

# Burcham Beacon

Volume 16; Issue 1

*happy new year*

January 2023



*We hold ourselves  
and one another  
accountable.*

## INSIDE THIS ISSUE

- 3 Music & Enrichment
- 4-5 Special Events
- 7 RC Happenings
- 8 CHR 2nd & 3rd floor  
Happenings
- 9 Places to Go
- 10 Fitness
- 15 Foundation
- 16 Memorials
- 17 Regularly Scheduled  
Programs
- 18 Spiritual Wellness  
& Support Groups
- 19 Movie Listings

### Newsletter Staff

#### Co-Editors

Alesha Williams  
Nancy Hanford

## A Memorable Holiday Season

The holiday season was filled with fun, laughter, music and a lot of sugar and glitter! The season began with decking the halls. Fourteen trees were decorated throughout our community by residents, staff and volunteers. They were also treated to hot cocoa and specialty cookies made by our very own pastry chef, Tiffany. Using a copious amount of gingerbread, icing and various candies, we managed to create a winter wonderland display. Everyone was on the nice list this year during our annual Christmas party, where Santa came early to share greetings. The real gift were all the puppies that visited our community. Mark Sarvis, Director of Building & Grounds, brought in 7 puppies for a Puppy Kissing Booth, helping raise money to provide gifts for residents. Additionally, we partnered with the McLaren Foundation to collect donations for the Capital Area Humane Society, and they thanked us by bringing dogs available for adoption named Christmas Cactus and Poinsettia. We hope you all had a wonderful holiday and look forward to a fabulous new year!



*More pictures on page 11-13*

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



## ***From the Desk of the Executive Director . . .***

*by Kari Rennie*

As we embark upon 2023, let us be grateful for the opportunity a New Year brings! As seasons change and years pass us by, each moment is an opportunity to learn from prior experiences and focus on how we strive to be better each day.

In late 2022, we began to stabilize as an organization. We have always known who we are, what we stand for and who we serve and have a strong determination to not let the remnants of the last 2½ years stop us from continuing to be the Preeminent Senior Living Community in mid-Michigan.

This year, we will be working on embracing our Extraordinary Impressions program throughout our community more robustly. You may have noticed our “Hospitality Promises” hanging in our lobbies or highlighted in our monthly Burcham Beacon previously and we look forward to sharing more about this program in 2023!

*See Page 6 for more details.*

### **Burcham Hills Leadership Team**

**Kari Rennie, NHA**  
Executive Director  
827-1042

**Nancy Hanford**  
Director of Admin. Services  
827-1043

**Angela Brummette, NHA**  
CHR Administrator  
827-1037

**Annette O'Dell, RN**  
CHR Director of Nursing  
827-1038

**Arlone Hudson**  
Director of CHR Admissions  
827-1035

**Rebecca Gehringer, BS, RN**  
Director of Clinical Outreach  
706-9790

**Michelle Robbins**  
Resident Center Director  
827-9029

**Michelle Traill-Crosser**  
Director of Sales & Marketing  
827-0703

**Petra Paca**  
Director of Human Resources  
827-1057

**Jim Kaczmarczyk**  
Director of Finance/Controller  
351-4662

**Mark Sarvis**  
Director of Building & Grounds  
351-3642

**Jeff Davis**  
Director of Food & Beverage  
827-1025

**Alesha Williams, CTRS**  
Director of Life Enrichment  
827-1068

**Lesa Smith, MPA, CFRE**  
Foundation Director  
827-2924

### **Extraordinary Impressions Hospitality Promises:**

1. We greet you warmly, by name and with a smile.
2. We treat everyone with courteous respect.
3. We anticipate your needs and act accordingly.
4. We listen and respond enthusiastically in a timely manner.
5. We hold ourselves and one another accountable.
6. We make you feel important.
7. We embrace and value our differences.
8. We ask, “Is there anything else I can do for you?”
9. We maintain high levels of professionalism, both in conduct and appearance, at all times.
10. We pay attention to details.

*“What a wonderful thought it is that some of the best days of our lives haven’t even happened yet!”*  
~ Anne Frank

Wishing all a healthy, happy and joyful New Year as some of our best days await us all!





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

## Music Opportunities

**Jim Hermann**

Wednesday, January 4 / 2:30 pm / AWR

### **Karaoke**

Thursday, January 12 / 2:00 pm / Slate Room

*\*Come sing or listen to staff and other residents sing\*  
No skill necessary!*

### **Lansing Matinee Musicale**

Wednesday, January 18 / 2:00 pm / AWR

### **Music with Lee Piper**

Thursday, January 24 / 7:00 pm / AWR

### **Vivace Strings**

Sunday, January 29 / 2:00 pm / AWR

## Gadget Workshop\*

**Tuesday, January 3**

**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.



## Travel with Tom to Iceland

**Monday, January 9 1:30 pm / AWR**

Tom is the manager of the Haslett Public Library and has prepared a travel series that he is excited to share with you! Join him in January to learn about Iceland.



## "Oopsy Daisy" Flower Sales

Wednesday, January 25

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



- |        |                                    |
|--------|------------------------------------|
| ♦ RC   | Resident Center                    |
| ♦ CHR  | Center for Health & Rehabilitation |
| ♦ AWR  | Ada Whitehouse Room (1st RC)       |
| ♦ PDR  | Private Dining Room (2nd RC)       |
| ♦ SR   | Slate Room (1st RC)                |
| ♦ WC   | Wellness Center (2nd RC)           |
| ♦ LS   | Leisure Studio (1st CHR)           |
| ♦ SVDR | Scenic View Dining Room (2nd RC)   |
| ♦ SP   | Stansell Patio (1st CHR)           |
| ♦ GLR  | Great Lakes Living Room (3rd RC)   |

Location

## Cooking Through Time

Thursday, January 19 / 2:00 pm / AWR

This month, we explore the world and pound cake through the eyes of Emily Dickenson. The word-smith's verse may trip through your mind much more lightly than her cake weighs on your stomach, but both experiences are well worthwhile.



## Fun with Money

w/ Patrick Heller of Liberty Coin

Thursday, January 19

6:30 pm / AWR



Patrick's presentation will give you answers about rare coins and educate you on all things money!

## Let's Talk About Birds

Monday, January 23

2:30 pm / AWR



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

## Art Appreciation w/ Ethel Anthony

Local art enthusiast, Ethel Anthony, will return in April 2023 with her discussions on art and artists.



## Additional January Holidays

- |    |                                  |
|----|----------------------------------|
| 5  | National Bird Day                |
| 13 | Friday the 13th                  |
| 16 | Martin Luther King, Jr. Birthday |
| 22 | Chinese New Year                 |

*\*All programing 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 at 6:30 pm / 4RC Lobby****January 6: “Men at Lunch: The Untold Story of a City’s Legend”**

In New York City 1932, a photograph was taken during the construction of 30 Rockefeller Plaza. In it, eleven workmen are taking their lunch break while casually perched along a steel girder. For 80 years, the identity of the eleven men and their photographer remained a mystery until recently when the photograph finally began to give up some of its secrets.

**January 13: “John Lewis: Get in the Way”**

Follow the courageous journey of John Lewis, a civil rights hero and congressional leader, whose unwavering fight for justice spans the past 50 years. Through never-before-seen interviews, Lewis tells the gripping tale of his role in the vanguard of the Civil Rights Movement up to his career as determined legislator making noise on the inside.

**January 20: “Born to be Wild: The Leading Men of American Ballet Theatre”**

The depth of male dancing at the American Ballet Theatre today is unprecedented. Travel home with four dancers to learn about their backgrounds and training. The program culminates with a work created especially for these men by acclaimed choreographer Mark Morris.

**January 27: “The Code Breaker: Wife, Mother, Secret American Hero”**

Elizabeth Smith Friedman, suburban wife and mother, was also a groundbreaking cryptanalyst. Her painstaking work decoding thousands of messages for the US Government sent infamous gangsters to prison and brought down a massive, near-invisible Nazi spy ring in WWII, but her contributions were not revealed until decades after her death when classified government files were unsealed.

**Genetic Genealogy:****Introduction & New Advances****Friday, January 13 / 2:30 pm / AWR**

Genetic Genealogy uses DNA tests to help answer questions about who you are and where you came from. Join genealogy enthusiast Larry Farmer as he provides an introduction to the topic of DNA testing - what different kinds of tests are available, what companies can you test with and what discoveries you can make from a DNA test. He will provide examples of how genealogists are able to use DNA data to find long-lost family members, parents of adoptees and sometimes solve cold cases for law enforcement.”



**Wednesday,  
January 11,  
2:00 pm  
Slate Room**

Join us for an experience in getting to Know Your Neighbors! You will have a chance to meet several people from around the Burcham Hills community and learn about them. We will start you off with a topic suggestion, but the conversation can go where you take it!

**NEW PROGRAM: FACT & FICTION**

This new program will run on the first two Tuesdays of each month, from January through April. The first Tuesday will feature a documentary (e.g., about an actor, a writer, a producer or an event, etc.). The second Tuesday will feature a “Hollywood” film based on the same topic (e.g., an actor’s film, a film based on an author’s book, a film by a famous producer, etc.). All films will be shown in their entirety.

This month, we focus on Tom Hanks and one of his most critically acclaimed films, *Captain Phillips*.

**Tuesday, January 3, 2023 / 2:00 pm / Slate Room**

*Tom Hanks: The Luckiest Man in the World (2005/60 min)*

This biography episode focuses on actor Tom Hanks whose extraordinary life and career includes a dysfunctional childhood, early years as a Shakespearean actor and a bumpy road to superstardom, featuring interviews with various celebrities, including Hanks himself.

**Note:** This biography will be followed by a six-minute *Today Show* interview with Richard Phillips, the Captain of the Maersk Alabama cargo ship, which was hijacked in 2009 and will be the subject of next week’s film.

**Tuesday, January 10, 2023 / 2:00 pm / Slate Room**

*Captain Phillips (2013/135 min)*

This Tom Hanks film focuses on the 2009 hijacking by Somali pirates of the U.S.-flagged MV Maersk Alabama; it is based on the book *A Captain’s Duty: Somali Pirates, Navy SEALs, and Dangerous Days at Sea*, by Richard Phillips. This film was nominated for multiple awards, including Best Picture, Best Actor (Tom Hanks) and Best Supporting Actor.



**2023**  
**International**  
**Cultural Festival**

**January 27, 2023**  
**2:30—4:00 pm**  
**Ada Whitehouse Room**

**Attention Staff & Residents:**

If you, or someone you know, are able and willing to accurately represent a country from around the world, please let us know. Suggested items to display: clothing, pictures, artwork, music, books, flags, informational packet of your countries history, culture, customs, tourism or anything else that you would like to share with the community. Also, you can bring in food\* from home to share with others. *\*You must read & comply with safe food handling codes.*

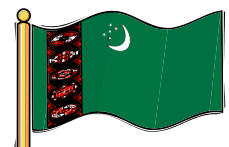
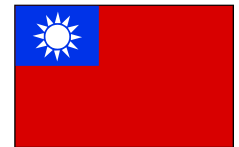
**Please register by**

**Friday, January 20, 2023:**

Tammy Terwilliger, Dining Services,  
 Scenic View Dining Room, 2RC

OR

Matt Bebermeyer, Resident Life Manager,  
 by phone at (517) 220-2215



*You can also sign-up to only participate in the fashion show or music & dance presentations, if desired.*



**Monday,**  
**January 16**  
**2:30 pm**  
**AWR**

The dining teams from the Resident Center and Center for Health & Rehab will compete against each other in a chili cookoff and you get to be the judges! So get your tastebuds ready!



**For the Spring**  
**Fashion Show**

We are looking for residents who would like to participate in our Spring Fashion Show on March 29, 2023.

We can provide clothing from Kellie's Consignments or you are welcome to wear something of your own. Please contact Alesha at (517) 827-1068 to register.

A positive community experience is in the hands of everyone in our community. As we start the new year, we wanted to highlight Extraordinary Impressions, a program that is already established in our community to help make lasting and outstanding impressions felt by residents, families, guests and staff. This program is designed to help us passionately and proudly stand out from other communities. It helps us meet and exceed expectations consistently.

The heart of the Extraordinary Impressions program is the Hospitality Promises. A list of simple statements that help foster a culture of service. We make an intentional focus on one promise every other month and encourage everyone to practice that promise and explore ways to improve upon how we each play a role in the community and interact with each other.

### **Hospitality Promises:**

1. We greet you warmly, by name and with a smile.
2. We treat everyone with courteous respect.
3. We anticipate your needs and act accordingly.
4. We listen and respond enthusiastically in a timely manner.
5. We hold ourselves and one another accountable.
6. We make you feel important.
7. We embrace and value our differences.
8. We ask, "Is there anything else I can do for you?"
9. We maintain high levels of professionalism, both in conduct and appearance, at all times.
10. We pay attention to details.



As residents, we encourage you to also embody these promises and help foster a positive culture for yourselves and everyone who lives, visits and works at Burcham Hills. If you see someone demonstrating an Extraordinary Impression, you can recognize them by completing an "Extraordinary Impressions" card (available from reception) and giving it to them or their supervisor. Thank you each for helping make this a wonderful place to be!

For the month of January we will be highlighting our Hospitality Promises and encourage you all to participate. See details on boards that will be placed in your neighborhood at the start of the month!

**RC Neighborhood Meetings**

- 2RC: Tuesday, January 17 / 2:00 pm / PDR  
 3RC: Tuesday, January 10 / 11:00 am / Looking Glass (3RC)  
 4RC: Tuesday, January 3 / 1:30 pm / 4th Flr Lobby  
 5RC: Tuesday, January 24 / 3:00 pm / 5th Flr Lobby

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

**Recycling Program Update**

The Recycling Program through Granger Waste Services has experienced changes that affected our service for the month of December. Beginning **Monday, January 16**, the Recycle Program will resume. There will be no changes to the process for residents, please continue to use the blue recycle containers and place them outside your door on Mondays before 12:00 pm. They will be picked up and the empty bin left for you to bring back into your apartment to fill for the next week. We will provide you with a current list of recyclable materials that are accepted within the next couple of weeks.

**Highlighted Programs!****Exploring the Arts**

**Mondays / 3:00 pm / Room #553**

Sneak a peak at great performances, artistic inventions and incredible intangible heritage.

**Exploring Architecture**

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

Join our new Virtual Reality series where we get a chance to view 3D visuals of the world's greatest man-made structures while learning about their design, purpose and history.

**Birthday Party**

**Wednesday, January 4  
 1:30 pm / 4RC**



Join us in celebrating  
 those with January  
 birthdays!



**Every Monday  
 3:30 pm  
 Bistro**

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

**RC Food & Dining Committee**

**Thursday, January 26  
 1:30 pm / PDR**

**Wine & Cheese Social**

**3:00 pm / 2RC Lobby  
 Friday, January 6 & 20**

*Performance by Shaoming*







## Happy Hour

Tuesday, January 17

3:00 pm / 3CHR

Come join your peers for a social! There will be cheese, crackers and sparkling juice.

## CHR Resident Council Meeting

Tuesday, January 31 @ 11:00 am

Located on 3CHR

Pigeon River Conference Room

*\*One-on-Ones may be held based on a quarantine status.*

## Bingo Cart



Have bingo bucks? Keep a lookout for our traveling bingo cart! Don't forget, you can also use your bingo bucks toward a pizza party! *Date and Time TBD*

## CHR Food & Dining Meeting

Wednesday, January 25

10:30 am / 3CHR

Join the dining team for an open discussion on food and dining topics. They are happy to answer any questions you may have.



Every  
Wednesday  
3:30 pm  
1CHR

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

## CHR Birthday Party

Tuesday, January 3

3:00 pm

3CHR Dining Room



## CHR Outing

Olive Garden

Wednesday, January 4

Departing at 11:30 am



**\*Please let a Recreation staff member know if you are interested in attending this outing or contact (517) 827-1061.**



**Lunch Bunch**  
**Sultan's**  
**Mediterranean Cuisine**

Tuesday, January 17

Depart: 11:30 am

Return approx.: 2:00 pm

Cost: approx. \$20-\$25, depending your order.



*Please sign-up by Jan 16*

**Lunar New Year Celebration**  
**MSU - Cooks Hall**

Saturday, January 21

Depart: 2:15 pm

Return approx.: 5:30 pm

Cost: Free



*Please sign-up by Jan 19*

**NCG Movie Outing**

*Movie to be determined*

Wednesday, January 25

Departure time: TBD

Cost: \$8.25 movie

Snack \$ optional



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

*Please sign-up by Jan 23*

**Frankenmuth Snowfest & Lunch**  
**At Zehnder's**

Thursday, January 26

Depart: 10:15 am

Return approx.: 4:30 pm

Cost: approx. \$25-\$30, depending on order and spending money.



*Please sign-up by Jan 24*

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

Please share your ideas by calling:

**Alesha Williams**

*Director of Life Enrichment*

(517) 827-1068

**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**

**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**

**Cardio Drumming**

**Wednesdays**  
**2:00 pm / Pebble 1**

**Moving to the Beat**

**Every other Friday**  
**1:15 pm / Pebble 1**



## Monthly Wellness Focus:

**Social Wellness**

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

**Special Notice:**

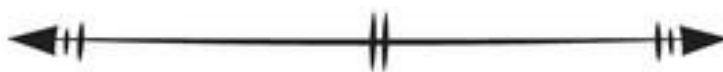
The Fitness Team will not be available on January 2 in celebration of the New Year's holiday. Normal hours will resume on Tuesday, January 3, at 7:00 am.



## Wednesday, January 18

### 9:00 - 11:00 am / 2RC Lobby

A variety of health-related vendors will be onsite to offer services, answer questions and provide education. Stop by and see what this month's clinic has to offer!

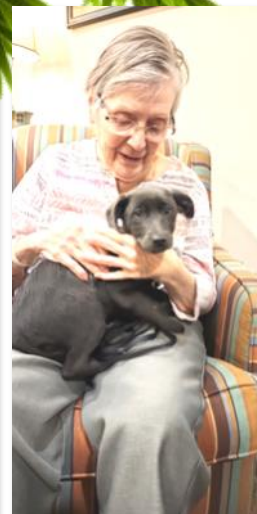


**TRY  
Something  
NEW**

**New Fitness Class: Moving to the Beat**

This class will be offered in Pebble 1 every other Friday, beginning January 20. Rachel McNamara, Fit Specialist, will instruct this class focused on movement and music. The class skill level will be easy to moderate with modifications available for all who attend. Don't miss this new opportunity to improve your overall fitness.













MERRY  
Christmas





## Design Our Christmas Card Contest

We had 12 entries in our inaugural 2022 'Design Our Christmas Card' contest. We congratulate all contestants. Their entries showed artistic talent, which made it extremely difficult for us to choose. Please see below all the contestants' pictures. We are very impressed by their obvious talents, and it was wonderful to see we have so many talented artists throughout our Burcham family. The 2022 Christmas Card Contest was a success! Please mark your calendars for next year's contest where we hope to have more entries.



*Pictured Left to Right:*

*1<sup>st</sup> Place—Monica Kitching (great granddaughter of Olive Springer, RC Resident;*

*2<sup>nd</sup> Place – Jordan Martin (niece of Rosie Anderson, employee);*

*3<sup>rd</sup> Place – Kristian Rennie (son of Kari Rennie, employee)*



**A**



**C**



**D**



**E**



**F**



**H**



**J**



**K**



**L**

**A.** Kayln Martin (niece of Rosie Anderson, employee); **C.** Kryslynn Lucius (daughter of Kimber Lucius, employee); **D.** Malia Vogel (daughter of Diana Vogel, employee); **E.** Lydia Buchanan (daughter of Tiffany Buchanan, employee); **F.** Grayson Buchanan (son of Tiffany Buchanan, employee); **H.** Kara Rennie (daughter of Kari Rennie, employee); **J.** Sydney Vogel (daughter of Diana Vogel, employee); **K.** Tina Paca (daughter of Petra Paca, employee); and **L.** Timmy Paca (son of Petra Paca, employee).





## News from the Burcham Hills Foundation

### Time for a 2023 Annual Checkup: Is Your Estate Plan Up to Date?

If you've been following the numerous estate planning articles available online, in magazines, etc., you are aware of how important having a formal will or trust is for you and your family. Thinking about how you want your property and assets distributed upon your passing is an important step toward looking after your family and loved ones, yet it's a step not enough people take.

"A number of surveys over the last few years have reported that anywhere from 55 percent to 64 percent of Americans have not written their Wills. However, one under-reported statistic is the number of people who have their Will in place, but made it so long ago, that it no longer reflects their current circumstance." *Hewson, T. (2016, June 16). Are there even fewer Americans without Wills? U.S. Legal Wills You Decide. Retrieved December 29, 2022, from <https://www.uslegalwills.com/blog/americans-without-wills/>*

Wills, living trusts, living wills and powers of attorney were all once associated with the elderly or the wealthy. Not so anymore. Anyone with children, property, pets or other assets is advised to have at least a will in place to protect their loved ones and assets. But an estate plan often includes more than just one of these documents, and depending on your unique situation, you may want to consider the many options available to you.

Creating and managing your estate plan is one of the most important things you will ever do. As you get started planning to write your will or trust or giving it a check-up, here are five critical "do nots" to consider:

1. Do not put it off until later. There is no room for procrastination when it comes to ensuring your will or trust is accurately aligned with your specific intentions. An estate plan delayed is an estate plan not done. Now is the time, while you are able, to complete the task.
2. Do not do it by yourself. Saving a few dollars in professional advice will not provide the level of inner peace and confidence you and your family deserve. Nothing can replace the benefits of a face-to-face meeting with a good estate-planning attorney who knows how to prepare a document that will accomplish your objectives.
3. Do not rely on it solely. Your estate plan needs to be considered along with other transfer documents, such as life insurance policies, joint-ownership accounts and retirement accounts. Make sure your entire estate is coordinated properly.
4. Do not put it away and forget about it. Things change. New laws are passed affecting estates, and new developments occur regarding health issues and financials resources. An outdated plan may create more problems than it solves. Make sure your estate plan is current and is written to clearly accomplish your wishes.
5. Do not put your will or trust where no one can find it. An estate plan is worthless unless it can be located at the time of your death. Yet, nearly every day someone passes with a "lost" estate plan. Be sure to put your will/trust in a safe place and let someone know where it is kept. Tell one or more loved ones, or a trusted friend. A little foresight like this can spare your family added stress during their time of celebrating your life.

The Burcham Hills Foundation wants you and your loved ones to be protected with a good, up-to-date estate plan. If you need help in finding a qualified attorney to assist with finalization of your will or trust, please contact the Foundation's Director, Lesa Smith, MPA, CFRE at (517) 827-2924 or [lsmith@burchamhills.com](mailto:lsmith@burchamhills.com).

*All information provided regarding charitable giving is intended to outline general gift planning and assist donors to achieve their philanthropic giving intentions. The Burcham Hills Foundation staff is not qualified to provide specific legal, tax or investment advice. For such advice, please consult with your own legal and/or financial advisor before giving any charitable gift.*

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



Charles "Bob" Moore ~ Nov 27

Frank Robinson ~ Dec 2

Thelma Schobert ~ Dec 22

Ronald Robine ~ Dec 26

Donald Little ~ Dec 2

Lorraine Beresford ~ Dec 13

Mary Fouty ~ Dec 22

Bohdan "Dan" Kazewych ~ Dec 27



### **From Down the Hill . . .**

*By Peggy Garver, Clusters Association Liaison*

- ♦ Thanks to those who helped with the Burcham Holiday events. We're glad they were scheduled before the snowstorm hit!
- ♦ As we begin 2023, those of us who live in the Clusters are grateful for all of the dedicated employees at Burcham Hills. Even in difficult times, people here are always positive and help us in so many ways.

**Happy New Year to All!**



### **January Reads:**

#### **Little Women by Louisa May Alcott**

*Jan. 21 @ 1:30 pm / AWR: Moving Viewing & Discussion Following*

#### **Where the Crawdads Sing by Delia Owens**

*Jan. 28 @ 1:30 pm / AWR: Moving Viewing & Discussion Following*

### **The Salon Team**

#### **Hair and Nail Stylists**

Ekbal Al Najjar

Jodi Rice

Lizzy Kummer

#### **Massage Therapist**

Kimberly Rentfrow



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-Friday / 9:00 am - 3:00 pm

#### **Massage Therapy Appointments**

Mondays / 10:00 am - 3:00 pm

Wednesdays / 12:00 pm - 5:00 pm



**Artist Studio** (Wed., 2:45 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., 10:30 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.

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

**Card Making** (Thur., 2:00pm/4RC): We have all the supplies and lots of ideas to share to help create cards to send to your friends and family.

**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.

**Interactive News** (Wed., 2:00 pm/5RC): Get information on interesting news from around the world and join in a friendly discussion with your neighbors.

**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.

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

**Reference a Librarian** (Wed., 12:30 pm/2RC Lobby): Angelo from the East Lansing Public Library provides books to loan and will take requests to bring for future visits.

**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** (Tues., 2:15 pm/4RC; 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!

***\*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).***



**Alzheimer's Association Caregiver Support Group***Thursday, January 12 (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***Tuesday, January 17 (every 3rd Tuesday)**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 January 12

**TV Mass (Catholic)**

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

**The Peoples Church Live-Stream Service**

Sundays, 10:30 am / 5RC

**Vespers (Non-Denominational)**

Sundays, 4:00 pm / Ada Whitehouse Room

January 1	Rev. Peter Robinson Pilgrim Congregational UCC
January 8	Dr. Rev. Shawnthea Monroe The Peoples Church
January 15	Rev. Liz Miller Edgewood UCC
January 22	Dr. Rev. Stan Parker Faith Fellowship Baptist
January 29	Rev. Peter Robinson Pilgrim Congregational UCC



## 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.

**Wednesday MOVIES\*****7:00 pm - AWR (1RC)\*****Jan 4 — Oceans 12 (2004)**

Danny Ocean reunites with his old flame and the rest of his merry band of thieves in a caper covering three huge heists in Rome, Paris and Amsterdam. But Europol agent Isabel Lahiri is hot on their heels. [125 min]

*Cast: George Clooney, Brad Pitt, Matt Damon*

**Jan 11 - Radio (2003)**

When a high school football coach befriends a developmentally disabled man nicknamed "Radio" — who's the target of teasing — their friendship raises eyebrows. But Radio's growth under the coach's guidance causes the town folk to think differently. [109 min]

*Cast: Cuba Gooding Jr., Ed Harris, Alfe Woodard*

**Jan 18 - Little Women (2018)**

From girls playing in the attic to women living with purpose, the March sisters are committed to always supporting each other. Yet growing up sometimes means growing apart. When tragedy brings the sisters back home, sticking together takes on a new meaning. [102 min]

*Cast: Sarah Davenport, Allie Jennings, Lea Thompson*

**Jan 25—Lust for Life (1956)**

This fictionalized biography paints a dramatic portrait of tormented artistic genius Vincent van Gogh. Kirk Douglas delivers a fittingly combustible performance as the mentally unstable painter, whose feverish devotion to his artistry envelops and eventually destroys him. [122 min]

*Cast: Kirk Douglas, Anthony Quinn, James Donald*

**\*All programing 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 Alesha Williams, Director of Life Enrichment.

**Saturday MOVIES\*****1:30 pm - AWR (1RC)\*****Encore Presentation at 7:00 pm****AWR (1RC)\*****Jan 7 - Oceans 13 (2007)**

In this continuation of the all-star caper franchise, debonair con man Danny Ocean and his gang hatch a scheme to take revenge on a double-crossing Las Vegas kingpin on the opening night of his new casino. [122 min]

*Cast: George Clooney, Brad Pitt, Matt Damon*

**Jan 14 - The House with the Clock in Its Walls (2018)**

Based on the beloved children's classic book, the magical adventure tells the spin-tingling tale of 10-year-old Lewis, who goes to live with his uncle in a cranky old house with a mysterious tick-tocking heart. But his new town's sleepy façade jolts to life with a secret world of warlocks and witches. [105 min]

*Cast: Jack Black, Cate Blanchett, Owen Vaccaro*

**Jan 21 - Little Women (2019)**

The writings of Louisa May Alcott unfold as the author's alter ego, Jo March, reflects back and forth on her fictional life. In this adaptation, the beloved story of the March sisters is both timeless and timely. [125 min]

*Cast: Saoirse Ronan, Emma Watson, Florence Pugh*

**Book & Movie Talk (following the early showing)**

*Our Burcham Hills Library Committee will host a special discussion on the book and movie after the early showing. Lead by: Sue York*

**Jan 28 - Where the Crawdads Sing (2022)**

Kya is an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world. [125 min]

*Cast: Daisy Edgar-Jones, Taylor John Smith, Harris Dickinson*

**Book & Movie Talk (following the early showing)**

*Our Burcham Hills Library Committee will host a special discussion on the book and movie after the early showing. Lead by: Margaret Rockwell*



Jan 1 Balbir Grewal  
 Jan 1 Bonnie Keller Garay  
 Jan 1 Tom Hazlett  
 Jan 5 Dorothy Shonkwiler  
 Jan 6 Mary Miller  
 Jan 6 Sharon Muir  
 Jan 10 Catherine DeRose  
 Jan 12 Betty Iwasko  
 Jan 13 Ann Blalock  
 Jan 13 Kate Dennis  
 Jan 14 Jerry Schuur  
 Jan 16 Sharon Harr  
 Jan 17 Madeline Diamond  
 Jan 17 James White  
 Jan 20 Julia Ellis  
 Jan 20 Nancy Hunter  
 Jan 21 Donald Grimes  
 Jan 21 Susan Tenny  
 Jan 23 Gary Hicks  
 Jan 23 Inez Snyder  
 Jan 23 Faris Howrani  
 Jan 24 Gerald Wills  
 Jan 25 Rebecca Redmond  
 Jan 26 Helen McKowen  
 Jan 27 Joseph Strong  
 Jan 29 Mary Beth Utz  
 Jan 29 Peggy Garver  
 Jan 30 Connie Timmer  
 Jan 30 Herbert Massoll  
 Jan 31 Guenter Stork

### January Meetings

- 9 Resident Ctr Assn. Board Mtg  
 1:30 pm / PDR  
 25 CHR Food & Dining Meeting  
 10:30 am / 3CHR Pigeon  
 26 RC Food & Dining Comm. Mtg  
 1:30 pm / PDR  
 31 CHR Resident Council  
 11:00 am / 3CHR Pigeon

## January Highlights

- 3 Fact & Fiction  
 3 Gadget Workshop  
 4 RC Birthday Party  
 4 Jim Hermann  
 6 RC Wine & Cheese Social  
 9 Traveling with Tom  
 10 Fact & Fiction  
 11 Know Your Neighbor  
 12 Karaoke  
 13 Genetic Genealogy  
 16 Chili Cookoff  
 17 Lunch Bunch Outing: Sultan's  
 17 Lansing Area Parkinson's Disease  
 Support Group  
 18 Wellness Clinic  
 18 Lansing Matinee Musicale  
 19 Cooking Through Time  
 19 Fun with Money  
 20 RC Wine & Cheese Social  
 21 Lunar New Year  
 23 Let's Talk About Birds  
 24 Music w/ Lee Piper  
 25 NCG Movie Outing  
 25 Oopsy Daisy Flower Sales  
 26 Frankenmuth Snowfest Outing  
 27 International Culture Festival  
 29 Vivace Strings

### Life Enrichment Team

**Alesha Williams, CTRS**  
 Director of Life Enrichment  
 Ext. 417 or 827-1068

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

**Resident Center**  
**Ext. 277 or 827-1061**

**Sarah Schimm**  
 RC Recreation Assistant  
**Spence Nichols**  
 MC Recreation Assistant

**Center for Health & Rehab**  
**Ext. 281 or 827-2449**

**Jaldyn Schooley**  
 Recreation Therapist  
**Nickolaus Hltsman-Gottler**  
 Recreation Therapy Assistant  
**Diana Vogel**  
 Recreation Therapy Assistant  
**Autumn Turner**  
 Recreation Assistant

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

**Wellness Team**  
**Ext. 420 or 827-2452**

**Myranda Pugh**  
 Fitness Specialist  
**Ethan Kulaszewski**  
 Fitness Specialist  
**Rachel McNamara**  
 Fitness Specialist  
**Grace Blauwlekel**  
 Fitness Specialist

**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**

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

### **February Upcoming Events**

- 9 Traveling w/Tom from CADL  
 13 Genetic Genealogy: Introduction &  
 New Advances  
 18 Wellness Clinic  
 TBD Culture Festival