

Burcham Beacon

Volume 16; Issue 3

March 2023



March



Mardi Gras

Mardi Gras was the highlight of our month for February! Residents planned, designed and created beautiful floats for our Mardi Gras Parade. The creativity was apparent in the various floats displayed. The Memory Care residents designed a Three Kings theme; the residents in the Center for Health & Rehabilitation residents created a Crocodile float fit for the Bayou; the Resident Center residents flawlessly executed a Michigan Fudge Shop float, complete with “marble” tiles, cutting slab and real fudge; and the StoneBriar and Clusters residents put their creative ideas into a Mardi Gras music-themed float that ensured the parade had an upbeat tempo. Their float also featured Morris, the 30-year-old teddy bear of Shirley Noetzold, “playing” the drums and we think most can agree, he stole the show! Thank you to all the staff and residents who helped make these amazing floats and participated in our parade throughout the Burcham community.

Additional photos on page 11-12



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Newsletter Staff

Co-Editors

Alesha Williams
Nancy Hanford

Special Announcement

As many of you are aware, Jeff Davis, Director of Food & Beverage, and his team have recently hosted some exciting holiday meals for the entire Burcham community. As a result of the wonderful response to these events, we have decided to make some adjustments in the way we host holiday events.

If a holiday dinner is being provided by the Dining Services team, the Recreation Team will evaluate other ways to provide holiday programming, support and cheer and will no longer hold a separate holiday party. We are excited to try some new ideas we have and mix things up a bit.

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



From the Desk of the Executive Director . . .

by Kari Rennie

To write about March is typical to write about Spring and the changing of the seasons, but with our recent Winter weather, it's hard to see Spring is on the horizon, but it is. 🤔

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

March brings about a fun time as we celebrate St. Patrick's Day and March Madness! I am always hopeful and rooting for our favorite team, MSU Spartans, and a repeat of championships of the past!

Tom Izzo has led us through many great accomplishments, but none more great than leading our community through the recent moments of unnecessary terror over the last two weeks. He spoke as the leader we all have come to know him to be. Passionate, kind and caring.

I often wonder why some people are called upon to handle adversity after adversity and still shine, show character, resilience and strength only to remember that is what we are all called to do! We all have challenges in life, some shared privately, some shared publicly. We also all have a choice in how we handle those challenges put on our plates. Do we rise up, be the light the world needs and power through or do we let the challenges take control?

Do all you can to be like the Spring, rising like a determined flower to show that kindness blooms, light wins and adversities are just a small part of our day!

"Where flowers bloom, so does hope."

~ Lady Bird Johnson

✿ Happy St. Patrick's Day ✿



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

Music Opportunities

Lansing Matinee Musicale

Wednesday, March 15 / 2:00 pm / AWR

Music by Noteworthy

Thursday, March 16 / 6:30 pm / AWR

Tom Timlin

Wednesday, March 22 / 2:30 pm / AWR

Vivace Strings

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

Travel with Tom to Victoria Falls

Monday, March 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 March to learn about Victoria Falls.



Gadget Workshop*

Tuesday, March 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, March 22

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



Let's Talk About Birds

Friday, March 24

2:00 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

Thursday, March 23

2:00 pm / AWR

It is March! And that means it's time to take part in the craic (fun) of learning about all things Irish, especially the cooking. Come sample the history and the tastes of this rich vibrant culture.



THE BEST
Irish Foods

*Death
Cafe*

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.

Tuesday, March 28

(4th Tuesday of each month)

9:30 - 11:00am

**Wild Rose
Art Studio
StoneBriar**



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

Room Location Key

| | |
|------|------------------------------------|
| AWR | Ada Whitehouse Room (1RC) |
| CHR | Center for Health & Rehabilitation |
| GLR | Great Lakes Room (3RC) |
| PDR | Private Dining Room (2RC) |
| RC | Resident Center |
| SB | StoneBriar |
| SP | Stansell Patio (1CHR) |
| SVDR | Scenic View Dining Room (2RC) |
| WC | Wellness Center (2RC) |

Additional March Holidays

- 3 Caregiver Appreciation Day
- 8 International Women's Day
- 15 Ides of March
- 20 Earth Day



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

Fascinating People & Places

Fridays at 6:30 pm / 4RC Lobby

March 3 & 10: "Emily Dickinson: My Letter to the World" (*shown in two parts*)

An in-depth exploration of the life and work of Emily Dickinson. This documentary rewrites the widely accepted narrative of the poet as a strange recluse in white, breathing new life into her legacy over 130 years after her death.

March 17: "The Green Planet with David Attenborough: Water Worlds"

The world of water plants is largely hidden, but they are some of the most beautiful, bizarre and important habitats on earth. Flowers smother rivers and lakes. A river bubbles like champagne as plants create the atmosphere itself.

March 24 & 31: "Johnny Carson: King of Late Night" (*shown in two parts*)

Quite possibly the biggest star that television has ever produced, Johnny Carson was seen by more people on more occasions than anyone else in American history. This film explores the life and career of one of the most beloved yet enigmatic icons.



HAPPY
St. Patrick's Day

Friday, March 17
2:30 pm 🍀 **AWR**

**Join the recreation team for
musical entertainment by
Double Play: Flute & Tuba
prior to your special
St. Patrick's Day Dinner!**

Refreshments will not be served

**THE INS AND OUTS OF
MEDICARE****Wednesday, March 8****2:00 pm****AWR**

Kevin Simon, licensed specialist with Sizeland Medicare Strategies, will provide pertinent information on Medicare that can help you navigate what can often be a confusing topic. He will also help answer any questions you may have.

**FRAUD
PROTECTION
SEMINAR**

The Eastside Community Action Center, in collaboration with Huntington Bank, will arm you with the tools and resources to protect yourself and your loved ones from fraud and scams including identity theft, and phone & internet scams.

**Tuesday, March 28th****Starting at 2pm**

@ Ada Whitehouse Room - Burcham Hills
2700 Burcham Dr, East Lansing

EVERYONE IS WELCOME!

We will also have bingo,
refreshments, snacks,
and prizes!






Burcham Hills®
A Life Plan Community

EASTER EGG HUNT

SATURDAY, APRIL 1, 2023
10:00 AM

RESIDENTS WILL GATHER IN THEIR OWN NEIGHBORHOODS TO HIDE
EGGS AND WAIT CHILDREN TO COME HUNT FOR THEM!

Candy donations needed!
Donate individually wrapped
candy we can stuff inside Easter
eggs to hide for the children.
All donations needed by
Monday, March 27.

Easter Egg Stuffing Event
All residents are invited to
help us stuff the eggs to be
hidden for the hunt.
Thursday, March 30
1:30 - 3:30 pm / AWR



YOU ARE INVITED TO



Resident FASHION SHOW

29

MARCH

2:30 P.M.

ADA WHITEHOUSE ROOM

JOIN US AS RESIDENTS THROUGHOUT OUR COMMUNITY
STRUT THEIR STUFF AND SHOW OFF THEIR FASHION SENSE.

WE ARE PROUD TO PARTNER WITH KELLIE'S ESTATE SALES
AUTCTIONS & RESALE FOR THIS EVENT AND KELLIE
HERSELF WILL BE THE MC.

RAFFLE DRAWING:

BRING A FRIEND FROM OUTSIDE THE BURCHAM HILLS
COMMUNITY TO THE EVENT AND YOU AND THE FRIEND
WILL BE ENTERED TO WIN A \$100 GIFT CERTIFICATE TO
KELLIE'S RESALE STORE.



**RC Neighborhood Meetings****2RC: Tuesday, March 14**

2:00 pm / PDR

3RC: Tuesday, March 21

1:00 am / Looking Glass (3RC)

4RC: Tuesday, March 7

1:30 pm / 4th Flr Lobby

5RC: Tuesday, March 28

3:00 pm / 5th Flr Lobby

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

**Resident Center Education Series for Residents & Families****About This Program**

This program will provide education on pertinent topics to our residents and families of the Resident Center at Burcham Hills. Each month a new topic will be introduced.

Beginning April 11, 2023 this program will be held the second Tuesday of each month at 6:30pm in the Ada Whitehouse Room

Topics:**April 11, 2023 / 6:30pm / AWR****Meet the RC Operations & Clinical Team**

Michelle Robbins, Resident Center Director

Buffy Torok, Clinical Director

Kyle Bucholz, Wellness Operations Coordinator

Mallory Matthews, Wellness Navigator

Mary Bryant, Personal Wellness Coordinator

Future Topics

- Dr. Raza Haque & MSU Geriatrics
- Life Enrichment & the 8 Dimensions of Wellness
- Medication Management, Pharmacy Services, and Levels of Care
- Durable Power of Attorney & Competency
- Safety & Security in our Community

Sewing for a Cause**Saturday, March 4 / 3:15pm****Friday, March 31 / 2:00 pm****Slate Room**

Our current project combines crocheting and recycling. No experience necessary and there are lots of tasks to do. We are currently making plastic mats for the homeless. These mats will keep them off the ground and are surprisingly warm to sleep on.

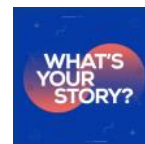
We will also take any Meijer bags you would like to donate.

Our Stories: Then & Now**Wednesday, March 1 / 2:30pm**

Topic: Childhood Memories

Wednesday, March 15 / 3:15pm

Topic: College

Slate Room

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

Birthday Party**Tuesday, March 7****1:30 pm / 4RC**

Join us in celebrating those with March birthdays!

**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.

RC Food & Dining Committee**Thursday, March 23****1:30 pm / PDR****Wine & Cheese Social****3:00 pm / 2RC Lobby****Friday, March 10 & 24***Performance by Shaoming*

CHR Outing
Cracker Barrel
 Wednesday, March 1
 Departing at 11:30 am



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

Artful Museum Tour
Broad Museum
 Tuesday, March 28
 Departing at 1:00 pm

This special tour is created for people living with memory loss, dementia, and Alzheimer's Disease. It is designed to stimulate lively conversation through art, participations will look closely at art-works and share their unique responses to what they see, feel, think and wonder.

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

CHR Resident Council Meeting

Tuesday, March 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!

Last Friday of each month at 1:15 pm

CHR Birthday Party

Tuesday, March 7
 3:00 pm
 3CHR Dining Room



Happy Hour

Tuesday, March 21
 3:00 pm / 3CHR

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

CHR Food & Dining Meeting

Wednesday, March 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.



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.

**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.**RSVP previously required for ticket purchases*****Outings for Select Groups****FRIB Tour overflow outing**

Friday, March 10

Depart: 1:00 pm / Return approx.: 3:30 pm

This is for those who signed up for the tour in February, but could not go due to limited capacity. Notices will be provided to those included.

Kellie's Resale Store

Tuesday, March 21

Depart: 1:30 pm / Return approx.: 4:00 pm

This outing is for those who signed up to participate in the Fashion Show and want to select their own outfits. Notices will be provided to those included.

Studio C Movie Outing*Movie to be determined*

Tuesday, March 14

Departure time: TBD

Cost: \$10.00 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 March 12**Lenten Fish Fry****St. Jude, Dewitt**

Friday, March 31

Depart: 4:00 pm

Return approx.: 7:00 pm

Cost: \$9.00

***Please sign-up by March 29*****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.

**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!

Fitness Specialist Hours

Monday - Friday
7:00 am — 4:30 pm

Move to the Beat Update

Every other Friday
(March 3, 17, & 31)

1:15 pm / Pebble 1

Instructor: Rachel M.

We apologize that the start of this new class has not been as smooth as we had hoped. We do not anticipate any further changes and hope you check out what this class has to offer!



Monthly Wellness Focus:

**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.

Special Notices:

All Fitness Centers are open 24-hours a day and monitored by security rounds and fitness staff.

There are no current conflicts that require us to cancel fitness classes in March. However, please watch digital signage for last minute updates before heading to your classes.



Wellness Clinic

Wednesday, March 22

9:00 - 11:00 am

2RC Lobby

Potential Vendor List

- Burcham Hills Fit Team
- TMC at Burcham Hills
- Carline Hospice & Physician Services
- Burcham Buddies (Pet Therapy)
- Burcham Foundation
- LO Eye Care
- Playmakers
- Heart Medical
- Compassus Hospice
- Mareck Family & Geriatric Services

This event is a great opportunity to gather resources and meet community members who can answer your health-related questions. You can also get your blood pressure checked, have a balance assessment and more. Some vendors will rotate and new ones are regularly being added.

We also welcome ideas for future vendors.



*Thank you,
MSU Nursing Students!*





From the Resident Center Association Board . . .

To increase the presence and visibility of the Resident Center Association's Board with Burcham Hills Residents, the following is a summary of the February Board minutes.

- **Financial**

- ♦ The Resident Center Association's checking account balance is \$12,886.
- ♦ The Employee Holiday Savings Account has been transferred to the Burcham Hills Foundation to allow for donations to be tax-deductible to the donors pursuant to applicable state and federal laws.

- **Food & Dining**

- ♦ Janet Feighner, Chair, noted that the Food & Dining Committee meets the fourth Thursday of every month at 1:30 pm in the Private Dining Room. All are welcome.

- **Library**

- ♦ Margaret Rockwell, Chair, reported on monthly book themes. February's theme was "Travel".
- ♦ The Board had authorized up to \$1,600 in expenditures to reorganize the Library in November 2019. To date, the Committee has spent nearly \$1,400 of those funds.

- **Administration**

- ♦ Kari Rennie, Executive Director, explained the Envision Strategic Planning sessions held in February, which will help to identify Burcham strengths, weaknesses, opportunities and threats and create a master plan for Burcham's future.
- ♦ Michelle Robbins, Resident Center Director, noted that all rooms on the 4th and 5th floors are currently occupied. The RC is fully staffed with Burcham Hills employees while CHR continues to utilize some agency staff for nursing.

- **Other**

- ♦ Eleanor Pinkham and David Ronk were Introduced as new directors under the reorganization of the Resident Center Association Board, as discussed in the February Beacon.
- ♦ Recycling pickups have been irregular. Jayme Sweten, Volunteer Service Coordinator, has responsibility for this activity. A new recycling guide is included in this month's Beacon (page 14).



The March Theme for the Burcham Hills Library is, not surprisingly, IRELAND. The Library staff has assembled books from its collection about Ireland and/or written by Irish authors to display in its "Good Reads" case. Just the word "Ireland" conjures up images and words like "mist, spirits, green, laughter, poignancy, dance, drama, scent of grass and sea" as we think our reading choices will demonstrate. So much that has become a part of American culture migrated from Ireland, including its sayings, myths, music, traditions and especially, its friendly and charming people. Its literature starting with the Book of Kells, believed by many to have originated with Catholic monks in Ireland, to writers like Oscar Wilde, James Joyce, Samuel Beckett, George Bernard Shaw and poet William Butler Yeats attest to the greatness of its literary tradition. Our Library clearly needs more books about Ireland that illustrate the beauty of the country and complexity of its character, history and politics.

We note with sadness the passing of Sally Wood, who was a faithful volunteer at our Burcham Hills Library. Sally was always busy and happy to participate in Burcham activities. She shall be missed.

Recycling Guidelines

Your recycling collection is referred to as “single-stream” or “comingled” recycling. This means that all recyclables go into the recycling container together and do not need to be sorted.

Materials are sorted at a single-stream sorting facility after collection.

ACCEPTED MATERIALS



MIXED PAPER

Place newspaper, magazines, direct “junk” mail, first class mail, other printing and writing papers, phone books and envelopes loose in recycling cart. **NOT ACCEPTED: string, twine, stickers, coins or plastic stuck on papers.**



TIN CANS & ALUMINUM

Rinse clean and flatten. **NOT ACCEPTED: paint cans, appliances, hangers, fencing, scrap metal, aerosol cans or containers with food residue.**



BOXBOARD

Boxboard includes items like tissue boxes, cereal boxes and paper towel rolls. Break down and remove any contaminants (food, plastic or foil packaging). **NOT ACCEPTED: Styrofoam, wax- or foil-coated boxes, refrigerator or freezer boxes, including 6-, 12- or 24-pack beverage cases.**



CORRUGATED CARDBOARD

Break down, remove any contaminants (Styrofoam, wood or food) and place cardboard in the recycling cart. **NOT ACCEPTED: wax-coated boxes, 6-, 12- or 24-pack beverage cases.**



PLASTIC BOTTLES, JUGS & TUBS

Household items, including bottles and jugs with narrow, threaded neck; plastic tubs (margarine, sour cream, etc.); microwave trays; and yogurt containers are accepted. Must be empty, clean and dry. **NOT ACCEPTED: grocery bags, paper- or wax-coated milk or juice cartons, Styrofoam containers/packaging, syringes, garden hoses/rubber, furniture, pools, toys, buckets, barrels, free-flowing liquids.**



FOOD & BEVERAGE GLASS

Accepted items may include clear and colored glass jars and bottles. Rinse clean and remove lids and metal rings. Metal lids may be placed in the recycling container, but must be removed from the jar or bottle. Labels may be left on containers. **NOT ACCEPTED: Window panes, light bulbs, Pyrex, plate glass or automobile glass.**



GRANGER

The Resident Center's pick-up day is Mondays by Noon.* Please place your blue recycling bin outside of your door. You must bring your bin inside your apartment after your recycling has been picked up .

**Subject to cancellation based on volunteer services availability each week.*

From Down the Hill . . .

By Peggy Garver, Clusters Association Liaison

- Often, the Clusters residents need a push to climb the hill to be involved with the many great activities. Some of us miss out, but the Recreation team and several staff members from various departments brought a Mardi Gras parade to the Burcham residents. All they needed to do was open their apartment door. A highlight for me was Mr. Peter Crino who stood in his doorway playing his trumpet. Turns out, he had performed on Broadway! (pictured L-R: Peggy Garver, Peter Crino, Nancy Pollack)
- One of the Mardi Gras floats was a Fudge Shop. At the float-building event, they were adding glue to paint and moving it around on squares of cardboard with beautiful results for the counter and marble slab. But was the fudge that appeared later real? I had to taste it to be sure. Pretty good. Sarah Schimm, Recreation, later told me she made it with marshmallow fluff and chocolate chips.





News from the Burcham Hills Foundation

By Lesa Smith, Foundation Director



Understanding the Durable Power of Attorney for Asset Management

One of the documents normally provided as part of an individual's estate plan is called a Durable Power of Attorney for Asset Management (often called a Durable Power of Attorney for Finances, Power of Attorney or simply POA). POAs intended audiences include the elderly, spouses and other family members, such as adult children. This article gives an outline of the POA purposes and why it is important.

The word "durable" is significant. In 1979, the California Legislature enacted legislation creating "Durable Powers of Attorney" that remain valid even if the signer becomes incapacitated. This legislation is important as it allows individuals to have their financial affairs managed in the event they are no longer able to do so themselves. However, POAs cannot be used to make healthcare decisions. However, a Medical Power of Attorney exists for that purpose.

A POA authorizes another individual (called the agent) named by you to conduct financial transactions on your behalf. This may include depositing or withdrawing funds from financial accounts, signing income tax returns or transferring assets to a trust. A POA may also be used for liquidating assets, selling real estate or making investments.

Although you may have a trust with a named successor trustee to manage in the event of incapacity, there are many financial matters taking place outside of your trust and the trustee has no authority over property not held in the trust. For example, an agent acting under a Durable Power of Attorney may sign personal income tax returns as your representative. It should be noted, few people transfer all their property to a living trust; most transfer only assets that are expensive to probate, such as real estate and valuable securities. A POA ensures someone will be on hand to take care of other property outside of your trust, as well as day-to-day financial tasks. You do have the option of electing to have the same person or entity serve as both the agent under a Durable Power of Attorney for Asset Management and as the successor trustee of your Revocable Living Trust.

It is important to bear in mind, although a Durable Power of Attorney is an excellent and powerful tool; great care should be used in selecting your agent. In the wrong hands, this document can be dangerous. Powers given to the agent are often broad and give the agent complete control over your assets. You may elect to limit the agent's power to specific transactions. You may also use what is called a "springing power" so your agent only takes control if you become incapacitated.

As you might imagine, careful drafting of your Durable Power of Attorney is quite important, depending on limitations, mechanisms for revocation of the power and other matters important to you. Work with a licensed estate attorney to finalize your POA vs. using general online forms.

If you currently have a Durable Power of Attorney, take time for periodic reviews to ensure its parameters are still appropriate for your current financial matters and estate plans.

Should you need help finding a qualified attorney to assist with finalization of your Durable Power of Attorney, will or trust, contact Lesa Smith, MPA, CFRE, Burcham Hills Foundation Director, at (517) 827-2924 or lsmith@burchamhills.com for referrals to qualified estate-planning attorneys. 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.

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



Judith Breen ~ Feb 12
Sally Wood ~ Feb 21
Roger Peterson ~ Feb 26

Thomas Hazlett ~ Feb 19
Patrick Bunn ~ Feb 25

Happy
St. Patrick's Day

FRIDAY, MARCH 17

St. Patrick's Day Dinner

Invite your family and friends to join us on St. Patrick'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 (517) 351-8377; RC/Bistro - Diane Peltier (517) 827-0363;
or on the sign-up sheet.

Main Entrees include:

Corned Beef & Cabbage
Fish & Chips
Irish Stew in a Bread Bowl

Burcham Hills®
A Life Plan Community



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.

Exploring Architecture (Thur., 3:15pm/Slate Room): Do you love really beautifully designed buildings? Are you intrigued by the flaws in buildings that weren't designed as well as they could have been? We are excited to use our virtual reality headsets which give us the chance to explore all the beautiful flaws and flawlessness of the world's most intriguing architecture.

Exploring Art (Mon., 3:00pm/533): Sneak a peak at great performances, artistic inventions and incredible intangible heritage. We enjoy everything from the biographies of great artists to discussions about theatrical adaptations and the daily life of performers.

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

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 - 5:00 pm

Alzheimer's Association Caregiver Support Group

Thursday, March 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, March 21 (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 March 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

| | |
|----------|--|
| March 5 | Rev. Michael Anderson University Lutheran of EL |
| March 12 | Rev. Peter Robinson Pilgrim Congregational UCC |
| March 19 | Rev. Dr. Shawnthea Monroe The Peoples Church |
| March 26 | Rev. Elizabeth Miller Edgewood 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)*****March 1 — The Perfect Furlough (1955)**

An Army psychologist oversees her creation: an arctic serviceman sent to Paris with a movie star. [93 min]

Cast: Tony Curtis, Janet Leigh, Linda Cristal

March 8 - To Kill a Mockingbird (1962)

Southern comforts abound in this big-screen adaptation of Harper Lee's novel as lawyer Atticus Finch defends an innocent black man against rape charges but ends up in a maelstrom of hate and prejudice. [130 min]

Cast: Gregory Peck, Mary Badham

March 15 - Riverdance: Live from Radio City Music Hall (1996)

**Based on Library Topic of the Month: Ireland*

Irish music and dance sensation Riverdance brings it legendary energy featuring 70 dancers and musicians performances, along with behind-the-scenes footage. [102 min]

Cast: Jean Butler, Maria Pages, Colin Dunne

March 22 - Philomena (2013)

**Based on Library Topic of the Month: Ireland*

Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago. [95 min]

Cast: Judi Dench, Steve Coogan, Ruth McCabe

March 31 - Endless Summer Revisited (2000)

In 1966, a documentary on surfing was released, exposing the beauty and excitement of the sport to a new audience. This film weaves footage of some of the finest surfers of the day with vintage, never-before-seen footage from the first film. [70 min]



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.

***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)*

March 4 - Life of Pi (2012)

Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventure of Pi, an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company. [127 min]

Cast: Suraj Sharma, Irrfan Khan, Ayush Tandon

March 11 - Belfast (2021)

**Based on Library Topic of the Month: Ireland*

In 1960s Belfast, Buddy's family lives in a largely Protestant district with a few Catholic families, but one day his community and everything he thought he understood about life is suddenly turned upside down. Buddy's family gets caught in the mayhem and must decide to stay or leave the only place they have ever called home. [97 min]

Cast: Judi Dench, Jamie Dornan, Ciaran Hinds

March 18 - Brooklyn (2015)

**Based on Library Topic of the Month: Ireland*

After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back home, she finds her loyalties divided between two nations — and two men. [111 min]

Cast: Saoirse Ronan, Domhnall Gleeson, Emory Cohen

March 25 - The Girl with the Dragon Tattoo (2011)

***This film is Rated R**

When a young computer hacker is tasked with investigating a prying journalist, their sperate missions become entangled amid a decades-old conspiracy. David Fincher directs this English adaptation of Stieg Larsson's novel. [92 min]

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



Mar 2 Judy Dunn
 Mar 4 Sharon Kohon
 Mar 6 John Forro
 Mar 6 Jim Pifer
 Mar 7 Chip Dalton
 Mar 8 Dorothy Thomas
 Mar 8 Wilma Miller
 Mar 9 Becky Blair
 Mar 9 Betty Jason
 Mar 10 Olive Springer
 Mar 12 Marilyn Hastings
 Mar 13 Seong Chi
 Mar 15 Maxine Pelton
 Mar 15 Florence Mazian
 Mar 15 Ann Kinzer
 Mar 15 Nahid Iplakchi
 Mar 16 Esdra Noncius
 Mar 17 Lillian Katlein
 Mar 18 Diana Leipprandt
 Mar 19 Barbara Meyer
 Mar 20 Carol Baldwin
 Mar 21 Nancy Martling
 Mar 22 Judy Jugovich
 Mar 22 Emmett Lippe
 Mar 23 Jean McCallum
 Mar 24 Barbara McLean
 Mar 25 David Ronk
 Mar 27 David Cusak
 Mar 28 Pam Nelson
 Mar 28 Connie Specker
 Mar 29 Marilyn Baird
 Mar 31 Keith McConnell

March 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

March Highlights

- 1 Our Stories: Then & Now
- 2 Kinky Boots Musical
- 6 Traveling w/ Tom
- 7 RC Birthday Party
- 8 **Ins & Outs of Medicare**
- 9 Alzheimer's Caregiver Support Grp
- 10 FRIB Outing (overflow)
- 10 RC Wine & Cheese Social
- 12 Vivace Strings
- 14 Studio C Movie Outing
- 15 Lansing Matinee Musicale
- 15 Our Stories: Then & Now
- 16 Music by Noteworthy
- 17 Double Play: Flute & Tuba
- 17 **St. Patrick's Day Holiday Dinner**
- 21 Lansing Area Parkinson's Disease Support Group
- 21 Kellie's Resale Shop Outing
- 21 Gadget Workshop
- 22 Oopsy Daisy Flower Sales
- 22 **Wellness Clinic**
- 22 Tom Timlin
- 23 RC Food & Dining Committee
- 23 Cooking Through Time
- 24 Let's Talk About Birds
- 24 RC Wine & Cheese Social
- 26 Vivace Strings
- 28 Death Café
- 28 **Fraud Protection Seminar**
- 29 **Fashion Show**
- 30 **Easter Egg Stuffing Event**
- 31 St. Jude Lenten Fish Fry Outing

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
Mwandiko Hamisi
 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

Volunteers
Ext. 427 or 827-1060

Jayne Sweten
 Volunteer Coordinator &
 RC Recreation Assistant

Wellness Team
Ext. 420 or 827-2452

Kristen Trierweiler
 Fitness Specialist
Ethan Kulaszewski
 Fitness Specialist
Rachel McNamara
 Fitness Specialist
Grace Blauwiekel
 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

Sundays 11:00 am 3CHR
Tuesdays 6:30 pm 3CHR
Thursdays 1:30 pm 3CHR

April Upcoming Events

- 1 Easter Egg Hunt
- 10 Art Appreciation
w/Ethel Anthony (returns)
- 18-21 Earth Week