

# Burcham Beacon

Volume 19; Issue 5

May 2026



**Burcham Hills**<sup>®</sup>  
Where Tradition Meets Tomorrow



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## Newsletter Co-Editors

Matthew Bebermeyer  
Nancy Hanford

## Spring Has Sprung!

Wow—April was a busy month!

On April 9, Burcham residents participated in a National Parkinson's Awareness Day event called *'Pump it for Parkinson's'*. We crushed our initial goal of 50,000 steps and went on to take a whopping 74,869 steps toward awareness!

We also took time to honor the friends we've lost the past six months at our Celebration of Life Memorial Service, in partnership with Optimal Health Group. Stories were shared with light refreshments served.

We celebrated Earth Day with a wonderful presentation by Ellen Holste of Enviro Speak, where we learned of the many ways we can participate in environmental action. If you missed it, reach out to the Recreation Team to learn about ways to stay involved.

May marks the start of the patio season. As spring firmly takes hold, we look forward to warmer weather. Outdoor entertainment in the courtyard is around the corner as we begin preparing for our upcoming Memorial Day Garden Party later this month. Hope to see you there!



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



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

Happy May!

May is such a special month where we honor our mothers. Take a moment to reflect on something you learned from your mother. My Mother taught me the value of knowing people's names and learning who they are. This is the start of building strong relationships. I have always treasured that gift she gave to me.

Also in May, we honor American service members who lost their lives in the line of duty. This year, Memorial Day is May 25.

### **Burcham Hills Leadership Team**

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We salute you today.

Hear what we say.

Let our words speak eloquently

In this special way.

On this day,

Let us express our love and thanks

For the sacrifice you paid.

You served in honor

For many years and days,

And we will never forget

How you were strong and brave.

~ *Susan R. Smith*



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

**Musical Opportunities**

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

**Livestream Musical Performance**

Sunday, May 3 & 17 / 2:00 pm

**Music With Justin Holcomb**

Thursday, May 7 / 2:00 pm

**Finger Family Band\***

Thursday, May 14 / 7:00 pm

**Tom Timlin**

Friday, May 15 / 2:00 pm

**Daniel Bryson**

Thursday, May 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**

**Friday, May 22**

**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.



**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)         |

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

Wednesday, May 27

11:00 am - 2:00 pm / 2TS Lobby



**Additional May Holidays**

- 1 Therapeutic Massage Awareness Day
- 9 Lost Sock Memorial Day
- 17 National Linda 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.*

## Ted Talks

**March Topic:**

**Social Media – the Good,  
Bad & the Ugly**

***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.

**May 4**

**Project Village, Connection &  
Connectivity in Social Media**

*Presented by Lauren Ross*

**May 11**

**Social Media Saved My Life**

*Presented by Dylan Huey*

**May 18**

**Quit Social Media**

*Presented by Dr. Cal Newport*

**May 25**

**1. Is Social Media Hurting Your Mental Health?** *Presented by Baily Parnell*

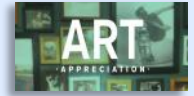
**2. Social Media Isn't Bad. You're Just Using It Wrong.** *Presented by Eva Amin*

**TED** Ideas worth spreading

## Art Appreciation w/ Ethel Anthony

**Monday, May 11**

**1:15 pm / Slate Room**



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

Spring is here! Catch Spring Fever as painted by the Masters of Painting.



**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.**



PLEASE JOIN US FOR

# Mother's Day Brunch

Sunday, May 10

Dining Services is excited to offer a Mother's Day Brunch throughout the Burcham Hills Community. In order to accommodate as many residents, families and loved ones as possible, we ask that reservations be kept to a total of six or less in your party. Special requests will be noted and followed up by the Director of Food & Beverage. Your dining room seating location will be determined by the area of the community in which you reside.

*Thank you for your continued understanding and support.*

**The Summit - Scenic View Dining Room**

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

**Memory Care - 3<sup>rd</sup> floor Dining Room &  
The Summit - 4<sup>th</sup> floor Dining Room & CHR**

- Normal Meal Service

**StoneBriar - Ada Whitehouse Room**

- One Meal Service
- Noon



*Guest Meal Charge is \$26.25 per person.*

Please RSVP your intentions to the RC Receptionist at (517) 351-8377, ext. 0, and provide your preferred meal service, # of guests in your party or your regrets.

All residents must RSVP.

Mother's Day Menu will feature . . .  
Fresh Blueberry Spinach Salad, Seafood Stuffed Flounder,  
Chicken Scallopini & Assorted Cheesecakes  
among other selections.



# MEMORIAL DAY GARDEN PARTY

Thursday, May 21  
11:30 am - 1:00 pm  
Courtyard Patio

Musical Guest: Steve Spees

Invite your friends, neighbors and family to join us for this annual event with lots of food, entertainment and socialization! Seating is first-come, first-served.



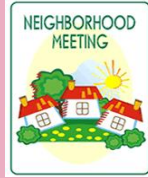
**The Summit Neighborhood Meetings**

**2RC: Tuesday, May 19**  
2:00 pm / PDR

**3RC: Tuesday, May 12**  
11:00 am / Looking Glass (3TS)

**4RC: Tuesday, May 5**  
2:00 pm / 4th Flr Lobby

**5RC: Tuesday, May 26**  
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.

**Tuesday, May 12**  
**2:00 pm**  
**Ada Whitehouse Room**

**Meet The Summit Clinical Team**

Learn about our new Clinical Leadership Team in The Summit.

Q & A Session

*What topics would you like to see covered?*

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

**Birthday Party**



**Tuesday, May 5**  
1:00 pm / 4TS

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



**New Resident Welcome**

- #205 Judy Andre
- #350 Susan Duncan
- #427/28 Marth Blonde
- #434 Judith Corr
- #449 Sandy Stuart
- #2005 Bob Duncan



**Resource Reminder**

**East Lansing Public Library**

**Reference a Librarian**

**1st & 3rd Wednesdays**  
**11:00 am / 2TS lobby**

**Wine & Cheese Social**

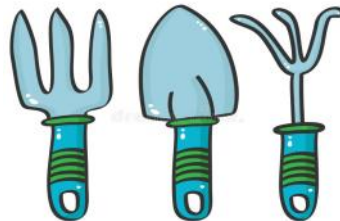
**3:00 pm / 2TS Lobby**  
**Friday, May 1 & 15**

*Come mingle and munch with music!*





**Spring Spruce Up**  
**Sensory Gardening**  
2CHR Patio  
Wednesday, May 13  
1:30 pm



### CHR Outing & Event Details for May

**May Birthday Party**

Wednesday, May 6/ 1:15pm (3CHR)

**Happy Hour**

Wednesday, May 20 / 3:00pm (2CHR)

**Lunch Outing (Cracker Barrel)**

Tuesday, May 19 / 11:30am

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

**CHR Food Committee Meeting**

Tuesday, May 26 / 10:30am (3CHR)

**Resident Council Meeting**

Tuesday, May 26 / 11:00am (3CHR)

**Lunch Bunch**

**Soup Spoon Cafe**  
**Wednesday, May 13**

Depart: 11:30 am  
Return approx. 2:00 pm  
Cost: \$15-\$25



*Please sign-up by May 10*

**Lansing Lugnuts**

**Wednesday, May 27**

Depart: 10:00 am  
Duration: 4 Hours  
Cost: \$23 (includes lunch)



*Please sign-up by May 20*

**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**

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



**Gloria's 100th Birthday**

The family of Gloria Epstein invites all of her friends in the Burcham Hills Community to join in celebrating Gloria's 100<sup>th</sup> birthday!

**Sunday May 31 2:00-4:00 pm**

**Ada Whitehouse Room**

2:00 pm - Heavy Appetizers, Beverages & Music  
3:00 pm - Cake & Toasts

No Gifts Please!  
If you plan to attend, please RSVP by Monday, May 25, with the Receptionist or (517) 351-8377, ext. 0.

**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:  
Emotional Wellness**



Emotional Wellness refers to our ability to cope effectively with life and build satisfying relationships with others. People with healthy Emotional Wellness feel confident, in control of their feelings and behaviors and are able to handle life challenges. Working through life challenges, while tough, help us build resiliency as we learn that setbacks can be overcome. We can work to maintain or improve our Emotional Wellness by engaging in regular leisure and recreational activities that stimulate our senses (smell, sight, touch, taste and sound).

**Special Notices**

Fitness Classes Moved to WRAS May 6, May 13 & May 20.  
Classes Cancelled May 21 for the Memorial Day Garden Party.

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



*Thank you to everyone who participated in  
Pump It For Parkinson's!*

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

Together, we raised awareness in our community with a goal of 50,00 steps! Here are the numbers we achieved!

- ★ Total steps = 74,869
- ★ 37 residents across entire continuum of care
- ★ 12 Staff

**From Down the Hill . . .**

*By Mary Ann Baumgartner, Clusters Resident*



- ◆ There are many signs of spring in the Clusters. The snow-birds are back from the South and the West. The trees are in blossom. More people are out walking. The daffodils are blooming and the chipmunks are busy digging holes in our flower gardens.
- ◆ We had our first Thursday morning gathering in the gazebo of the new year.
- ◆ Our April dinner-out was at the Williamston Country Club. There was some confusion in ordering and billing. Apparently, the computer system crashed! In spite of some confusion, a good time was had by all.

**D New Sports Channel Now Available—Channel 19**

We're excited to share a new addition to your DirecTV channel lineup! Channel 19 has been set up as a dedicated Sports Channel, featuring games from the Detroit Tigers, Red Wings and Pistons.

Here's how it works:

- When a game is being broadcast, it will automatically appear on Channel 19.
- There's nothing you need to select, just turn to Channel 19 during game time and enjoy.
- If no game is scheduled, the channel will display a blank screen. This is normal.

We hope this makes it easier and more enjoyable to keep up with your favorite Detroit teams!

**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**

|                      |   |
|----------------------|---|
| May 3                | Rev. Stan Parker<br>Faith Fellowship Baptist      |
| May 10               | Rev. Shawnthea Monroe<br>The Peoples Church       |
| May 17               | Eric Burg<br>University Reformed Church           |
| May 24               | Rev. Haley Hansen<br>The Peoples Church           |
| May 31<br>(Slate Rm) | Rev. Peter Robinson<br>Pilgrim Congregational UCC |
| May 31<br>(3CHR)     | Rev. Ben Ault<br>University Reformed Church       |

**Vespers service will be held in 2 locations on Sunday, May 31.**

**FREE**

# FRAUD AWARENESS SEMINAR

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



Friday, May 29th  
Starting at 1:30pm  
in the Ada Whitehouse Room

**EVERYONE IS WELCOME!**



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



## Burcham Planting Day Tuesday, May 19 10:00 am – 3:00 pm

Looking for a gardening project?  
Join our Master Gardeners as they spruce up the grounds and prepare our beautiful courtyard for this season's blooms!

Contact the Recreation Team at (517) 827-1068 for more information or Alanna Harvey at [AHarvey@Burchamhills.com](mailto:AHarvey@Burchamhills.com)



## **RD Corner—Spring Into Seasonal Eating**

*Maureen Lamperis, MS RDN*

As the days grow longer and the weather begins to warm, spring is a wonderful time to refresh our plates with seasonal foods. Spring produce brings vibrant colors, fresh flavors and a variety of nutrients that support overall health. Fruits and vegetables that are commonly in season this time of the year include strawberries, asparagus, spinach, peas, radishes and carrots. These foods are not only delicious but also packed with vitamins, minerals, fiber and antioxidants that support immune health, digestion and heart health.

Eating foods that are in season can offer additional benefits as well. Seasonal produce is often harvested at peak ripeness, which means it tends to have better flavor and can contain higher levels of certain nutrients. It can also be more affordable and accessible when it is widely available during its natural growing season. Choosing seasonal foods is also a great way to support local farmers and enjoy a greater variety of fruits and vegetables throughout the year.

Spring is a great time to focus on balance and variety. Adding colorful fruits and vegetables to meals is a simple way to enhance both flavor and nutrition. Small changes like adding fresh berries to breakfast, including leafy greens at lunch or enjoying vegetables as a side at dinner can make a meaningful difference in overall nutrition.

### **Spring Nutrition Tips**

- Eat the colors of spring. Choose a variety of colorful fruits and vegetables such as strawberries, spinach, carrots, peas and radishes.
- Add fresh greens. Leafy greens like spinach or spring lettuce are rich in vitamins A, C and K.
- Stay hydrated. As temperatures rise, remember to drink enough fluids throughout the day.
- Try seasonal produce. Fresh spring fruits and vegetables often have great flavor and are packed with nutrients.
- Keep meals balanced. Aim to include protein, whole grains, fruits or vegetables and healthy fats at meals.

### **Simple Spring Meal Ideas**

Looking for ways to enjoy seasonal foods? Here are a few easy ideas:

- Strawberry and yogurt parfait with granola for a fresh breakfast or snack.
- Spring vegetable salad with spinach, peas, shredded carrots and grilled chicken.
- Roasted asparagus and lemon as a bright, flavorful side dish.
- Vegetable omelet with spinach, mushrooms and tomatoes.
- Pasta primavera with seasonal vegetables like asparagus, peas and carrots.

As we move into this new season, consider trying a new fruit or vegetable, experimenting with fresh flavors and focusing on nourishing foods that help you feel your best. Seasonal foods are a wonderful way to celebrate the flavors of spring while supporting your health.



## News from the Burcham Hills Foundation

By Lesa Smith, Foundation Director

# Endowments & Legacy Gifts Work Hand-in-Hand

Endowments and legacy “planned” gifts are separate concepts that can work together for you as the donor and Burcham Hills. When an endowment is funded through your estate, it is a significant philanthropic strategy for long-term impact, providing permanent, sustainable income for the mission-driven programming at Burcham Hills. Additionally, you have an option to name the endowment fund after you, a family member, friend or another title with deep meaning to you.

Specifically, an endowment is how you direct your gift to be used, rather than planning for the gift or the gift itself. When Burcham Hills receives an endowment gift, it is permanently invested, not spent on current projects or programming. Once funded through your estate, the endowment will support your intended initiative not for just one year, or even one generation, but in perpetuity, with a portion of the endowment’s value being used annually according to your intended area of support.

When outlining your estate, establishing an endowment provides numerous benefits for both you and the Burcham Hills Community. Here are several considerations for establishing an endowment fund:

- **Create a sense of immortality.** Because your endowment gift will be invested permanently, it can serve as a permanent tribute and extend your gifting values for future generations. The fund can offer you a sense of immortality, a way to celebrate the philanthropic cause(s) that is important to you.
- **Perpetuate your values and priorities in the wake of change.** Your named endowment can provide assurance that your intended area of support at Burcham Hills will continue. By creating or adding to a permanent endowment, you enable Burcham Hills to carry out your expressed wishes in the future. A restricted endowment ensures organizational support for your specific priority.
- **You can make a significant investment in the future.** Through establishment of your endowment, you may be able to give more than the combined value of your current annual gifts to Burcham Hills. You can receive great satisfaction from making this significant investment in the future from assets accumulated during your lifetime. In the case of gifting through your estate, this may be your final act of contributing to Burcham Hills and its mission of being “Dedicated to the Journey of Life.”
- **Allow current incremental funding.** You have an opportunity to see immediate benefits of your gift when establishing an endowment through a bequest or other gift vehicles in your estate. Based on the amount of your legacy gift, calculations can be made to determine how much your endowment fund will provide annually once it is fully funded. In this way, you can use this calculation to determine the amount of your lifetime annual gifts and their area of support.
- **Provide lifetime income.** Some forms of endowment gifts—split interest gifts—can pay you income for life, with the remainder going to fully fund the endowment following your passing. These kinds of gifts may provide you with stable income during retirement or can help you meet other financial obligations.
- **Alleviate management burden.** If you are uneasy managing your assets and making investment decisions, a split interest gift enables you to receive regular income for life without the burden or cost of managing your investments.
- **Receipt of future gifts.** An endowment fund can continue to receive charitable contributions. Either you or your friends and family can add from time to time by simply designating their gifts to your endowment. It makes a meaningful vehicle for others to honor you with their own philanthropic gifts.

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 to create your philanthropic 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.*

Content reference: Newman, D. S. (2012, August 6). *Endowments and planned gifts work hand-in-hand*. Benefactor Group. <https://benefactorgroup.com/endowments-and-planned-gifts-work-hand-in-hand/>

## In Loving Memory . . .



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

Anne Kutak ~ April 6

Maryette Richards ~ April 8

Pauline “Polly” Brennan ~ April 20

Nancy Gillespie ~ April 23

Teresa Whitmore ~ April 23

## Scenic View Dining Room — New Service Changes

*By Matt Pray, Director of Food & Beverage*

The dining team is working behind the scenes to amend our service model in the Scenic View Dining Room. Special focus is being paid to comments received from our residents and guests on opportunities for improvement.

We ask you to please be patient with us as we adjust the meal service process. Our staff will be learning new service expectations as well as receiving training on changes to the tablets they use daily.

Some of the things you may notice –

- Your servers name will be placed on your table
- Use of dining room sections
- Server’s order taking process

Our goal is for the dining servers to complete your order on the tablet and then review your order with you for accuracy before leaving the table to provide an excellent meal service.

What can you do to help us make improvements to Scenic View Dining Room?

- Wear your nametag in the dining room, this helps our team identify you and helps ensure we can serve you quickly and correctly. If you need a nametag, please see the receptionist in The Summit.
- Please be sure to silence your phone when entering the Scenic View Dining Room. If you must take a phone call, please do so outside of the dining room.
- If the “*Please wait to be seated*” sign is placed by the hostess stand, then please wait to be seated.
- Be sure to attend meals in the dining room appropriately dressed and groomed.
- Please come to the dining room within the posted timeframe.
- Attend your local neighborhood meetings or complete a comment card and let us know how we are doing.

We thank you for allowing us to provide you with an excellent meal service experience.



# OFF THE SHELF

## Reading & Resilience

*By Susan York, Library Chair*

Large, longitudinal studies have investigated the positive effects of reading and writing in delaying the onset of, or avoiding, dementia altogether. They include the Johns Hopkins Study, the Albert Einstein College of Medicine Study and the University of London Study, all on aging. These and other major studies support the view that cognitive (brain) health depends on maintaining cumulative intellectual activities that span decades in a person's life. A report in *The International Psychogeriatrics* from a Taiwan Study begun in 1962 followed people 64 and older for 14 years to consider the effects of daily reading on risk of cognitive decline. The study concluded that reading protected cognitive functioning in later life at all educational levels. In general terms, a number of studies have concluded that mentally stimulating activities like reading and writing may preserve brain health and boost one's "cognitive reserve".

The Rush Medical Center Aging Project begun in 1997 with 2,000 older adults as subjects tracked participants over time to assess cognitive engagement and risk of dementia. Participants engaged in mentally stimulating activities such as reading, writing and doing puzzles. The study found a high correlation between high cognitive activity levels and reduced or delayed dementia symptoms and led to the suggestion that many lifestyle factors may provide a "cognitive reserve" in maintaining abilities in older adults (*JAMA Neurology* issue of February 5, 2024).

Dr. Peter Attia in his book *Outlive: The Science and Art of Longevity* (2025) discusses this concept of *cognitive reserve*. It has been defined as the brain's ability to improvise and find alternative ways of getting a task done. Presumably it helps individuals to cope with brain disease and aging along with other challenges in their later lives. In essence, the general conclusion of the studies referenced is that the acts of reading and writing as well as doing puzzles of all kinds may support or reinforce the growth of new and established neural pathways that create or expand the capacity of the individual for more complex thought and learning. Learning is thought by cognitive scientists to be a matter of building connectivity within the brain to absorb and making meaning of increasingly more complex information and concepts. It prepares us to live in increasingly complex environments and to maintain good physical, mental and intellectual health well into old age. Encounters with new experiences through the media of reading, writing and solving puzzles are hypothesized to have remarkable benefits for longevity.

However, research that establishes a correlation between two phenomena simply demonstrates that they are found together, not that either causes the other. We have all encountered situations in which very bright people living in undeniably brain-stimulating environments nonetheless experience confusion and decline in their capacity to think and reason in their later years. Additional explanations may be necessary to account for mental decline in these cases. Such factors as one's genetic makeup, brain injury, mental illness and chaotic environments may interact at significant junctures in one's life to play a key role. This developing field of research, critically important, is only at its beginning.

**Mid-Michigan Stroke Support Group**

*Wednesday, May 6 (every 1st Wednesday)*

5:30 pm, Private Dining Room



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, May 14 (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)*

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, May 28 (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.



## Regularly Scheduled Programming

**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** (Thurs., 3:15 pm / 4TS): Introducing a new program into The Summit this month. We will have a Bingo in the 4th floor commons area of The Summit. 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

### May 6 — Minority Report (2002)

John works with the PreCrime police which stops crimes before they take place, with the help of three 'PreCogs' who can foresee crimes. Events ensue when John finds himself framed for a future murder. [145 min]

*Cast: Tom Cruise, Colin Farrell*

### May 13 — Ace High (1968)

A Greek bandit forms an unlikely alliance with two bounty hunters and an acrobat to take his revenge on the people who framed him. [122 min]

*Cast: Terence Hill, Bud Spencer, Eli Wallach*

### May 20 — Ma & Pa Kettle (1949)

On the verge of being evicted from their run-down farmhouse, the large Kettle family is given a new, modern home after Pa wins a contest, but a jealous local woman accuses him of having plagiarized his winning slogan. [76 min]

*Cast: Marjorie Main, Percy Kilbride, Richard Long*

### May 27 — My Best Friends Wedding (1997)

When a woman's long-time friend reveals he's engaged, she realizes she loves him herself and sets out to get him, with only days before the wedding. [105 min]

*Cast: Julia Roberts, Dermot Mulroney, Cameron Diaz*



## Saturday MOVIES\*

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

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

Closed Captioning Available

### May 2 — Two Weeks Notice (2002)

A lawyer decides that she's used too much like a nanny by her boss, so she walks out on him. [101 min]

*Cast: Sandra Bullock, Hugh Grant, Alicia Witt*

### May 9 — Star Trek VI: The Undiscovered Country (1991)

On the eve of retirement, Kirk and McCoy are charged with assassinating the Klingon High Chancellor and imprisoned. The Enterprise crew must help them escape to thwart a conspiracy aimed at sabotaging the last best hope for peace. [110 min]

*Cast: William Shatner, Leonard Nimoy*

### May 16 — The Sound of Music (1965)

A young novice is sent by her convent in 1930s Austria to become a governess to the seven children of a widowed naval officer. [174 min]

*Cast: Julie Andrews, Christopher Plummer*

### May 23 — Wicked (2024)

Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. [160 min]

*Cast: Cynthia Erivo, Ariana Grande*

### May 30 — Out of Africa (1985)

In 20th-century colonial Kenya, a Danish baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter. [161 min]

*Cast: Meryl Streep, Robert Redford*



**May Birthdays**

- 2 Jane Marin
- 6 Henry Kopek
- 8 Ruth Cumbow
- 9 Mary Daugherty
- 11 Mary Myers
- 13 Gregory Oberski
- 13 Nancy Pollack
- 14 Georgia Beane
- 19 Michael Jost
- 19 Margaret MacFarlane
- 22 Ruth Barnes
- 23 Ruth Johnson
- 24 Pat White
- 26 William Broadway
- 27 Thomas Tomlinson
- 28 Nelson Jimenez
- 28 Laverne Culham
- 29 Julianna Clark
- 30 Dale Springer
- 30 Eugene Berezovsky
- 31 Daniel Black
- 31 Gloria Epstein
- 31 Roy Switzer
- 31 Donald Fowler

**May Highlights**

- 1 Burcham Derby
- 1 Wine & Cheese Social
- 3 Live-Stream Music
- 5 **Election Day**
- 5 The Summit Birthday Party
- 6 Reference a Librarian
- 6 Stroke Support Group
- 7 Music w/ Justin Holcomb
- 11 Art Appreciation w/ Ethel
- 12 Resident Education Series
- 13 Lunch Bunch: Soup Spoon Cafe
- 14 Alzheimer's Caregiver Support Group
- 14 Finger Family Band
- 15 Tom Timlin
- 15 Wine & Cheese Social
- 17 Live-Stream Music
- 19 Burcham Planting Day
- 19 Lansing Area Parkinson's Support Group
- 20 Reference a Librarian
- 21 **Memorial Day Garden Party**
- 22 Let's Talk About Birds
- 25 **Memorial Day**
- 26 Death Cafe
- 27 Oopsy Daisy Flower Sales
- 27 Community Outing: Lansing Lugnuts
- 28 Daniel Bryson
- 28 Diabetes Support Group
- 29 Case Credit Union Fraud Prevention Presentation

**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

**June Upcoming Events**

- 5-7 Burcham Hills Rummage Sale
- 20 Father's Day Car Show
- 22 Abe Lincoln Presentation

