

# Burcham Beacon

Volume 17; Issue 9

September 2024

## Summer Musical Memories

The month of August was all about creating summer memories! We celebrated the Paris Summer Olympic Games with our own Opening Ceremony Track & Field event, complete with Olympic Rings. Competition was friendly with some traditional games such as discus and javelin throwing. The Fit and Recreation teams got creative and added a few events of their own, including a bean bag toss, obstacle course and a sit-to-stand competition. Everyone went home with commemorative sweet treats at the end of the event!

The Evening Music in the Courtyard series wrapped up for the season with a performance by New Horizons Outreach Orchestra. This group of passionate musicians took attendees on a musical journey sharing stories and a few historical tidbits along the way. This inter-generational group was composed of violins, cellos, a bassist, flautist and violist with their range of experience just as varied.

We also went to our last outdoor concert at the Lake Lansing Bandshell to see "Global Village" who played an eclectic range of classic rock and funk music.

Lastly, we held our final barbecue of the season, Contending with the hot, muggy weather, the recreation and dining teams made a successful pivot, bringing the outdoor summer picnic experience indoors highlighted by a performance by Rush Clement.

*~ More pictures on Page 12*



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### Newsletter Co-Editors

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

*by Kari Rennie*

- 62+ monthly messages shared over the years talking about the community and what is going on.
- 260+ Happy Friday messages shared over the years with employees talking about what we do matters, prayerfully inspiring those who serve you, the residents, and inspiring many individuals as to “why” they are in this field with a moment aimed to touch hearts.
- 1,825+ days to make an impact, hopefully positive, on those under my wings.
- A lifetime of moments, memories, adversities and joys shared.

Thank you Burcham Community for allowing me to serve in this role for the past 5+ years. It has been an honor and a blessing.

For me, Ralph Waldo Emerson, has so eloquently expressed feelings on life that I leave all today with a next favorite quote from him -

*“This is my wish for you: Comfort on difficult days, smiles when sadness intrudes, rainbows to follow the clouds, laughter to kiss your lips, sunsets to warm your heart, hugs when spirits sag, beauty for your eyes to see, friendships to brighten your being, faith so that you can believe, confidence for when you doubt, courage to know yourself, patience to accept the truth, Love to complete your life.”*

~ Ralph Waldo Emerson

### **Burcham Hills Leadership Team**

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# TRIVIA CONTEST

## September's Question

**On average, how many souls - residents & employees - does Burcham Hills serve?**

A - 487  
B - 587  
C - 687

Submit your answer to the Concierge or in the Scenic View Dining Room. All submissions with the winning answer will be entered into a raffle for a \$500 monthly credit on your account! A drawing of the correct guesses will be held and then announced at our Residential Town Hall Meeting on October 11 so be sure you come on down to Ada Whitehouse Room to see who your lucky neighbors are - it could be YOU!!



wishing  
you 

ALL THE BEST



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

## **Music Opportunities**

### **Music by Noteworthy**

Wednesday, September 18 / 2:00 AWR

### **Live-Stream Musical Performance**

Sunday, September 8 & 22 / 2:00 pm /  
AWR

### **Jay Hill**

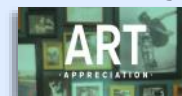
Tuesday, September 24 / 2:00 / AWR

### **Peter Bergin**

Thursday, September 26 / 2:00 pm / AWR

### **Art Appreciation w/ Ethel Anthony**

Art Discussion:  
Autumn Paintings



Monday, September 9

1:30 pm / Wild Rose Art Studio (1RC)

Local art enthusiast, Ethel Anthony, discusses art, the artist who made it and her experiences and knowledge.

Autumn is in full swing. Sometimes it can be gloomy and grey. We really need to look at beautiful and colorful autumn paintings, by famous artists, to stay sane.

### **Let's Talk About Birds**

Thursday, September 19 /

2:30 pm / AWR



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

### **Gadget Workshop\***

Tuesday, September 17

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, September 25

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



### **Room Location Key**

RC	Resident Center
CHR	Center for Health & Rehabilitation
SB	StoneBriar
AWR	Ada Whitehouse Room (1RC)
GLR	Great Lakes Room (3RC)
FC	Fitness Center (2RC)
PB1	Pebbles 1 Gym (1RC)
PB2	Pebbles 2 Exercise Room (1RC)
PDR	Private Dining Room (2RC)
SP	Stansell Patio (1CHR)
SVDR	Scenic View Dining Room (2RC)
WRAS	Wild Rose Art Studio (1SB)

### **Additional September Holidays**

Sept 9 National When Pigs Fly Day

Sept 16 Working Parents Day

Sept 21 International Coastal Cleanup 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 @ 6:30 pm / 4RC Lobby**

**Friday, September 6 & 13**

### The Savoy King

*Shown in two parts*

Chick Webb, despite constant pain from spinal tuberculosis from a childhood injury, built the hottest Swing orchestra of the 1930s, the house band of The Savoy Ballroom. The Savoy was the first venue in America where Blacks and Whites could dance and socialize together and the home of the amazing Lindy Hop dancers. During his short lifetime, Chick was mentored by Duke Ellington, toured with Louis Armstrong, jammed with Artie Shaw, discovered and practically adopted Ella Fitzgerald and beat Benny Goodman and Count Basie in legendary battle of the bands.

**Friday, September 20**

### Alcatraz Escape

In 1962, bank robbers Frank Morris, Clarence Anglin and John Anglin launched a patchwork raft into the waters surrounding Alcatraz Prison and disappeared, leaving behind a cold case that has mystified law enforcement for over half a century. In this film, three scientists attempt to recreate the escape based on what was known at the time, along with 3D modeling, to answer the question "Could they have survived?"

## Let Us Know

What kind of small groups would you be interested in attending? In what areas of the building would you like to have activities? At what time? Recreation would love to hear your suggestions.



This exciting program streams performances from one of the world's leading opera houses showcasing classical opera and dance.

**Thursday, September 12**

**6:30 pm / Slate Room**

**Presentation: *Madama Butterfly* (2022)**

**Run time: 2 hr 28 min**



*Death Cafe*  
 BECAUSE DYING IS A PART OF LIFE

Tuesday, September 24  
 (4th Tuesday of each month)  
 9:30 - 11:00 am  
 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!

## Name that Tune Trivia

**Tuesdays @ 1:00 pm / 4RC**

See if you can guess that tune! We play the first few notes of any song from the 20's to the 60's and see who is the first to guess it. We'll also learn some fun trivia about the singers and composers of many iconic tunes.

## Mindful Meditation

**Wednesdays @ 3:30 pm / Slate Room**

Using various resources from well-crafted videos to ambient music and live scripted meditations, we hope this weekly experience will help you slow down, refresh your mind and give you some practice in facing day-to-day stress with mindfulness and opti-



## **Sylvia Rundquist**

*Resident Center Resident & Member-at-Large, Resident Center Association Board*

Sylvia Rundquist was born in Battle Creek, Michigan, and came to East Lansing in 1953 to attend Michigan State University. Little did she know at that time that she would eventually call East Lansing her home, as she married a young man who had grown up in East Lansing.

Growing up, Sylvia participated in young adult civic groups and individual sports, such as basketball, ice-skating, snow-skiing, swimming and golf (her favorite). She was also an active member of her church and loved singing in the choir. In addition, she loved to knit. If you were her ‘boyfriend’ for very long, you were usually ‘gifted’ a pair Argyles, whether they wanted them or not!

Sylvia’s husband, Karl, became a dentist, practicing in Okemos, and she began a teaching career, mainly in the East Lansing schools in various levels. Her favorite was third grade, which she taught for eight years until her retirement.

She and Karl raised two East Lansing High School hockey players, and have four grandchildren and two great grandchildren,

Their association with Burcham Hills, and their decision to make it their final home was made years ago, as Ada Whitehouse was an acquaintance of theirs. Ms. Whitehouse’s plans were known to many in the East Lansing Community. In addition, the setting is so beautiful, all year!

She has not been disappointed with her decision to become a part of this Community. In fact, Sylvia is quite content at Burcham. She appreciates the fact that the administrators are approachable, and she often completes a “Comment Card” expressing herself. She believes the cards are read, and she often receives a reply. Sylvia is a “Happy Resident”!







*Join Us for a . . .*

*Community*  
*Farewell*  
**Open**  
**House**

There will be no formal  
program; Just a time to offer  
your Well Wishes!

*for Kari Rennie,*  
*Executive Director*

**Wednesday, Sept 11**  
**3:00 pm**

**Ada Whitehouse Room**



## **RC Neighborhood Meetings**

**2RC: Tuesday, September 17**

2:00 pm / PDR

**3RC: Tuesday, September 10**

11:00 am / Looking Glass (3RC)

**4RC: Tuesday, September 3**

1:30 pm / 4th Flr Lobby

**5RC: Tuesday, September 24**

3:00 pm / 5th Flr Lobby

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



**Mondays**

**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.

## **Birthday Party**



**Tuesday, September 3**

**1:00 pm / 4RC**


Join us in celebrating those with **August** birthdays!

## **RC Food & Dining Committee**

**Thursday, September 26**

**2:30 pm / PDR**

*All RC Residents are welcome to attend!*



### 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.

**Tuesday, September 10**  
**3:30 pm**  
**Ada Whitehouse Room**

**Keeping Your Voice!**  
*presented by*  
*Michelle Robbins, RC Director*

**An Open Discussion on:**

- Advanced Directives
- The 5 Wishes
- Code Status
- DPOA / POA

What topic would you like to see covered? Let us know!

(517) 351-6377

mrobbins@burchamhills.com

12700 Burcham Drive, East Lansing, MI



## **Resource Reminder**

### **Mindful Meditation**

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

Relaxing is easier said than done! Using sounds, music, lighting and guided visualizations, our group can help you practice calming down your mind and releasing the built up tension in your muscles.

### **Wine & Cheese Social**

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

**Friday, September 13 & 27**

*Come mingle and munch with music by Shaoming!*







**“Creative Expressions”  
on Tuesdays  
at 1:30 pm  
(2CHR)**



## CHR Outing & Event Details for August

<b>Birthday Party</b>	Wednesday, September 4 / 1:30 pm (3CHR)
<b>Lunch Outing to Red Robin</b>	Wednesday, September 25 / 11:30 am
<i>*sign-up with a recreation staff or call (517) 827-1061</i>	
<b>Happy Hour</b>	Wednesday, September 18 / 3:30 pm (2CHR)
<b>CHR Food &amp; Dining Meeting</b>	Tuesday, September 24 / 10:30 am (3CHR)
<b>Resident Council Meeting</b>	Tuesday, September 24 / 11:00 am (3CHR)



### Movie Theater Outing

Thursday, September 5

Departure time: TBD

Cost: \$10

Snack \$ Optional



Movie times cannot be selected more than one week before outing due to changing show times at the theater.

*Please sign-up by September 3*

### Lunch Bunch Outing

Lucky's Steakhouse

Tuesday, September 10

Depart: 11:30 am

Return approx.: 2:00 pm

Cost: \$20 - \$30



*Please sign-up by September 6*

### Community Outing

Tour & Tea at Turner Dodge

Tuesday, September 17

Depart: 1:00 pm

Return approx.: 3:00 pm

Cost: \$8



*Please sign-up by September 13*



#417	Linda Kartub
#206	Carole Bazzell
#211	Ken Wittl
#547	Doris Strife
#456	Ryley Meagher
#424	Sue Starnes
#506	Lucy Reeves

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

Please share your ideas by calling:

**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**  
**8 am — 4:00 pm**

**Fitness Centers**  
**always open**

**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**

**Rise & Shine**

**Tue / Thurs**  
**9:15 am / 4RC**

**Monthly Wellness Focus:****Physical**

Physical Wellness is affected by physical activity, healthy nutrition and adequate sleep. There are many examples of physical activity that range in levels of intensity from light to vigorous. Maintaining your physical health can include yoga, bike riding, jumping rope, engaging in sports, running, walking, jogging, skiing, dancing, tennis and gardening. Many people use smoking as a coping tool, but, unfortunately, this method of coping can lead to a number of physical health problems, including heart disease and cancer, and can increase one's chances of premature death. Exercise also causes our bodies to release different endorphins and hormones that can boost our mood and decrease pain!

**Special Notice:**

*September is Senior Fitness Assessment (SFA) month.*

*All SFA's scheduled in September are free!*

**Class Cancellations:**

**Fall Prevention and Advanced Fit & Functional will not be held  
Wednesday, September 18 due to the Wellness Clinic.**

**What our residents are saying..****About our Rise & Shine Class**

*"It is a fun, casual class with a mixture of people located on 4RC immediately following breakfast. The class has some movement and stretches that are a great way to start the day".*

*~ Sylvia Rundquist  
RC Resident*

**Wednesday, September 18**  
**9:00 am - 11:00 am**

Come to the AWR and learn about health and wellness resources in our community. Try out one of our Mini Classes and sign up for your Free Senior Fitness Assessment!

See what the FIT Team has to offer! Reach out to any of our Fit Specialists for more information or to schedule an appointment  
(517) 827-2452





A vibrant, retro-style poster for a 'Brews, Cruise & Tattoos' event. The background features a stylized sunset with a large orange sun, palm trees, and two blue birds flying. In the center is a white classic car with a red stripe. The text 'BREWS, CRUISE & TATTOOS' is written in a large, bold, stylized font across the top. Below the car, the text 'with CAPITAL CITY CAR CLUB' is displayed. The event details 'THURSDAY, SEPTEMBER 12 • OUTDOOR COURTYARD' and '1:30 - 3:30 PM' are listed. At the bottom, the activities 'MUSIC • CRAFT BEER SAMPLES • TEMPORARY TATTOOS' are mentioned.

**BREWS, CRUISE & TATTOOS**

*with*  
**CAPITAL CITY CAR CLUB**

**THURSDAY, SEPTEMBER 12 • OUTDOOR COURTYARD**  
**1:30 - 3:30 PM**

**MUSIC • CRAFT BEER SAMPLES • TEMPORARY TATTOOS**



A poster for 'CASINO Night' with a dark brown background and a pattern of gold coins. The title 'CASINO Night' is in large white and red letters. Below it, 'Music Provided by BILLY MCALLISTER' is written in red and white. The text 'Join us for a variety of fun games! FRIDAY, SEPTEMBER 27' is centered. A white rounded rectangle contains the location 'Ada Whitehouse Room' and the time 'Open At 6:30 - 8:00 pm'. At the bottom, a disclaimer states 'No "actual" gambling of money will occur, just a whole lot of friendly FUN!'. The poster is decorated with playing cards and red dice on the sides.

**CASINO** *Night*

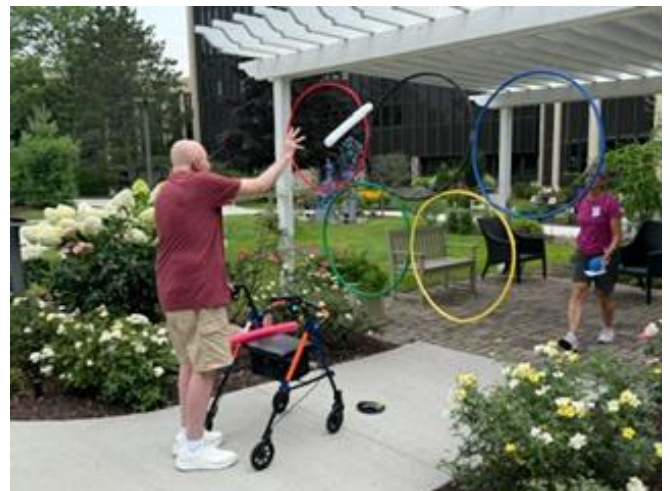
**Music Provided by**  
**BILLY MCALLISTER**

Join us for a variety of fun games!  
**FRIDAY, SEPTEMBER 27**

Ada Whitehouse Room    Open At 6:30 - 8:00 pm

No "actual" gambling of money will occur,  
just a whole lot of friendly FUN!







## The Salon Team

### Hair and Nail Stylists

Tammy Stump  
Jodi Rice

### Massage Therapist

Amy Vandenberghe

**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.

**PS**  
SALON & SPA

### Hair & Nail Appointments

Monday & Thursday / 9:00 am - 4:00 pm

Tuesday & Wed / 9:00 am—3:00 pm

Friday 10:00 am—3:00 pm

### Massage Therapy Appointments

Thursday / 9:00 am - 2:00 pm

## From Down the Hill . . .

*By Louise Mueller, Clusters Association Liaison*



- ♦ The Clusters have said Goodbye to Norm Houtekier, 854 Lenna Keith. Just like Peg Garver who moved last month, Norm is tired of cooking.
- ♦ We mourn the passing of Jerry Koupal, 1969 Searl Ct., on August 26.
- ♦ Otherwise, it's very quiet down in the Clusters as we wait for cooler weather.



## 6th Annual *Burcham Hills Open*

**WHO:** Friends, Family and Residents of Burcham Hills

**WHERE:** Hawk Hollow Golf Course in Bath, Michigan

**WHEN:** Thursday, September 19

**WHY:** All proceeds benefit the Burcham Hills Foundation.

**HOW:** To register, contact Lesa Smith at  
(517) 827-2924 or [lsmith@burchamhills.com](mailto:lsmith@burchamhills.com).





## News from the Burcham Hills Foundation

By Lesa Smith, Foundation Director

### Time for a 2024 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. In fact, 55% of all Americans do not have a last will or other form of estate plan.

Wills, living trusts, living wills and powers of attorney were all once associated with the elderly or the wealthy. Not 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 all 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 writing and planning for your will or trust or giving it a check-up, here are five of the more critical “don’ts” to consider:

1. **Don’t 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 when you are able to complete the task.
2. **Don’t 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. **Don’t 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. **Don’t 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 could create more problems than it solves. Make sure your estate plan is current and will accomplish your wishes.
5. **Don’t 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, but also let someone else know where it is. Tell one or more loved ones, or a trusted friend. A little foresight like this can spare your family added stress during their time 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, 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.*





## In Loving Memory . . .

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

Irene McNutt ~ July 30  
Dennis Swan ~ August 11  
Elke Siemon ~ August 19  
Jerome Koupal ~ August 26

Christopher Waterson ~ August 1  
Mary Rodgers ~ August 16  
Patricia McGhee ~ August 20



Greetings Burcham Hills  
Residents and Staff

*Let's Paint  
Together!!*

### FALL 2024

Tuesday, September 3  
1:30 – 3:00 pm  
Wild Rose Art Studio

Monday, September 9  
1:30 – 3:00 pm  
2nd Floor Center for  
Health and Rehabilitation

Monday, September 16  
1:30 – 3:00 pm  
1st Floor Resident Center  
Ada Whitehouse Room

MSU College of Osteopathic Medicine, AgeAlive, and Impart Alliance invite you to three painting workshops to explore art techniques while supporting your wellbeing.

*Get your creativity on...*

Come help us paint papers to make our signature paper butterflies and be part of an upcoming butterfly-making event on the MSU Campus.

Meet contemporary abstract artist, Zahrah Resh, MSUCOM-AgeAlive-Impart Alliance Artist In Residence, who will facilitate these fun and meaningful workshop sessions.

Participate in one or more session.  
We look forward to seeing you there!

College of Osteopathic Medicine  
MICHIGAN STATE UNIVERSITY

[www.agealive.org](http://www.agealive.org) / [www.impartalliance.msu.edu](http://www.impartalliance.msu.edu)





## Introducing New, Mostly Large Print (LP) Books

*As submitted by Susan York, StoneBriar Resident*

Readers who prefer large print books will be happy to note that the Burcham Hills Library has some new titles.

New Large Print **mysteries** include **The Judge's List** by John Grisham (a corrupt judge may be a serial killer); **All Good People Here** by Ashley Flowers (a big city journalist returns to her small hometown to find a murder similar to another in the past has occurred); **A Fatal Lie** by Charles Todd (Scotland Yard sends Inspector Rutledge to a small Welsh town to investigate the odd murder of a man who appears to have been a decent and innocent person); and **The Wager** by David Grann (a British warship washed up in Chile sends first one, then another group of bedraggled survivors, back to London where a court martial seeks to determine if there was mutiny and murder aboard the ship or among the crew after its brutal landing).

**Astor** by Anderson Cooper, the story of the wealthy Astor family from its fur-trading early ancestor to the present, and **Crying in H Mart** by Michelle Zauner, a coming-of-age memoir by a young Korean who travels from Philadelphia back to Eugene, Oregon to care for her dying mother and come to terms with her Asian heritage, both biographies, are also in large print. **Master Slave Husband Wife** (not yet in large print) by Ilyon Woo is a true story of a black couple who escaped detection in leaving the racist South before the Civil War to make an epic journey to Philadelphia passing as a white man and his slave. This book was the winner of the 2024 Pulitzer Prize in Biography.

We have added new books to LP fiction. **The Vaster Wilds** by Lauren Groff depicts a young girl from an early American colony who escapes and tries to survive on her own in the wilderness. Another "escape" novel is **James** by Percival Everett, from the perspective of the runaway slave Jim who travels with Huck Finn down the Mississippi to find a new life in a free state. The once wealthy, main character in **The Fever Tree** by Jennifer McVeigh leaves England and a future in an almost household-slave existence for a loveless marriage in South Africa to a man she barely knows. The South African setting is beautifully described. In **The Star and the Shamrock**, popular author Jean Grainger introduces a mother who in desperation sends her two Jewish children from Nazi Germany to safety in Northern Ireland in the care of a mourning widow and mother as World War II intensifies around her.

Other new LP fiction includes **The Personal Librarian** by Marie Benedict and **The Seven Husbands of Evelyn Hugo** by Taylor Jenkins Reid. The first is a story of a young woman passing as white who becomes the personal librarian of J.P. Morgan but must protect her identity at all cost. Seven Husbands introduces a young woman interviewing the often-married, reclusive actress Evelyn Hugo, who discovers Hugo's background is closely related to her own.

The books mentioned above all were purchased with funds donated to the Burcham Hills Foundation and designated "for the Library." We thank the readers who have supported us by giving to the Library. Please note that charitable donations to the Foundation are tax-deductible.

## Be a Reader & Learner Now!

### **Alzheimer's Association Caregiver Support Group**

Thursday, September 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, September 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 July 11.**

### **TV Mass (Catholic)**

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

### **The Peoples Church Live-Stream Service**

Sundays, 9:30 am / 5RC  
10:30 am Beginning Sept 15

### **Vespers (Non-Denominational)**

Sundays, 4:00 pm / Ada Whitehouse Room

September 1      Rev. Dr. Stan Parker  
Faith Fellowship Baptists

September 8      Rev. Charles Herrick  
Presbyterian (retired)

September 15      Rev. Dr. Shawnthea Monroe  
The Peoples Church

September 22      Rev. Peter Robinon  
Pilgrim Congregational UCC

September 29      Rev. Haley Hansen  
The Peoples Church



## **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.



**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., 2:00 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., 10:15 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; Fri., 1:30 pm & 3:30 pm/Slate Rm): Join your neighbors in playing this classic trick-taking card game.

**Exploring Architecture** (Thur., 3:15pm/Slate Room): Do you love really beautifully designed buildings? 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 The Arts** (Mon., 3:00pm/533): Sneak a peak at great performances, artistic inventions and incredible intangible heritage. **(On hold in September)**

**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.

**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** (Fri., 1:00 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.

**Mindful Meditation** (Wed. 3:30/Slate Room): We meet for guided meditations to promote a calm and mindful approach to our day to day lives.

**Name That Tune Trivia** (Tues. 1:30pm/4RC): We play a tune from the 20's to the 60's and see if you can guess it. We'll also have some trivia about the writers and performers of iconic songs.

**Social Visits** ( By appointment 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.

**Travel Series** (Thurs., 1:00 pm/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! **(On hold in September)**

**Reference a Librarian** (Wed., 12:30 pm / 2RC)

Do you have program ideas you would like to see on our calendar?

Contact Matt Bebermeyer, Resident Life Manager, at (517) 220-2215.

## **Wednesday MOVIES\***

**7:00 pm - AWR (1RC)\***

### **September 4 - 17 Again (2009)**

Mike O'Donnell is ungrateful for how his life turned out. He gets a chance to rewrite his life when he tried to save a janitor near a bridge and jumped after him into a time vortex. [105 min]

*Cast: Zac Efron, Matthew Perry, Leslie Mann*

### **September 11 - The Egg and I (1947)**

On their wedding night, Bob reveals to Betty that he has purchased an abandoned chicken farm. Betty struggles to adapt to their new rural life-style, especially when a glamorous neighbor seems to set her eyes on Bob. [108 min]

*Cast: Claudette Colbert, Fred MacMurray, Marjorie Main*

### **September 18 - We Live Again (1934)**

Nekhlyudov, a Russian nobleman serving on a jury, discovers that the young girl on trial, Katusha, is someone he once seduced and abandoned and that he himself bears responsibility for reducing her to crime. He sets out to redeem her and himself in the process. [85 min]

*Cast: Anna Sten, Fredric March, Jane Baxter*

### **September 25 - Niagara (1953)**

As two couples are visiting Niagara Falls, tensions between one wife and her husband reach the level of murder. [88 min]

*Cast: Marilyn Monroe, Joseph Cotton, Jean Peters*

**\*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  
Madison Crosser at (517) 351-0087

## **Saturday MOVIES\***

**1:30 pm - AWR (1RC)\***

***Encore Presentation at 7:00 pm /- AWR (1RC)\****

### **September 7—Journey to the Center of the Earth (1959)**

A geologist and his assistant set off on an expedition to the center of the earth. Following directions found in an inscription hidden in volcanic rock, the explorers travel to a volcano in Iceland to begin their journey. Along the way, a widow of a famous scientist and an Icelandic join their party. However, the treacherous terrain and prehistoric monsters are not their only concern when a rival scientist is on their trail. [129 min]

*Cast: James Mason, Pat Boone, Arlene Dahl*

### **September 14—Dr. Strangelove (1964)**

An unhinged American general orders a bombing attack on the Soviet Union, triggering a path to nuclear holocaust that a war room full of politicians and generals frantically tries to stop.

[94 min]

*Cast: Peter Sellers, George C. Scott, Sterling Hayden*

### **September 21—Starwars The Force Awakens (2015)**

The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.

[136 min] *Cast: Daisy Ridley, John Boyega, Oscar Isaac*

### **September 28— Jane Eyre (1997)**

Jane Eyre journeys to Thornfield Hall to inquire about a possible position. She is hired by the housekeeper, Mrs. Fairfax to care for young Adele (the daughter of the brooding Mr. Rochester who lives at the estate. After much trepidation, Eyre and Rochester begin a romantic relationship, but dark secrets surrounding Rochester threaten to destroy the couple's love. [108 min]

*Cast: Deborah Findlay, Laura Harling, Joanna Scanlan*



## September Birthdays

- 2 Brenda Miller
- 5 Catherine Kern
- 5 Nedra Hollinger
- 6 Rudite Robinson
- 8 Birdie Travis
- 8 Jan O'Berski
- 9 Polly Brennan
- 9 Patricia Kent
- 10 Dale Harpstead
- 11 Thomas Klunzinger
- 11 Larry Roche
- 12 Darnell Murchison
- 12 David Smith
- 14 Velma Trainor
- 14 Don Ricks
- 18 Judith Minnaugh
- 20 William Root
- 22 Patricia McAvoy
- 23 Sue Jones
- 27 Elinor Autrey
- 28 Pat Foreman
- 29 Barbara Bonge
- 29 Suzanne Dudley

## September Meetings

- 9 Resident Ctr Assn. Board Mtg  
1:30 pm / PDR
- 24 CHR Food & Dining Meeting  
10:30 am / 3CHR Pigeon
- 24 CHR Resident Council  
11:00 am / 3CHR Pigeon
- 26 RC Food & Dining Comm. Mtg  
1:30 pm / PDR *(all RC residents welcome)*

## September Highlights

- 2 Garden Tours
- 3 RC Birthday Party
- 3 AgeAlive "Let's Paint Together"
- 6 RC Wine & Cheese Social
- 8 Live Stream Music
- 9 **Secretary of State Mobile Office**
- 9 Art Appreciation w/ Ethel Anthony
- 10 Lunch Bunch: Lucky's Steakhouse
- 10 Royal Opera House Presents:
- 11 **Community Farewell Open House**
- 12 Brews, Cruise & Tattoos
- 12 Alzheimer's Caregiver Support Group
- 16 Garden Tours
- 16 AgeAlive "Let's Paint Together"
- 17 Tour & Tea at Turner Dodge
- 17 Gadget Workshop
- 17 Lansing Parkinson's Support Group
- 18 Wellness Clinic
- 18 Music by Noteworthy
- 19 Let's Talk About Birds
- 20 RC Wine & Cheese Social
- 22 Live-Stream Music
- 24 Death Café
- 24 Jay Hill
- 25 Oopsy Daisy Flower Sales
- 26 Peter Bergin
- 26 RC Food & Dining Committee
- 27 Casino Night with Billy McAllister

## Life Enrichment Team

**Matthew Bebermeyer**  
Resident Life Manager  
Ext. 417

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

RC Recreation Assistant

## Center for Health & Rehab

Ext. 281 or 827-2449

**Jaidyn Helms**

Recreation Therapist

**Diana Vogel**

Recreation Therapy Assistant

**Bethany Scarlett**

Recreation Therapy Assistant

## Volunteers

Ext. 427 or 827-1060

**Jayne Sweten**

Volunteer Coordinator &  
RC Recreation Assistant

## Wellness Team

Ext. 410 or 827-2452

**Tracy Wescott**

**Rachel McNamara**

**Olivia Logan**

Fitness Specialists

## 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

**Wednesdays 6:30 pm 2CHR**  
**Thursdays 1:30 pm 3CHR**  
**Saturdays 3:30 pm 3CHR**

## October Upcoming Events

- 5 Halloween Harvest Festival
- 9 Breakfast with a Doctor
- TBD Uncle John's Cider Mill

Burcham Hills®

**50**  
—YEARS—  
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