

# Burcham Beacon

Volume 16; Issue 2

February 2023

## 2023: A Great Start

We welcomed 2023 with a New Year's Eve Celebration filled with disco balls, dancing and a champagne toast! It was a busy month with taking down holiday decorations and doing our best to stay warm. The Chili Cook-Off, hosted by the food & beverage team, certainly helped. Residents and staff were able to try chilis made by the RC dining team, Bistro dining team and CHR dining team and vote for their favorite. The RC dining team won the coveted "Wooden Spoon" trophy with their "Kitchen Sink Chili"! We wrapped up the month with the Annual International Culture Festival, hosted by Tammy Terwilliger. This year marked the 20th anniversary of this event and Tammy's 19th year hosting. We are grateful to Tammy for all the hard work she puts into this event. She goes above and beyond to make this a special event and we all look forward to the amazing food she makes in large quantities to share with everyone. Thank you to all who supported these events! We look forward to a year full of exciting programs!



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#### Newsletter Staff

##### Co-Editors

Alesha Williams  
Nancy Hanford



*Additional photos on page 11-12*

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



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

*by Kari Rennie*

February is the month that celebrates many things.

To name a few:



- Love (**Valentines & Valentine's Day**)
- Repetitiveness and the forecast of the length of our Winter (**Groundhog Day**)
- The ultimate Sports Sunday (if you're a football lover that is for all things - **Super Bowl**). If you're a fan, who are you rooting for? The Kansas City Chiefs or the Philadelphia Eagles?!?!)

A short month with a multitude of fun packed in it! Our community is no different as we look to celebrate each of these items in a special way!

I can't believe I forgot to mention Mardi Gras too and I know Alesha Williams, Director of Life Enrichment, and the Recreation Team have a fun plan for us to celebrate within our community. 😊

Our hospitality promise for the month is, *"We Make You Feel Important!"* We look forward to you sharing ways that our team members have demonstrated this promise with you! As you may recall, our Hospitality Promises are part of our Extraordinary Impressions program, and we continue to work toward our goal of not only meeting your needs but doing our best to exceed them every day!

*"We will never have a perfect world, but it's not romantic or naïve to work toward a better one."*

~ Steven Pinker

### **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







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

## Music Opportunities

**Jonathan Gerry**

Wednesday, February 1 / 2:30 pm / AWR

**Family Finger Band**

Thursday, February 9 / 7:00 pm / AWR

**Lansing Matinee Musicale**

Wednesday, February 15 / 2:00 pm / AWR

**Vivace Strings**

Sunday, February 12 & 26 / 2:00 pm / AWR

## Travel with Tom to Nepal

**Monday, February 6 / 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 Nepal.



## Gadget Workshop\*

**Tuesday, February 21**

**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.



## "Oopsy Daisy" Flower Sales

Wednesday, February 22

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



## Let's Talk About Birds

**Thursday, February 23**

**3:30 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.



## Cooking Through Time

**Tuesday, February 28**

**2:00 pm / Slate Room**

If you think modern day Mardi Gras enthusiasts know how to party, wait till you hear about their medieval counterparts on feast days! Join us this month as we dive into the food and festivities surrounding this crazy carnival mentality.



## Additional February Holidays

2 Groundhog Day

16 Paczki Day

20 President's Day

21 Fat Tuesday (Mardi Gras)




\*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.

*Death Cafe*  
BECAUSE DEATH IS ONLY A SECRET

**Tuesday, February 28**  
(4th Tuesday of each month)  
**9:30 - 11:00am**  
**Wild Rose Art Studio**  
**StoneBriar**

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

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



- |        |                                    |
|--------|------------------------------------|
| ◆ 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

**Fascinating People & Places****Fridays at 6:30 pm / 4RC Lobby****February 3 & 10: "Eames: The Architect and the Painter"**

The husband-and-wife Charles and Ray Eames are widely regarded as America's most important designers, best remembered for their unique furniture. However, their personal lives and influence on American events were not as well-known. This is the first film focusing on the lives of these creative geniuses and their work. This film will be shown in two parts.

**February 17: "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.

**February 24: "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.

**FACT & FICTION UPDATE**

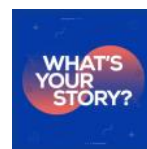
Unfortunately we are not able to continue with this program at this time. If you are interested in facilitating this program or another program, please reach out to Matt Bebermeyer, Resident Life Manager, at (517) 220-2215.

**Our Stories: Then & Now****Thursday, February 2**

Topic: Family Traditions

**Wednesday, February 8**

Topic: Travel

**2:30 pm / Slate Room**

Gather with friends and share topical anecdotes from the past and today. Have a treasure with a story? Bring it along!

*\*This program is replacing both Sharing Memories and Know Your Neighbor!*

**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.







## Valentine's Day Dinner

**Tuesday, February 14, 2023**

Invite your family and friends to join us on Valentine's Day!

**Serving Times:**

**CHR** 4:30 pm (all floors)

**RC** 3:45 pm & 5:00 pm

**Bistro** 4:30 pm

*The guest charge for the buffet is \$25.00 per person.*

Please make your reservations for the time of your choice and indicate how many guests will be in your party by contacting:

**CHR** Ken Peters at (517) 351-8377

**RC/Bistro** Diane Peltier at (517) 827-0363 or sign-up sheet

**Main Entrees include:**

**Beef Tenderloin, Chicken Marsala & Shrimp Scampi**



## Valentine's Day Party



FEBRUARY

TUESDAY

**14**

2:30PM

ADA WHITEHOUSE ROOM

**JOIN YOUR FRIENDS AND NEIGHBORS AND  
HELP US CELEBRATE THAT CRAZY THING  
CALLED "LOVE"!**

**ENTERTAINMENT BY: JOHNATHAN STARS  
LIGHT REFRESHMENTS WILL BE SERVED**



In January, we highlighted our Extraordinary Impressions program with boards throughout our community displaying our 10 Hospitality Promises. We gave staff and residents a chance to participate in recognizing the things they saw throughout the month that demonstrated our culture of going above and beyond to make Burcham the best place to live and work! This program doesn't end here and is an ongoing, year-round opportunity to recognize each other. Moving forward, we will use the Extraordinary Impressions *Thank You* cards. These are available in Human Resources, at each reception desk and will be added in other areas where they will be easily accessible daily. Thank you for your participation in this program and promoting a culture of gratitude and positivity.

# Mardi Gras Floats and Parade!

## FLOAT BUILDING

THURSDAY, FEBRUARY 16

2:30 PM / AWR

We will gather in groups to build our floats that will be in the parade. See your Recreation Calendar for planning meeting times and dates.

Come be a part of this fun experience!



## PARADE

TUESDAY, FEBRUARY 21

10:00 AM

COMMUNITY-WIDE

Staff will pull the floats around the community in a festive and colorful parade. Stay in your doorway or common areas to see the parade come through and maybe get some beads!



## MARDI GRAS PARTY

LIVE MUSIC • FLOAT DISPLAY • FESTIVE FOOD

TUESDAY | FEBRUARY 21  
START AT 2:30 PM  
ADA WHITEHOUSE ROOM

**THIS PARTY IS SHAPING UP TO BE A "CAN'T MISS" EVENT!  
WE WILL HAVE MASKS AND BEADS READY FOR YOU!  
ENTERTAINMENT WILL BE BY A NEW PERFORMER: CLIQUE  
COME CHECK THEM OUT!**





**RC Neighborhood Meetings**

2RC: Tuesday, February 21 / 2:00 pm / PDR

3RC: Tuesday, February 14 / 11:00 am / Looking Glass (3RC)

4RC: Tuesday, February 7 / 1:30 pm / 4th Flr Lobby

5RC: Tuesday, February 28 / 3:00 pm / 5th Flr Lobby

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



# Sewing for a Cause

**Friday, February 10 & 24**  
**2:30 pm / Slate Room**

Do you love to sew but feel like you already have enough "stuff" as it is? That's okay!

Our Sewing for a Cause group offers the opportunity to apply your stitchery skills and know that the finished product is put to good use for various causes.

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

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

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

**Birthday Party**

**Tuesday, February 7**  
**1:30 pm / 4RC**



Join us in celebrating  
those with January  
birthdays!

**RC Food & Dining Committee**

**Thursday, February 23**

**1:30 pm / PDR**



ROYAL  
OPERA  
HOUSE

This exciting program streams performances from one of the world's leading opera houses. Showcasing classical opera and dance, as well as candid insight into the process of creating and preparation of performances!

**Wednesday, February 8**  
**2:30 pm / AWR**

**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.



**Every Monday**  
**3:30 pm**  
**Cornerstone Bistro**

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

**Wine & Cheese Social**

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

**Friday, February 3 & 17**

*Performance by Shaoming*



## CHR Outing Pizza House

Wednesday, February 1  
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.



## Happy Hour

Monday, February 20

3:00 pm / 3CHR

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

## CHR Food & Dining Meeting

Wednesday, February 22

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.



This exciting program streams performances from one of the world's leading opera houses. Showcasing classical opera and dance, as well as candid insight into the process of creating and preparation of performances!

Saturday, February 4  
2:30 pm / 3CHR



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 Resident Council Meeting

Tuesday, February 28 @ 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 Birthday Party

Tuesday, February 7

3:00 pm

3CHR Dining Room





**NCG Movie Outing***Movie to be determined*

Friday, February 17

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 Feb 15*

**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!*

**Lunch Bunch****Olive Garden**

Wednesday, February 22

Depart: 11:30 am

Return approx.: 2:00 pm

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

*Please sign-up by Feb 20***Facility for Rare Isotope Beams (FRIB)****Tour at MSU**

Thursday, February 23

Depart: 1:30 pm

Return approx.: 3:30 pm

Cost: Free

*Please sign-up by Feb 20***Kinky Boots****Riverwalk Theater**

Thursday, March 2

Depart: 6:15 am

Show starts: 7:00 pm

Return approx.: 9:00 pm

Cost: \$30 (\$20 ticket, \$10 transportation fee)

*\*no refunds available once tickets are purchased.*

*Please sign-up by Feb 10***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**

**Move to the Beat Update**

**Every Monday**  
**(Starting February 20)**  
**2:15 pm / Pebble 1**

This new class began in January and we have decided to offer it weekly instead of monthly.

Beginning February 20, this fun class will be offered each Monday! Come check it out and see if this class is right for you!



## Monthly Wellness Focus:

**Emotional Wellness**

Emotional Wellness inspires self-care, relaxation, stress reduction and the development of inner strength. It is important to be attentive to both positive and negative feelings and be able to understand how to handle these emotions.

**Special Notice:**

**Myranda Pugh will be transitioning to per diem in February and we will be celebrating her next career steps with a social on Wednesday, February 8, at 3:00 pm in Pebble 1. Join us in wishing her well in her new adventure.**

# Weekly RC Fitness Classes

| Class                       | Level of Difficulty                                      | Description  | Day, Time & Location                    |
|-----------------------------|--|--|---|
| Cardio Drumming             | <b>Easy</b><br>Anyone can join!                          | During this class, drum along to your favorite music from the 50's, 60's, and 70's while getting an upper body workout in too! This class is a fun way to enjoy the music you love while getting your heart pumping! | Wednesdays at 2:00pm in Pebble 1        |
| Fall Prevention             | <b>Moderate</b><br>Sitting and Standing Work             | Seated and standing exercise class designed to improve balance and increase leg and core strength to prevent falls and injuries from falls.  | M/W/F at 10:15am in Ada Whitehouse Room |
| Fit and Functional          | <b>Easy – Moderate</b><br>All seated work                | A moderate intensity evidence-based exercise group that focuses on strength training, flexibility, and endurance. Seniors of all ability levels are encouraged to attend!  | T/Th at 11:15am in Ada Whitehouse Room  |
| Advanced Fit and Functional | <b>Moderate – Difficult</b><br>Sitting and Standing Work | This moderate-high intensity class works to incorporate strength training, flexibility, endurance, and balance exercises.  | M/W/F at 11:15am in Ada Whitehouse Room |
| Move to the Beat            | <b>Easy – moderate</b><br>Seated or Standing             | Come move your body to the beat of your favorite music in this fun class offered every other week! Whether you're a beginner or advance, there's something for everyone!   | Mondays at 2:15pm in Pebble 1           |





happy new year 2023











## From the Resident Center Association Board . . .

At the January 9, 2023 Board meeting of the Resident Center Association, a significant reorganization was approved by a unanimous vote. Two principal changes were approved:

1. The number of Committees has been reduced to two:
  - a. Library, chaired by Margaret Rockwell. Remember, the Library receives daily subscriptions to the Wall Street Journal and the New York Times.
  - b. Food & Dining, formerly chaired by Mary Lou Johnson. Janet Feighner, resident, has graciously offered to succeed her. All are welcome at Food & Dining Committee meetings in the Private Dining Room at 1:30 pm on the fourth Thursday of each month.
2. The positions of officers of the Association were temporarily restructured. A new team of Directors was authorized with Bob Ference as Lead Director. He was given the authority to recruit up to three other directors. Their principal function is to research and construct procedures to rebuild the Association consistent with our purpose:

*"...to promote the well-being, interests and activities of the members,  
and to seek solutions to matters of general concern."*

The rebuilding of the Association may take some time to accomplish. Any assistance you can provide - expressing concerns, offering ideas for new efforts, extending compliments to staff - are welcome.

Robert Ference, Apt #237

(517) 220-8526

[raference1@gmail.com](mailto:raference1@gmail.com)

### Blizzard

*Keep the kids inside both day and night,  
No sledding, duck-duck-goose or snowball fight.  
With raging winds and temps below zero,  
There's no need to be a frostbitten super hero.*

*Instead make a cozy fire and read a good book,  
Whether fiction or history or thriller about cop versus crook.  
And board games and singing and cookie baking,  
And even a spell of delicious nap taking*

*The snow outside is a wondrous sight,  
But from inside the beauty of it seem just right.*

~ Thoughts about winter by our Clusters Resident Poet, Neil Austin



## Who Do I Contact If . . . ?

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

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

**Michelle Robbins**, Resident Center Director  
Located on 2<sup>nd</sup> floor, Apt. #219; direct (517) 827-0692  
[mrobbins@burchamhills.com](mailto:mrobbins@burchamhills.com)

- Management & Operations
- Quality of Care Services
- Regulatory Compliance
- Resident and Staff Satisfaction

**Buffy Torok, LPN**, Resident Center Clinical Director  
Located on 2<sup>nd</sup> floor, Apt. #225; (517) 827-9029 direct  
[btorok@burchamhills.com](mailto:btorok@burchamhills.com)

- Clinical Operations
- Quality of Care Services
- Pharmacy & Physician Questions
- Staff Management and Supervision

**Kyle Bucholz**, Wellness Operations Coordinator  
Located on 2<sup>nd</sup> floor, Apt. #202; (517) 220-2223 direct  
[kbucholz@burchamhills.com](mailto:kbucholz@burchamhills.com)

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

**Mallory Matthews**, Wellness Navigator  
Located on 1<sup>st</sup> floor; (517) 827-1078 direct  
[mmatthews@burchamhills.com](mailto:mmatthews@burchamhills.com)

- Life Plan Community Continuum of Care Transitions
- Resident Care & Life Enrichment Coordination
- Resident Assessment & Level of Care Determinations
- Quality Assurance Performance Improvement Program

### Security

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

- Building entry after hours
- Package Delivery
- Security concerns

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

- Dining Services
- Nutrition or Dietary Needs
- Culinary or Menu Suggestions

**Diane Peltier**, Dining Room & Events Manager  
Located on 1<sup>st</sup> floor; (517) 827-0363 direct  
[dpeltier@burchamhills.com](mailto:dpeltier@burchamhills.com)

- Planning a special meal and/or an event

**Mary Bryant**, Personal Wellness  
Located on 5<sup>th</sup> floor; (517) 827-2901 direct  
[mbryant@burchamhills.com](mailto:mbryant@burchamhills.com)

- Personal Wellness Services
- Companionship to External Appointments

**Alesha Williams**, Director of Life Enrichment  
Located in StoneBriar 1<sup>st</sup> floor; (517) 827-1068 direct  
[awilliams@burchamhills.com](mailto:awilliams@burchamhills.com)

- Oversees Recreation, Fitness, Transportation, Salon and Concierge Services

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

- Day to day functions of Recreation and Fitness

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

- Volunteer Services
- Pet Visits

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

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

### Receptionist, (517) 351-8377, ext. 0

Available Daily 7:30 am – 8:00 pm

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





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

*By Lesa Smith, Foundation Director*

### **Gift-Wise Planning Opportunities**

You have an ongoing opportunity to leverage your charitable support for Burcham Hills by gifting stocks, real estate or other appreciated assets. If you donate these types of long-term appreciated assets, you generally avoid paying capital gains, and you may take an income tax deduction for the full fair-market value of the asset, possibly up to 30 percent of your adjusted gross income. Excess deductions may be carried over and deducted for up to five years.

By giving a significant gift today you may also reserve a life-income stream for yourself or others. Through electing to receive fixed income or variable payments, you will receive a charitable deduction for part of what you give. Also, should you fund your gift with securities, you can reduce or avoid capital gains taxes.

By establishing a charitable lead trust with a temporary gift of cash or income – producing property to the Burcham Hills Foundation, the trust assets may be passed to children or other heirs at a determined later date. This technique supports the immediate work of Burcham Hills while offering the opportunity to reduce income taxes, future gift taxes, estate taxes and generation-skipping transfer taxes.

Additional opportunities for charitable giving may also occur if you are:

- Planning to sell investments at a profit
- Establishing a living trust
- Amending your living trust or will
- Preparing to roll over low-interest CDs or bonds
- Determining beneficiaries for pension plans or life insurance

The Burcham Hills Foundation wants you and your loved ones to be protected with a solid, up-to-date estate plan. Should you need help finding a qualified attorney to assist with finalization of your will or trust, please contact the Burcham Hills Foundation Director, Lesa Smith, MPA, CFRE at (517) 827-2924 or [lsmith@burchamhills.com](mailto:lsmith@burchamhills.com). Visit <https://burchamhills.plannedgiving.org/> for additional information on how to accomplish your philanthropic goals and estate planning goals through planned giving.

*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.*



Margaret Rockwell has retired as Chair of the Library Steering Committee after an interesting and challenging term of change and growth. We are grateful for her leadership. She has been replaced for the 2023 year by Susan York but will graciously remain involved on the Steering Committee as well as her position as Chair of the Library Committee of the Resident Center Association. Susan may be found in the Library on Tuesday mornings and is available by phone at (517) 230-8430 and/or [yorksusanm@aol.com](mailto:yorksusanm@aol.com) to anyone who wants to volunteer, suggest or discuss books or donate them to our collection.

During the past 2½ years of COVID while the Library was closed for business, staff and volunteers worked devotedly to organize and catalogue the Library's collection of books. This project has facilitated keeping track of our collection while lending books and other materials to readers. The primary work was accomplished by the following individuals, and they should be given great credit. Eleanor Pinkham led this effort with dedication and persistence, and Ann Kinzer was her able and reliable partner. Laurie Chapin, Eleanor's daughter from East Lansing, spent many a day making signs and applying new book labels, while Sarah Schimm created the labels.

You may have noticed that the Library has been choosing monthly themes to call attention to the variety of books we offer. January's theme was "Movies Made from Books", featuring "Little Women" and "Where the Crawdads Sing". We explored offering movie/book discussion after movie showings on January 21 and 28.

February's theme will be "Travel." Books about travel will be featured in our "Good Reads" display. We also would like to refer readers interested in armchair and real-life travel to "Travels with Tom", the Rick Steves' Series with Sarah Schimm and travel films scheduled for February showing at Burcham, all sponsored by the Recreation Department (see page 19 for listings).

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



Barbara Brochu ~ Jan 1  
Robert Brown ~ Jan 5  
Catherine Couzzins ~ Jan 10  
Lauralee Campbell ~ Jan 19  
Joseph Shlien ~ Jan 28

Marion Brewer ~ Jan 3  
Ann Alley ~ Jan 5  
William Taylor ~ Jan 14  
Gerald Fulcher ~ Jan 25





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

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

**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!

### **The Salon Team**

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

Ekbal Al Najjar

Jodi Rice

Lizzy Kummer

#### **Massage Therapist**

Kimberly Rentfrow

**PS**  
SALON & SPA

**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 - 5:00 pm

**Alzheimer's Association Caregiver Support Group***Thursday, February 9 (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, February 28 (usually every 3rd Tuesday, changed this month for scheduling conflict)**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 February 9

**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

|             |   |
|-------------|---|
| February 5  | Dr. Rev. Stan Parker<br>Faith Fellowship Baptist  |
| February 12 | Dr. Rev. Shawnthea Monroe<br>The Peoples Church   |
| February 19 | Rev. Peter Robinson<br>Pilgrim Congregational UCC |
| February 22 | TBD   |



## 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)\*****Feb 1 — Promised Land (2012)**

Taking advantage of hard economic times, two salespeople for a natural gas company come to a small town to buy drilling rights from the residents. To their surprise, a local schoolteacher mobilizes a campaign aimed at blocking the companies plans. [106 min]

*Cast: Matt Damon, Frances McDormand, John Krasinski*

**Feb 8 - Beaches (1988)**

Hillary is an unprepossessing WASP and Cecilia is an aspiring Jewish nightclub singer. But what began as an improbable friendship on the Atlantic City boardwalk becomes an unbreakable bond that's tested repeatedly when the chips are down.

[123 min]

*Cast: Bette Midler, Barbara Hershey, John Heard*

**Feb 15 - 180° South (2010)**

Inspired by pioneering outdoorsman Yvon Chouinard's freewheeling 1968 van trip to Patagonia, South America, a band of bliss-seeking surfer-mountaineers sets out — in 2007, by boat — to remake the journey in this adventure documentary. [85 min]

*Cast: Yvon Chouinard, Doug Tompkins, Keith Malloy*

**Feb 22 - Eat Pray Love (2010)**

Recent divorcee Liz decides to reshape her life, traveling the world in search of direction. She heads to Italy, India and Bali, indulging in delicious cuisine while seeking the true meaning of self-love, family, friendship and forgiveness. [140 min]

*Cast: Julia Roberts, James Franco, Javier Bardem*

**\*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.**

**Saturday MOVIES\*****1:30 pm - AWR (1RC)\*****Encore Presentation at 7:00 pm****AWR (1RC)\*****Feb 4 - The Private War of Major Benson (1955)**

After getting into trouble, a tough officer is transferred to a military academy where is horrified to learn his new recruits are young boys. [105 min]

*Cast: Charlton Heston, Julie Adams, Williams Demarest*

**Feb 11 - The Secret Life of Walter Mitty (2013)**

In this remake of the 1947 classic comedy, shy photo manager Walter Mitty is constantly day-dreaming to escape the humdrum life and domineering mother, but when he gets embroiled in a real-life adventure, he discovers that being a hero is tough work. [114 min]

*Cast: Ben Stiller, Kristen Wiig, Shirley MacLaine*

**Feb 18 - Around the World in 80 Days (1956)**

This Oscar-nominated hit adaptation of Jules Verne's novel recounts the adventures of Englishman Phileas Fogg, who takes on a seemingly impossible wager: traveling around the world with his butler in 80 days. Their journey takes the pair to India, Hong Kong and the United States. [181 min]

*Cast: David Niven, Finlay Currie, Robert Morley*

**Feb 25 - Endless Summer (1966)**

The quintessential surf film directed and narrated by Bruce Brown follows summer around the globe in 1966. Surfers ride the wild waters of Hawaii, Australia, Africa and other exotic locales in search of the perfect wave. [92 min]

*Cast: Michael Hynson, Robert August, Lord 'Tally Ho' Blears*



**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.





Feb 2 Larry Combs  
 Feb 3 Norma Taylor  
 Feb 4 Ariel Jackson  
 Feb 5 Patricia Rosso  
 Feb 5 George Parkerson  
 Feb 5 Maxine Hewett  
 Feb 7 Albert Sparrow  
 Feb 7 Sally Wood  
 Feb 8 Peg Schneider  
 Feb 9 Cruz Escojido  
 Feb 10 Vera Cherry  
 Feb 11 Eleanor Chapin  
 Feb 11 Jim Nelson  
 Feb 12 Terry Specker  
 Feb 13 Harry Hornberger  
 Feb 14 Margaret Rockwell  
 Feb 18 Elaine Hatton  
 Feb 19 Carolyn Cantlon  
 Feb 21 Linda Foster  
 Feb 22 Shirley Noetzold  
 Feb 23 Lillie Vaughan  
 Feb 24 Mary Ann Baumgartner  
 Feb 24 Betsy Pifer  
 Feb 25 Cash Street  
 Feb 25 Jann Clemens  
 Feb 26 John Frawley

**February Meetings**

13 Resident Ctr Assn. Board Mtg  
 1:30 pm / PDR  
 22 CHR Food & Dining Meeting  
 10:30 am / 3CHR Pigeon  
 23 RC Food & Dining Comm. Mtg  
 1:30 pm / PDR  
 28 CHR Resident Council  
 11:00 am / 3CHR Pigeon

**February Highlights**

1 Jonathan Gerry Performance  
 2 Our Stories: Then & Now *(new program)*  
 3 RC Wine & Cheese Social  
 6 Traveling w/ Tom  
 7 RC Birthday Party  
 8 Our Stories: Then & Now  
 8 Royal Opera House  
 9 Family Finger Band  
 9 Alzheimer's Caregiver Support Grp  
 10 Sewing for a Cause *(new program)*  
 12 Vivace Strings  
 14 Valentine's Party w/ Johnathan Stars  
 15 Lansing Matinee Musicale  
 16 Mardi Gras Float Building Event  
 17 NCG Movie Outing  
 17 RC Wine & Cheese Social  
 21 Mardi Gras Party w/ Clique  
 21 Gadget Workshop  
 22 Oopsy Daisy Flower Sales  
 22 Lunch Bunch Outing: Olive Garden  
 23 FRIB Tour at MSU  
 23 Let's Talk About Birds  
 23 RC Food & Dining Committee  
 24 Sewing for a Cause *(new program)*  
 26 Vivace Strings  
 28 Death Café *(new program)*  
 28 Cooking Through Time  
 28 Lansing Area Parkinson's Disease Support Group

**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**

**Jaidyn Schooley**  
 Recreation Therapist  
**Nikolaus 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**

**March Upcoming Events**

**6 Traveling w/Tom from CADL**  
**17 St. Patrick's Day Social**  
**29 Fashion Show**