

Burcham Beacon

Volume 19; Issue 10

October 2026

September: Living Well, Together

September brought plenty of music, a chance to give back and a few good reminders of what makes life at Burcham Hills special.

We kicked off the month with Labor Day music from Jay Hill, enjoying familiar favorites and good company. Later, music took center stage with The Power of Music: More than Sound. Our multi-sensory festival brought together two performance spaces, vibroacoustic therapy and food and music pairings — giving residents and guests plenty to explore and experience.

Our Memory Care residents also took part in Burcham Cares, working with the DeWitt Lions Club and Haven House to package needed items for local families. The idea behind Burcham Cares is simple: see a need, find a path. By creating different ways to participate, everyone had an opportunity to lend a hand and be part of something meaningful.

Looking back, September also gave us a nice introduction to LCS Life+, a new approach to wellness centered around Connection, Movement, Nutrition and Longevity. While Life+ may be a new name, the idea behind it feels right at home at Burcham Hills.

Living well can mean staying active, but it can also mean hearing a favorite song, sharing an experience with a neighbor, trying something new or doing something kind for someone else. There isn't just one way to stay connected and engaged.

September gave us a little bit of all of that—and as Life+ becomes part of life at Burcham Hills, we look forward to finding even more ways to live well, together.

LCS
Life+

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



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

Newsletter Co-Editors

Matthew Bebermeyer
Nancy Hanford

Health & Wellness Navigator

Samantha Volk
(517) 827-1078

**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

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
cebarra@burchamhills.com

Lesa Smith, MPA, CFRE
Foundation Director
827-2924
lsmith@burchamhills.com

RESIDENTIAL TOWN HALL



>>>> **FRIDAY, OCTOBER 23, 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.



Daylight Savings Time

Before going to bed on **Saturday, October 31**, please remember to set your clocks **back** one hour.



Election Day is Tuesday, November 3

As a reminder, Burcham Hills is a voting precinct (#7) for the City of East Lansing. Voting will be held on **Tuesday, November 3**, in the Ada Whitehouse Room. Polls are open from **7:00 am—8:00 pm**.

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.**

Mug & Jug Sing-Along

Sunday, October 4 & 18 / 2:00 pm

Lincoln River Saxophone Quartet

Thursday, October 15 / 2:00 pm

Dulcimer w/ Wanda Degan

Friday, October 16 / 2:00 pm

The Clarkson's

Thursday, October 22 / 2:00 pm

Finger Family Band

Thursday, October 29 / 7:00 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, October 29

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, October 28

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



Additional October Holidays

- 8 National Pierogi Day
- 12 Indigenous People Day
- 25 Howl at the Moon Night

*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:

Autism

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.

October 5

Navigating Life with Autism: Matt Fiore: Matt Fiore aims to spark conversation about acceptance, understanding and the power of diverse viewpoints, leaving the audience inspired to reevaluate their perceptions and contribute to a more inclusive and empathetic society.

October 12

Why Autism is One Dimensional and How to Change It: Autism isn't just one story or one type—it's a spectrum as diverse as a color wheel. In this powerful talk, Chloé Hayden, an award-winning actress and disability rights activist, challenges the stereotypes surrounding autism.

October 15

Lessons My Daughter with Autism Has Taught Me: Michael Roush shares the life lessons he has learned from his autistic daughter, Amelia. Michael Roush specializes in educational technology, assistive technology and Universal Design for Learning

October 26

Autism Risk, Vaccine Safety and Inflammation.

Dr. Chris Palmer and Dr. Andrew Huberman:
 Dr. Andrew Huberman and Dr. Chris Palmer discuss how vaccines may influence brain development.



Literature with Linda Griffin

Thursday, October 1 & 8

7:00 pm / AWR

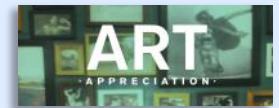
Literature with Linda Returns!

Professor Linda Griffin will present a literature class entitled, "Writer Wives of Famous Writers," an examination of three women writers—Elizabeth Barrett Browning, Mary Shelley, and Martha Gelhorn Hemingway—each of whom were great writers married to famous writer husbands. Their biographies will be reviewed and DVD's will be shown. A fascinating study!

Art Appreciation w/ Ethel Anthony

Monday, October 5

1:15 pm / Slate Room



September Topic: Many Faces of Art

Looking at art from all around the globe and across centuries.

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

New Program

Mug & Jug Sing-a-long hour

Join us in the Ada Whitehouse Room every first and third Sunday's at 2:00pm for a community sing-a-long with folk music group Mug & Jug.

Sunday, October 4 & 18

2:00 pm / AWR



HALLOWEEN EXTRAVAGANZA

**SATURDAY,
OCTOBER 17**
START AT 1:30 PM

**TRICK-OR-TREATING
MAIN LOBBY**

**OUTDOOR GAMES
(WEATHER DEPENDENT)**

**PUBLIC
WELCOME**





Community Memorial Service

A Celebration of Life

Tuesday, October 20

10:00 am

Ada Whitehouse Room

Please join us as we honor those loved ones who have passed over the last six months. A reading of names will occur and we will offer the opportunity to share stories and memories of your loved ones.

Refreshments will be served.



Veterans Day Information Needed

As we prepare for our annual Veterans Day Memorial & Honoring Event on Wednesday, November 11, we want to make sure that we recognize and honor all the veterans who are part of the Burcham Hills family. We kindly ask residents and/or families to notify Samantha Volk of their own, spouse's or loved one's veteran information so that we can make sure our records are accurate.

Please provide the following information: Veteran's Name, Branch of Service and Rank. Send this information to Samantha Volk at svolk@burchamhills.com.

We are also looking for a Resident Veteran to highlight during our Veterans Day event. We would love the opportunity to share their story and recognize their service to our country. Please submit veteran information including the name, branch and rank to Samantha Volk as soon as possible so we can ensure everyone is included and properly honored. We would also love photos of our residents in uniforms or anything that we can display to honor those who have served.

Thank you for helping us make this a meaningful and memorable celebration of the men and women who have served our country. Keep an eye out for upcoming information. If you have any questions, please do not hesitate to contact me at (517) 827-1078 or svolk@burchamhills.com.

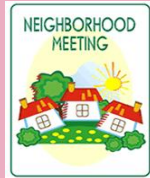
The Summit Neighborhood Meetings

2RC: Tuesday, Oct 20
2:00 pm / PDR

3RC: Tuesday, Oct 13
11:00 am / Looking Glass (3TS)

4RC: Tuesday, Oct 6
2:00 pm / 4th Flr Lobby

5RC: Tuesday, Oct 27
3:00 pm / 5th Flr Lobby



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

TMC Therapy: Wellness Workshop

Wednesday, October 14

3:00 pm

Ada Whitehouse Room

Please watch for a flyer with more
information.

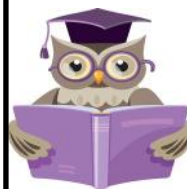


Birthday Party



Tuesday, October 6
1:30 pm / 4TS

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



Resource Reminder

 **East Lansing Public Library**

Reference a Librarian

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



- #450 Gail Braverman
- #455 Keith Greene
- #456 Daniel Bronstein

Wine & Cheese Social

3:00 pm / 2TS Lobby

Friday, October 2 & 16

*Come mingle and munch with
music!*





Karaoke Night



CHR Outing & Event Details for October

October Birthday Party

Wednesday, Oct 7 / 1:30 pm (3CHR)

Lunch Outing (IHOP)

Wednesday, Oct 21 / 11:30 am

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

Happy Hour

Wednesday, Oct 21 / 3:00 pm (2CHR)

CHR Food Committee Meeting

Tuesday, Oct 27 / 10:30 am (3CHR)

Resident Council Meeting

Tuesday, Oct 27 / 11:00 am (3CHR)

Community Outing to Uncle Johns Cider Mill

Thursday, Oct. 8

Depart: 11:00 am

Return approx: 1:30

Cost: \$10 for the gift shop



Please sign-up by October 5

Lunch Bunch

Pizza House

Tuesday, Oct., 27

Depart: 11:30 am

Return approx. 2:00 pm

Cost: \$15-\$20



Please sign-up by October 23

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:****Vocational Wellness**

Vocational Wellness is a sense of satisfaction with your choice of work. Vocational Wellness involves balancing work and leisure time, building relationships with coworkers and managing workplace stress. A Vocational Wellness goal might include finding work that is meaningful and financially rewarding. Finding work that fits with your values, interests and skills can help maintain Vocational Wellness. Consider your work culture and determine how supported you feel; if you discover you feel a lack of support, seek out support from others close to you and be sure to engage in recreational activities that can help balance out work stress.

Special Notices**Classes the Week of Oct. 5-9 will be held in WRAS.**

Classes will be held in WRAS October 19 due to
Secretary of State Mobile Office Event.

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



- ♦ We mourn the loss of resident, Don Ricks, and the daughter of resident Sarah Puterbaugh, Candace.
- ♦ We share the good news of our neighbor Charles Pollard who was recently inducted into the East Lansing Public Schools Sports Hall of Fame for his 40+ years as a retired teacher and current coach in Track and Field.
- ♦ A Halloween Party is being planned on Friday, October 30, by the Social Committee, led by Mary Ann Baumgartner.
- ♦ The Clusters Holiday dinner party is planned for Friday, December 18.



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

Vespers (Non-Denominational)

Sundays, 3:30 pm / Ada Whitehouse Room

October 4 Rev. Stan Parker
Faith Fellowship Baptist

October 11 Ben Ault
University Reformed Church

October 18 Dave Hinkley
University Reformed Church

October 25 Rev. Haley Hansen
The peoples Church



Design Our Christmas Card Contest

Attention:

**Children/Grandchildren of
Residents & Staff**

Rules:

1. Entries must be hand drawn/colored on an 8 1/2 x 11 size paper and must not contain your name on the picture.
2. Entries must be submitted by 5:00 pm on November 13, 2026.
3. Participants must be 12 years old or younger.
4. Prizes will be awarded for 1st, 2nd and 3rd place.

**Questions & Submissions to Nancy Hanford (517) 827-1043;
nhanford@burchamhills.com.**

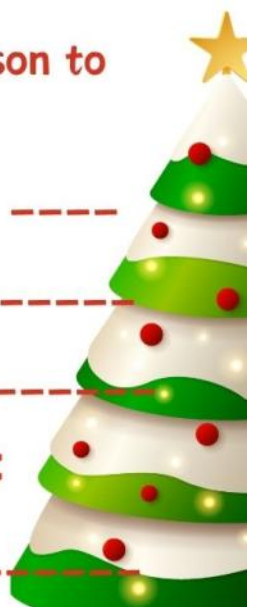
**Entries may be submitted by mail, email or delivered in person to
Nancy Hanford (see contact info above).**

Child Name: _____ **Age:** _____

Parent Name: _____ **Ph:** _____

Email: _____

Relationship to Burcham (i.e., son of Jane Smith, staff):





RD Corner

Marrah Marsh, MSU Dietetic Intern



Beyond the Jack-O'-Lantern: Why Pumpkin Deserves a Spot on Your Plate

It's that time of year again folks! Get out your scary masks and spiderweb decorations, it's Halloween! Halloween is famous for costumes, candy and all things scary, but today we're focusing on pumpkins. Pumpkins make great Jack-o'-Lanterns, but there's so much more to them. Pumpkins are nutrient dense, liver friendly, anti-oxidative, anti-inflammatory and are very versatile when it comes to cooking. Pumpkin is a great source of vitamin A. One cup of pumpkin provides roughly double an adult's vitamin A needs for an entire day! Vitamin A is important for vision and once stores of it are low in the body, we start to see symptoms like night blindness. Thankfully, Vitamin A deficiency isn't a big problem in the United States.

Pumpkin seeds aren't rich in Vitamin A, because vitamin A comes from the orange color of the pumpkin. However, pumpkin seeds are energy and nutrient dense, anti-inflammatory, anti-cancer and may improve prostate health, heart health and sleep. They're rich in potassium, magnesium, calcium, iron, zinc and many more nutrients. Together, pumpkin and pumpkin seeds are rich in many minerals and vitamins. If you've got the opportunity, put some pumpkin on your plate this October! Look for other Vitamin A rich red/orange vegetables like carrots, sweet potatoes and squash.

References

1. Batool M, Ranjha MMAN, Roobab U, et al. Nutritional Value, Phytochemical Potential, and Therapeutic Benefits of Pumpkin (Cucurbita sp.). Plants (Basel). 2022;11(11):1394. Published 2022 May 24. doi:10.3390/plants11111394
2. U.S. Department of Agriculture. Food Data Central Food Details: Pumpkin, canned, cooked. Usda.gov. Published October 30, 2020. Accessed September 15, 2026. <https://fdc.nal.usda.gov/food-details/1103224/nutrients>
3. National Institutes of Health. Vitamin A and Carotenoids. Nih.gov. Updated March 10, 2025. Accessed September 16, 2026. <https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>
4. King LM, Sheikh Z. Pumpkin Seeds: How Healthy Are They? Webmd.com. Published February 14, 2026. Accessed September 16, 2026. <https://www.webmd.com/diet/health-benefits-pumpkin-seeds>



MICHIGAN SOS MOBILE OFFICE

The Secretary of State Mobile Office will be visiting our community to help residents & employees complete their Secretary of State transactions.

MONDAY, OCTOBER 19 / 10:00 AM - 2:00 PM
ADA WHITEHOUSE ROOM (1ST FLOOR)

EMPLOYEES ARE ON A WALK-IN BASIS. PLEASE ALLOW RESIDENTS TO GO AHEAD OF YOU.

Services offered include:

- First-time Michigan ID
- Renew driver's license or ID
- Transfer Title
- Transfer Title Apply for/renew disability placard
- Change address/Register to vote

Contact:
Recreation at (517) 827-1061 to reserve you spot.

Walk-ins accepted.



News from the Burcham Hills Foundation

By Lesa Smith, Foundation Director



SEAHAWK SHUTTLE CAMPAIGN

With just three months into our 10-month Seahawk Shuttle Bus Campaign, we have already reached 83% of our \$225,000 goal! Early leadership gifts and continued generous support from Burcham residents, families and Tri-County businesses have helped us raise over \$188,000 for the Campaign. With your help, we can raise the final \$37,000 and welcome our new bus as planned in March or April 2027 - bringing Burcham residents closer to the people and places they love. Join us with your own charitable gift or if you have already given, share this article with friends and family who may want to support the Campaign.

Whether you choose an outright contribution, a multi-year pledge or a documented estate gift, your support will carry real weight in helping us reach our goal. Additionally, it's a meaningful way to honor yourself, a loved one, a caregiver or a colleague while giving Burcham Hills residents the freedom to stay connected to the people and places they love.

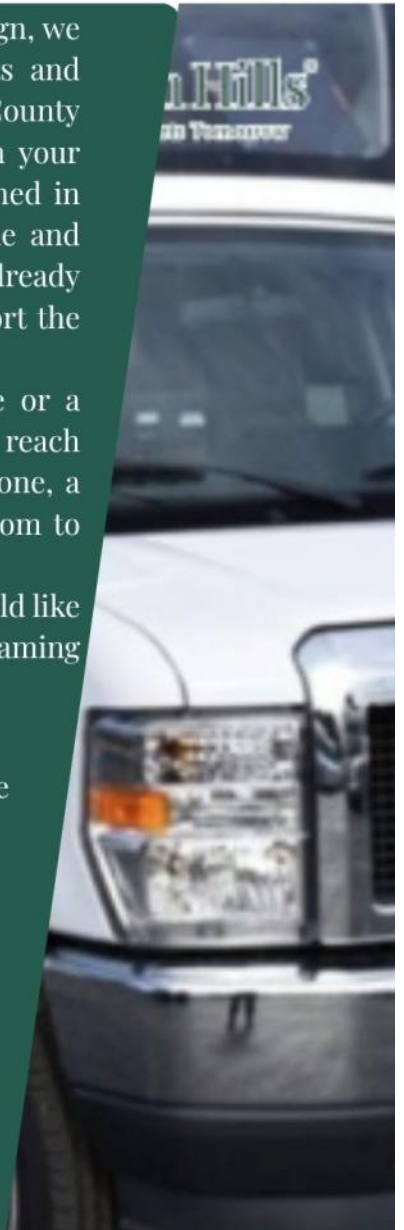
Every gift, no matter the amount, brings us closer to our goal. If you would like to create a lasting legacy at Burcham Hills, explore the Campaign naming opportunities outlined below.

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

Donald Ricks ~ September 7

Nelson Jimenez ~ September 10

Pamela Ford ~ September 14

Richard Plotnick ~ September 24

Ellen Briggs ~ September 26

Eldon Wood ~ September 28

David Broadbent ~ September 28

Burcham Hills Dining Update

By Matt Pray, Director of Food & Beverage

The Food & Beverage department is dedicated to working on continuous improvements in all our dining areas.

Continuous improvements include service concerns and increasing the quality and amount of menu selections offered. We are changing workflows, auditing and improving facility equipment and technology including online ordering for residents and staff.

We are addressing our menus and waste. The previous menu was designed with two rotating daily selections that were prepared banquet style. This style creates an excessive amount of unwanted food waste for at least one of those items. After carefully vetting each menu selection, one selection was removed. We also have increased our daily selections to the 'Always Available' menu. These additional items include, but are not limited to, soup and salads added to each meal along with additional daily selections such as chargrilled specialty burgers and chicken tenderloins. These items are produced to eliminate a large waste factor. We further developed the menu, with the expertise of our Registered Dietitian, and it features many MIND diet focuses encouraging proper cognition nutrition for aging adults. Through October, you will see additional choices added such as a non-breaded fish filet as well as an all-day breakfast menu that will feature our new and improved 'grilled to order' items including pancakes. These options will be displayed in the new comprehensive menus in the dining rooms.

Since the start of this implementation, we have seen a large improvement in waste. This is very important as it will assist in controlling food costs through waste as we cannot control the continued rising cost. Outside factors that contribute to these rising costs include, but are not limited to, weather, supply and demand, shipping and storage costs and import and export activity, which greatly impacts these numbers. For example, the price of beef is nearly 13% higher today than the same time last year, seafood 7% and most other items are 3%-4% higher. The best chance we have to control these increases is to reduce waste and be good stewards of our budget.

We thank you all for your continued support as we work through these challenges with the expectation of having the best food and best service, because . . . ***We Are Burcham!***



New Books

By Susan York, Library Chair

2026 has been an excellent year for new books. We are pleased to bring Burcham Hills readers new titles, listed alphabetically below with a brief synopsis of each book.

The Calamity Club, by Kathryn Stockett. This is a story of sisterhood as three women from differing walks of life and in difficult circumstances find each other at the Lafayette County Orphan Asylum. Set in Oxford, Mississippi in 1933, the lives of an “unadoptable” girl, a rejected sister and a luckless woman converge as they develop a friendship and decide to abandon the institution and strike out on their own.

Democracy Awakening, by Heather Cox Richardson. An American historian, Richardson may be familiar to our readers as the author of a daily online newsletter analyzing current events and providing historical explanations to place those events in context. This, her latest book, examines the recent past for clues to clearly authoritarian impulses in our current leaders and what Richardson argues is their interest in replacing democracy with the rule of an oligarchy of a few rich, white men.

Etna, by Paul Yoon. In spare but captivating prose, the author tells the story of a military dog who must fight for survival in a fictional country at war while attempting to return “home”. Crossing a war-devastated landscape, he searches for home not knowing exactly where home is or if it survives. The New York Times Book Review called this story “devastating and gorgeous”.

Isola, by Allegra Goodman. A wealthy woman is kidnapped by her troubled guardian in 1542 and taken to New France where he abandons her to the elements on a primitive island on the St. Lawrence River after he learns she has “betrayed” him. Based on a true story, this book is about survival and faith.

John of John, by Douglas Stuart. A finalist for the Booker Prize, this book is the story of Cal, the troubled son of a lay preacher and farmer, who returns home to a lonely island in the Outer Hebrides to find his spirited grandmother whose daughter, his mother, has abandoned the family, and his defensive father, John, who wants to “save” him in this family drama about religious and cultural conformity.

London Falling, by Patrick Raddon Keefe. Based on another true story, parents informed of their teen son’s sudden death are stunned to discover that he had a secret life posing as the heir of a Russian oligarch and was emmeshed in the grimy underworld of London. They must come to terms with the stark reality of the choices he has made.

Strangers, by Bell Burden. A woman’s husband of 20 years suddenly announces he is leaving. In shock and misery, she tries to identify the clues to his sudden departure in order to begin rebuilding her life. Yet another book about a true story, set in Martha’s Vineyard, the author reflects on the nature of marital intimacy and the influence of family background on one of the most important relationships in life.

Yesteryear, by Caro Claire Burke (coming soon). This novel has been a national hit in the past year, sparking a lively debate about women’s domestic roles. A social-media-influencer with eight million followers who narrates videos about her family’s idyllic homesteading life wakes up in the year 1855 to the challenges of living with a much-altered family in a more primitive era with no modern conveniences. Her desperation to escape back to the present reveals some of the realities behind a glorified image of traditional womanhood.

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

Be a Reader & Learner Now!

Mid-Michigan Stroke Support Group

Wednesday, October 7 (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, October 8 (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, October 20 (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, October 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, October 1 (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 / Slate Room): 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

October 7-The Last Time I Saw Paris (1954)

An American journalist returns to Paris - a city that gave him true love and deep grief. [116 min]
Cast: Elizabeth Taylor, Van Johnson, Walter Pidgeon

October 14- The Talented Mr. Ripley (1999)

In late 1950s New York, a young underachiever named Tom Ripley is sent to Italy to retrieve Dickie Greenleaf, a rich and spoiled millionaire playboy. But when the errand fails, Ripley takes extreme measures. [139 min] *Cast: Matt Damon, Gwyneth Paltrow, Jude Law*

Rated R

October 21- E.T. the Extra Terrestrial (1982)

A troubled child summons the courage to help a friendly alien escape from Earth and return to his home planet. [115 mins]

Cast: Henry Thomas, Drew Barrymore, Peter Coyote

October 25- Gilbert & Sullivan: Ruddigore (1983)

A witch cursed the fictional Murgatroyd family of Ruddigore. Every baronet must commit a daily crime or die in agonizing pain. [116 mins] *Cast: Vincent Price, Kieth Mitchell, John Treleven*



Saturday MOVIES*

1:30 pm - AWR (1TS)*

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

Closed Captioning Available

October 3- Sweeney Todd: The Demon Barber of Fleet Street (2007)

The legendary tale of a barber who returns from wrongful imprisonment to 1840s London, bent on revenge for the rape and death of his wife, and resumes his trade while forming a sinister partnership with his fellow tenant, Mrs. Lovett [119 mins] *Cast: Johnny Depp, Helena Bonham Carter, Alan Rickman* **Rated R**

October 10- The Mikado: Gilbert and Sullivan (2011)

a fictional Japanese town that uses absurd laws to satirize British politics and Victorian society. [146 mins] *Cast: Mitchell Butel, Kanen Breen, Taryn Fiebig*

October 17- Fireflies in the Garden (2008)

The Taylor family is devastated by an accident that takes place on the day their matriarch is due to graduate from college -- decades after leaving to raise her children. [99 mins]

Cast: Ryan Reynolds, Willem Dafoe, Emily Watson

Rated R

October 24- Cool Hand Luck (1967)

A laid-back Southern man is sentenced to two years in a rural prison, but refuses to conform. [127 mins] *Cast: Paul Newman, George Kennedy, Strother Martin*

October 31 - Jesus Christ Superstar (1973)

Film version of the musical stage play, presenting the last few weeks of Christ's life told in an anachronistic manner. [107 mins] *Cast: Ted Neeley, Carl Anderson, Yvonne Elliman*



October Birthdays

- 2 Janet Wood
- 2 Kay Schmid
- 2 Laura Vinton
- 4 Marilyn Fitschen
- 6 John Cantlon
- 7 David Robinson, Jr
- 10 Judith Brower
- 14 Harold Reiter
- 15 John Baumgartner
- 15 Anne Briggs
- 15 Dennis Dudley
- 16 Henry Nelson
- 19 Jearline Love
- 19 Jeanie Crosby
- 19 Maureen Farkas
- 24 Justin Champion
- 24 Judy Seyburn
- 25 Judith Clark
- 26 Roger Lounds
- 27 Estefana Medina
- 27 Dianne Irish
- 28 Linda Davis
- 28 Neil Austin
- 29 Duane Davis
- Robert Underwood
- 30 Laura Kaufman
- 31 Richard Searl

October Highlights

- 1 Bravo Zulu Cafe
- 1 League of Woman Voters
- 1 Literature with Linda
- 2 Wine & Cheese Social
- 2 Photography Workshop
- 4 Mug & Jug Sing-Along
- 5 Art Appreciation w/ Ethel
- 6 Community Trivia Life+
- 7 Reference a Librarian
- 7 Stroke Support Group
- 8 Community Outing:
Uncle Johns Cider Mill
- 8 Alzheimer's Caregiver
Support Group
- 8 Literature with Linda
- 9 Community Outing:
MSU Homecoming Parade
- 9 Photography Workshop
- 13 Resident Education Series
- 14 Wellness Workshop
- 15 Lincoln River Saxophone
Quartet
- 16 Wanda Deagan
- 16 Wine & Cheese Social
- 16 Photography Workshop
- 17 Halloween Extravaganza
- 18 Mug & Jug Sing-Along
- 19 Secretary of State Mobile Office
- 20 Celebration of Life
- 20 Life Enrichment Committee
- 20 Parkison's Support Group
- 21 Reference a Librarian
- 22 Diabetes Support Group
- 22 Music with The Clarksons
- 23 Residential Town Hall
- 23 Photography Workshop
- 27 Death Cafe
- 27 Lunch Bunch: Pizza House
- 29 Let's Talk About Birds
- 29 Finger Family Band
- 30 Resident Halloween Party

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

November Upcoming Events

13 Music w/ Matt Packer
TBD Harvest Hunt
26 Thanksgiving



Burcham Hills®
Where Tradition Meets Tomorrow