Day/Time: Wednesday, June 6, 2018 (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, June 8, 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, June 15, 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 / 4RG

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 June 14***TV Mass (Catholic)**

Sundays, 10:00 am / AWR

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

June 26 / 2:00 pm / 3MC - Red Cedar

Vespers (Non-Denominational)

Sundays, 4:00 pm / AWR

June 3 - Rev. Kurt Kirchoff, Haslett Community Church UCC

June 10 - Rev. Fred Fritz, University Lutheran

◇ *Communion will be offered*

June 17 - Rev. Richard Moe, St. Paul Lutheran

June 24 - Rev. Ellen Schoeph, Faith Lutheran Church

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

Sunday, June 10 / 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*

June 6 – Calendar Girls (2003)

The members of the Knapely Women's Institute of North Yorkshire are resourceful and refined - and they're about to shock the residents of their little English Town with a daringly bare philanthropy project. [108 min]

Cast: Helen Mirren, Julie Walters, Penelope Wilton

June 13 - The Post (2017)

When the "Washington Post" agrees to publish the leaked Pentagon Papers - which point to a secret escalation of the Vietnam War - the Nixon administration tries to block publication, setting off an epic legal and political battle. [115 min]

Cast: Tom Hanks, Meryl Streep, Alison Brie

June 20 - Letters to God (2010)

Faith and hope are the twin engines that power this uplifting, bittersweet tale based on the true story of Tyler Doherty, an 8-year-old boy who battles brain cancer and turns to God as his own private pen pal. Tyler writes and mails his missives daily, and his steadfast undertaking not only moves his family and friends, but it also alters the life of despairing postman, Brady, who opens the boy's letters. [113 min]

Cast: Tanner Maguire, Jeffrey Johnson, Robyn Lively

2018 Calendar Movie Spotlight



June 27 - Guys & Dolls (1955)

Gambler Nathan Detroit has few options for the location of his big craps game. Needing \$1,000 to pay a garage owner to host the game, Nathan bets Sky Masterson that Sky cannot get virtuous Sarah Brown out on a date. [149 min]

Cast: Frank Sinatra, Marlon Brando, Jean Simmons

***First 60 minutes will be shown**

Saturday MOVIES*

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

June 2 – Rhapsody in Blue (1945)

From childhood, George Gershwin shows remarkable musical ability, and his parents place him in training with Professor Frank. Despite Frank's warning not to succumb to popular music, George focuses on show tunes and jazz. While he's studying, he performs at vaudeville theaters and tries to sell his songs in music stores. [141 min]

Cast: Robert Alda, Albert Basserman, Joan Leslie

June 9 – Imitation of Life (1959)

Lora, a white widow with a daughter, and Annie, a black single mother, move in together and face a huge challenge as they try to raise their children. Annie's daughter favors her light-skinned father and comes to resent her mother's black identity. [125 min]

Cast: Lana Turney, John Gavin, Sandra Dee

June 16 – The Lady in the Van (2015)

Showtime moved to 7:00 pm

In this touching human drama adapted from writer Alan Bennett's bestselling memoir, he befriends the elderly Miss Shepherd, who's living in a van that's been parked in his driveway for 15 years. [104 min]

Cast: Maggie Smith, Alex Jennings, Jim Broadbent

June 23 - Wonder (2017)

Showtime moved to 7:00 pm

Entering fifth grade will be momentous for Auggie — because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face [113 min]

Cast: Julia Roberts, Owen Wilson, Jacob Tremblay

June 30 – Guys & Dolls (1955)

Continued from June 27

*The second half of the film will be shown

*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!

#348 Wilfred & Imogene Osman

Meetings in June

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

Recreation Team

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

Resident Center

Ext. 277 or 827-1061

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



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June Birthdays



- 1 Monty Engelmann
- 2 Sally Cornwell
- 6 Russell Morden
- 6 Chandra Mudaliar
- 6 Kay Fitzgerald
- 7 Silena Fortino
- 8 Lawrence Thelen
- 11 Joyce Bailey
- 12 Alice Piggott
- 13 Mary Lou Benda
- 14 Ethel Fons
- 19 Dolores Berkheimer
- 19 John Smith
- 20 Russell Meyers
- 21 Lee Dalrymple
- 22 Karen Douglas
- 23 Patricia Abbott
- 26 Sylvia Rundquist
- 28 Martha Grambau
- 28 Therese Randall
- 28 Henretta Band
- 29 Norman Houtekier

June Highlights

- 2 Piano Recital: Miho Segal & Students
- 2 Piano Recital: Joan W. & Students
- 6 Stroke Education & Support Group
- 7 Thursday Night Special:
Cello Recital with Shar Sherman & Students
- 8 Parkinson's Disease Dialogue Group
- 10 Jug and Mug Sing-a-Long
- 14 Men's Event:
Fishing and Lunch at Hawk Island
- 14 Special Presentation:
New Income Tax Proposal
- 15 Preuss Pets Animal Encounter
- 15 Lugnuts Baseball Game
- 16 Father's Day Social with Jay Hill
- 18 Big House Book Club
- 19 Travel Log:
Carol Roush and Switzerland
- 19 Art Appreciation Discussion w/ Ethel Anthony
- 22 Lake Lansing Bandshell Outing
- 23 Piano Recital: Judy McCoy & Students
- 25 Special Presentation: Hemoglobin, blood is red
- 26 Tuesday Treats with Tom Timlin
- 27 Garden Tours
- 28 Thursday Night Special:
Sing-a-Long with Marvin & Monty
- 29 Lunch Bunch Outing



BINGO LOCATIONS

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

July Upcoming Events

- 3 Independence Day Celebration BBQ**
- 10 Quilt Show Presentation**
- 26 East Lansing Kiwanis Band Performance**