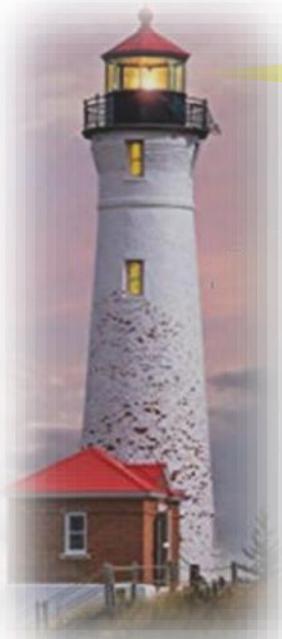


# Burcham Beacon

Volume 19; Issue 3

March 2026



**Burcham Hills**<sup>®</sup>

Where Tradition Meets Tomorrow



## End of Winter Happenings

We had excellent seats in the Ada Whitehouse 'stadium' to soak in all the excitement of the Super Bowl. The big screen provided us with a box-seat experience as the Seattle Seahawks dominated the New England Patriots in the most-watched U.S. television show in history. Great tailgating food was on hand thanks to the Dining Team!

We celebrated Valentine's Day a day early this year with a lovely party highlighting Kathy Ford. We would like to thank a new partner for this event, Optimal Care, for bringing a fun game of Bingo. We also had a wonderful Valentine's Day dinner on Valentine's Day.

And because nothing warms the soul like good food and good company, we held our Annual Chili Cook-Off with entries from residents and dining services. From secret family recipes to unconventional ingredients (we're not naming names!), the chili cook-off was a feast for the senses and a battle of the bragging rights. We would like to congratulate Larry Combs of StoneBriar for successfully defending his title this year. His Superbowl Chili was truly delicious!

~ More pictures on Page 12

### Inside This Issue

- 3 Music & Enrichment
- 7 TS Happenings
- 8 CHR 2nd & 3rd floor Happenings
- 9 Places to Go
- 10 Fitness
- 11 Spiritual Wellness
- 12 Special Events
- 14 Foundation
- 15 Memorials
- 16 Library
- 17 Support Groups
- 19 Movie Listings

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## 10 Reasons Why Spring is the Best Season

Every season gives us cause to celebrate, but here are 10 compelling reasons why we believe spring is the best season.

Spring is a time of rebirth as the natural world wakes up and revives after going dormant in the winter months. In spring, our days start getting longer, flowers begin to bloom and warmer weather allows us to spend more time enjoying the outdoors. Every season gives us cause to celebrate, but here are 10 compelling reasons why we believe spring is the best season.

### 1. Why Spring is the Best Season: Warmth

Similar to how some animals hibernate in winter, many people tend to stay indoors, seeking warmth and comfort during the colder months. This is especially true for those living in areas prone to snow and sleet, where venturing outside can be a hassle. As spring arrives and temperatures rise, it's exhilarating to put away heavy jackets and step outside in lighter clothing. The warmth of spring makes it easier to enjoy outdoor activities and reconnect with nature.

### 2. Why Spring is the Best Season: Longer Days

Once daylight savings time begins and the sun lingers longer in the sky, it feels like there are more hours in the day to appreciate nature. For those with 9-to-5 jobs, leaving work while it's still light outside is a welcome change from the dark winter evenings. Longer days provide opportunities for evening walks, outdoor playtime with children and other activities that make spring special.

### 3. Why Spring is the Best Season: Sunshine

For many, spring is the first time in several months when sunny rays break through a gray sky. Feeling the sun on your skin after enduring harsh winter conditions is incredibly refreshing. Beyond feeling good, sunlight offers numerous health benefits, including helping the body produce vitamin D, improving sleep patterns and boosting serotonin levels in the brain. Just remember to wear sunscreen!

### 4. Why Spring is the Best Season: Wildlife

Spring brings the return of animals that hibernate or migrate during the winter. The cheerful chirping of birds and sightings of local wildlife are delightful reminders of nature's resilience. Spring is also a season of new life, with many animals reproducing. You might spot baby rabbits, deer or other young **animals during your nature walks.**

### 5. Why Spring is the Best Season: Seasonal Produce

Spring is a fantastic time for fresh, in-season produce. Eating seasonal fruits and vegetables not only ensures better taste but also often comes at a lower price. Depending on your region, you can expect to find apricots, arugula, beets, asparagus, cherries and other delicious produce at their peak. Visiting local farmer's markets during spring is a great way to discover new favorites and enjoy the best of the season.

### 6. Why Spring is the Best Season: Organizing

Spring is synonymous with cleaning and organizing. Spring cleaning involves decluttering, donating unneeded items and tidying up the home. It's wonderful to get your space in order before summer activities begin, ensuring you can fully enjoy the season without indoor chores hanging over your head.

... Continued on Page 13

#### Burcham Hills Leadership Team

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

**Musical Opportunities**

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

**Jay Hill**

Tuesday, March 3 / 2:00 pm

**Livestream Musical Performance**

Sunday, March 8 & 22 / 2:00 pm

**Peter Bergin**

Wednesday, March 11 / 7:00 pm

**Finger Family Band**

Thursday, March 19 / 7:00 pm

**The Brothers Ralph**

Wednesday, March 25 / 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**

**On Hold in March**



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, March 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!

**"Oopsy Daisy" Flower Sales\***

Wednesday, March 25  
11:00 am - 2:00 pm / 2TS Lobby



**Additional March Holidays**

- 1 National Welsh Corgi Day
- 8 Daylight Savings Day
- 20 Alien Abduction 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.

### March 2

**Wild Medical Mistakes That Actually Happened**

*Presented by Dr. Mike*

### March 9

**Doctors Make Mistakes. Can We Talk About That?**

*Presented by Brian Goldman*

### March 16

**No TED Talk**

### March 23

**How Do We Heal Medicine?**

*Presented by Atul Gawande*

### March 30

**Health Care: Reversing Cost and Quality In America's Poorest City**

*Presented by Dr. Jeffrey Brenner*

**TED** Ideas worth spreading

## Literature with Linda Griffin:

**Oscar Wilde: Wild and Witty**

Thursdays, March 5 & 12 / 7:00 pm AWR

**Oscar Fingal O'Flahertie Wills Wilde**

*(16 October 1854 – 30 November 1900)*

was an Irish author, poet and playwright. After writing in different literary styles throughout the 1880s, he became one of the most popular and influential dramatists in London in the early 1890s. He was a key figure in the emerging Aestheticism movement of the late 19th century and is regarded by many as the greatest playwright of the Victorian era.

## Art Appreciation w/ Ethel Anthony

Monday, March 16

1:15 pm / Slate Room



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

Bible themes run deep through medieval and renaissance periods, A time when the works of many artists were known to the educated members of society, The Book of Esther specifically represents a rich tapestry for an artist to paint.

## **Webinar Series**

**Defying Gravity: Understanding Balance and Preventing Falls**

Every day we perform a delicate dance with gravity walking, reaching, and moving through life without realizing the incredible coordination it takes to stay upright. Join Dr. Katharine Forth, a neuroscientist in motor coordination and former NASA researcher, as she reveals the fascinating science behind balance and what space research has taught us about staying steady here on Earth.

Thursday, March 19 at 2:00  
AWR

ADA WHITEHOUSE PUB

# St. Patrick's Day Gathering

Monday, March 16  
2:30 pm in AWR

Let's get ready for St. Patrick's Day with a  
Fun Pub-Themed Event!

GAMES  SNACKS  CRAFTS  FRIENDS

# Bingo Party with Delta Sigma Pi

Friday March 27 at 7:00 PM

**AWR**

Join us for a super fun bingo party with this dedicated group of volunteers. There will be refreshments and prizes!

**BURCHAM HILLS**

**CHILI COOK-OFF**

**WINNER**

**LARRY COMBS**

**CONGRATULATIONS!**



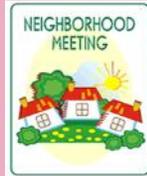
**The Summit Neighborhood Meetings**

**2RC: Tuesday, March 17**  
2:00 pm / PDR

**3RC: Tuesday, March 10**  
11:00 am / Looking Glass (3TS)

**4RC: Tuesday, March 3**  
2:00 pm / 4th Flr Lobby

**5RC: Tuesday, March 24**  
3:00 pm / 5th Flr Lobby



Open forum for questions, suggestions and concerns with Kyle Bucholz,



**Tuesday, March 3**  
1:30 pm / 4TS

New Resident  
**Welcome**

- #326 David Reinhart
- #343 Jose & Josephina Ortiz
- #416 Thomas Gardner
- #4001 Barbara Hamm



**Burcham Hills**  
Where Tradition Meets Tomorrow

**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.

**Tuesday, March 10**  
**2:00 pm**  
**Ada Whitehouse Room**

**What's New for You? Quality of Life & Navigator Support**

Please join Sam Volk as we go over the exciting new services we've added! We would also love to hear your thoughts on what might be missing to improve your Quality of Life and how our Health & Wellness Navigator can best support you.

*What topics would you like to see covered?*

(517) 827-1078

svolk@burchamhills.com

2700 Burcham Drive, East Lansing, MI



**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, March 6 & 20**

*Come mingle and munch with music!*





**Lunch Bunch**

Wednesday, March 11

Depart: 11:30 am

Return approx. 2:00

pm

Cost: \$20-\$30



*Please sign-up by March 6*

**Afternoon at the Movies**

Thursday, March 26

Depart TBD

Duration: 3.5 Hours

Cost: \$10 + Concessions



*Please sign-up by March 23*

**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**

**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.

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

  
**Let the**   
  
**Shenanigans**  
**Begin** 

**Fitness Specialist Hours**

Monday - Friday  
8 am — 4:00 pm  
Fitness Centers  
*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 / 1:00pm— 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, March 9 Classes Cancelled due to  
Pebble 2 Re-Opening Event

Friday, March 13 Combo Class Cancelled

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

++++  
**Pebble 2  
Grand Re-Opening  
Celebration**

March 9  
10:00 am-Noon  
*Light refreshments provided*

**Come meet the dedicated Fitness Team and  
explore the upgraded Fitness Center.**

**You'll have the opportunity to get answers to your  
exercise questions and take a tour of the various  
workout options available within the community.**

✦ New Staffed Gym Hours ✦  
Mondays 1-2:00 pm



**From Down the Hill . . .**

*By Mary Ann Baumgartner, Clusters Resident*



- ♦ One of the best things about the month of March is St. Patrick's Day—March 17th. I know of three people in the Clusters who are very proud of their Irish heritage: Jim & Mary Daugherty and Joanne Cameron.

**An Irish Blessing**

**May your blessings outnumber the shamrocks that grow,  
and may troubles avoid you wherever you go.**

- ♦ We welcome new residents, Tina Cook & Chuck Walker, to the Clusters. They are from Newington, New Hampshire.
- ♦ We are all very happy to learn that our good neighbor, Tom Hunter, is doing well and is currently in Burcham Hills Center for Health & Rehab.

**The Salon Team**

**Hair and Nail Stylists**

Tammy Stump  
Jodi Rice

**Massage Therapist**

Sandra

**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 would like to introduce their new Nail Technician Madison Kirkpatrick. Madison is available for appointments Tuesdays during regular salon hours.



**Hair & Nail Appointments**

Monday & Tuesday / 9:00 am—3:00 pm  
Thursday & Friday / 9:00 am—3:00 pm

**Massage Therapy Appointments**

Tuesday / 2:00 pm— 8:00pm  
Wednesday / 10:00 am—2:00 pm

**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**

March 1	Rev. Stan Parker Faith Fellowship Baptist
March 8	Benjamin Ault University Reformed Church
March 15	Rev. Peter Robinson Pilgram Congressional UCC
March 22	Dave Hinkley University Reformed Church





**RD Corner**

*Maureen Lamperis, MS RDN; Emily Graham, MS RDN*

March is National Nutrition Month — a time to “*Discover the Power of Nutrition*”. Food is more than something we eat each day — it has the power to strengthen our bodies, protect our health and improve our quality of life at every age.

The power of nutrition becomes even more important as we grow older. Our bodies process nutrients differently over time, and needs may change. Protein-rich foods like eggs, fish, dairy, beans and lean meats help preserve muscle strength, reduce the risk of falls and support healing. Calcium and vitamin D protect bone health, while fiber from fruits, vegetables and whole grains supports heart and digestive health. Staying well hydrated is also essential, as older adults may not always feel thirst as strongly — yet fluids play a key role in energy, mental clarity and preventing complications.

Good nutrition supports independence. Maintaining strength through adequate protein, fueling the body consistently throughout the day and choosing nutrient-dense foods can help sustain mobility and overall resilience. Even small adjustments — such as adding a protein source to breakfast, choosing fortified dairy products or including a colorful vegetable at lunch — can have meaningful long-term benefits.

The Dietary Guidelines for Americans remind us that healthy eating patterns matter across the lifespan. This doesn't mean perfection — it means balance. Building meals with a variety of food groups, choosing nutrient-dense options most often and enjoying all foods in a way that fits your lifestyle supports long-term health. Small, consistent choices truly add up over time.

This month, we encourage everyone to discover the power within their own plate. Simple steps can lead to meaningful benefits.



... Continued from Page 2

**7. Why Spring is the Best Season: Fresh Breeze**

Now that the weather is warming up, it feels good to open the windows and let a fresh breeze waft through your home. Fresh air is the perfect way to chase out the stagnation of winter. Not only that, but open windows allow you to experience the sounds and smell of spring. It's hard not to smile when you hear a bird sing or catch the scent of a flower in bloom.

**8. Why Spring is the Best Season: Flowers**

One of the best parts of spring is that beautiful flowers begin to bloom again. It's wildflower season in many places, with hills and canyons dotted with bright florals. It's also cherry blossom season, and it's a joy to experience the beauty of those delicate pink flowers in full bloom. Of course, flowers are more than just pretty and nice-smelling—they also nourish bees and birds and are an important contributor to the ecosystem.

**9. Why Spring is the Best Season: Leaves**

Trees, which go dormant and shed their leaves in winter, showcase new growth in spring. Whether you're wandering through a forest, relaxing in a park or admiring the view from your window, the sight of budding leaves signals the change of seasons. This renewal of foliage adds to the charm and beauty of spring.

**10. Why Spring is the Best Season: Outdoor Activities**

Spring's milder weather makes it the perfect season for outdoor activities. Go on a picnic, take a long walk or play your favorite outdoor sport—whichever you choose, you'll love doing it outside. It's ideal weather to experience the beauty of the forest and connect with nature and you can get some fresh air and sunshine.



## News from the Burcham Hills Foundation

### **Tax Law Changes for 2026: What They Mean for Your Giving**

The new tax rules that took effect this year may influence how you choose to give to the Burcham Hills Community and other not-for-profits. Here's what you need to know:

**Q: What's the biggest change this year?**

**A:** You may deduct up to \$1,000 (single filers) or \$2,000 (married couples) of your charitable cash donations *even if you don't itemize*. So smaller donations can benefit you while making an important charitable support impact at Burcham Hills. Note: Gifts to donor advised funds are excluded.

**Q: May I claim this deduction on top of the standard deduction?**

**A:** Yes! For 2026, the deduction is \$16,100 for single filers and \$32,200 for married couples filing jointly. If you are 65 or older, you may claim an even higher standard deduction: \$2,050 if you are a single filer and head of a household, \$1,650 per qualifying individual if you are married and filing jointly or separately or are a qualifying widow(er).

**Q: Additional benefits for donors 65 years or older.**

**A:** Through the 2028 tax year, donors 65+ may take an additional deduction of up to \$6,000 for an individual or \$12,000 if married and both spouses qualify. Note: this deduction phases out for taxpayers with higher incomes. Your tax professional or accountant can discuss these parameters in depth with you.

**Q: Based on all these benefits, how should I consider giving charitable deductions this year?**

**A:** Even if you don't itemize, you may still benefit from giving appreciated stock or real estate by eliminating capital gains tax on the growth. If you are 70½ or older, you may give a gift directly from your IRA to the Burcham Hills Foundation. You will pay no tax on the distribution, and if you are required to take minimum distribution, it can satisfy all or part of that obligation.

**Q: What if you choose to itemize?**

**A:** Keep these portions of the new tax law in mind:

1. Deduction limit for cash gifts  
You may still deduct cash gifts of up to 60% of your adjusted gross income (AGI). Consider combining your cash and non-cash assets, often called blended giving, to maximize your tax benefits and impact.
2. New gift minimum for itemizers  
You will need to give at least 0.5% of your AGI to claim a charitable deduction.
3. New maximum for top earners  
Top earners (those in the 37% tax bracket) now have a maximum 35% benefit for every \$1 deducted.

### **Create Your Charitable Legacy at Burcham Hills**

Are you interested in leaving a charitable legacy at Burcham Hills? You may accomplish this by naming the Burcham Hills Foundation as a beneficiary of your estate plan in support of the Burcham Hills Community. Creating this type of charitable estate gift assists in maximizing your tax benefits through various planned giving methods including bequests, Donor-Advised Funds (DAFs), charitable trusts and naming the Burcham Hills Foundation as the beneficiary of your life insurance policy.

... Continued on Page 15

## In Loving Memory . . .



We 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.

Marjorie Hall ~ Feb 2

Chris Price ~ Feb 3

Sharon McClain ~ Feb 7

William Root ~ Feb 10

Jean Courville ~ Feb 14

Norman Houtekier ~ Feb 21

Gordon Miracle ~ Feb 23

Deborah Parker ~ Feb 23



## Daylight Savings Time

Before going to bed on **Saturday, March 7**, please remember to move your clocks **forward** one hour.

... Continued from Page 14—Foundation

### Common Ways to Create a Charitable Legacy at Burcham Hills:

- Bequests in a Will/Trust: A straightforward method to donate a specific amount, percentage or asset to a qualified not-for-profit such as the Burcham Hills Foundation.
- Beneficiary Designations: Naming the Burcham Hills Foundation as a beneficiary to receive assets from your retirement plan (IRAs, 401(k)s) or life insurance, bypassing probate.
- Donor-Advised Funds (DAFs): An irrevocable gift given to the Burcham Hills Foundation during your lifetime or via estate plan, allowing for your ongoing recommendations of charitable support to the Burcham Hills Community.
- Charitable Trusts: Charitable Remainder Trusts (CRT) offer income during your lifetime, while Charitable Lead Trusts (CLT) provide immediate income to Burcham Hills.
- Endowments: Create a lasting and sustainable source of funding for Burcham Hills.

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](mailto:lsmith@burchamhills.com) to help you make the most of your charitable giving and create a legacy.

Additionally, contact Lesa should you want 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.*



# OFF THE SHELF

## Library News for March 2026

*By Susan York, Library Chair*

**Books on a Theme:** For the next few months Library patrons will find a few books on a theme scattered on the Library tables for browsing and borrowing. We are trying to draw your attention to books you might otherwise not consider, with a new theme every week. The first three themes will be Pets, Family and Doing Good.

**Sharing Great Art:** Between the Library and the Wild Rose Art Studio, Burcham Hills has a wealth of oversize art books that celebrate the work of well known and respected artists. To recognize their accomplishments and promote looking at art, we are placing select volumes in an easily accessible place, the bottom shelf of the book cases in the Quartz Study on the first floor of StoneBriar, for your viewing enjoyment.

**Making Unusual and Oversize Books More Visible:** The most prominent bookcase in our library is the one facing you as you enter our door. This case will continue to house art books but we have also added to it other oversize and unusual books that were previously housed on back shelves. Among these books are lovely volumes devoted to birds of the world and recognizing bird songs, major league baseball parks and the history of baseball, as well as volumes about American history, wars and natural history. Each of these books contains magnificent photography and engaging text. Please take a look...

**New Books in February 2026:** We are pleased to be able periodically to purchase a few new books to supplement our collection of donated books. A few are listed below:

**Circle of Days** by Kenneth Follett: Follett creates a story with memorable characters and fierce battles that pierces the myth and mystery of prehistoric Stone Henge in England.

**The Correspondent** by Virginia Evans: A prolific letter writer, not expecting her life to change, receives a letter that forces her to rethink her past.

**The Great Contradiction** by Joseph Ellis: The renown historian of early America describes how the Founding Fathers dealt with slavery in establishing this country, given the Declaration of Independence's critique of government without consent of the governed.

**Mona's Eyes** by Thomas Schlessler: A loving grandfather takes his 10 year-old granddaughter who is losing her sight to see and encode in her memory 52 great paintings, one a week, in the great museums of Paris.

**Theo of Golden** by Allen Levi: A stranger converses with town residents about their lives and returns to them their pencil portraits that had decorated the walls of the local coffee shop.

*We thank you for thinking of us as the custodian of your books.*

**Be a Reader & Learner Now!**

**Mid-Michigan Stroke Support Group**

*Wednesday, March 4 (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, March 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, March 17 (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, March 27*

3:00 - 4:00 pm, Private Dining Room

Join us for the first meeting of the Burcham Hills Diabetes Support Group, led by Sam Volk, Health & Wellness Navigator. This initial gathering will focus on discussing how we would like to shape and organize the group moving forward. 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., 1:30 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)\*

### March 4 – Star Trek IV: The Voyage Home (1989)

To save Earth from an alien probe, Admiral James T. Kirk and his fugitive crew go back in time to San Francisco in 1986 to retrieve the only beings who can communicate with it: humpback whales. [119 min]

*Cast: William Shatner, Leonard Nimoy*

### March 11 – No Movie

### March 18 – Charlotte's Web (2006)

Wilbur the Pig is scared of the end of the season, because he knows that come that time, he will end up on the dinner table. He hatches a plan with Charlotte, a spider that lives in his pen, to ensure that this will never happen. [97 min]

*Cast: Dakota Fanning, Julia Roberts, Oprah Winfrey*

### March 25 – Death on the Nile (2022)

While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress. [127 min]

*Cast: Tom Bateman, Annette Bening, Kenneth Branagh*



## Saturday MOVIES\*

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

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

### March 7 – Interstellar (2014)

When Earth becomes uninhabitable in the future, a farmer and ex-NASA pilot, Joseph Cooper, is tasked to pilot a spacecraft, along with a team of researchers, to find a new planet for humans. [169 min]

*Cast: Matthew McConaughey, Anne Hathaway, Jessica Chastain*

### March 14 – The Sound of Freedom (2023)

The incredible true story of a former government agent turned vigilante who embarks on a dangerous mission to rescue hundreds of children from traffickers. [131 min]

*Cast: Jim Caviezel, Mira Sorvino, Bill Camp*

### March 21 – Gone with the Wind Pt. 1 (1939)

### March 28 – Gone with the Wind Pt. 2

A sheltered and manipulative Southern belle and a roguish profiteer face off in a turbulent romance as the society around them crumbles with the end of slavery and is rebuilt during the Civil War and Reconstruction periods. [104 min]

*Cast: Clark Gable, Vivien Leigh, Thomas Mitchell*





**March Birthdays**

- 3 John Scheffer
- 3 Mary Adams
- 4 Sharon Kohon
- 4 Olga Holden
- 4 Barb Saalfeld
- 4 Al Gibbs
- 5 Ellen Briggs
- 6 Elizabeth Forro
- 6 Jim Pifer
- 7 Pearlie Johnson
- 9 Frank Harris
- 9 Betty Jason
- 9 Suzanne Brouse
- 9 Becky Blair
- 12 Marilyn Hastings
- 14 Ana Revoredo Vieira
- 15 Joanne Sartor
- 15 Nahid Iplakchi
- 16 Esdra Noncius
- 18 Marcia Marston
- 18 Diana Leipprandt
- 20 Yolanda Munoz
- 21 Nancy Martling
- 22 Judy Jugovich
- 23 Joyce Van Dyke
- 23 Jean McCallum
- 23 Joanne Ricks
- 24 Ethel Williams
- 24 Thomas Gardner
- 25 Mary Clark
- 25 David Ronk
- 26 Jamie Foster
- 26 Dwayne Scheidler
- 26 Barbara Hamm
- 28 Pam Nelson
- 28 Connie Specker
- 31 Brenda Davis
- 31 Keith McConnell

**March Highlights**

- 3 The Summit Birthday Party
- 3 Jay Hill
- 4 Reference a Librarian
- 4 Stroke Support Group
- 5 Virtual Connections
- 5 Literature w/ Linda: Oscar Wilde-Pt.1
- 6 Wine & Cheese Social
- 8 Live-Stream Music
- 10 Resident Education Series
- 11 Lunch Bunch: P.F. Changs
- 11 Peter Bergin Performs
- 12 Alzheimer's Caregiver Support Group
- 12 Literature w/ Linda: Oscar Wilde-Pt.2
- 16 Art Appreciation w/ Ethel Anothony
- 16 St. Patrick's Day Gathering
- 17 **St. Patrick's Day**
- Lansing Area Parkinson's Support Group
- 17
- 18 Reference a Librarian
- 19 Defying Gravity: Understanding Balance and Preventing Falls
- 19 Finger Family Band
- 20 Wine & Cheese Social
- 24 Death Cafe
- 25 Oopsy Daisy Flower Sales
- 26 Community Outing: NCG Cinema
- 26 Bingo Party with Delta Sigma Pi
- 27 Diabetes Support Group

**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

**April Upcoming Events**

14 Celebration of Life  
TBD Spa Day w/ PS Salon  
22 Earth Day