

Burcham Beacon

Volume 19; Issue 4

April 2026



Burcham Hills[®]
Where Tradition Meets Tomorrow

Spring is Here!

Our St. Patrick's Day Party kept the celebration going. The Ada Whitehouse Room was turned into the "Ada Whitehouse Pub" and featured excellent bites and table games, including darts and shuffle board.

The last event of the month was a Bingo Party with Delta Sigma Pi. This was our largest bingo event yet with 30 volunteers and 26 residents attending. The whole room erupted with cheers for every winner. Community spirit was definitely in the air.



Closed Caption Programming for events.
More details coming soon!

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Newsletter Co-Editors
Matthew Bebermeyer
Nancy Hanford

HAPPY APRIL FOOLS' DAY!

**If you find a duck,
that's just good luck..**

RULES OF THE GAME

-  **If you find a duck, it's yours to keep or share with a friend!**
-  **Please share the jokes you find and brighten someone's day!**

****Residents & Staff: For a bit of fun,
remember to share the joy,
and please collect only one.**



**Share a smile and chuckle today,
share a joke without delay!**

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



From the Desk of the Executive Director . . .

by Lisa Cummins

We will be conducting our Resident Satisfaction Survey this month (April) for StoneBriar and The Summit residents! Our last survey was conducted in October 2023. We are so excited for your participation and feedback as **your voice matters!** Our goal is 100% participation and there will be raffle prizes that you can enter once you have completed your survey! The survey window will be April 6 through April 24. Stay tuned for more details coming soon.



The survey has multiple choice questions to answer and an area for comments. Your comments are greatly appreciated. All the information and feedback you provide will help us identify areas of greatness as well as any necessary improvements.

Our surveys are conducted through a third-party vendor, Sensight Surveys, who will compile the results and provide a final report. Sensight also provides a comparison of other communities in their report, so that we can evaluate how we compare to others across the nation! Once we have received the survey results, we will provide a summary of the findings and our plan for implementing any necessary changes! This communication will be available to all we serve.

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“The Greatest Gift of Easter is Hope.”

~ Basil C Hume

“From Death came life, from sorrow came joy,
This is the hope of Easter.”

~Aldo Denish Obiero



Happy Easter

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

Musical Opportunities

**All performances are in the
Ada Whitehouse Room (AWR).**

Steve Spees
Tuesday, April 7 / 2:00 pm

Double Play Flute & Tuba
Wednesday, April 15 / 2:00 pm

Billy McAllister
Friday, April 17 / 7:00 pm

Livestream Musical Performance
Sunday, April 19 / 2:00 pm

Tom Timlin
Monday, April 20 / 2:00 pm

Wanda Degan
Tuesday, April 28 / 2:00 pm

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.

Let's Talk About Birds



Thursday, April 16
2:30 / Slate Room

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

Death Cafe
Tuesday, April 28
(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!

"Oopsy Daisy" Flower Sales*



Wednesday, April 29
11:00 am - 2:00 pm / 2TS Lobby

Additional April Holidays

- 5 National Burrito Day
- 14 Reach as High as You Can Day
- 28 International Astronomy 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.*

Room Location Key

TS	The Summit
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)

Ted Talks

March Topic:

What's Wrong with Medicine

Mondays at 2:30 pm / Slate Room

This is a great opportunity to learn about new areas and hear input from your friends and neighbors on interesting topics we may not encounter every day. Each week, a short video will be shown followed by open discussion.

April 6

These five scams are exploding in 2025 - Don't Get Fooled

Presented by Rossen Reports

April 13

"The Anxious Generation" author on landmark social media addiction trial

Presented by CBS News

April 20

No TED Talk

April 27

10 Senior Scams in 2025: How to Protect Yourself

Presented by Roberts Active Retirement

TED Ideas worth spreading



Preuss Pets

Animal Encounters

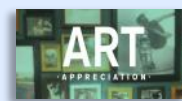
Friday, April 24

2:00 pm / AWR

You may encounter the furry, feathered or even scaled friends brought in by Press Pets!

Art Appreciation w/ Ethel Anthony

On Hold in April



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

Literature with Linda Griffin:

We closed a chapter with our Literature with Linda series, but don't worry she will be back in September for all you bibliophiles out there.



HAPPY EASTER

Sunday, April 5, 2026

EASTER BRUNCH

Scenic View Dining Room

- Two Meal Services
- 11:00 am & 12:30 pm

Ada Whitehouse Room

- One Meal Service
- Noon



All other dining rooms will have regular meal service times.

**We encourage you to invite your family and friends to join us.
No parties larger than six.**

Guest Meal Charge is \$26.25 per person.

RSVP your intentions to The Summit Receptionist at (517) 351-8377, ext. 0, and provide your preferred meal service, # of guests in your party or your regrets by Wed, April 1. All residents must RSVP.

Easter Menu includes: Smoked Ham, Beef Tenderloin, Fresh Whitefish, Fresh Baked Quiche, Cheddar Gratin Potatoes, Maple French Toast Bake, Sausage & Bacon, Strawberry Spring Mix Salad, Custard Pie w/Wild Cherries, Assorted Sweet Breads, Danishes,
Milk, Juice, Coffee. Wine Available

CELEBRATE
EARTH DAY



SCIENCE IN ACTION:
TURN CURIOSITY INTO IMPACT

Wednesday, April 22
2:00 pm / AWR

PRESENTED BY: ELLEN HOLSTE, PHD, CIG

Celebrate Earth Day by putting your curiosity to work! Discover how you can help real scientists from your backyard or even your living room. Join Ellen Holste of EnviroSpeak to get started and explore opportunities, from sharing photos of nature and measuring precipitation to transcribing handwritten records and browsing images to help speed up Alzheimer's research. No experience needed, just a desire to make a difference!



MICHIGAN SOS MOBILE OFFICE

The Secretary of State Mobile Office will be visiting our community to help residents complete their Secretary of State transactions.

MONDAY, APRIL 6 / 10:00 AM - 2:00 PM
ADA WHITEHOUSE ROOM (1ST FLOOR)

REGISTER FOR YOUR APPOINTMENT

Services offered include:

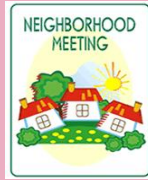
- First-time Michigan ID
- Renew driver's license or ID
- Transfer Title
- Transfer Title Apply for/renew disability placard
- Change address/Register to vote

Contact:
Recreation at (517) 827-1061 or
mbebermeyer@burchamhills.com


Walk-ins accepted if available.

The Summit Neighborhood Meetings

- 2RC: Tuesday, April 21**
1:00 pm / PDR
- 3RC: Tuesday, April 14**
11:00 am / Looking Glass (3TS)
- 4RC: Tuesday, April 7**
2:00 pm / 4th Flr Lobby
- 5RC: Tuesday, April 28**
3:00 pm / 5th Flr Lobby



Open forum for questions, suggestions and concerns with Kyle Bucholz, The Summit Director, & the Dining Team.



Resident Education Series

For Residents & Families

About This Program

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

Wednesday, April 1

3:00 pm

Ada Whitehouse Room

Moving Forward with Parkinson's: Real Stories, Real Strength

Join us for a meaningful conversation as part of our 'Pump It for Parkinson's' initiative. Hosted by LCS in partnership with the National Institute for Fitness and Sport (NIFS), this live webinar will feature residents living with Parkinson's and the partners who support them as they share their experiences, challenges and sources of strength. NIFS trainers, Sam Lefaive (Trillium Woods) and Hannah Morris (Marquette), will also share how movement and exercise can support confidence, well-being and daily life. Come be part of a conversation focused on awareness, resilience and the power of staying active and connected.

What topics would you like to see covered?

(517) 827-1078
svolk@burchamhills.com
2700 Burcham Drive, East Lansing, MI



Birthday Party


Tuesday, April 7
1:00 pm / 4TS

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




New Resident Welcome 

- #205 Judy Andre
- #301 Janice White
- #327 Donna Meitler
- #335 Mary Scodeller
- #1006 Jane Marin



Resource Reminder

 **East Lansing Public Library**

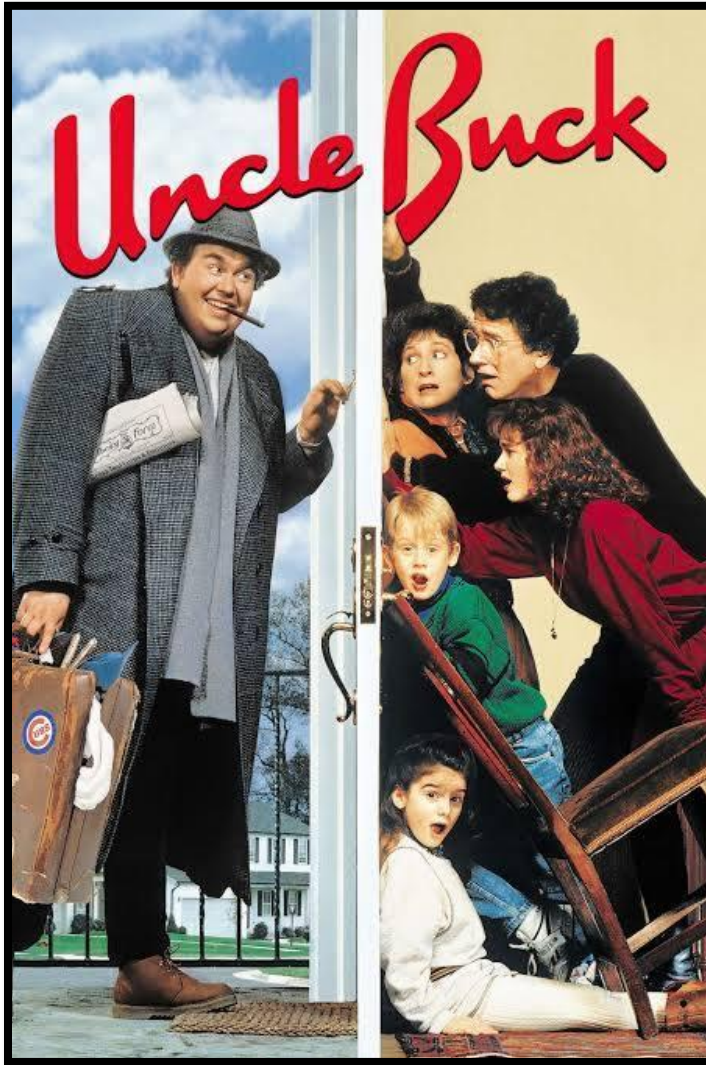
Reference a Librarian
1st and 3rd Wednesdays, 11:00 am / 2TS lobby

Wine & Cheese Social

3:00 pm / 2TS Lobby
Friday, April 3 & 17

Come mingle and munch with music!





CHR Blockbuster Bash
Movie Event

Wednesday, April 8
1:30 pm / AWR

Come watch a well known comedy film and use your Burcham Bucks to buy a Shirley Temple and/or Buttered Popcorn.



CHR Outing & Event Details for April

April Birthday Party

Wednesday, April 1/ 1:30 pm (3CHR)

Happy Hour

Wednesday, April 15 / 3:30 pm (2CHR)

Lunch Outing (Blondie's Barn)

Tuesday, April 21 / 11:30 am

**sign-up with a recreation staff or call (517) 827-1061*

CHR Food Committee Meeting

Tuesday, April 28 / 10:30 am (3CHR)

Resident Council Meeting

Tuesday, April 28 / 11:00 am (3CHR)

Lunch Bunch

Thursday, April 16

Depart: 11:30 am

Return approx. 2:00 pm

Cost: \$20-\$30



Please sign-up by April 13

Afternoon at the Movies

Thursday, April 30

Depart: TBD

Duration: 3.5 Hours

Cost: \$10 + Concessions



Please sign-up by April 27

Outings Sign-up Procedure

Please sign-up by calling the Recreation Department at (517) 827-1061 at least 72-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 2TS 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:

Matt Bebermeyer

Resident Life Manager

(517) 827-1068

We would love to hear your ideas!

Burcham MIXER  **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.



Fitness Specialist Hours

Monday - Friday

8 am — 4:00 pm

Fitness Center

*Always Open***Group Exercise Schedule****Fall Prevention**

Mon/Wed / 10:15 am / AWR

Advanced Fit & Functional

Mon/Wed / 11:15 am / AWR

Rise & Shine

Tue/Thurs / 9:15 am / 4TS

Fit & Functional

Tue/Thurs / 11:15 am / AWR

**Combo Class (Fall Prevention /
Advanced Fit & Functional)**

Fri / 10:15 am / AWR

Pebble 2 Staffed Hours

Mon / 1:00 — 2:00 pm

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

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, gardening and much more. 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 Notices

Monday, April 6, morning classes will be held in WRAS.

Thursday, April 9, classes cancelled due to Pump it For Parkinson's (see below).

Please check digital signage for the most up-to-date class information.

**Help us
reach our goal!**



We are contributing to a nationwide goal of 50 million steps and we need your help as we raise awareness of the benefits of exercise for those living with Parkinson's Disease!

THURSDAY, APRIL 9, 2026

10:00 – 3:00

Pebble 2 Gym

Sign-up for at 15 minute time slot and see how many steps you can take on one of our Nu-Step machines.

See a Fit Specialist for details.

From Down the Hill . . .

By Mary Ann Baumgartner, Clusters Resident



We are all looking forward to warmer weather and spending more time outdoors. My husband, John Baumgartner, wrote the following poem about spring:



Earth Tilts
Sun Shines
Rain Falls
Grass Grows
Leaves Peek Out
Crocuses Command
Robins Chirp
Bees Buzz
Hello Spring!





Salon Representatives will be sharing information about new promotions.

Thursday, April 2
11:30 am - 1:30 pm
The Summit 2nd Floor Lobby

Get answers to frequently asked questions.

- What is a Celebration account and how does it work?
- How do I set-up a Celebration account?

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

TV Mass (Catholic)

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

Peoples Church Live-Stream Service

Sundays, 10:30 am / Slate Room

Vespers (Non-Denominational)

Sundays, 4:00 pm / Ada Whitehouse Room

April 5	Rev. Stan Parker Faith Fellowship Baptist
April 12	Benjamin Ault University Reformed Church
April 19	Rev. Shawnthea Monroe The Peoples Church
April 26	Rev. Peter Robinson Pilgrim Congregational UCC

New Medication Cabinets in The Summit

Some of you may have noticed or have received a new cabinet in your apartment. Several months ago, The Summit, in conjunction with the State of Michigan, decided to move away from the use of Medication Carts and move to Medication Cabinets within the apartments. While this has been a long process, we have begun installing the Medication Cabinets in the apartments the past couple of weeks. We are anticipate beginning the use of the cabinets in early April. While we work with our pharmacy to ensure all medication is brought to the apartments and properly dispensed, we ask your assistance with notifying the Care Coordinators or Clinical team of any issues that arise.

The goal for these medication cabinets is twofold. First, to ensure that only the right medications are provided to the right residents. Second, by getting rid of the medication carts, we will allow for the spaces in the common areas to feel more like home than a clinical community. We anticipate that these changes will lead to better staff and resident satisfaction. If you have any questions, please feel free to reach out to Kyle Bucholz, The Summit Director, at (517) 220-2223 or kbucholz@burchamhills.com.



**CITY OF
EAST LANSING
SPECIAL ELECTION**

**TUESDAY,
MAY 5**

Ada Whitehouse Room

Polls

**Open at 7:00 am
Close at 8:00 pm**

**Burcham Hills is a
Voting Precinct for the
City of East Lansing.**



RD Corner—From Stress to Success: Nutrition Strategies for Mental Wellness

Maureen Lamperis, MS RDN; Emily Graham, MS RDN

April is National Stress Awareness Month, a time to reflect on the many factors that influence our mental and physical well-being. While stress is a normal part of life, nutrition and daily lifestyle habits can play an important role in helping the body manage stress more effectively. The connection between the brain and gut is particularly important, as the foods we eat help support brain function, energy levels and mood.

Certain nutrients are known to support the body during times of stress. Omega-3 fatty acids, found in foods like fish, walnuts and flaxseeds, may help support brain health and reduce inflammation. Magnesium, present in leafy greens, nuts, seeds and whole grains, plays a role in muscle and nerve function and may help the body relax. B vitamins, found in foods such as whole grains, eggs, legumes and leafy vegetables, support energy production and nervous system health. Foods rich in antioxidants, including berries, colorful fruits and vegetables, help protect the body from oxidative stress and inflammation.

The gut-brain connection is another important part of mental wellness. A balanced gut microbiome can help support mood and overall health. Probiotics, found in foods like yogurt, kefir and fermented foods, introduce beneficial bacteria to the gut. Prebiotics, found in foods such as oats, bananas, garlic, onions and asparagus, help feed those beneficial bacteria. Including both in your diet may help support digestive health and overall well-being.

Beyond specific nutrients, everyday habits can also help manage stress. Consistent meals, proper hydration and regular routines help maintain steady energy levels throughout the day. Staying active through physical activity, getting adequate sleep and practicing self-care techniques such as mindful eating, relaxation strategies and taking time for enjoyable activities can all contribute to reduced stress levels.





News from the Burcham Hills Foundation

The Power of Planned Giving – Creating a Legacy that Matters

If you have ever donated to the Burcham Hills Community, you realized every donation matters – big or small. However, there are more ways to make a difference than just one-time, monthly or even yearly donations to the Burcham Hills Community. Legacy Giving, also known as planned giving, deferred giving or estate giving, is a powerful way to pass on a legacy to an organization you are passionate about supporting, including Burcham Hills.

The good news is you don't have to be extremely wealthy to leave your philanthropic legacy at Burcham Hills.

Legacy Giving Benefits

Legacy Giving is a simple yet significant way for you to make a lasting financial impact after your death. Once you have provided for your loved ones, you can structure a legacy gift to satisfy both your philanthropic and tax goals.

Many donors want to give major gifts during their lifetime but do not have the financial flexibility to do so. Legacy giving allows donors to give those large gifts after they have passed away, when life expenses won't interfere. You can give a major legacy gift with an outright bequest or by using a variety of assets like art, jewelry, life insurance policies and more thoughtful planning through estate gifts and endowments.

Legacy Giving is important because it provides Burcham Hills with an ongoing source of income, supports secure fiscal stability and can enhance cash flow. For you, the donor, it's another element to giving – it provides a deep connection with Burcham Hills and with a wider range of possibilities, you have the opportunity to select an option that best suits your philanthropic goals.

Can I determine how my Legacy Giving is used?

As a legacy donor you can direct your estate gift to a specific campaign or annual fund at Burcham Hills, or your gift can be directed to its general fund.

Keep in mind that a planned legacy gift is a future gift. It's a way to help ensure Burcham Hills can continue to do the work needed to help the Community. It's a way to show your continued legacy support for many years to come.

Do I need to be wealthy to make a planned gift?

Absolutely not, almost everyone can create a planned legacy gift. Because Legacy Giving comes in many shapes and forms, there is an opportunity to personally craft the process and become a legacy donor.

There are also tax benefits (short- and/or long-term) that may apply depending upon the type of your gift. Donors at a variety of income levels can benefit. Be sure to consult with your financial or estate planner for more specifics and to determine what is the right path for you to take.

No matter how you choose to give, the Burcham Hills Foundation is here to help maximize the impact of your generosity. Contact Lesa Smith, MPA, CFRE at (517) 827-2924 or lsmith@burchamhills.com to help you make the most of your charitable giving and create a legacy or for recommendations for a qualified attorney to assist with finalization or review of your will or trust.

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 **March**. We express our sincere thoughts and prayers to their families and friends.

Judith Langdon ~ Feb 27
Thomas Kearney ~ March 15
Sharon "Lynne" Kohon ~ March 15
Robert Steinman ~ March 30

Michaele Klasey ~ March 13
Joseph Jehl, Jr. ~ March 15
Eleanor Pinkham ~ March 24



Community Memorial Service

A Celebration of Life

Tuesday, April 14
10:00 am
Ada Whitehouse Room

Please join us as we honor those loved ones who have passed over the last six months. A reading of names will occur and we will offer the opportunity to share stories and memories of your loved ones.

Refreshments will be served.



Takeout Order Process

Select a menu for your takeout meal (breakfast, lunch, dinner)

Write clearly your name, apt #, pickup time (see below)

Circle your items

Place completed menu/form in basket

Breakfast = 7:15 - 7:30 am
Lunch = 1:00 - 1:30 pm
Dinner = 5:30 - 6:00 pm

We will prepare your takeout order and have it ready at the pickup time selected.



Reading and the Library's Role in Promoting Reading

By Susan York, Library Chair

Major studies have documented the benefits of reading in preventing cognitive decline. This topic will be addressed in the May Beacon. Below we suggest more immediate effects of a reading habit and how the Burcham Hills Library tries to address those needs.

The Ness Labs Newsletter (in an April 4, 2024, article) asserts that the habit of reading rewires connections in the brain and provides **stress reduction, mental stimulation, memory improvement, vocabulary expansion, better focus and stronger verbal skills**. Another organization that serves seniors, Grace Management in Maple Grove, Minnesota, promotes reading by senior citizens to **improve concentration and contribute to mental clarity and social engagement**. These positive outcomes of reading are widely endorsed by reading professionals as lifelong benefits of developing a reading habit. The purpose of our, and every, library is to facilitate that habit. Please review our mission statement below.

The mission of the Burcham Hills Library is to provide printed resources that foster lifelong learning, personal growth and enjoyment in a friendly and comfortable environment. Both fiction and nonfiction selections and current periodicals are available to residents and staff to inform and stimulate an active mind.

Our mission of providing reading resources to patrons is accompanied by our responsibility to encourage and support reading – for pleasure, for information, for learning. We promote lifelong learning for all people in all walks of life. One is never too old to learn.

The Burcham Hills Library encourages reading by . . .

1. Purchasing new books, including best-sellers, to pique interest;
2. Accepting used books from donors that complement our current collection;
3. Making books on a theme conveniently available on the table;
4. Providing brief plot descriptions in Beacon articles;
5. Giving books away from time to time;
6. Placing books on display in convenient locations;
7. Providing newspapers and periodicals of interest;
8. Allowing for magazine checkout;
9. Annually listing the “the best books of the year”;
10. Having a collection of large print books available;
11. Encouraging Library volunteers to suggest books that are good reads.

Indeed all of our efforts are directed to encouraging **YOU** to read.

Mid-Michigan Stroke Support Group

Wednesday, April 1 (every 1st Wednesday)

5:30 pm, Private Dining Room



MSU Health Care



UNIVERSITY OF MICHIGAN HEALTH
MICHIGAN MEDICINE

NEURO CARE NETWORK

Join this local support group for survivors, family and team members. Topics will vary each month. For more information, please call (517) 364-3764.

Alzheimer's Association Caregiver Support Group

Thursday, April 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, May 19 (every 3rd Tuesday) ***Please note that the April meeting has been cancelled.***

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.



Burcham Hills Diabetes Support Group

Friday, April 23 (every 4th Thursday)

1:30 - 2:30 pm, Private Dining Room

Join us for the Burcham Hills Diabetes Support Group, led by Sam Volk, Health & Wellness Navigator. All are welcome to attend—whether you are living with diabetes, supporting someone who is or simply interested in learning more.



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

Artist Studio (Wed., 3:30 pm / 5TS Lounge): 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., 10:00 am / 4TS): 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 / 5TS; Mon., 1:30 pm / 4TS Fri., 1:00 pm / Slate Rm): Join your neighbors in playing this classic trick-taking card game.

Bingo Introducing a new program into the summit this month. We will have a Bingo in the 4th floor commons area of the summit. 3:15pm every Thursday come join us for some fun and excitement. Have an opportunity to meet some of the wonderful volunteers who help us in the community.

Farkle (Sat., 2:00 pm / 4TS): A fun dice game with easy to follow rules. Come roll with us, we will keep score!

Student Science (Wed., 1:00 pm / 4TS): Take a moment to learn about fun scientific curiosities with our wonderful volunteers from MSU. This program explores what phenomena are happening inside the body and in nature. If science piques your interest you won't want to miss this one!

Living to Learn (Mon., 1:30 pm / 4TS): 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 / 4TS): 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.

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 (Fri., 2:30 pm / 4TS): 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.

Reference a Librarian (1st & 3rd Wednesdays / 11:00 am / 2TS): The East Lansing Public Library will host a drop-by table in the lobby to offer a variety of books to check out.

**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 (1TS)*

Closed Captioning Available

April 1 — Are You There God? Its Me, Margaret. (2023)

Eleven-year-old Margaret moves from the city to the suburbs and starts to contemplate everything about life, friendship and adolescence. She relies on her mother, Barbara, who offers loving support, and her grandmother, Sylvia. [106 min]

Cast: Rachel McAdams, Kathy Bates

April 8 — Plunder of the Sun (1953)

American adventurer gets involved in archaeological artifact smuggling and treasure hunting in Mexico. [81 min]

Cast: Glenn Ford, Diana Lynn, Patricia Medina

April 15 — The Twelve Chairs (1970)

In 1920s Soviet Russia, a fallen aristocrat, a priest and a con artist search for a treasure of jewels hidden inside one of twelve dining chairs, lost during the revolution. [94 min]

Cast: Mel Brooks, Ron Moody, Frank Langella

April 22 — Ratatouille (2007)

A rat who can cook makes an unusual alliance with a young kitchen worker at a famous Paris restaurant. [111 min]

Cast: Brad Garrett, Lou Romano, Patton Oswalt

April 29 — The Sting (1973)

Two grifters team up to pull off the ultimate con. [129 min]

Cast: Paul Newman, Robert Redford, Robert Shaw

Saturday MOVIES*

1:30 pm - AWR (1TS)*

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

Closed Captioning Available

April 4 — The Producers (2005)

After putting together another Broadway flop, timid accountant Leo Bloom teams up with down-on-his-luck producer Max Bialystock in a get-rich-quick scheme to put on the world's worst show. [134 min]

Cast: Uma Thurman, Matthew Broderick, Nathan Lane

April 11 — Star Trek V: The Final Frontier (1989)

Captain Kirk and his crew must deal with Mr. Spock's long-lost half-brother who hijacks the Enterprise for an obsessive search for God at the center of the galaxy. [107 min]

Cast: William Shatner, Leonard Nimoy

April 18 — Good Will Hunting (1997)

This Film is Rated R.

A therapist counsels Will Hunting, a janitor with a genius IQ. [126 min]

Cast: Robin Williams, Matt Damon, Ben Affleck

April 25 — Walk the Line (2005)

A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis, where he recorded alongside Elvis Presley, Jerry Lee Lewis and Carl Perkins. [136 min]

Cast: Brad Garrett, Lou Romano, Patton Oswalt





April Birthdays

- 1 Christin Gluszewski
- 2 Timothy Drake
- 5 Cendra Lynn
- 7 Phoebe Searl
- 8 Gladys Schmidt
- 9 Darvis Lewis
- 10 Lori Noblet
- 12 John Broughton
- 13 Marianne Rable
- 13 James Mullin
- 14 Gloria Smith
- 16 James Peck
- 17 Debbie Kreutziger
- 19 Philip Jager
- 22 Rachel Roche
- 23 Werner Bergen
- 25 Ljubica Suzic
- 26 Beatrice Linder
- 28 Caroline Newberry
- 28 Ronald Sartor
- 29 William Mason
- 30 Victoria Griffin
- 30 Donald Mercer

April Highlights

- 1 Resident Education Series
- 1 Reference a Librarian
- 1 Stroke Support Group
- 2 PS Salon in the TS Lobby
- 3 Wine & Cheese Social
- 6 Secretary of State Mobile Office**
- 7 The Summit Birthday Party
- 7 Steve Spees
- 9 Pump It for Parkinson's
- 9 Alzheimer's Caregiver Support Group
- 14 Celebration of Life
- 15 Double Play Flute & Tuba
- 15 Reference a Librarian
- 16 Let's Talk About Birds
- 17 Wine & Cheese Social
- 17 Billy McAllister:
An Evening with Frank
- 19 Live-Stream Music
- 20 Tom Timlin Performs
- 22 Earth Day Presentation**
- 22 Oopsy Daisy Flower Sales
- 23 Lunch Bunch: Lansing Brewing Co.
- 23 Diabetes Support Group
- 24 Preuss Pet's Animal Experience
- 28 Death Cafe
- 28 Wanda Degan
- 29 Spring Spa Day
- 30 Community Outing: NCG Cinema

Life Enrichment Team

Matthew Bebermeyer
Resident Life Manager
Ext. 417

The Summit

Ext. 277 or 827-1061

Timothy Butler

RC Recreation Assistant

Deborah Stuart

MC Recreation Coordinator

Center for Health & Rehab

Ext. 281 or 827-2449

Jaidyn Helms

Recreation Therapy Manager

Diana Vogel

Recreation Therapy Assistant

Thomas Shauer

Recreation Therapy Assistant

Volunteers

Ext. 427 or 827-1060

Timothy Butler

Volunteer Coordinator

Wellness Team

Ext. 410 or 827-2452

Tracy Wescott

Donna Kanan

Nolan Frohriep

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

- Mondays** 3:00 pm 2CHR
- Thursdays** 1:30 pm 3CHR
- Saturdays** 3:30 pm 3CHR

May Upcoming Events

- 1 Burcham Derby**
- 5 Election Day**
- 27 Lansing Lugnut's Outing**

