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Newsletter Co-Editors

Matthew Bebermeyer
Nancy Hanford

Burcham Beacon

Volume 19; Issue 7

July 2026

Celebration, Community & Creativity

June was filled with opportunities to learn, connect and celebrate together at Burcham Hills.

We kicked off the month with our Fit Field Day, hosted by the Burcham Fit Team. The weather couldn't have been better for a late-morning event, and residents gathered in the courtyard for friendly competition and fun. Participants tested their balance on an obstacle course, explored sensory activities and enjoyed a few lively games of badminton. Whether joining in or cheering from the sidelines, everyone appreciated the chance to get outside, stay active and enjoy one another's company.



The residents in Memory Care and the Center for Health & Rehabilitation enjoyed Artfully Connected, a therapeutic art experience presented by Avelyn Marshal and guest. The program encouraged creativity, self-expression and meaningful connection through hands-on artistic activities, providing participants with a fun and engaging opportunity to create together.

In honor of Juneteenth, we welcomed a special guest portraying President Abraham Lincoln, who recounted the story of emancipation from Lincoln's own perspective. The engaging presentation offered residents a unique look at one of the most significant moments in our nation's history and sparked thoughtful conversation afterward.

We rounded out the month with the annual Capital City Old Car Club Father's Day Car Show. Residents, families and guests enjoyed strolling through the courtyard, admiring beautifully restored classic cars while reminiscing about the vehicles and the memories they inspired.

From staying active and learning together to celebrating history, creativity and community, June reminded us that every month brings new opportunities to connect and create lasting memories.

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



From the Desk of the Executive Director . . .

by Lisa Cummins

In April, the Summit and StoneBriar residents and families participated in a Resident Satisfaction Survey. We thank you for your participation! The goal of the survey was to learn your thoughts about the services and amenities Burcham Hills provides. We believe it is important to hear from you about the areas in which we are doing well, as well as those areas where we can make some improvements.

We recently received the results of the survey from our contracted third party, Sensight Surveys.

Burcham Hills Leadership Team

Lisa Cummins
Executive Director
827-1042

lcummins@burchamhills.com

Nancy Hanford
Director of Admin. Services
827-1043

nhanford@burchamhills.com

Angela Brummette, NHA
CHR Administrator
827-1037

abrummette@burchamhills.com

Dawn Nelson
Director of Finance
351-4662

dnelson@burchamhills.com

Matt Pray
Director of Food & Beverage
827-1025

mpray@burchamhills.com

Kyle Bucholz
Resident Center Director
220-2223

kbucholz@burchamhills.com

Matt Bebermeyer
Resident Life Manager
827-1068

mbebermeyer@burchamhills.com

Michelle Traill-Crosser
Director of Sales & Marketing
827-0703

mtraillcrosser@burchamhills.com

Petra Paca
Director of Human Resources
827-1057

ppaca@burchamhills.com

Colt Ebarra
Director of Building & Grounds
351-3642

msarvis@burchamhills.com

Lesa Smith, MPA, CFRE
Foundation Director
827-2924

lsmith@burchamhills.com

- There was a 92% response rate from Independent Living residents.
- There was a 51% response rate from Assisted Living residents.
- There was a 32% response rate from Memory Care resident families.

Our overall satisfaction rating was 78.3% (88%=IL, 72%=AL, 75%=MC). This rating was determined by the average of three categories:

1. Would you recommend Burcham Hills to friends and family?

- 90% - Independent Living residents
- 75% - Assisted Living residents
- 75% - Memory Care residents

2. Very satisfied with Burcham Hills as a place to live.

- 83% - Independent Living residents
- 75% - Assisted Living residents
- 75% - Memory Care residents

3. I feel at home at Burcham Hills.

- 90% - Independent Living residents
- 67% - Assisted Living residents
- 75% - Memory Care residents

Areas of Excellence and Satisfaction with:

- Plant Operations
- Security Services
- Variety of Activities Offered
- Reception/Concierge Services
- Opportunities to build friendships with other residents.
- Team members greet me in a warm and friendly manner.
- Team members maintain high levels of professionalism.

Areas of Improvement:

- Communication with Residents and Families
- Staffing Levels and Staff Training
- Food Quality and Menu Variety
- Medication Management and Medical Care Consistency
- Housekeeping Quality and Consistency
- HVAC System

Action Plan:

The Leadership Team is developing action plans for their individual departments. Some areas of improvement will require further investigating with open-ended questions at neighborhood meetings,



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.**

Kiwanis Band

Tuesday, July 7 / 7:00 pm

Courtyard Patio

Music w/ Matthew Ball

Wednesday, July 8 / 2:00 pm

Livestream Musical Performance

Sunday, July 12 & 26 / 2:00 pm

Billy McAllister

Friday, July 17 / 7:00 pm

Double Play Flute & Tuba

Thursday, July 23 / 2:00 pm



Let Us Know

What kind of small groups would you be interested in attending? In what areas of the building would you like to have activities? At what time? Recreation would love to hear your suggestions.

Let's Talk About Birds

Thursday, July 30

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, July 22

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



Additional July Holidays

- 9 National Sugar Cookie Day
- 14 Cow Appreciation Day
- 20 Space Exploration 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

**July Topic:
Self-Driving Vehicles**

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.

July 6

How Self-Driving Vehicles Work

Presented by David Silver

July 13

1. The Ethical Dilemma of Self-Driving Cars

Presented by Patrick Lin

2. Self-Driving Cars: Autonomous, but Ethical?

Presented by Wylie Roosevelt

July 20

How Will Autonomous Vehicles Transform Our Cities?

Presented by Nico Larco

July 27

The Problematic Future of Self-Driving Cars

Presented by Kapil Yudav

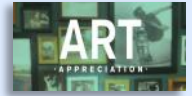
TED Ideas worth spreading

Art Appreciation w/ Ethel Anthony

Monday, July 13

1:15 pm / Slate Room

Brief History of Stolen Art



Painting by Artists of their Mothers

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



RESIDENTIAL TOWN HALL



FRIDAY, JULY 24, 2026

3:00 pm

Ada Whitehouse Room



Lisa Cummins
Executive Director

COMMUNICATION PLATFORM

Join us for the Residential Town Hall, an opportunity for all - The Summit, Center for Health & Rehabilitation, StoneBriar and Cluster Condo residents to get to know each other better, ask questions and hear from the Leadership Team members.



Burcham Hills Health & Wellness Fair

Wednesday, July 22
Ada Whitehouse Room
1:00-3:00 pm

DEDICATED TO THE
JOURNEY
of Life

Join us for our Annual Health & Wellness Fair! Stop by to explore the many services and resources offered by our preferred vendors. The event will include health screenings, transportation information, wellness resources, healthcare services, giveaways and more. We encourage residents, families and community members to attend and learn about the support available to help promote a healthy and active lifestyle.

Burcham Hills[®]
Where Tradition Meets Tomorrow

 **Health & Wellness Navigation Program**[™]
An LCS Signature Experience

Meet our Security & Maintenance Team



Colt Ebarra
Director of Bldg & Grds
since March 2023



Stuart Lucius
Maintenance Manager
since April 2014



Dave Oxendale
Maintenance
since August 1978



Jerry Wagner
Maintenance
since October 1985



Josh Heinritz
Maintenance
since April 2026



John Mkangaa
Maintenance
since October 2012



Matein Carter II
Security Officer
since August 2025



Kevin Wilson
Security Officer
since July 2022

June 2026

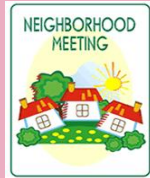
The Summit Neighborhood Meetings

2RC: Tuesday, July 21
2:00 pm / PDR

3RC: Tuesday, July 14
11:00 am / Looking Glass (3TS)

4RC: Tuesday, July 7
2:00 pm / 4th Flr Lobby

5RC: Tuesday, July 28
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, July 7
1:00 pm / 4TS

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



328	Delores Willis
333	Karen Burye
334	Sally Noznesky
335	Jim Fitzgerald
347	Mary Lou Hogan
359	Andrew Conner
429	John Ley
450	David Blair
456	David Coon
519	Phyllis Tomlinson



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.

What topics would you like to see covered?

Tuesday, July 14
2:00 pm
Ada Whitehouse Room

Let's Talk Life Enrichment

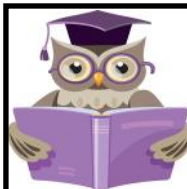
Join our Resident Life Manager for a discussion about the results of our recent Resident Satisfaction Survey. Learn how your feedback is shaping Life Enrichment programming throughout the continuum, hear about upcoming improvements and get answers to frequently asked questions.

Your voice matters—we hope to see you there!

Presenter:
Matt Bebermeyer
Resident Life Manager

If you would like to submit questions prior to the session, please send them to Samantha Volk, Health & Wellness Navigator, at svolk@burchamhills.com or the reception.

(571) 827-1078 | svolk@burchamhills.com | 2700 Burcham Drive, East Lansing, MI



Resource Reminder



Reference a Librarian

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

Wine & Cheese Social

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

Come mingle and munch with music!





CONNECTIONS ACROSS COMMUNITIES Artfully Connected Bowling Outing

CHR Outing & Event Details for July

July Birthday Party

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

Lunch Outing (Culver's)

Monday, July 6 / 11:30am

Happy Hour

Wednesday, July 15 / 3:00pm (2CHR)

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

CHR Food Committee Meeting

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

Resident Council Meeting

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

Summit & StoneBriar

Lunch Bunch:

P.F. Changs

Wednesday, July 15

Depart: 11:00 am

Reservations: 11:30 am

Return approx.: 1:30 pm

Cost: \$20 - \$25

Please sign-up by July 10.

Community-Wide Outing:

Lake Lansing Bandshell

Friday, July 24

Depart: 5:30 pm

Return approx.: 8:00 pm

Cost: Free

Please sign-up by July 21.

Summit & StoneBriar

Outing:

Park Lake Creamery

Thursday, July 30

Depart: 1:00 pm

Return approx.: 3:00 pm

Cost: \$ 10

Please sign-up by July 27.



Mondays
3:30 pm

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

**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!

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.

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:****Social Wellness**

Social Wellness is a sense of connectedness and belonging. The social dimension of health involves creating and maintaining a healthy support network. Building a healthy social dimension might involve asking a colleague or acquaintance out for lunch, joining a club or organization, setting healthy boundaries, using good communication skills that are assertive rather than passive or aggressive, being genuine and authentic with others and treating others in a respectful way.

Special Notices**July 2—** Fit & Functional will be held in WRAS**July 7—** All Classes Cancelled**July 27—** All fitness classes moved to the WRAS.

**Please check 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.

From Down the Hill . . .

By Harold Reiter, Clusters Resident



On June 18, the Clusters Annual Meeting was held and elected new officers to the Board. The 2026-27 Clusters Condominium Association Board:

Laura Rice, *President*

Olga Holden, *Vice President*

Karen Engan, *Treasurer*

Maureen Farkas, *Secretary*

To Be Determined—*Building & Grounds*



Due to HIPAA Privacy, we are unable to publish addresses, emails and phone numbers. A Board roster was emailed to all Clusters Residents.



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)

New Time Sundays, 3:30 pm / Ada Whitehouse Room

July 5

Rev. Stan Parker
Faith Fellowship Baptist

July 12

Rev. Shawnthea Monroe
The Peoples Church

July 19

Peter Robinson
Pilgrim Congregational UCC

July 26

Eric Berg
University Reformed Church



PRESENTS

4TH OF JULY **BBQ** PARTY

**DUE TO THE WEATHER FORECAST,
THE 4TH OF JULY BBQ HAS BEEN CHANGED.
RESIDENTS WILL DINE IN THEIR DINING ROOM
OF CHOICE AT THE REGULAR LUNCH SERVICE
TIMES. THE PARTY WILL BE AS FOLLOWS:**

**THURSDAY, JULY 2 / 1:30-3:00 PM
ADA WHITEHOUSE ROOM**

MUSICAL GUEST:

JAY HILL



RD Corner

Maureen Lamperis, MS RDN

Top Summer Food Choices

Summer is a wonderful time to begin making positive changes and strive for healthier, more well-balanced meals. If you want to stay healthy and sharp as long as possible, you must be sure you're supplying your body with the best fuel for the job.

Eating heavily processed foods may be convenient and appealing, but often comes at a cost of feeling bloated, lethargic and foggy. When we feel that way, we're less likely to exercise and participate in other productive activities that can help to keep us happy and healthy.

Choosing nutrient-dense foods can have just the opposite effect, supercharging your body to leave you with energy and stamina to spare. Prioritize high-water content, easy-to-digest nutrients and heart-healthy fats to combat heat and support cognitive function. Focus on hydrating produce, lean proteins and antioxidant-rich berries.

★ Top Summer Food Choices

- **Water-Dense Fruits:** Watermelon, cantaloupe, honeydew, cucumber, oranges and peaches boost your hydration.
- **Berries:** Strawberries, blueberries, blackberries, raspberries and cherries support heart and brain health.
- **Vibrant Veggies:** Kale, spinach, carrots and sweet potatoes provide carotenoids for eye health.
- **Fresh Herbs:** Freshly chopped oregano, basil and thyme add rich flavor without using extra salt.

★ Quick & Healthy Meal Ideas

- **Fruit treats:** Mix a colorful fruit salad or make fruit kabobs paired with low-fat yogurt dip.
- **Superfood salads:** Layer dark leafy greens with colorful veggies and lean protein like grilled chicken or chickpeas.
- **Cool smoothies:** Blend fresh fruits, vegetables and Greek yogurt for an easy, hydrating meal.

★ Stay Active & Connected

- **Community gardening:** Visit our raised garden beds located on the patio just outside door #31.
- **Local markets:** Explore the nearby farmers market to find fresh, locally grown seasonal produce.

Embracing these small, flavorful changes to your diet can make a world of difference in how you feel this summer. By fueling your body with hydrating fruits, crisp vegetables and nutrient-dense meals, you will unlock the energy needed to fully enjoy the season. Your body and mind will thank you for the extra care.



News from the Burcham Hills Foundation

By Lesa Smith, Foundation Director

Strategic Charitable Giving with Appreciated Assets

Understanding Gifting Appreciated Assets: Appreciated assets are investments or properties that have increased in value since their purchase. When these assets are sold, the difference between the purchase price (cost basis) and the current market value becomes subject to capital gains tax. By gifting these appreciated assets (held for more than one year) directly to qualified charitable organizations, you avoid capital gains taxes. The tax benefits of this approach are two-fold:

1. **Income Tax Deduction:** You may be able to claim a charitable deduction for the full fair market value of the appreciated asset at the time of donation.
2. **Capital Gains Tax Avoidance:** Neither you nor the charity pays capital gains tax on the appreciation.

Tax Comparisons Between Selling and Gifting Assets:

Scenario 1: Selling your asset then donating the proceeds

- Sell appreciated stock worth \$10,000 (cost basis: \$2,000)
- Pay capital gains tax on \$8,000 profit (~\$1,600 at 20% rate)
- Net proceeds available for donation: \$8,400
- Tax deduction received: \$8,400

Scenario 2: Gifting your asset as a charitable donation

- Gift appreciated stock worth \$10,000 to charity
- No capital gains tax paid
- Charity receives full \$10,000 value
- Tax deduction receive: \$10,000

Types of Appreciated Assets You Can Gift: Charitable giving through appreciated assets extends beyond cash donations, offering diverse options for philanthropic individuals. Here are the primary categories of assets you can consider for charitable contributions:

1. **Publicly Traded Securities:** These are investment securities that are traded on public exchanges.
 - Common and preferred stocks
 - Mutual fund shares
 - Exchange-traded funds (ETFs)
 - Corporate and government bonds
 - Real Estate Investment Trusts (REITs)
2. **Complex Assets:** These are non-traditional assets that may require additional consideration when gifting.
 - Private company stock
 - Restricted stock units (RSUs)
 - Cryptocurrency holdings
 - Real estate properties
 - Collectibles and artwork
 - Partnership interests
 - Life insurance policies

Planning Benefits & Estate Management with Appreciated Asset Gifts: A strategic charitable giving plan incorporating appreciated assets can create powerful tax advantages while maximizing your philanthropic impact. Gifting during your lifetime often provides superior tax benefits compared to creating a charitable bequest that will be realized following your passing. The combined advantages of income tax deductions and capital gains tax avoidance make lifetime giving particularly attractive from a tax perspective.

Conclusion

Gifting appreciated assets is a powerful strategy in charitable planning by offering substantial tax benefits while maximizing your philanthropic impact. Contact Lesa Smith, Burcham Hills Foundation Director, should you want recommendations for a qualified attorney to assist with finalization or review of your appreciated charitable asset gift. She can be reached at (517) 827-2924 or lsmith@burchamhills.com.

All information provided regarding charitable giving is intended to outline general gift planning and assist donors to achieve their philanthropic giving intentions. The Burcham Hills Foundation staff is not qualified to provide specific legal, tax or investment advice. For such advice, please consult with your own legal and/or financial advisor before giving any charitable gift.

In Loving Memory . . .



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

Allen Weinstein ~ May 22

James Singel ~ June 2

Louise "Ann" Bailey ~ June 16

LaVerne Culham ~ June 1

Ruth Barnes ~ June 7

Jean Shely ~ June 23

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 — 8:00 pm

Wednesday / 10:00 am—2:00 pm

Takeout Order Process

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

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

Circle your
items

Place completed
menu/form in
basket

Breakfast = 7:15 - 7:30 am

Lunch = 1:00 - 1:30 pm

Dinner = 5:30 - 6:00 pm

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



Invitation to Insurrection

By Susan York, Library Chair

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable rights, that among these are Life, Liberty and the pursuit of Happiness. This, the second sentence of the Declaration of Independence, author and historian Walter Isaacson argues, is *The Greatest Sentence Ever Written*, the title of his new book. The third sentence of the Declaration continues: **That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed...**

These two sentences, the whole of the Declaration, and the ideas and arguments implied therein, have formed the basis of American ideology for more than 250 years. At the time of its publication, this Declaration was printed in full in the newspapers of London, Edinburgh, Madrid, Leiden, Vienna and Copenhagen. Haiti drew on the Declaration for its own declaration of independence in 1804 as have many other new nations including Greece, Liberia and some of the Latin American republics. In 1918, the first president of Czechoslovakia, Thomas Masaryk, signed a Declaration of Common Aims of Independence for Mid-European nations along the same lines. Our Declaration remains a model for new nations to this day (A. Applebaum, “The Unfinished Revolution”, *The Atlantic*, November 25, 2025). Why?

Our Declaration of Independence is a repository of some of the greatest ideas in the history of the world, stated simply:

**Equality among men is founded on the laws of nature and by nature’s God.
That men possess inalienable rights of Life, Liberty and the pursuit of Happiness.
That Governments derive their powers from the consent of the governed.
And thus people have the right to alter or abolish a tyrannical Government
and the right to form a free and independent state.**

Thomas Jefferson, its author, with editorial support primarily from John Adams and Benjamin Franklin, included a list of 27 grievances from the colonies. Jefferson intended to influence the citizens of the American colonies to support a rebellion from the tyrannical British monarch and to justify the American colonies’ insurrection to the world. Thus he drew upon a range of traditions in composing the document: ideas about civic duty going back to classical Greece and Rome; concepts of natural rights from Enlightenment philosophers; crucial British documents like the Magna Carta in 1215 and the Bill of Rights of 1689; John Locke’s social contract theory; ideas at the core of American documents like the Virginia Bill of Rights; and such reasoned yet incendiary statements as Thomas Paine’s popular pamphlet “Common Sense”.

Is the Declaration relevant today? The Declaration states that as free and independent states we have the right and responsibility to rule ourselves rather than to submit to tyranny. Benjamin Franklin concluded, “A republic, if you can keep it.” Do we possess the wisdom, will and strength to do so?

On the occasion of this national commemoration, we invite you to read (or reread) the Declaration of Independence. Easy-to-read copies are available in the Burcham Hills Library.

Mid-Michigan Stroke Support Group

Wednesday, July 1 (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, July 9 (every 2nd Thursday)

4:00 - 5:00 pm, Private Dining Room



It's a family affair. You are not alone in the fight against Alzheimer's disease. This Caregiver Support Group can help. The support group is designed to offer emotional support and provide helpful information on coping with the challenges of Alzheimer's disease. The group is facilitated by trained support group professionals. The group is confidential, free and open to the public. Everyone needs support, especially those caring for loved ones with Alzheimer's Disease.

Lansing Area Parkinson's Support Group

Tuesday, July 21 (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, July 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.

Bravo Zulu Café

Thursday, July 2 (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., 1:00pm/ 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 (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!

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.

Wednesday MOVIES*

7:00 pm - AWR (1TS)*

Closed Captioning Available

July 1 — Woman of the Year (1942)

Sportswriter Sam Craig and columnist Tess Harding, with the same New York newspaper, overcome their initial antagonism, fall in love and get married, only to find their relationship strained when he comes to resent her hectic lifestyle. [114 min]

Cast: Spencer Tracy, Katharine Hepburn

July 8 — No Movie

July 15 — Butch Cassidy and the Sundance Kid (1969)

In 1890s Wyoming, Butch Cassidy and the Sundance Kid lead a band of outlaws. When a train robbery goes wrong, they find themselves on the run with a posse hard on their heels. [110 min]

Cast: Paul Newman, Robert Redford

July 22 — Laura Croft: Tomb Raider (2001)

Adventurer Lara Croft explores lost empires and discovers immeasurable treasures in her daily life, but a secret from the past of her father, a missing archaeologist, will lead her to one of her greatest challenges. [100 min]

Cast: Angelina Jolie, Jon Voight

July 29 — Run Silent, Run Deep (1958)

A U.S. submarine commander who's obsessed with sinking a particular Japanese ship butts heads with his first officer and crew. [93 min]

Cast: Clark Gable, Burt Lancaster



Saturday MOVIES*

1:30 pm - AWR (1TS)*

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

Closed Captioning Available

July 4 — Flight (2012)

This Film is Rated R.

Troubling questions arise after airline pilot Whip Whitaker makes a miracle landing after a mid-air catastrophe. [138 min]

Cast: Denzel Washington, Kelly Reilly, Don Cheadle

July 11 — Star Trek: First Contact (1996)

The Borg travel back in time intent on preventing Earth's first contact with an alien species. Captain Picard and his crew pursue them to ensure that Zefram Cochrane makes his maiden flight reaching warp speed.

[111 min]

Cast: Patrick Stewart, Jonathan Frakes

July 18 — To Kill a Mockingbird (1962)

A widowed lawyer in Depression-era Alabama defends a black man against a false rape charge while teaching his young children about the sad reality of prejudice.

[129 min] *Cast: Gregory Peck, John Megna*

July 25 — Chicago (2002)

Two death-row murderesses develop a fierce rivalry while competing for publicity, celebrity and a sleazy lawyer's attention.

[110 min]

Cast: Renee Zellweger, Catherine Zeta-Jones, Richard Gere





July Birthdays

- 3 Lillian Gleiberman
- 4 Michael Rainge
- 4 Bob Duncan
- 4 Cyrus Stewart
- 5 Andrew Conner
- 6 Sandra Stuart
- 7 Susan Loomis
- 7 Phyllis Andersland
- 7 Janice White
- 8 Peggy Duncan
- 9 Edward Foster
- 10 Sherry Anderson
- 10 Peg Valenti
- 12 Michael Koppisch
- 17 Maria Aguilar
- 18 Robert Ference
- 20 Joan McConnell
- 20 Gail Boyd
- 21 Gerry Koupal
- 21 David Broadbent
- 22 Patricia Rice
- 24 Trish Walton
- 27 Deanna Ryan
- 28 Thomas Brogan
- 29 Bruce Cornelius
- 30 Mary Fielding
- 30 Susan York
- 31 Sharon Gardner

July Highlights

- 1 Reference a Librarian
- 1 Stroke Support Group
- 2 Bravo Zulu Cafe
- 2 4th of July Event
- 3 Wine & Cheese Social
- 7 The Summit Birthday Party
- 7 Kiwanis Band
- 8 Music w/ Matthew Ball
- 8 Capital Vintage Baseball Club
- Alzheimer's Caregiver
- 9 Support Group
- 12 Live-Stream Music
- 13 Art Appreciation w/ Ethel
- 14 Resident Education Series
- 15 Reference a Librarian
- 15 Lunch Bunch: P.F. Changs
- 17 Wine & Cheese Social
- 17 Music w/ Billy McAllister
- Parkison's Support Group
- 21 Offsite Picnic
- 22 Oopsy Daisy Flower Sales
- 22 Health & Wellness Fair
- 23 Double Play Flute & Tuba
- 24 **Residential Town Hall**
- Community Outing:
- 24 Lake Lansing Bandshell
- 26 Live-Stream Music
- Secretary of State
- 27 Mobile Office
- 28 Death Cafe
- 28 Diabetes Support Group
- 29 Wheely Wash
- Community Outing:
- 30 Park Lake Creamery
- 30 Let's Talk About Birds

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

Wellness 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

August Upcoming Events

- 5 Detroit Tigers Presentation
- 6 National Root Beer Float Day
- TBD Alliance Therapy Dogs