



Burcham Beacon

Volume 12

3rd Edition

March 2019

Valentine's Day Social



Happiness was in the air as residents, families and staff celebrated the national day of love. We were entertained by Jonathan Stars at our annual event and enjoyed handmade valentine's from the students at Haslett Middle School. A special "Thank you" to the Hospitality Services team for going above and beyond with heart shaped food displays and delicious refreshments.

Additional photos on pages 10



Canvas & Cocoa



There is nothing quite like a relaxing afternoon with a cup of hot cocoa, your friends and a project to spark your creativity. Our very own Sarah Schimm, Recreation Assistant, provided just that at our recent Canvas & Cocoa event. Residents were given step-by-step instructions on how to paint a beautiful lighthouse scene. No painting experience was necessary for these to turnout as masterpieces to hang in their apartments or as gift to a loved one. Thank you, Sarah for creating this wonderful experience and sharing your own talents with all of us.

Additional photos on pages 11

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From the Desk of the Executive Director . . .

by Pam Ditri

Innovative thoughts and planning with an eye focused on the future needs of those we serve is part of why Burcham Hills remains successful and confident regarding its future. Part of that future is considering the leadership of the organization.

After 27 years at Burcham Hills, and 15 of those years as the executive director, I am announcing my retirement, effective June 30, 2019. With my retirement pending, Life Care Services (LCS), Burcham's management company, will begin to conduct a national search for my replacement. Once they have narrowed the search, the Burcham Hills Board of Trustees will make the final decision after interviewing each of the candidates. The process will be very thorough and thoughtful as it was 15 years ago.

Burcham Hills Leadership Team

Pam Ditri, NHA
Executive Director
827-1042

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Associate Executive Director
827-0692

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827-1038

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487-0832

Lesa Smith, MPA, CFRE
Foundation Director
827-2924

Jonathan Wilson
Business Development Director
827-1059

My time at Burcham Hills has been one of the most rewarding decisions I have ever made. At the time of my hire, I was studying Criminal Justice at Lansing Community College and wanted to be in law enforcement. I remember during a simulation exercise where you had to make a split-second decision to shoot or not to shoot, I knew what I needed to do. I called the then executive director at Burcham Hills, Frank Salimbene, and asked if he still was interested in hiring me. After all, I was a newly divorced mother of two daughters! I had met Frank and his wife while I was in the restaurant business and he had been asking me to consider coming to work at Burcham Hills to manage the dining rooms. When I called Frank to say I was interested in working at Burcham Hills, he was very gracious and so I began my journey at Burcham Hills.

I want to thank the residents and family members I have gotten to know over the years, you are the foundation of Burcham Hills and set the tone for the wonderful culture we have within.

I want to thank the employees who dedicate themselves to serving the residents and rehab clients. We are fortunate to attract and retain some amazing employees who love being part of Burcham Hills. I have the good fortune of receiving positive comments, notes and phone calls almost daily about a special appreciation to an employee who has stood out to a resident and/or their loved ones.

My decision to announce my retirement this early is so that the transition will be a smooth one. We have a strong Board of Trustees, and LCS is the top management company in the nation. We also have a very experienced and dedicated Leadership Team in place. With the leadership of the employees I mentioned above, the community will thrive and continue to evolve. I am excited for the future of Burcham Hills, while I will miss each and every one of you I know Burcham's future is bright!

"How lucky I am to have something that makes saying goodbye so hard."

~ Winnie The Pooh

If you have any questions, please reach out to me at pditir@burchamhills.com or (517) 827-1042.





Music Opportunities

MSU Music Series

Friday, March 1
7:00 pm / AWR

Piano & Violin Recital

Saturday, March 2
2:30 pm / AWR

Thursday Night Special

The Spoon Man Performance
Thursday, March 7
7:00 pm / AWR

The Sicilienne Ensemble

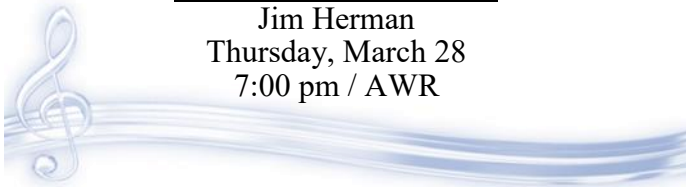
Wednesday, March 13
7:00 pm / AWR

MSU Music Series

Friday, March 15
7:00 pm / AWR

Thursday Night Special

Jim Herman
Thursday, March 28
7:00 pm / AWR



Gadget Workshop

Monday, March 11

12:00 pm - 2:00 pm / 2RC Lobby

East Lansing Public Library will host a drop-by table in the lobby to answer a variety of technology related questions. *See flyer for more details.*



"Big House" Book Club *

Monday, March 18

1:30 pm / PDR

"Still Life" by Louise Penny

**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.



Preuss Pets Animal Encounter

Snakes, Parrots and Lizards, OH MY!

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

Friday, March 22 / 1:30 pm / AWR



Neighborhood Meetings

2RC: Monday, March 18

3:00 pm / PDR

4RC: Thursday, March 21

3:00 pm / 4RC Lobby

5RC: Friday, March 22

3:00 pm / PDR or 5RC Lobby

**Wine & Cheese will be served*

Open forum for questions, suggestions and concerns.



Artist Studio

Friday, March 8 / 4:00 pm / AWR

Friday, March 29 / 4:00 pm / AWR

See flyers for more details.



Wine & Cheese Socials

w/ Piano Performance by Lucille Olson

4:00 pm / 2RC Lobby

Wednesdays, March 13 & 27



- ◆ 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

Additional March Holidays

6 Ash Wednesday

14 National Pie Day

20 Spring Equinox

**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 ~ Emily Rogoszewski

Please welcome Emily Rogoszewski (Rogo-chef-ski) to Burcham Hills! Emily joined the Resident Center Marketing Team in January 2019 as the Marketing Assistant. Emily came to Burcham Hills after seeing a job posting on our website and was looking to move back from Kalamazoo to be closer to her family.



Emily grew up in Okemos, MI. She and her husband, Erik, have been married since June 2018 and have a dog named Tucker. Emily graduated in 2017 with a bachelors in sociology and a minor in social work from Western Michigan University.

In her free time, Emily likes to take Tucker for walks, entertain family and friends and spends her summer weekends up north at Higgins Lake.

In her brief time at Burcham Hills, Emily says her experience “has been great so far.” From growing up in the area, she had heard of Burcham’s wonderful reputation. She looks forward to many more opportunities and growth while getting to know the staff and residents at Burcham Hills. She states that everyone at Burcham Hills has been very welcoming and it makes her feel like she is part of a great team. Welcome to the Burcham Hills Community Emily!



Employee Spotlight ~ Sarah Vanek

Meet Sarah Vanek, LPN–Center for Health & Rehabilitation. Sarah works on the 3rd floor CHR and is easy to find – she’ll be the happy looking nurse with a flower pinned in her hair, wearing a Star Wars scrub top (her favorite character is R2D2). Sarah has been a Burcham Hills employee since December 2010. Initially, Sarah worked on the 1st floor CHR for approximately a year, but she knew she wanted to work in long-term care. She waited patiently for an opening, and eventually transferred to the 2nd floor and now the 3rd floor.



Sarah loves the residents and staff, and had this to say, “*We have a really good team at Burcham Hills! There’s good communication between the various departments. Everyone is friendly!*” She was inspired to come to Burcham Hills because her grandmother knew people who talked about its good reputation. She enjoys getting the residents to laugh and likes to tell them jokes. “*Everyone treats everyone with dignity and is respectful. This includes the residents and the staff. It’s a good place to be. I like it here! Everyone is happy.*”

As an only child of a U.S. Marine Staff Sergeant, Sarah moved around a bit. Originally born in Lansing, she relocated to Alturas, CA for elementary school, later moved to Grand Rapids and eventually her family came back to Lansing. She achieved her LPN degree from Everest Institute in Grand Rapids and now commutes to work from Eaton Rapids. Sarah keeps herself very occupied, and says, “*I am single and optimistic!*”

Don’t underestimate Sarah’s quiet, unassuming, happy demeanor. Her personal passion is martial arts, and she trains three hours at a time, 2-3 days a week at KSK Martial Arts in Lansing. Sara trains in three different styles. One style is *Armas-Kali*, which is a Pilipino Weaponry specialty, primarily using the sword, stick, dagger, *Karambit* (Pilipino knife), palm stick, and bo staff. Her Armas-Kali Rank is “green flag” which is an intermediate level.

The second style is Bruce Lee’s *Jeet Kune Do*, which was started by Bruce Lee in the 60’s, and means, “the way of the intercepting fist.” This style is a combination of a variety of several different stand-up arts, and is called, the ‘empty hand’ art. She has achieved the top level of the highest basic rank, placing her at the intermediate skill level.

Her eyes light up when she talks about the third style, Brazilian Jujitsu - commonly referred to as *grappling*. This is a ground art, similar to wrestling. It’s referred to as ‘the gentle art’ because there’s no striking or weapons. Sarah is a two-stripe white belt.

Sarah is now training for her second Brazilian Jujitsu tournament, which will be held in Grand Rapids on November 16, 2019. She takes it very seriously, and is even traveling to Louisville, KY to receive extra tournament training for this event. Good luck in November!

Sarah says she became interested in martial arts while taking a Taekwondo class in high school where she achieved green belt status. She gravitated back to it in 2015 while going through a difficult personal stage of her life. She was looking for something to help with personal health, and an outlet/hobby to help her get through the difficult period. Of martial arts, she says, “*It’s a great way to exercise, helps build personal confidence and has helped me in every area of my life. There’s no place I’d rather be than on the mats!*”

The photo above is of Sarah from her first Brazilian Jujitsu tournament in 2017. Nice medal!



It Isn't Easy to be Left-Handed

by Bruce Greenman

Left-handed people have it tough, or at least different than the rest of us. Perhaps the best example is the game of baseball where lefties have traditionally been referred to as odd-balls, flakes, screwballs or just plain “nuts.”

The left-handed pitcher is especially marked as the object of slurs and scorn. Supposedly, these southpaws are congenitally unable to throw overhand (not true) and so they resort to sneaky sidearm deliveries. However, it is acknowledged that they have a lot of “stuff,” and are considered “cunning” and even “cute” in their style.

Toss out the word southpaw (which sounds like the wrong end of a cat) and old time baseball fans will recall hilarious tales of the hard drinking, hooky playing Rube Waddell. A little later, there was Babe Herman who caught fly balls with his head (Babe Ruth pulled that one, once). Lefty Gomez of the New York Yankees was so wild in his antics, both on and off the field, that he was officially called “Goofy.”

Even my lifelong heroes, the Detroit Tigers, had a lefty by the name of Jake Wade who back in the 30s drove his managers to utter distraction. Jake was no more than out of their hair when along came Cletus “Boots” Poffenberger with the same eccentricities which shortened his major league pitching career to less than two seasons.

In this era of fascination with equal rights, it could probably be claimed that baseball discriminates against left-handers. There is no question that they are quite effectively banned from playing four positions. The catcher is one of the forbidden spots on the basis that since **most** batters are right-handed; it would interfere with the throw to second base. The other banned positions are second base, third base and shortstop on the theory they have to pivot the wrong way to make their throw to first base.



When I was a kid, the very few left-handers I knew were, naturally called “lefty.” Somehow they always seemed to be the best ball players, and I wished more than anything that I could be a southpaw too, so that everyone would call me by that slick nickname. For awhile, I even went around doing everything left-handed in hopes I could become, at least, ambidextrous. Although success was negligible, I now do a few things equally well from the left side...throwing not being one of them.

Left-handed football centers are also extremely rare – I guess Gerald Ford would be the most famous. Lefties snap the ball at the opposite angle thus making a difference as to which hand the quarterback has on top. My son was a left-handed center and the day he was moved up from junior varsity to the varsity squad, the coach decided to test the new boy himself. The poor coach forgot about the peculiarity of his new center and, with his hands positioned improperly, received two broken fingers!

But, it isn't just sports where left-handers are picked on. Let's face it...it's a right-handed world. Approximately 6.6% of all men are left-handed and about 3.8% of the women. (Is that why many executives refer to their secretaries as “my right hand”?)

Just stop and think about it...people always fight for the “right of way,” but never look for the “left of way.” The law guarantees the “right of assembly.” What's wrong with the “left of assembly”? Why are the “rights of man” more important than their “lefts”?

Somehow “right” seems always good, while “left” is considered bad. Everyone groans at the idea of “leftovers” for supper. What's so great about “rightovers”? The kooks are always “way out in left field.” Are the only correct ones in “right field”?

Handwriting goes from left to right, which dooms the lefty to smudged handwriting and an upside down approach. Ever stop to think that even dial phones are for right-handers? And how about the piano which requires most of the tuneful dexterity to be done by the fingers on the right hand.

... Continued on Page 15

Mardi Gras Event with "The Generations"

Tuesday, March 5

2:30 pm

Ada Whitehouse Room



Don't forget your
masks, beads and boas!

Heavy hors d'oeuvres will be served.

St. Patrick's Day

FRIDAY, MARCH 15

10:30 AM - IRISH STEP DANCERS

with McCarthy School of Irish Dance

2:30 PM - SOCIAL EVENT

with Entertainment by "Peter Bergin"

Heavy hors d'oeuvres
will be served.



Burcham Residents . . .

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

March 22

Wear Your T-Shirts With Your Favorite Logos.

February's Winner = Put on Hold until March



Resident IT (Computer) Ticket Requests

To properly address technical issues that are submitted throughout the Burcham Hills community in a timely manner, we have applied a service level agreement (SLA) policy to all ticket requests that are received by the IT department. This allows us to prioritize all tickets and address the more urgent requests, those that have a direct effect on daily operations and/or the care of residents, first. All technical issues that are submitted for residents throughout the community are set to low priority and will be addressed within one (1) business day and resolved within five (5) business days. Please be assured that we have received your request and will address the issue within one business day. Thank you for your support.

**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, March 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 residents, families & staff are encouraged to attend.



We hosted a celebration of the Chinese New Year featuring several activities based around traditions of the festival.



New & Ongoing Programming:

HAPPY HOUR (2 & 3CHR, traveling cart)
Happy Hour
 Wednesday, March 20
 2:30-3:30 pm

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



Bingo Basket (3CHR)
 Wednesday, February 20
 @ 10:00 am

Preuss Pets (AWR)
 Friday, March 22 @ 1:30 pm



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

CHR Resident Council Meeting

Located on 3CHR
 Pigeon Conference Room
 Wednesday, March 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 value your input and feedback!

**2CHR Birthday Party**

Thursday, March 28
 3:00 pm

3CHR Birthday Party

Tuesday, March 26
 3:00 pm

Birthday List:

Hazel Hopkins— March 3
 Patricia Westervelt— March 7
 Dorothy Louderback— March 14
 Dorothy Rojewski— March 15
 Frank Pettway— March 24



Join us for our
March Birthday Celebrations!

**2CHR Lunch Outing**

Olive Garden
 Thursday, March 7
 11am- 2:30pm



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

3CHR Event Outing

Dessert @
 Grand Traverse Pie Company
 Thursday, March 21
 1:00 — 3:00 pm



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

42nd Street Lansing Catholic High School Play

Friday, March 8
Departing at 6:15 pm
Show starts at 7:00 pm
Return at approx. 10:00 pm
Cost: \$10



Please sign-up by Mar. 7



NCG Movie Outing

Tuesday, March 12

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 Mar. 11



Men's Event Outing

Claddagh's Restaurant

Wednesday, March 13

Departing at 11:00 am

Return at approx. 3:00 pm

Cost: \$25-\$30



Please sign-up by Mar. 12



Lenten Fish Fry

St. Jude Catholic Church, DeWitt

Friday, March 22

Departing at 4:00 pm

Return at approx. 6:00 pm

Cost: \$7 (\$1 dessert optional)



Please sign-up by Mar. 21

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.

Monday

March 4 - Memory Care
PF Chang's China Bistro

Thursday

March 7 - 2 CHR Event
Olive Garden Italian Restaurant

Thursday

March 21 - 3 CHR Lunch
Grand Traverse Pie Company

Thursday

March 28 - Memory Care
MSU Art Museum

Join your neighbors and friends on these exciting excursions.

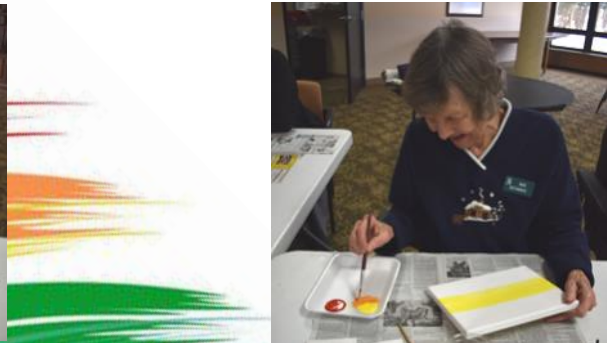


Outings Sign-up Procedure

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, March 28

9:30 — 11:30 am

2RC Lobby



Massage Therapy

available by appointment on

Fridays & Saturdays

9:00 am—2:00 pm

Call 827-2452 to schedule an appointment.



Monthly Wellness Focus: Physical Wellness



This month, we are focusing on **Physical Wellness**. Physical Wellness promotes proper care of our bodies for optimal health and functioning. There are many elements of physical wellness that all must be cared for together. Overall, physical wellness encourages the balance of physical activity, nutrition and mental well-being to keep your body in top condition. Some of the ways we promote physical wellness at Burcham Hills include offering group exercise classes, 1:1 fitness appointments, access to the Wellness Center, our fabulous dining and nutrition staff who help to serve balanced meals and our skilled nurses and caregivers.

What is one way you can work to improve your Physical Wellness this month?



Recycling Committee Report

By Thelma Hansen, Resident Center Association's Environmental Services Chair

The Recycling Committee is a subcommittee of the Resident Center Association. Members include John Behrendt, Lorrie Dyal, Monty Engelmann and Thelma Hansen. Ben Long, Burcham Hills Project & Procurement Manager, is also on the committee.

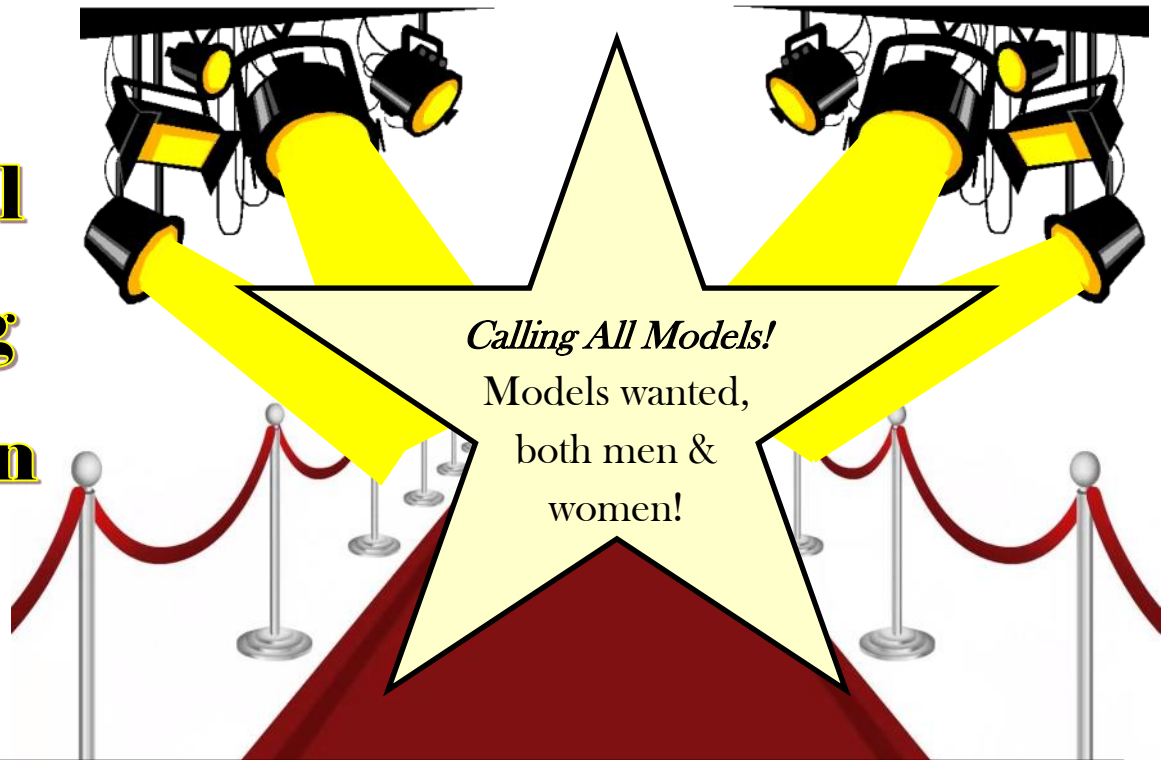
You may have seen the article in the Lansing State Journal about trash, recycling, etc. We on the Recycling Committee read that with special interest. We have been looking at items to recycle at Burcham Hills, such as batteries, foil, plastics, metal, glass, Styrofoam, pop cans, water bottles, lights left on in common areas, etc. Not only is collecting important, but how do we get items into reusable form?

We have had one success with used batteries. A container plainly marked "Used Batteries" has been placed in the Resident Laundry Room. *(Thank you, Amanda Bonilla, Environmental Services Supervisor.)* Not only is collecting but finding a place to take the items is part of recycling – such as the batteries. Ben Long has found a Burcham Hills battery supplier who will take our used batteries for recycling. This saves time from special pickups and an individual's time to do so. Now we need to be sure the battery supplier to Burcham Hills knows where the used batteries are stored to be picked up.

The Recycling Committee is interested in checking on paper usage. For example, the Scenic View Dining Room. Paper menus are on tables for three meals a day. Waiters/Waitresses may have an idea of how to dispose of these for recycling and the conditions necessary. It was suggested we might profit from having Jen Sokol, Director of Hospitality Services, meet with the committee.

The Recycling Committee's next meeting is on **Wednesday, March 6, at 10:00 am** in the Private Dining Room.

**4th
Annual
Spring
Fashion
Show**



SAVE THE DATE! ☞ Tuesday, April 9

The sign-up sheet is available in the 2RC lobby or see Kimber Lucius (ext. 435)! Please sign-up by **Monday, April 1**, and additional information will be provided once model sign-ups are completed.



We are excited to bring you a new and unique program this Summer and will be holding a planning meeting on **Tuesday, March 19, at 3:30 pm / Private Dining Room.**

We invite residents and family members to join us in planning this event. Please contact Alesha Williams at (517) 827-1068 with any questions.



News from The Foundation at Burcham Hills

By Lesa Smith, Foundation Director



Accepting Donations until May 10, 2019

Donations may include:

Diapers & Pull Ups, Baby Bottles, Baby Wipes, Dish Towels, Bath Towels (all sizes), Laundry Detergent, Maternity and loose/stretchy clothing (all sizes), Socks and Undergarments (all sizes), Dish Soap and other cleaning supplies, Shampoo/conditioner and body wash.

**Collection Boxes are located at the
Resident Center Entrance (Door #1)
and the
CHR Entrance (Door #16)**

As part of its *Movers for Moms®* program, TWO MEN AND A TRUCK® locations nationally partner with local businesses and organizations to collect essential care items for women staying in local domestic abuse or homeless shelters. Once donations are collected, TWO MEN AND A TRUCK® will pick up and deliver the items to partnering shelters around Mother's Day.



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

Managed by Life Care Services®



New Ladies Burcham Gear Color Selection Available for Purchase!

Pricing:

Vest (Men's or Ladies)

\$34 size XS, Med, LG, XL

\$35 size 2X

\$38 size 3X

\$39 size 4X

Jacket (Men's or Ladies)

\$38 size XS, Med, LG, XL

\$39 size 2X

\$42 size 3X

\$43 size 4X

**Ask Questions / Get Answers****Wednesday, March 6, 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—Cindy Popovitch, *Director of Organizational Development*
 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 February. We express our sincere thoughts and prayers to their families.



Marjorie Mohrhardt ~ January 31
 Pamela Cantwell ~ February 2
 Refija Roncevic ~ February 9
 Frederick Knight ~ February 19
 Debra Rogell ~ February 20
 Rose Heinritz ~ February 22

Evelyn Carl ~ January 31
 Troy Cantwell ~ February 4
 Ann McGuire ~ February 15
 Isabelle Jackson ~ February 20
 Christine Farr ~ February 21

**From Down the Hill . . .***By Sylvia Rundquist, Clusters Board of Directors*

- ◆ Cluster residents are sorry to learn of Pam Ditri's retirement in June. We'd like to thank her for the fine leadership she has provided for so many years and wish her well in her retirement.
- ◆ We have had enough snow and cold and are looking eagerly for Spring to arrive.
- ◆ At this time no condos are for sale.

**Daylight Savings Time**

Before going to bed on **Saturday, March 9**, please remember to move your clocks **forward** one hour.



. . . Continued from page 5—*It Isn't Easy to be Left-Handed*

Did you ever go to a left-handed dentist? Now there's an experience. Instead of facing you from the front, they do everything leaning over your shoulder from behind! I never have been able to figure out the necessity of that, unless it is a carryover from the handwriting approach.

So, lefties of the world take heart. There is hope. Your battle cry should be "left is beautiful." Remember, you have the "right" to be left-handed. "Left on, brother."

Oh, one more thing. I would be remiss if I failed to acknowledge the "wackiest" southpaw of them all. Casey Stengel, in typical Stengelese, once observed, "Left-handers have more enthusiasm for life. They sleep on the wrong side of the bed and their head gets more stagnant on that side."



March is... Physical Wellness & National Nutrition Month

Join us for this special *Wellness Series* of programs to promote your own physical and nutritional well-being.

Mindfulness Mondays - Presented by Evonne White & Alesha Williams

Mondays (starting March 4) at 7:00 pm / Ada Whitehouse Room

An introduction to *Mindfulness* through video teachings and practice of techniques. Each week, we will focus on a different aspect of *Mindfulness* and how the practice of this unique stress relieving technique can benefit you!

The Health & Wellness of Massage - Presented by Alicia Feldpausch

Friday, March 8, at 1:30 pm / Ada Whitehouse Room

Alicia Feldpausch, Massage Therapist, will explain the benefits of massage therapy. This presentation will give a better understanding of how this relaxing technique can improve your overall health and well-being.

Health & Senior Living - Presented by Marcy Harris & Betsy Azelton

Wednesday, March 13, at 2:00 pm / Ada Whitehouse Room

Representatives from the Resident Center will discuss health services available to residents for health maintenance. This will include some examples of ancillary services offered at Burcham Hills.

Differences Between Therapy & Exercise - Presented by Molly Fultz & Robyn Householder

Wednesday, March 20, at 1:30 pm / Ada Whitehouse Room

This presentation will discuss the main benefits between therapy and exercise, especially as it pertains to the services offered at Burcham and how each benefit you.

Discover the Joy in Eating Well! - Presented by Cheryl Coslow, RD

Wednesday, March 27, at 2:00 pm / Ada Whitehouse Room

Learn how to savor food while keeping your body well-nourished. Explore nutrients of concern for older adults and how best to meet your needs. It's National Nutrition month! Help us celebrate by putting the fun back in food!

Stretch vs Strength - Presented by Molly Fultz

Friday, March 29, at 1:30 pm / Ada Whitehouse Room

Molly will discuss the different effects stretching and strengthening have on the muscles and why each is important for maintaining proper function.



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).***

Stroke Education and Support Group

Wednesday, March 6, 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, March 8, 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, March 15, 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 March 14

TV Mass (Catholic)

Sundays, 10:00 am / AWR

Episcopal Service (4th Tues)*

Tuesday, March 26 / 2:00 pm / 5RC-Dhall

**Vespers (Non-Denominational)**

Sundays, 4:00 pm / Ada Whitehouse Room

March 3 Rev. Fred Fritz (*Communion will be offered*)

All Saints Episcopal Church

March 10 Rev. Betsy Aho

The People's Church

March 17 Pastor Stan Parker

Faith Fellowship of Lansing

March 24 Rev. Kevin Phipps

University Reform Christian Church

March 31 Rev. Michael Anderson

University Lutheran Church

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

Sunday, March 17 / 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*****March 6 - Toast to New Orleans (1950)**

Kathryn Grayson plays a snooty opera diva who falls in love with a singing fisherman from the Louisiana bayou in the Oscar-nominated film for the Best Original Song, "Be My Love". [97 min]

Cast: Kathryn Grayson, Mario Lanza, David Niven

March 13 - Still Mine (2013)

Cancelled due to evening event

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

March 20 - Still Life: A Three Pines Mystery (2013)

**Book Club Feature Movie*

Based on the award-winning book by popular mystery writer Louise Penny, this 2013 adaptation stars fan favorite Nathaniel Parker and follows Chief Inspector Armand Gamache as he investigates a murder in a picturesque town. [88 min]

Cast: Nathaniel Parker, Anthony Lemke, Kate Hewlett

March 27 - The Greatest Stories of MSU Basketball (2009)

Rarely seen archival footage highlights this retrospective of the greatest moments in MSU basketball history. The album includes more than two decades of Spartan action, including clips from Magic Johnson's years with the team. Many of the key personnel who've contributed to Michigan State's unparalleled success are featured, as well as both the 1979 and 2000 championship wins. [74 min]

Cast: Michigan State Spartans, Magic Johnson



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

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

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

Saturday MOVIES***1:30 pm - Showing in the AWR/IRC*****March 2 - Top Hat (1935)**

The joyous Fred Astaire and Ginger Rogers musical features an Irving Berlin score and the classic duet "Cheek to Cheek." Astaire stars as Jerry Travers, a singer-dancer who auditions some new moves for producer Horace Hardwick at his hotel. The beautiful Dale Tremont is staying downstairs and the wackiness begins when she mistakes Jerry for Horace in this romantic comedy that received an Academy Award nomination for Best Picture. [100 min]

Cast: Fred Astaire, Ginger Rogers, Edward Everett

March 9 - Adaptation (2002)

Showing @ 7:00 pm

In this offbeat indie tale, Hollywood screenwriter Charlie Kaufman battles immense feelings of insecurity and impotence as he struggles to adapt the Orchid Thief — a book about a mercurial orchid poacher named John Laroche. [115 min]

Cast: Nicholas Cage, Tilda Swinton, Meryl Streep

***Rated R for language, sexuality, some drug use and violent images**

March 16 - Stella Days (2011)

In mid-1950s Ireland, a parish priest — in an attempt to raise funds for his church and merge his passion for film with his faith — opens a small cinema in his community, provoking conflict with the bishop and the parishioners. [90 min]

Cast: Martin Sheen, Joey O'Sullivan, Trystan Gravelle

March 23 - Till the Clouds Roll By (1946)

This Technicolor musical is loosely based upon the life of composer Jerome Kern. The film tells of Kern's struggles to break in to writing songs for Broadway, his moving to London for the sake of his work and his eventual triumph on Broadway as the composer of one of the biggest musicals ever, Show Boat. [135 min]

Cast: Judy Garland, Frank Sinatra, Dinah Shore

March 30 - Cocoon (1985)

A group of shut-ins at a rest home get a new lease on life when they're offered the gift of eternal youth by visiting aliens led by Brian Dennehy. Steve Guttenberg plays a charter boat captain who helps Dennehy and Don Ameche marshal their fellow seniors into making a choice between perennial youth or old age. [120 min]

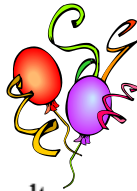
Cast: Brian Dennehy, Steve Guttenberg, Wilford Brimley

Welcome New Residents!

#319 Carol Lewis
#451 Leland DePriest
#329 Maeta Face
#212 Joan Cruse

March Birthdays

1 Elinor Renner
3 Hazel Hopkins
6 Patricia Kery
6 Ruth Iezzoni
7 Sherri Bacon
7 Patricia Westervelt
8 Dorothy Thomas
8 Phillip Douglas
9 Susan Lawther
10 Olive Springer
11 Dorothy Bergeron
11 Barbara Hale
12 Therese Thelen
14 Dorothy Louderback
15 Ann Kinzer
15 Dorothy Rojewski
19 Florence Lyons
19 Barbara Meyer
20 Judy Labovitz
20 Cherie Blonde
20 Theodore Alvarado
21 Marguerite Birdsall
24 Mary Heppler
24 June White
24 Phyllis Shlien
24 Frank Pettway
25 David Ronk
26 Jan Hazlett
29 Walter Baird



March Meetings

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

March Highlights

1 MSU Music Series
2 Piano & Violin Recital
5 Mardi Gras Event w/ The Generations
6 Stroke Education & Support Group
7 Thursday Night Special:
The Spoon Man Performance
8 Wellness Series:
Health & Wellness of Massage
8 Parkinson's Disease Dialogue Group
11 Gadget Workshop
13 Wellness Series:
Health & Senior Living
13 The Sicilienne Ensemble
15 Irish Step Dancers
McCarthy School of Irish Dance
15 St. Patrick's Day Social
15 Alzheimer's Caregiver Support Group
15 MSU Music Series
17 Jug & Mug Sing-a-Long
18 Big House Book Club
20 Wellness Series:
The Difference Between Therapy & Exercise
22 Preuss Pets Animal Encounter
27 Wellness Series:
Discover the Joy of Eating Well!
28 Thursday Night Special: Jim Herman
29 Wellness Series: Stretch vs Strength
** see details in this Burcham Beacon*

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

Fitness Specialist

Robin Gessner

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

April Upcoming Events

9 Spring Fashion Show
10 Ralph Votapek Piano Performance
19 Easter Egg Hunt
24 Lansing Matinee Musicale

