

The StoneBriar Flyer



August 2026

Volume 5; Issue 8



Who to Contact

Concierge Services

(517) 351-0087

Liz Davison

Concierge Services

7 days per week

9:30 am - 6:00 pm

Security

(517) 977-4581

Life Enrichment

Matt Bebermeyer

Resident Life Manager

(517) 827-1068

Administration

Nancy Hanford

Director of Admin Services

(517) 827-1043

Health & Wellness Navigator

Samantha Volk

(517) 827-1078

Birthdays
of the Month

August

August Birthdays

- 1 Sharon Ross
- 5 Jane Filipiak
- 11 Ginny Rinaudo
- 21 Judy James
- 22 Marilyn Feinberg
- 30 Mutsuko Hudson



StoneBriar
at Burcham Hills®

Burcham Hills Leadership Team

Lisa Cummins

Executive Director

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lcummins@burchamhills.com

Nancy Hanford

Director of Admin. Services

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CHIR Administrator

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Director of Finance

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Matt Pray

Director of Food & Beverage

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Resident Center Director

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Resident Life Manager

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Director of Sales & Marketing

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Petra Paca

Director of Human Resources

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Colt Ebarra

Director of Building & Grounds

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Lesa Smith, MPA, CFRE

Foundation Director

827-2924

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Join us for an educational session

The Right Care at the Right Time



Come learn about hospice and palliative care in a relaxed, no-pressure setting. This is a chance to ask questions and understand the options available to you and your loved ones.

WHAT WE'LL COVER:

- What is hospice and palliative care?
- How does comfort-focused care work?
- Who is eligible and when to consider it?
- Support available for families and caregivers
- Common questions answered by our care team

Monday August 24

1:00 - 2:00 pm

Ada Whitehouse Room

Light refreshments will be served.

No RSVP required — just come as you are!



**CITY OF
EAST LANSING
PRIMARY ELECTION**

**TUESDAY,
AUGUST 4**

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.**



Fitness Classes

Join any of our fitness classes to see which ones works best for you! Please note that some classes have a charge for specialty instructors. Amenity credits can be used as payment for these classes or we accept cash or checks.

Day	Time	Location	Classes	Cost
M/W	10:15 am	AWR	Fall Prevention*	Free
M/W	11:15 am	AWR	Advanced Fit & Functional*	Free
T/Th	10:00 am	Pebble 1	Yoga	\$17
T/Th	11:15 am	AWR	Fit & Functional	Free
Fri	10:15 am	AWR	Combo Class*	Free
Sat	11:30 am	Pebble 1	Restorative Yoga	\$17

Fitness Updates

August 4 — All fitness classes moved to the WRAS

August 7 — Combo Class moved to WRAS

August 11 — Fit & Functional moved to WRAS

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



Tuesday, August 4
(1st Tuesday of the month)
9:30 am / Bistro

Join Matt Pray, Director of Food & Beverage, to discuss dining services.



Each Thursday, join together with your neighbors at 4:00 pm in the Cornerstone Bistro for Happy Hour! Enjoy some wine or beer and good company! *Dinner will begin at 5:00 pm on Thursdays.*

Cornerstone
Bistro 

Matt Pray
Director of Food & Beverage
(517) 827-1025

Open Daily
12:00 ~ 6:30 pm

Daily Lunch Specials
12:00 ~ 2:00 pm

Dinner Service
4:30-5:00 pm (take out service)
5:00-6:15 pm (table service)
6:15-6:30 pm (take out service)

The Wellness Workshop Presents:

Safe Landings: Skills to Reduce Injury from Falls



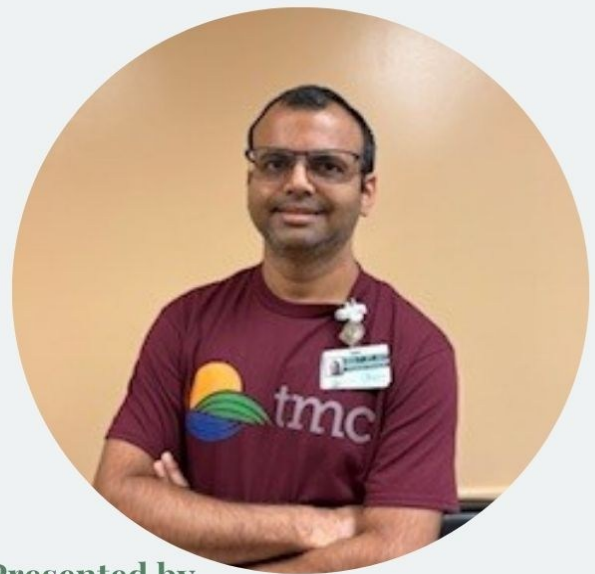
Join us for an inspiring and educational session!

Falls can happen to anyone. While we always want to prevent falls, sometimes they are unavoidable. Learning how to react during a fall and what to do afterward may help reduce the chance of serious injury. Remember – the safest fall is the one that never happens. Fall prevention should always come first.

For questions, contact:

Fitness Office: (517) 827-2452

Burcham Hills Outpatient Therapy Clinic: (517) 827-1069



Presented by
Dr. Mihirkumar Trivedi, PT, DPT

What You'll Learn!



Why Falls Matter



Why Do Older Adults Fall?



If You Feel Yourself Falling



Safe Landings to Minimize Injuries



After a Fall



Burcham Hills®
Where Tradition Meets Tomorrow

Wednesday, August 19, 2026
1:00 pm
Slate Room



2700 Burcham Drive
East Lansing, MI 48823



(517) 827-1078



svolk@burchamhills.com

Community-Wide Outings

Community Outing

Sounds of Summer:

Lake Lansing Bandshell

Friday, August 7

Depart: 5:30 pm

Reservation: 6:00 pm

Cost: Free



Please sign-up by August 4

Lunch Bunch

One North

Wednesday, August 7

Depart: 11:00 am

Reservation for: 11:30 am

Cost: \$15-\$20



Please sign-up by August 7

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 2RC Lobby.*

NOTE: Outing locations are accessible to ALL residents unless otherwise advertised. Accessible transportation is provided and wheelchairs can be requested in advance for your added convenience. If you require assistance or reasonable accommodations to attend, please indicate assistance needed when signing up.

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

Matt Bebermeyer
Resident Life Manager
(517) 220-2215



StoneBriar Events/Outings

Outings

Ingham County Fair

Tuesday, August 4

Depart: 12:00 pm

Cost: \$8

Please sign-up by August 2

Williamston Theatre

Saturday, August 15

Depart: 1:30 pm

Showtime: 2:00 pm

Cost: \$43

*Please sign-up by August 5
(only 15 tickets available)*

Le Bua Lunch Outing

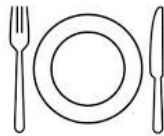
Monday, August 24

Depart: Noon

Reservation: 12:30 pm

Cost: \$10-\$20

Please sign-up by August 20



StoneBriar Classes

Orchid Propagation 101

Friday, August 14

Time: 1:30 - 3:00 pm

Location: WRAS

Cost: Free

Please sign-up by Tuesday, August 18



Join this group directed discussion (with no agenda) over drinks and snacks. The purpose of this program is to increase our awareness of death with a view to helping people make the most of their (finite) lives.

**Tuesday, August 25
(4th Tuesday of each month)**

9:30 - 11:00 am

Wild Rose Art Studio (StoneBriar)



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

DOG DAYS OF SUMMER

BEACH PARTY

LET'S WRAP UP
SUMMER WITH BEACH
VIBES, COLD DRINKS
AND PUPPIES!

- ALLIANCE THERAPY DOGS
- TROPICAL THEMED DRINKS
- SANDCASTLE BUILDING
- INDOOR VOLLYBALL

WEDNESDAY, AUGUST 26

1:30-3:00 PM

AWR



(((A multi-sensory music festival designed to be felt, seen and shared")))

SAVE THE DATE

THE POWER OF MUSIC

MORE THAN SOUND

Get ready for an exciting community event!

Saturday, Sept. 12
1:30-3:30 pm

Performances by:

- The Sea Cruisers
- Justin Holcomb
- Rush Clement

...and so many more!

 **Burcham Hills®**
Where Tradition Meets Tomorrow

Book Club

September 21 / 1:30 pm / WRAS



This group is hosted by Clusters Residents. We will be discussing The Dutch House, by Ann Patchett. Any and all are welcome. Please contact Nancy Martling if you have questions or need a book. **The Book Club meets every other month and all are welcome to join!**

StoneBriar Resident Council Meetings

The StoneBriar Resident Council invites all StoneBriar Residents to attend the monthly meetings. Please mark your calendars to meet the 2nd Thursday of each month at 2:15 pm in the AWR. This will be an opportunity to weigh in on agenda items and hear information first hand of what is happening in your community.

Next Meeting: August 13 / 2:15 pm / AWR

Ted Talks

Each Monday, this group will explore new Ted Talk presentations and discuss as a group the videos they watch. This is a great opportunity to learn about new areas and hear the input of your friends and neighbors on interesting topics we may not encounter every day. If you have topic ideas you would like to see, please inform Art Feinberg or Jim White.

Mondays @ 2:30 pm / Slate Room

Great Courses Dinner Night

Every Saturday

5:15 pm / Slate Room

Hosted by: Keith McConnell

Each Saturday night will feature a different video from professors selected by the Great Courses. Bring your dinner into the Slate Room and join this new program to learn and discuss with your friends and neighbors!



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.

Monday, August 17

2:00 pm

Ada Whitehouse Room

Move More, Live Better!

Join Fitness Specialist, Tracy Wescott, for an energizing look at how exercise builds strength, improves balance, boosts confidence and supports healthy aging.

Learn how wellness and fitness support residents throughout the Burcham Hills continuum.

Meet Fitness Specialist, Donna Kanan, and discover how the Senior Fitness Assessment (SFA) and Berg Balance Assessment help shape personalized fitness plans.

You'll also explore the many ways to stay active through group classes, one-on-one training and collaborative wellness services that support residents at every level of care.

What topics would you like to see covered?



(517) 827-1078



svolk@burchamhills.com



2700 Burcham Drive, East Lansing, MI

WALK TO ENDTM ALZHEIMER'S

ALZHEIMER'S  ASSOCIATION®

Join us for the Burcham Hills Mini Walk to End Alzheimer's

Support to the Burcham Hills Walk Team!

Scan the QR code to register for our Mini Walk and make a donation of \$1 or more to show your support.

Become a Walk Star! ★

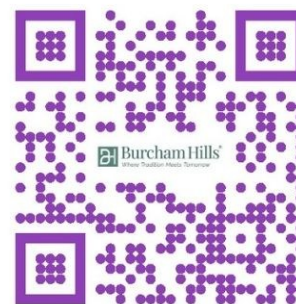
Donate \$50 or more and you'll:

- Be recognized during our opening ceremony before the Mini Walk.
- Help make a meaningful difference in support of our cause.
- Win a Prize!

A special prize will be awarded to the largest family group walking together.

**Every step and every donation make an impact.
Thank you for supporting
the Burcham Hills
Walk Team!**

Register Today!



Scan me!

**Saturday, August 8
From 1:00-3:00 pm**

Ceremony & Promise Garden

Located in the

Ada Whitehouse Room

Starting at 1:00 pm

Mini Walk starts at 2:00 pm

Questions:

Samantha Volk

517 827 1078