

Burcham Beacon

Volume 19; Issue 8

September 2026

Assisted Living Week

By Kyle Bucholz, The Summit Director

While September often brings the beginning of Fall and Football, it also brings with it the celebration of National Assisted Living Week. Burcham Hills and The Summit will be joining so many other communities the week of September 13-19. The theme this year is “Shining Through the Years.”

During this week, we will be celebrating our hard-working staff in Assisted Living and Memory Care. You may see them wearing unique outfits throughout the community as we have our various spirit days. There will be shout outs for some of our staff that you have personally shared stories with me or have completed an Extraordinary Impressions Card. If you have a staff member that you would like to shout out, please feel free to complete one of these cards at the front desk.

We will also have many different activities that will go along with our theme of “Shining Through the Years.” There will still be the favorite activities that we all know and love, but with a unique twist on the theme. We will also be celebrating with our music festival during this week with various musical guests throughout the community. Burcham Hills and The Summit are looking forward to this week with high anticipation and excitement, and we hope you do to.

If you have any questions about this exciting week or have any requests or shout outs, feel free to stop by my office. Let us make this Assisted Living Week the best one yet!



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From the Desk of the Executive Director . . .

by Lisa Cummins

With Labor Day upon us, let us honor the invaluable contributions of all workers and the history of the labor movement. Labor Day is a time to celebrate the dedication, skill and perseverance of workers across all industries which provided the hands to build our country, to the current labor force that continues to grow in all industries.

On Labor Day, may we honor the hands that build, the minds that innovate and the hearts that serve. When we labor together, we build not just structures, but futures.

Have a happy Labor Day and remember how we have all contributed!

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Aging is 

LIVING WELL!

UNDERSTAND. EMPOWER. THRIVE.

Join us for an engaging and practical seminar designed to help you age with knowledge, confidence and purpose.

IN THIS SEMINAR, YOU'LL DISCOVER:

- 1  **THE AGING PROCESS: WHAT'S NORMAL?**
Understand the natural physiological changes that occur with aging—brain, muscles, bones, balance, senses and more.
- 2  **MYTHS VS. FACTS**
Separate fact from fiction! Learn the common myths about aging and what science really says.
- 3  **BOOST YOUR QUALITY OF LIFE**
Practical, everyday strategies to stay active, independent, and engaged—physically, mentally and socially.
- 4  **HOW THERAPY MAKES A DIFFERENCE**
Discover how Physical, Occupational and Speech Therapy support your function, safety, communication and independence.
- 5  **FITNESS FOR LIFE**
Learn how the right exercise program improves strength, balance, flexibility, energy, mood and longevity.

JOIN US!

DATE: September 9

TIME: 3:00 pm

LOCATION: AWR

WHO SHOULD ATTEND:
All Seniors & Care Partners

THERAPY. MOVEMENT. CONNECTION. CONFIDENCE.

We're here to help you live your best life!

PHYSICAL THERAPY
OCCUPATIONAL THERAPY
SPEECH THERAPY
FITNESS PROGRAM

Aging is a journey—let's walk it together with strength, knowledge and compassion.

EDUCATE TODAY. EMPOWER TOMORROW. ENJOY EVERY MOMENT.

We look forward to seeing you there!



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.**

Livestream Musical Performance
Sunday, September 6 & 20 / 2:00 pm

Tom Timlin
Monday, September 21 / 2:00 pm

The Brothers Ralph
Thursday, September 24 / 2:00 pm

Okemos High School String Quartet
Sunday, September 27 / 6:00 pm

Pappa Hoot & Patti Show
Wednesday, September 30 / 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

Friday, September 18
2:00 / 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, September 23
11:00 am - 2:00 pm / 2TS Lobby



Additional September Holidays

- 7 Labor Day
- 13 National Grandparents Day
- 21 International Day of Peace

*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

September Topic: Intro to Economics

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.

September 7

Khan Academy Intro to Economics: Centers around the fundamental problem of scarcity, resource allocation and the division between microeconomics and macroeconomics.

Reels 1-3

September 14

Khan Academy Intro to Economics: Breaks down the fundamental economic inputs used to create goods and services, categorized as land, labor, capital and entrepreneurship.

Reels 4-7

September 21

Khan Academy Intro to Economics: Analyzes how firms decide how many workers to hire using marginal revenue product and wage rates.

Reels 8-9

September 28

Khan Academy Intro to Economics: the true cost of choices beyond just financial price. It explains that making a decision in a world of scarcity means sacrificing the next best alternative use of your time or money.

Reels 10-13



Literature with Linda Griffin

Thursday, September 3 & 10

7:00 pm / AWR

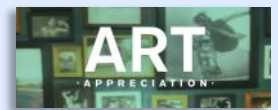
Literature with Linda Returns!

Professor Linda Griffin returns with another interesting literature course entitled, "What's With All the Animals?" an exploration of three of Tennessee Williams' Plays. Tennessee Williams seemed to be somewhat fascinated with animals since at least three of his plays feature them: Night of the Iguana, Cat on a Hot Tin Roof and The Glass Menagerie. An exploration of similarities among these plays will lead to the heart of his animal themes.

Art Appreciation w/ Ethel Anthony

Monday, September 14

1:15 pm / Slate Room



September Topic: Autumn

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

EnviroSpeak: With Ellen Holste

Thursday, September 17 / 2:00 pm / AWR

Topic Selected by The Summit Life Enrichment Committee

Get ready for a fascinating fungi hunt! Discover the colorful and surprising world of fall mushrooms through hands-on activities and up-close observations. Learn about common fall mushrooms, fungi in our foods and create your own mushroom-inspired artwork. Celebrate National Mushroom Month by seeing fungi in a whole new way.



THE POWER OF MUSIC

MORE THAN SOUND

Saturday, September 12
1:30-4:30 pm
Burcham Hills - 1st Floor

A multi-genre, multi-sensory music festival featuring two stages of live performances, vibroacoustic experiences and curated food-and-music pairings at the Cornerstone Bistro.

Explore, discover and experience the power of music beyond sound.

1:30 - 2:30 pm / Quartz Stage



College of Music
MICHIGAN STATE UNIVERSITY

2:30 - 3:15 pm / Wild Rose Music Lab

- Instrument Petting Zoo

2:30 - 3:15 pm / Slate Room

- Vibroacoustic Therapy
- Music Therapy

3:15 - 4:30 pm / Ada Whitehouse Stage

- Don Middlebrook
- Gregory Smith
- Elliot Milakaff
- El Capitain

Candy donations needed!

Donate individually wrapped candy to be passed out during our

Halloween Extravaganza
on Saturday, October 17

All donations needed by Wednesday, October 1.

Candy can be dropped off at any of these locations:

2TS Lobby

Reception
1CHR

StoneBriar
Concierge

BURCHAM HILLS' HOEDOWN

HOSTED BY STONEBRIAR

ADA WHITEHOUSE ROOM

FRIDAY, SEPTEMBER 25, 2:00-3:00 PM

JOIN US FOR
GAMES 🤠 LINE DANCING 🤠 DELICIOUS SNACKS

The Summit Neighborhood Meetings

2RC: Tuesday, Sept 15

2:00 pm / PDR

3RC: Tuesday, Sept 8

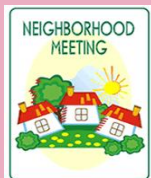
11:00 am / Looking Glass (3TS)

4RC: Tuesday, Sept 1

2:00 pm / 4th Flr Lobby

5RC: Tuesday, Sept 22

3:00 pm / 5th Flr Lobby



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



ONE CONVERSATION.

A Lifetime of Comfort.

Your Life. Your Legacy.

As one season gives way to the next, it's a natural time to think about what matters most... and the peace of mind that comes from having a plan.

Together, we'll talk through the choices involved in making final arrangements, answer common questions, and show how one conversation today can make things easier for those you love tomorrow.

SEPTEMBER 10, 2026 | 3:00 PM

Burcham Hills - AWR

2700 Burcham Drive, East Lansing, MI 48823

Call or email to sign up:

517-375-3746 or mandy.tefft@dignitymemorial.com



Gorsline-Ranciman
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Burcham Hills®
Where Tradition Meets Tomorrow

Birthday Party



Tuesday, September 1

1:30 pm / 4TS

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



**New Resident
Welcome**

- 347 Don Ricks
- 359 Norma Burroff
- 403 Costas Kouklis
- 427 Roger & Jo Gilmore
- 457 Wendy Wahn
- 538 Greg & Charlotte Lammers



**Resource
Reminder**

East Lansing Public Library

Reference a Librarian

1st & 3rd Wednesdays

11:00 am / 2TS lobby

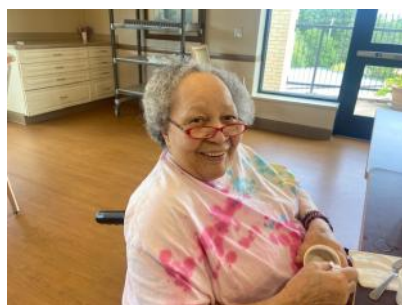
Wine & Cheese Social

3:00 pm / 2TS Lobby

Friday, September 4 & 18

Come mingle and munch with music!





CHR Outing & Event Details for September

September Birthday Party

Wednesday, Sept 2 / 1:30 pm (3CHR)

Lunch Outing (Olive Garden)

Tuesday, Sept 15 / 11:30 am

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

Happy Hour

Wednesday, Sept 16 / 3:00 pm (2CHR)

CHR Food Committee Meeting

Tuesday, Sept 29 / 10:30 am (3CHR)

Resident Council Meeting

Tuesday, Sept 29 / 11:00 am (3CHR)

Lunch Bunch

Olga's Kitchen

Tuesday, Sept. 8

Depart: 11:30 am

Return approx. 2:00 pm

Cost: \$15-\$20



Please sign-up by September 5

Jazz Concert at University Reformed Church

Friday, Sept. 25

Depart: 6:15 pm

Return approx: 8:30

Cost: Free



Please sign-up by September 22

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!



Mondays

3:30 pm

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

The Summit Life Enrichment Comm.

Every 3rd Tuesday / 1:00-2:00 pm / PDR

Please join us to hear about what the Recreation Team has coming up and provide your feedback about what programs you would like to see in your community.

Open to All Summit Residents!



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:****Physical Wellness**

Physical Wellness is affected by physical activity, healthy nutrition and adequate sleep. There are many examples of physical activity that range in levels of intensity from light to vigorous. Maintaining your physical health can include yoga, bike riding, jumping rope, engaging in sports, running, walking, jogging, skiing, dancing, tennis and gardening. Many people use smoking as a coping tool, but, unfortunately, this method of coping can lead to a number of physical health problems, including heart disease and cancer, and can increase one's chances of premature death. Exercise also causes our bodies to release different endorphins and hormones that can boost our mood and decrease pain!

Special NoticesMonday, September 7 Fitness Dept. Closed for Labor DaySeptember 25— Combo Class Cancelled

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

September is Senior Fitness Assessment (SFA) Month. Ask one of our
Fit Specialists to schedule your SFA in September.

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 Cluster's committee of Karen Engan, Deb Sydlowski and Bob Hammond have begun to develop a new 5-year Master Plan. A survey of all Cluster residents has been distributed.
- ♦ Cluster residents are invited to join StoneBriar outings. The outings are listed in the StoneBriar Flyer, which is sent to you electronically by Nancy Hanford. Registration forms for outings can be located outside of the StoneBriar mailroom.
- ♦ Tree and shrub trimming along Lenna Keith Circle and Searl Court has been completed by the Clusters.



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 (thru Sept 6)
Sundays, 10:30 am / Slate Room (as of Sept 13)



Vespers (Non-Denominational)

Sundays, 3:30 pm / Ada Whitehouse Room

September 6 Peter Robinson
Pilgrim Congregational

September 13 Rev. Shawnthea Monroe
The Peoples Church

September 20 Rev. Stan Parker
Faith Fellowship Baptist

September 27 Rev. Dave Hinkley
University Reformed Church





CONGRATULATIONS TO PAT WHITE OF
STONEBRIAR!

WINNER OF OUR SAND CASTLE CONTEST



Community

ART AND CRAFT

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

- Sunday, September 13
Macrame 101 Pt. 1
- Sunday, September 27
Macrame 101 Pt. 2





RD Corner

Maureen Lamperis, MS RDN

Autumn Harvest Time

Enjoy the nutritious gems that September brings!

Pumpkins & Winter Squash: Just starting to ripen.

Pumpkin is a nutrient-dense food, packaged with beta-carotene, which the body turns into vitamin A. One cup delivers over 200% of your daily vitamin A needs, supporting good vision, immune function, heart health and skin protection. It is also low in calories and high in fiber. Enjoy winter squash varieties like butternut, acorn and spaghetti squash.

Sweet Potatoes: Fresh digging begins!

Sweet potatoes are nutrient-dense root vegetables packed with fiber, slow-digesting complex carbohydrates and essential vitamins. One medium potato exceeds your daily vitamin A requirement. Purple varieties offer metabolic-boosting anthocyanins.

Root Vegetables: Beets, carrots and radishes taste sweeter as the nights cool.

Root vegetables are nutrient-dense powerhouses rich in dietary fiber, complex carbohydrates and essential minerals like potassium and magnesium. They also provide high amounts of immune-boosting vitamins A and C, helping to lower inflammation, support healthy digestion and regulate blood pressure.

Hearty Greens: Kale, spinach, Swiss chard and lettuce thrive in the cooler air.

Providing essential vitamins A, C and K, folate, iron, calcium, potassium and fiber, these nutrient-dense foods lower the risk of chronic illnesses, support heart and brain health, strengthen bones and aid digestion.

Cruciferous Veggies: Broccoli, Brussel sprouts and cabbage are coming into season.

As nutrient-dense powerhouses, they are rich in fiber, vitamins C, E and K, and unique sulfur compounds called glucosinolates that help fight inflammation, support heart and gut health and may lower the risk of chronic diseases like cancer.

Look for fall bounty within Burcham Hills' featured menu to enjoy the season's benefits!



News from the Burcham Hills Foundation

By Lesa Smith, Foundation Director



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 August. We express our sincere thoughts and prayers to their families and friends.

Beatrice Linder ~ August 4

Vickie Murphy ~ August 10

Norma Kolasa ~ August 21

Jere Hutcheson ~ August 8

Donald Mercer ~ August 16

Deborah DeView ~ August 22



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

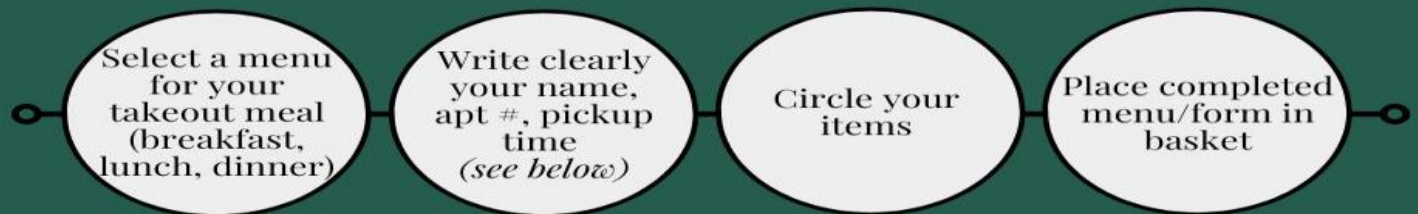
Thursday & Friday / 9:00 am—3:00 pm

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.



A Harrowing Tale of Survival at Sea

By Susan York, Library Chair

A Marriage at Sea is probably not a great book, but it tells a compelling tale of triumph over adversity. A married couple from Britain decide to sell everything, use the money to build an ocean-worthy ship and leave the civilized world behind to sail to New Zealand and into a new life. After several years of marriage, Maurice Bailey, 41, and Maralyn Bailey, 32, decide to merge their finances and escape the dullness of small-town England and a stultifying existence. They have a ship built which they name the Auralyn and, with an attached rubber raft and dinghy to be used as needed, embark on a voyage across the Atlantic, through the Panama Canal, and across the Pacific. But after a whale knocks a hole in their vessel which proceeds to sink, they find themselves mid-Pacific in the raft with the barest of necessities and must in desperation marshal their wits and wills to survive for as long as it takes to be rescued.

After 117 days a Korean fishing vessel sees and rescues them and their story becomes history. Author Sophie Elmhirst captures the desperation and hope which drive their efforts to remain afloat through the vicissitudes of life mid-ocean when their greatest challenges may be the boredom and isolation that test their bonds and energy and will.

This true story of survival occurred in 1973 and captured worldwide attention. The couple, having abandoned the multifarious demands of society for a freer way of life, experience consequences that force them to become more dependent on each other for the mere opportunity to survive. The title of the book ironically alludes to the challenge of any marriage to face the tests of life in negotiating a lasting relationship that inevitably has its ups and downs:

“Somewhere, deep within, unspoken, we must know, we do know, that we’ll all have our time adrift. For what else is a marriage, really, if not being stuck on a small raft with someone and trying to survive?” (Elmhirst, p. 202)

Through cycles of hope and despair the couple try to solve practical problems, keep their minds busy, develop clearly defined roles and routines, remain prepared for the unexpected, accept the lack of privacy and inability to get any extended rest, and try to maintain hope. In these challenges Maralyn becomes the leader as Maurice falls gradually into passivity and then illness as well as painful skin infections. Both are close to starvation when finally a Korean fishing vessel rescues them and provides the opportunity for gradual reentry into normality before facing the issues of survival within society. The book concludes by outlining the nature of their remaining lives, including a repeat, and successful, trip to a different part of the world under dramatically different circumstances, and their lives in a small English community afterwards.

The voyage sparks empathy and intensity for the reader in anticipating the challenges of survival and identifying with the characters’ changing moods as they discover and manage their vulnerabilities. This story is a page-turner that invites our curiosity, vicarious involvement and judgment about the wisdom of casting off all obligations and going it “alone”. A sigh of relief at the book’s conclusion is heart-felt.

A Marriage at Sea along with the highly popular, 2026 best sellers **Theo of Golden** and **The Correspondent** are available in the Burcham Hills Library.

Mid-Michigan Stroke Support Group

Wednesday, September 2 (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, September 10 (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, September 15 (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, September 22 (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, September 3 (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 Experience (Tues., 3:30 pm / Slate Room): This program formally titled American History explores American history and cultural movements from large events to biographies, and technical innovations that have helped to shape America.

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!

Student Science (Thur., 3:30 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., 1:45 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

September 2- Forbidden Planet (1956)

A starship crew in the 23rd century goes to investigate the silence of a distant planet's colony, only to find just two survivors, a powerful robot, and the deadly secret of a lost civilization.

[98 min] *Cast: Walter Pidgeon, Anne Francis, Leslie Nielsen*

September 9- American Graffiti (1973)

A group of teenagers in California's central valley spend one final night after their 1962 high school graduation cruising the strip with their buddies before they pursue their varying goals. [110 min] *Cast: Richard Dreyfuss, Ron Howard, Paul Le Mat*

September 16- Animal House (1978)

At Faber College in 1962, Dean Vernon Wormer is determined to expel the entire Delta Tau Chi Fraternity, but those troublemakers have other plans for him. [109 mins]

Cast: John Belushi, Karen Allen, Tom Hulce

September 23-Saving Private Ryan (1998)

Following the Normandy Landings, a group of U.S. soldiers go behind enemy lines to retrieve a paratrooper whose brothers have been killed in action. [169 mins] *Cast: Tom Hanks, Matt Damon, Tom Sizemore*

Rated R

September 30-The Kings Speech (2010)

The story of King George VI, his unexpected ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer.

[118 mins] *Cast: Colin Firth, Geoffrey Rush, Helena Bonham Carter*

Saturday MOVIES*

1:30 pm - AWR (1TS)*

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

Closed Captioning Available

September 5- John Wick Chapter 1 (2014)

John Wick is a former hitman grieving the loss of his true love. When his home is broken into, robbed and his dog killed, he is forced to return to action to exact revenge. [101 mins] *Cast: Keanu Reeves, Michael Nyqvist, Alfie Allen*

Rated R

September 12- John Wick Chapter 2 (2017)

After returning to the criminal underworld to repay a debt, John Wick discovers that a large bounty has been put on his life. [122 mins] *Cast: Keanu Reeves, Riccardo Scamario, Ian McShane*

Rated R

September 19- John Wick Chapter 3 (2019)

John Wick is on the run after killing a member of the international assassins' guild, and with a \$14 million price tag on his head, he is the target of hit men and women everywhere. [127 mins]

Cast: Keanu Reeves, Halle Berry, Ian McShane

Rated R

September 26- The Return of the Pink Panther (1975)

Inspector Clouseau is on the case when the Pink Panther diamond is stolen from a highly secured museum, with the Phantom's trademark glove as the only clue. Clouseau is convinced the Phantom did it, but things are not what they seem to be. [113 mins] *Cast: Peter Sellers, Christopher Plummer, Catherine Schell*



**September Birthdays**

- 1 Sarah Sims
- 5 Tina Cook
- 6 Rudite Robinson
- 7 Karen Engan
- 7 Jean Krueger
- 8 Birdie Travis
- 8 Jan O'Berski
- 9 Pattie Kent
- 11 Jane McCarthy
- 11 Larry Roche
- 12 Sue Cole
- 12 David Smith
- 14 Velma Trainor
- 14 Norma Burroff
- 14 Donald Ricks
- 15 Richard Plotnick
- 16 Pamela Billingsley
- 17 Wendy Wahn
- 20 Jerry Buford
- 21 William Bridgeland
- 22 Patricia McAvoy
- 22 Deloris Starnes
- 23 Arthur Hanson
- 23 Sue Jones
- 26 Theresa Stamos-Underwood
- 27 Kristin Stark
- 28 Cynthia Tyler
- 28 Pat Foreman
- 29 Barbara Bonge
- 29 Suzanne Dudley

September Highlights

- 1 The Summit Birthday Party
- 2 Reference a Librarian
- 2 Stroke Support Group
- 3 Bravo Zulu Cafe
- 3 Labor Day Music w/ Jay Hill
- 3 Literature with Linda
- 4 Wine & Cheese Social
- 6 Live-Stream Music
- 7 **Labor Day**
- 8 Lunch Bunch: Olga's Kitchen
- 10 Resident Education Series
- 10 Alzheimer's Caregiver Support Group
- 10 Literature with Linda
- 12 **The Power of Music Festival**
- 13 Assisted Living Week Begins
- 13 Community Art & Craft
- 14 Art Appreciation w/ Ethel
- 15 Life Enrichment Committee
- 15 Parkinson's Support Group
- 16 Reference a Librarian
- 17 **EnviroSpeak:**
Discovering Fall Fungi
- 18 Let's Talk About Birds
- 18 Wine & Cheese Social
- 18 Community Karaoke
- 20 Live-Stream Music
- 21 Tom Timlin Performs
- 22 Death Cafe
- 23 Oopsy Daisy Flower Sales
- 24 Diabetes Support Group
- 24 Brothers Ralph
- 25 **Burcham Hills Hoedown**
- 25 **Jazz Concert at**
University Reformed Church
- 27 Okemos High School String Quartet
- 30 Pappa Hoot & Patti Perform

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

October Upcoming Events

- 6 Virtual Companions Kickoff
- 7 Life + Kickoff
- 17 Halloween Extravaganza



Burcham Hills®
Where Tradition Meets Tomorrow