

Burcham Beacon

Volume 19; Issue 8

August 2026

The Deep Days of Summer

July brought long days, summer heat and plenty of opportunities to come together as a community. From holiday celebrations to outdoor concerts and the Annual Health & Wellness Fair, residents found many ways to enjoy the season.

Our Fourth of July celebration looked a little different this year. With a summer heat wave making outdoor gatherings unsafe, we brought the festivities inside. Residents enjoyed a musical performance by Jay Hill, followed by a spirited game of Patriotic Bingo that added a fun finish to the holiday.

Later in the month, residents gathered outdoors for an evening concert by the Kiwanis Band, whose lively performance made for a relaxing summer evening. Residents also welcomed a guest speaker from the Capital Base Ball Club of Lansing, who shared an engaging presentation celebrating a unique piece of local history.

The Health & Wellness Fair featured more than 18 vendors from Burcham Hills and the surrounding community, giving residents the opportunity to explore a variety of health and wellness resources. A friendly competition added to the fun as residents voted for their favorite vendor display.

As August unfolds, the pace of summer begins to slow. As author Sam Keen observed, *"Deep summer is when laziness finds respectability."* We're reminded that not every day needs to be busy to be meaningful. Whether you're joining us for an activity or simply enjoying a peaceful summer afternoon, we hope these August days bring moments of rest, connection, and joy.



Burcham Hills®

Where Tradition Meets Tomorrow



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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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



**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.**



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

Musical Opportunities

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

Music With Wanda Degan

Thursday, August 6 / 2:00 pm

Livestream Musical Performance

Sunday, August 9 & 23 / 2:00 pm

Daniel Bryson

Monday, August 17 / 7:00 pm

Clara Craig Plays Piano

Friday, August 21 / 2:00 pm



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)

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, August 20

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.

"Oopsy Daisy" Flower Sales*

Wednesday, August 26

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



Additional August Holidays

- 9 Book Lovers Day
- 15 National Relaxation Day
- 26 National Dog Day

*All programing 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

**June Topic:
Grandparents**

Mondays @ 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.

August 3

Triggered: Gun Violence in the USA

Presented by DocuLearn

Gun Violence Prevention: Eye of America

Presented by CBS News

August 10

Poison Prevention

Presented by Parent Squad

Preventing Accidental Poisoning

Presented by TLC Pediatrics

August 17

Diarrhea Parasites Now in 30 States:

What to Know about Cyclospora

Presented by CNN

August 24

**Ages 75-85: If You Still Do These 6 Things,
You're Truly One of a Kind**

Presented by Dr. William Li

August 31

Lead Poisoning

TED Ideas worth spreading

Bless You Boys:

A Detroit Tigers Presentation

Wednesday, August 5

2:00 pm / AWR



Join us for this fun summer tradition as Todd

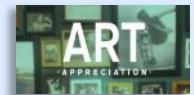
Walters joins us for an afternoon presentation of memorabilia, stories and maybe a couple of surprises, all about the Detroit Tigers.

Art Appreciation w/ Ethel Anthony

Monday, August 10

1:15 pm / Slate Room

Peter Bruegel



Peter Bruegel the Elder was among the most significant artists of Dutch and Flemish Renaissance painting.

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

Preuss Pets

Animal Encounters

Friday, August 28

2:00 pm / AWR



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



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 VOLLEYBALL

WEDNESDAY, AUGUST 26
1:30-3:00 PM
AWR



Community ART AND CRAFT

Join us for an hour of creativity
and connect with fellow makers!

- Sunday, August 2
Decoupage Sun-Catchers
- Sunday, August 16
Origami Hearts



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!

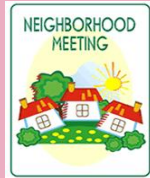
The Summit Neighborhood Meetings

2RC: Tuesday, August 18
2:00 pm / PDR

3RC: Tuesday, August 11
11:00 am / Looking Glass (3TS)

4RC: Tuesday, August 4
2:00 pm / 4th Flr Lobby

5RC: Tuesday, August 25
3:00 pm / 5th Flr Lobby



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

Birthday Party



Tuesday, August 7
1:30 pm / 4TS

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



229	Kaye Lani Walters
352	Leo Kennedy
357	Norma Kolasa
409	Judith Goodwin-Lennemann
434	Anthony Bauer
3008	Linda Newbury



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



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, August 7 & 21

Come mingle and munch with music!





**Together We Make
the Summer Shine!**



CHR Outing & Event Details for August

August Birthday Party

Wednesday, August 5 / 1:15 pm (3CHR)

Lunch Outing (Buddy's Pizza)

Tuesday, August 18 / 11:30 am

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

Happy Hour

Wednesday, August 19 / 3:30 pm (2CHR)

CHR Food Committee Meeting

Tuesday, August 25 / 10:30 am (3CHR)

Resident Council Meeting

Tuesday, August 25 / 11:00 am (3CHR)

Lunch Bunch

One North
Wednesday, August
12



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

Please sign-up by August 7

Sounds of Summer: Lake Lansing Bandshell

Friday, August 7
Depart: 6:00 pm
Return approx: 8:30
Cost: Free



Please sign-up by August 4

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!



**Mondays
3:30 pm**

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

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.

National Root Beer Float Day

**Thursday, August 6
1:30 pm - 2:30 pm**

**Be on the look out
for this fun cart
traveling the
community**



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, helps 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

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.**

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

Are you concerned about falling? Are you less coordinated than you used to be? Our Fit Specialists can help you gain balance, coordination, strength and flexibility in a fun customized program designed to meet your needs.

Our team has noticed residents make big improvements in balance and coordination that they can use in everyday activities after working with our team. Contact the Fit Department to learn more at fitteam@burchamhills.com

From Down the Hill . . .

By Olga Holden, Clusters Resident



- ♦ The Clusters, along with all in the area, were dealing with the wildfire smoke from Canada. Alerts were sent for all of Burcham Hills.
- ♦ Patrice Klein has moved into her condo after a considerable delay. Patrice is pleased to learn that a group of neighbors conducted a “weeding party” at her condo before her move-in date.
- ♦ One condo is on the market and two condos are vacant but not yet on the market.



Communication Email List

If you would like to be placed on the communication email list, please contact Nancy Hanford, Director of Administrative Services, at (517) 827-1043 or nhanford@burchamhills.com.

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, 9:30 am / Slate Room



Vespers (Non-Denominational)

Sundays, 3:30 pm / Ada Whitehouse Room

August 2

Rev. Stan Parker
Faith Fellowship Baptist

August 9

Rev. Shawnthea Monroe
The Peoples Church

August 16

Peter Robinson
Pilgrim Congregational UCC

August 23

Haley Hansen
The Peoples Church

August 30

Rev. Dave Hinkley
University Reformed Church

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!





RD Corner

Maureen Lamperis, MS RDN

Safe Summer Dining

As temperatures soar during the last full month of summer, reviewing food safety is essential. As we age, our bodies become more susceptible to foodborne illnesses. Risks range from mild discomfort to severe hospitalizations and long-term health issues.

Common symptoms of food poisoning include upset stomach, cramps, nausea or vomiting, diarrhea, fever and dehydration. *If you show any of these signs, seek emergency medical care immediately.*

Healthy Snacking

If you are a frequent snacker or tend to linger over a meal, be cautious with perishable foods. Never leave food out for more than two hours (or one hour if temperatures exceed 90°F). This includes your favorite dairy-based beverages like lattes or nutrition shakes. Remember summer heat causes bacteria to multiply rapidly in the 40°F to 140°F "danger zone". When you are on the go, pack perishables in coolers with plenty of ice. Reminder, wash hands before dining!

Handling Leftovers

Whether you bring back a box of leftovers or have been blessed with meals or snacks from family and friends, it is important to take special care. Store cooked leftovers in shallow, airtight containers for quick cooling. Eat refrigerated leftovers within 3 to 4 days. Freeze leftovers to keep them safe indefinitely (best quality used within 3 to 4 months). Always re-heat leftovers to an internal temperature of 165°F (74°C).

Don't Forget the Fridge

If you maintain a refrigerator in your home, regularly review and discard outdated foods. Clean shelving, drawers and walls with hot, soapy water. Wipe down surfaces with a solution of 1 tablespoon of liquid bleach per 1 gallon of water.

Water Bottle Maintenance

Staying hydrated is critical, but reusable beverage containers can quickly harbor hidden bacteria. Take apart all removable pieces, including lids, spigots and rubber gaskets. Use warm, soapy water to clean all parts after every use. Soak parts overnight in a mixture of baking soda, vinegar or denture tablets to eliminate stubborn odors. Scrub straws using a pipe cleaner or narrow brush to clean inside the narrow tunnels. Allow all pieces to air dry completely before putting the bottle back together.

Make safe food handling a lifelong commitment. Safely enjoy the variety of healthful, fresh foods that the summer season offers!



News from the Burcham Hills Foundation

By Lesa Smith, Foundation Director

On June 12 during the Burcham Hills Foundation's Annual Donor Appreciation Luncheon, we publicly announced the Seahawk Shuttle Bus Campaign. Named in memory of beloved former resident, Irene Seahawk, this important Campaign will purchase a new passenger shuttle bus for the Burcham Hills Community. This new bus will be fully equipped with mobility equipment and modern engineering upgrades to provide Burcham residents with a comfortable and safe ride to events and day trips.

The Seahawk Shuttle Campaign has an overall fundraising goal of \$225,000 and due to the generosity of several donors, we have already built incredible momentum toward this goal with over a \$145,000 raised to-date. We invite you to join us with an outright gift or multi-year pledge to the Seahawk Shuttle Bus Campaign. Every gift is extremely important for us to fully reach our \$225,000 goal and will be very much appreciated.

As you consider your gift to Seahawk Shuttle Campaign, we invite you to review the unique naming opportunities outlined below. What a wonderful way to honor a family member or friend while helping to support the purchase of our new Seahawk Shuttle.



SEAHAWK SHUTTLE CAMPAIGN

Join us with your support of the Burcham Hills Foundation's Seahawk Shuttle Campaign to purchase this beautiful new bus for the Burcham Hills Community. Create a legacy with your gift through one of the naming opportunities listed below.

Give a gift in your name, company name or in honor or memory of a loved one, friend, caregiver or colleague. This generosity will establish your giving legacy at Burcham Hills and be recognized for years to come. Some examples of naming acknowledgement opportunities include:

Seahawk Shuttle Bus Wrap Recognition Gift Levels

- \$25,000 – Name/company logo displayed on three sides of the bus. One Exclusive Donor
- \$15,000 – Name/company logo displayed on back side of the bus. Four Donors Maximum
- \$10,000 – Name/company logo will be displayed on two sides of the bus. Four Donors Maximum

Named Room Recognition Within Burcham Hills Gift Levels

- \$10,000 – Courtyard
- \$10,000 – Gym
- \$5,000 – Library, Beauty Salon, Art Studio, Slate Room, Pebbles Studio



Naming opportunities may be secured through outright gifts, multi-year pledges and documented planned gifts. To discuss your personalized naming opportunity, please contact Lesa Smith, director of the Burcham Hills Foundation, at (517) 827-2924 or lsmith@burchamhills.com.

In Loving Memory . . .



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

James Alstrom ~ July 1
David Blair ~ July 5
Jose Orteiz ~ July 11
Ellen Leroi ~ July 13
Paul Frederick ~ July 19
Andrew Conner ~ July 29

Dwayne Scheidler ~ July 3
Anthony Sisco ~ July 5
Barbara Schaefer ~ July 12
Annie Boseman ~ July 13
Danny O'Rourke ~ July 19

The Salon Team

Hair and Nail Stylists

Jodi Rice
Judee Wheeler

Massage Therapist

Sandra Warner

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.

PS
SALON & SPA

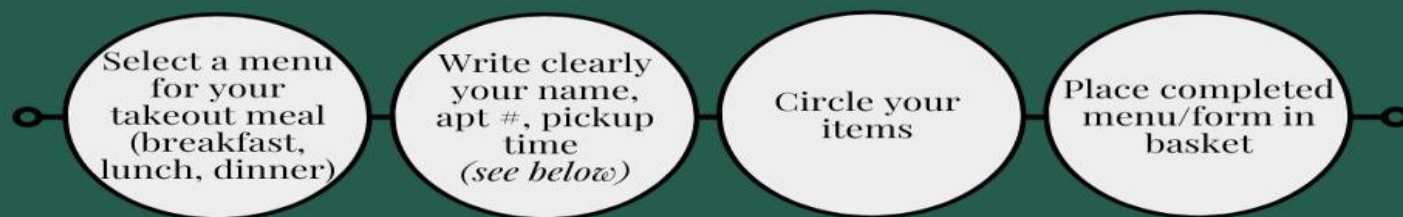
Hair & Nail Appointments

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

Takeout Order Process



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.



Reflections on Reading and Writing

By Susan York, Library Chair

Our April Beacon column addressed your Library's role in promoting Reading, and in May this column examined the connection between reading and personal resilience in aging. We cited research that concluded that reading and writing may protect cognitive (brain) functioning in later life. The concept of "cognitive reserve" was employed to refer to the brain's ability to function in complicated survival tasks. These expanded capabilities for more complex thought and learning might potentially lengthen the life span.

Thus, some people were surprised that writer Rose Horowitch of The Atlantic made the claim that "the age of reading is over" in its August 2026 cover story. She cites statistics from studies of reading that "fewer than half of all Americans read any book in 2022" and that only 16% read for pleasure on any given day. Print sales keep going up but only 20% of those sales account for 80% of all books sold. Reading for a majority of people has been narrowed down to snippets of print as in email, captions, advertisements, headlines, text messages and other textual fragments. High school and college students increasingly avoid rich and complicated textbooks and original resource materials in favor of excerpts. Sentence length in best sellers has become significantly shorter. Reviewing a decline in reading comprehension, Horowitch concludes that universal deep reading may have been an historical anomaly, that oral culture may be entering a resurgence and that readers may become merely a minority subculture of the whole populace. The consequence of simplification of our print culture may be both the loss of comprehension and also of the ability and inclination to read in depth to understand complex subjects.

Walter Ong, in Orality and Literacy (1982) concluded that historically the advent of writing caused a new consciousness that made abstract thinking possible. Whereas oral culture requires repetition because of its demands on memory, the culture of print allows the individual to select and retain concepts and ideas in print indefinitely in order to examine, define, study and learn from them. When reading began in Mesopotamia around 6000 BCE, it was a skill practiced by a privileged few in society until the invention of the printing press by Johannes Gutenberg in 1440 led to a huge leap in literacy, that is, in reading *and* writing, at all levels of society. The act of writing involves active learning; it requires choosing words that convey the intended meaning, knowledge of rules of grammar, ability to sequence ideas logically and to reach thoughtful conclusions, to name but a few of the skills that competent writers rely on. (Slowing down) to write meaningful text is a skill that contributes to brain development and intellectual growth across the life span. Though we often take them for granted, actually reading and writing are mutually interdependent skills that together form the foundation of knowledge in our culture. They are priceless gifts of civilization that we cannot allow to be diminished in this era of mass media and Artificial Intelligence.

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

Be a Reader & Learner Now!

Mid-Michigan Stroke Support Group

Wednesday, August 5 (every 1st Wednesday)

5:30 pm, Private Dining Room



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, August 13 (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, August 18 (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

Thursday, August 27 (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.

Bravo Zulu Café

Thursday, August 6 (every 1st Thursday)

11:00 am, Slate Room



Join us at the Bravo Zulu Cafe! A welcoming space for veterans of all branches to gather, connect, share stories and enjoy good company. Whether you wish to talk, listen or simply enjoy a cup of coffee among fellow veterans, all are welcome. Snacks and refreshments will be provided. We look forward to building camaraderie, conversation and community together. RSVP to Sam Volk at (517) 827-1078.

Regularly Scheduled Programming

American History (Tues., 3:30 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 (Mon., 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 (Wed., 1:00 pm/ 4TS): 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 (Tues., 10:00 am / 4TS): A fun dice game with easy to follow rules. Come roll with us, we will keep score!

Mahjong (Sat., 2:00 pm / 4TS): A tile game with easy to follow rules. Come play with us, we will keep score! ***On hold for August.***

Student Science (Thur., 3:00 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

August 5 — P.S. I Love You (2007)

A young widow discovers that her late husband has left her 10 messages intended to help ease her pain and start a new life.

[126 min]

Cast: Hilary Swank, Geraard Butler, Harry Connick Jr.

August 12 — The Monuments Men (2014)

An unlikely World War II platoon is tasked to rescue art masterpieces from German thieves and return them to their owners.

[118 min] *Cast: Matt Damon, George Clooney, Bill Murray*

August 19 — Mr. Popper's Penguins (2011)

The life of a businessman begins to change after he inherits six penguins, and as he transforms his apartment into a winter wonderland, his professional side starts to unravel. [94 mins]

Cast: Jim Carrey, Carla Gugina, Angela Lansbury

August 26 — The Magnificent Seven (1960)

Seven gunfighters are hired by Mexican peasants to liberate their village from oppressive bandits. [128 mins]

Cast: Yul Brynner, Steven McQueen, Charles Bronson



Saturday MOVIES*

1:30 pm - AWR (1TS)*

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

Closed Captioning Available

August 1 — Love Affair (1939)

A French playboy and an American former nightclub singer fall in love aboard a ship.

[88 mins] *Cast: Irene Dunne, Charles Boyer, Maria Ouspenskaya*

August 8 — Smokey and the Bandit (1977)

The Bandit is hired on to run a tractor-trailer full of beer over state lines, in hot pursuit by a pesky sheriff. [96 mins]

Cast: Burt Reynolds, Sally Field, Jerry Reed

August 15 — Star Trek: Insurrection (1998)

Shown in the Slate Room

When the crew of the Enterprise learn of a Federation conspiracy against the inhabitants of a unique planet, Captain Picard begins an open rebellion. [103 mins]

Cast: Patrick Stewart, Jonathan Frakes, Brent Spiner

August 22— The Fast & The Furious (2001)

Los Angeles police officer Brian O'Conner must decide where his loyalty really lies when he becomes enamored with the street racing world he has been sent undercover to destroy. [106 mins] *Cast: Vin Diesel, Paul Walker, Michelle Rodriguez*

August 29— The Philadelphia Story (1940)

After a rich woman's ex-husband and a tabloid-type reporter turn up just before her planned remarriage, she begins to learn the truth about herself. (112 mins)

Cast: Cary Grant, Katharine Hepburn, James Stewart

**August Birthdays**

- 1 Sharon Ross
- 2 George Kuhary
- 2 Gerald Kaufman
- 3 Lurenea Turcotte
- 5 Jane Filipiak
- 6 Leo Kennedy
- 6 Josefina Ortiz
- 6 Jerry Saalfeld
- 7 Arone Huisgen
- 11 Ginny Rinaudo
- 14 Embry Williams
- 16 Donia Morgan
- 16 Rose Houk
- 17 Elizabeth Winder
- 17 Edith Lanier
- 17 Elizabeth Yaruss
- 18 Jim Daugherty
- 20 Roger Bjornstad
- 20 Norman Winiarski
- 21 Judy James
- 23 Joan Mohre
- 23 Susan Anderson
- 24 Maria Calderon
- 25 Marjorie Lott
- 25 Marilyn Feinberg
- 27 Madeline Barkalow
- 27 James Dwyer
- 27 Arunod Kumar
- 27 Thomas Hunter
- 30 Pauline Bjornstad
- 30 Mutsuko Hudson
- 31 Donald Bailey

August Highlights

- 2 Community Art & Craft
- 4 The Summit Birthday Party
- 5 Reference a Librarian
- Bless You Boys: Detroit Tigers
- 5 Experience
- 5 Stroke Support Group
- 6 Bravo Zulu Cafe
- 6 National Root Beer Float Cart
- 6 Wanda Degan Plays the Dulcimer
- 7 Wine & Cheese Social
- Community Outing:
- 7 Lake Lansing Bandshell
- 8 Burcham Mini Walk to End
- Alzheimer's
- 9 Live-Stream Music
- 10 Art Appreciation w/ Ethel
- 12 Lunch Bunch: One North
- Alzheimer's Caregiver
- 13 Support Group
- 17 Resident Education Series
- 17 Daniel Bryson
- 18 Life Enrichment Comm.
- 18 Parkison's Support Group
- 19 Reference a Librarian
- 19 The Wellness Workshop
- 19 Capital Talks w/ Brian Page
- 20 Let's Talk About Birds
- 21 Pianist Clara Craig Performs
- 21 Wine & Cheese Social
- 23 Live-Stream Music
- 24 The Right Care at the Right Time
- 25 Death Cafe
- 26 Oopsy Daisy Flower Sales
- 26 **Dog Days of Summer Beach Party**
- 27 Diabetes Support Group
- 28 Preuss Pets

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

Diana Vogel

Interim Recreation Therapy
 Manager

Jaidyn Helms

Recreation Therapy Assistant

Thomas Shauver

Recreation Therapy Assistant

Volunteers

Ext. 427 or 827-1060

Timothy Butler

Volunteer Coordinator

Fitness Team

Ext. 410 or 827-2452

Tracy Wescott**Donna Kanan**

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

September Upcoming Events

- 3 Labor Day Event
- 12 The Power of Music Festival
- 13-19 Assisted Living Week



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