

Burcham Beacon

Volume 19; Issue 11 November 2026

Burcham Hills®
Where Tradition Meets Tomorrow

DEDICATED TO THE JOURNEY of Life

Autumn's Changing Chapters

Gratitude, Togetherness & Brain Health



What a fun-filled October we had!

Our Halloween Extravaganza was a ghoulishly good time filled with tricks, treats and laughter. We also came together for our Celebration of Life to remember and honor those who have touched our lives the past six months. We welcomed back the folk music group, Mug & Jug, bringing music, memories and opportunities to connect. October gave us so much to be grateful for!

As the leaves change and autumn settles in, November reminds us to cherish family, friendships and the connections that make our community a home. Family is not defined only by those we are related to; it can also be found in the neighbors who check in, friends who share a cup of coffee and familiar faces who brighten our day.

As we approach Thanksgiving, let us find little ways to show gratitude. Call a loved one, invite someone new to join your table, share a favorite family tradition or take time to listen to a neighbor's story. Sometimes, the smallest moments create the most meaningful memories.

This month, we are focusing on brain health and our intellectual dimension of wellness. Intellectual Wellness means staying curious, exploring new interests, sharing ideas and continuing to learn throughout every chapter of life. Challenging our minds and connecting with others can bring joy, purpose and opportunities for growth.

Remember, brain health is also supported by staying socially connected, being physically active, getting adequate sleep, eating nourishing foods and managing stress. Every small step toward caring for ourselves matters.

As we move into November, let us carry October's laughter and treasured memories into a season of gratitude. May we continue to learn together, laugh together, welcome new friendships and celebrate the wisdom and stories each person brings to our community. After all, while each of us has our own story, we have the opportunity to make this chapter a shared one.

Wishing everyone a November filled with grateful hearts, curious minds and meaningful connections!

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From the Desk of the Executive Director . . .

by Lisa Cummins

As we are in the early phases of project planning for the campus expansion to increase independent living, I understand that people have a lot of questions and ideas that are being shared. I want to encourage you to continue sharing your ideas with me. I have shared all ideas that have been presented to the project development team and will continue to do so.

As it is difficult to live through the unknown right now, I want to assure you that we will continue to keep everyone informed every step of the way. Burcham Hills has submitted an application to the City of East Lansing for the proposed building construction. This is the first step of approval that we need to continue planning.

At this point, we do not have specifics as to what the new apartments will look like. We should be getting "conceptual" designs soon and will keep you informed as the information is available and in a timely fashion.

There are still many steps that we will need to go through before a final date and final drawings will become available. The goal for the start of the project is the beginning of 2028.

As we breeze into November and the leaves continue to fall, there is an appreciation that comes with all the beauty and colors. The holiday season is near and the festivities will begin! With Thanksgiving around the corner, may we be reminded to show gratitude every day.

"When we focus on our gratitude, the tide of disappointment goes out, and the tide of love rushes in."

~ Kristin Armstrong

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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, November 1 & 15 / 2:00 pm

Double Play Flute & Tuba
Wednesday, November 4 / 2:00 pm

Okemos String Ensemble
Sunday, November 8 / 6:00 pm

Music with Matt Packert
Friday, November 13 / 2:00 pm

Music with Lily
Wednesday, November 18 / 7:00 pm

Finger Family Band
Thursday, November 19 / 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, November 19
2:30 / Slate Room

John Baumgartner, Clusters Resident, will provide an educational presentation on local birds. This month will focus on a variety of owl species. There will be time for discussion as well.

"Oopsy Daisy" Flower Sales*

Wednesday, November 25
11:00 am - 2:00 pm / 2TS Lobby



Additional November Holidays

2	Día de los Muertos
13	World Kindness Day
26	National Flossing Day



*All programing complies with the Fair Housing Act (FHA). Some programs may require support staff, which will need to be arranged with the Personal Wellness and/or Recreation departments prior to the event.

Ted Talks

November Topic:
Artificial Intelligence
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.

November 9

Thriving in the AI Age: We talk a lot about AI on this show. And at a time when everyone is questioning the ethics of it all, David Brooks is more interested in what kind of people we should be no matter what happens with AI.

November 9

Trump, AI & Fixing America: Harry talks with David Brooks about how we can redeem the society that produced an epidemic of loneliness, a shallow public life and of course, Donald Trump. The two discuss Brooks's stubborn optimism and the solutions he thinks could turn the tide toward a stronger, more communal America.

November 16

David Brooks: I've Got One More 10-Year Chapter In My Career, Probably: After 22 years, columnist David Brooks is leaving the New York Times. His final column, "Time to Say Goodbye," is a reflection on change in America over those two decades.

November 23

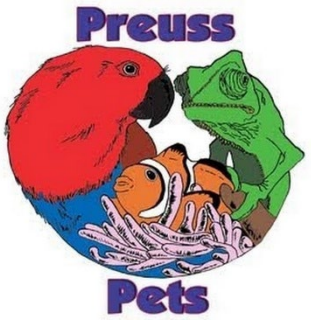
The Key to Flourishing: In the debut episode of The Permanent Questions With David Brooks, David speaks with the philosopher Meghan Sullivan and perhaps the most important question of them all: How should we live our lives?

November 30

AI is the Neutron Bomb for Education: Long before he became famous as the author of The Anxious Generation, Jonathan Haidt was a social psychologist whose work revolutionized the field.

Preuss Pets:

Friday, November 20
1:30 pm / AWR



Preuss Pets will be visiting our community and bringing along some scaly, shelled and exotic visitors! Come join us for a fascinating close-up look at these marvelous creatures, along with an energetic and informative presentation.

Art Appreciation w/ Ethel Anthony

Monday, Nov 30
1:15 pm / Slate Room



Topic: Art & Poetry of Winter

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.





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).

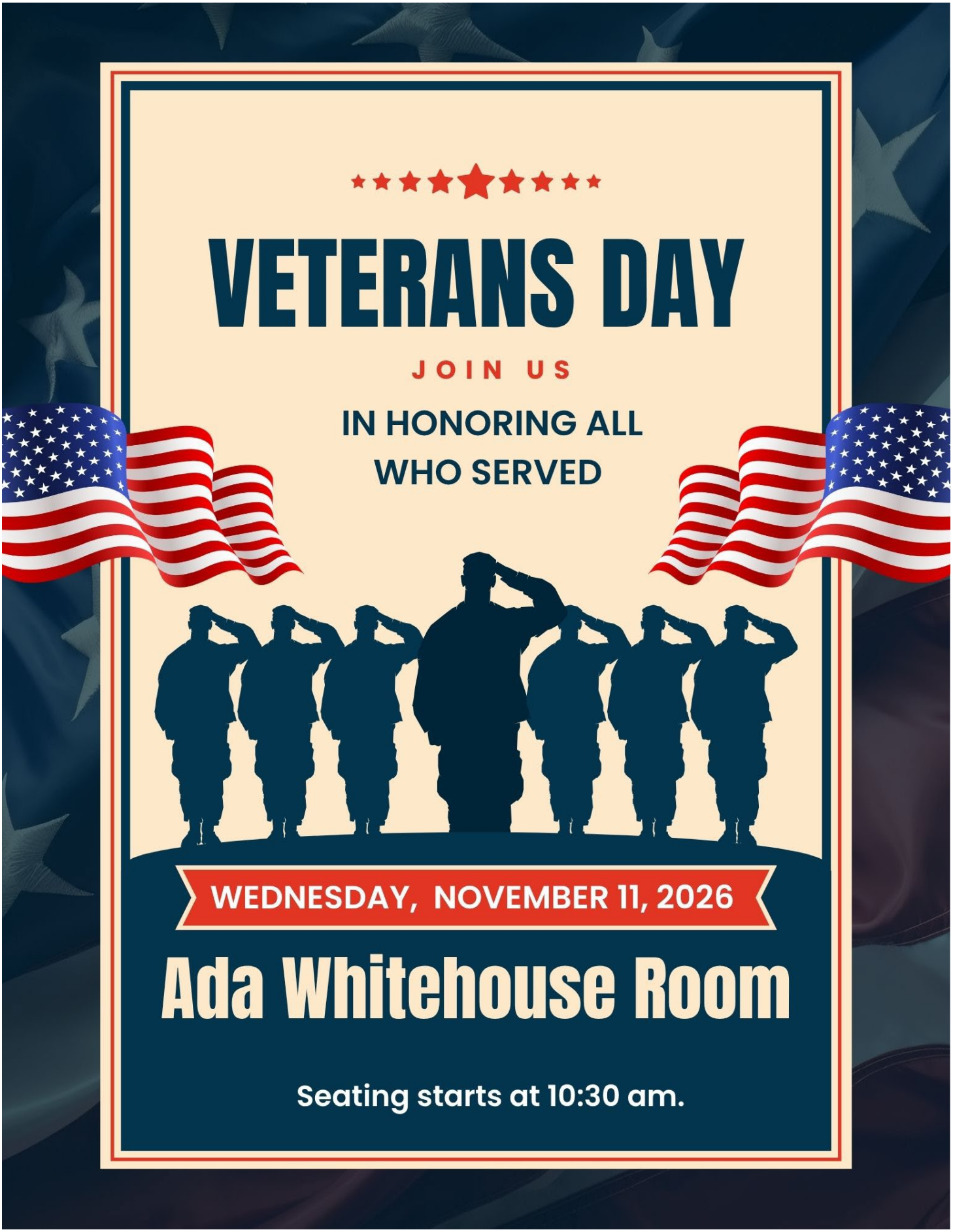
Child Name: _____ Age: ____

Parent Name: _____ Ph: _____

Email: _____

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

_____


VETERANS DAY
JOIN US
IN HONORING ALL
WHO SERVED
WEDNESDAY, NOVEMBER 11, 2026
Ada Whitehouse Room
Seating starts at 10:30 am.

The Summit Neighborhood Meetings

2RC: Tuesday, Nov 17
2:00 pm / PDR

3RC: Tuesday, Nov 10
11:00 am / Looking Glass (3TS)

4RC: Tuesday, Nov 3
2:00 pm / 4th Flr Lobby



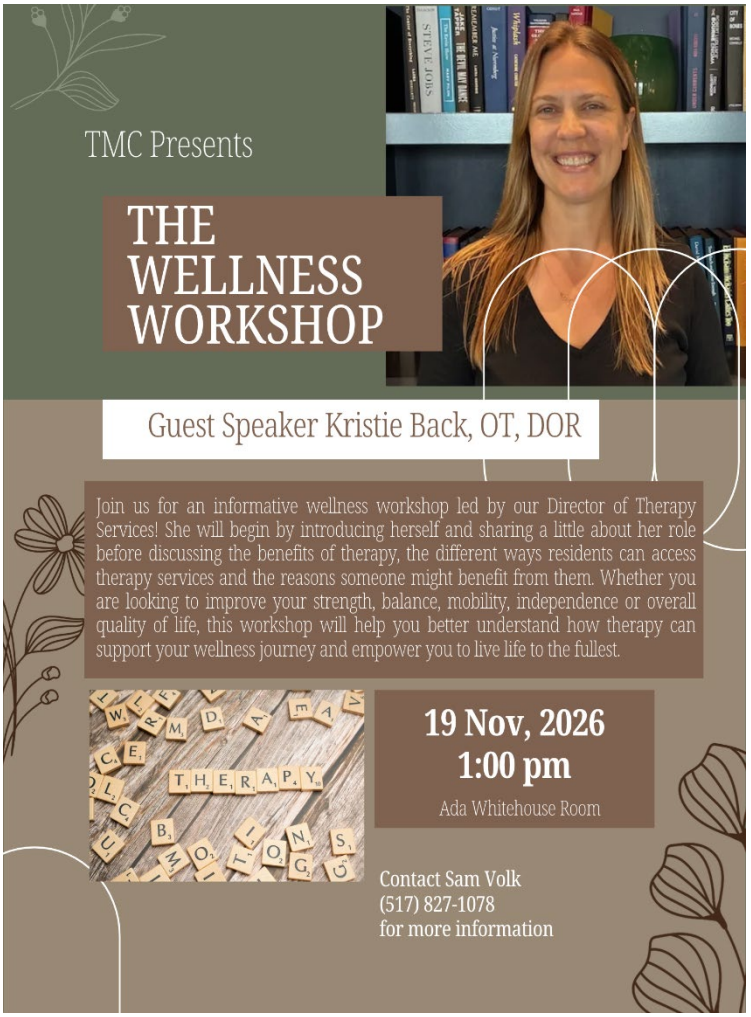
5RC: Tuesday, Nov 24
3:00 pm / 5th Flr Lobby

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

Birthday Party



Tuesday, November 3
1:00 pm / 4TS
Join us in celebrating those with **November** birthdays!



Wine & Cheese Social



3:00 pm / 2TS Lobby
Friday, November 6 & 20
Come mingle and munch with music!

New Resident Welcome

#400	Jackie Abbett
#406/407	John Lytle
#406/407	Barbara Hasbrook

East Lansing Public Library

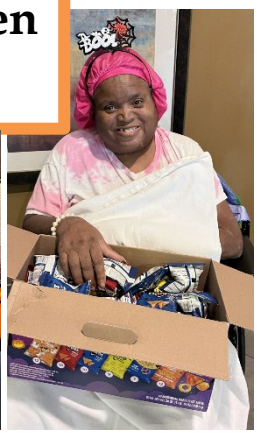
Reference a Librarian
1st & 3rd Wednesdays
11:00 am / 2TS lobby










Happy Halloween from the CHR!

I am thankful for all the doctors, nurses and certified nurse assistants at Burcham Hills for the excellent patient care I receive from them. Also, I want to thank all the persons who help me meet my daily needs.

~ Marge Lott, CHR Resident

CHR Outing & Event Details for November

November Birthday Party	Wednesday, Nov 4 / 3:30 pm (3CHR)
Burcham Buck Pizza Social	Friday, Nov 6 / 3:00pm (3CHR)
Lunch Outing (Bob Evans)	Wednesday, Nov 18 / 11:30 am

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

Happy Hour	Wednesday, Nov 18 / 3:00 pm (2CHR)
CHR Food Committee Meeting	Tuesday, Nov 24 / 10:30 am (3CHR)
Resident Council Meeting	Tuesday, Nov 24 / 11:00 am (3CHR)

Lunch Bunch

Thursday, Nov. 12
Depart: 11:30 am
Return approx: 2:00 pm
Cost: $20-30

Please sign-up by November 10.

Community Outing to NCG Cinemas



Monday, Nov. 16
Depart: 11:00 am
Return approx: 1:30
Cost: $15-30 for ticket and concessions

Please sign-up by November 12.

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:

Nick Hitsman
Resident Life Manager
(517) 827-1068
We would love to hear your ideas!

Burcham MIXER

Mondays @ 3:30 pm

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

The Summit Life Enrichment Committee

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:

Intellectual Wellness

Intellectual Wellness is the ability to keep our minds active, expand our knowledge, explore new ideas and continue learning throughout our lives. It is an important part of our overall health because it encourages curiosity, creativity, problem-solving and personal growth. Activities such as reading, working on puzzles, playing games, having meaningful conversations and trying new hobbies can stimulate our minds and bring a sense of enjoyment and accomplishment. Staying mentally engaged and socially connected can support cognitive health, emotional well-being and quality of life as we age. Intellectual Wellness reminds us that learning never has to stop, no matter our age. Every day offers an opportunity to discover something new, share our wisdom and find joy in the world around us.

Special Notices

Classes the Week of Nov. 2-6 will be held in WRAS

Due to floor renovations on the 1st floor beginning Nov. 2 and the Elections in the AWR on Nov. 3.

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.

Ext. 411 or (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

Burcham Hills
Clusters Condominiums

- The cracks in Searl Court and Lenna Keith Circle have been sealed. This will prevent further deterioration during the winter months.
- A new Master Plan for the Clusters is being developed by a committee chaired by Karen Engen and served by Bob Hammond and Debbie Sydlowski. Karen will give an update at the November 18 Board meeting.
- Thanks to resident Bob Hammond for clearing the debris along the woods on Lenna Keith Circle.
- The Halloween celebration on October 30 included a "costume walk-through" in the Summit.
- One available condo on Lenna Keith Circle was sold. One condo on Searl Court is still on the market.

Takeout Service Update

To better serve you and provide a more convenient dining experience, takeout orders are to be placed during the following designated hours:

- **Lunch:** 12:30–1:00 pm
- **Dinner:** 6:00–6:30 pm

Please place your takeout order during these hours at the hostess stand at the Scenic View Dining Room. After placing your order, please have a seat in the lobby. A server will bring your order to you. Thank you for your cooperation and understanding. We appreciate the opportunity to serve you!

~ Dining Services Team

Religious Services



Open Bible Study (Non-Denominational)*
Hosted by Pastor Peter Robinson,
Pilgrim Congregational UCC
Tuesdays, 10:00 am / Slate Room

Rosary & Communion*
Hosted by St. Thomas Aquinas volunteers
Thursdays, 10:00 am / AWR

TV Mass (Catholic)
Hosted by St. Thomas Aquinas volunteers
Sundays, 10:00 am / AWR

Peoples Church Live Stream Service
Sundays, 10:30 am / Slate Room

Vespers (Non-Denominational)
Sundays, 3:30 pm / Ada Whitehouse Room

Nov 1	Rev. Stan Parker Faith Fellowship Baptist
Nov 8	Dave Hinkley University Reformed Church
Nov 15	Haley Hansen Peoples Church
Nov 22	Ben Ault University Reformed Church
Nov 29	Peter Robinson Pilgrim Congregational Church

JOIN US FOR A

Thanksgiving MEAL

THURSDAY, NOVEMBER 26

Dining Services is excited to offer a Thanksgiving meal throughout the Burcham Hills Community. In order to accommodate as many residents, families and loved ones as possible, we ask that reservations be kept to a total of six or less in your party. Special requests will be noted and followed up by the Director of Food & Beverage. Your dining room seating location will be determined by the area of the community in which you reside.

Thank you for your continued understanding and support.

Scenic View Dining Room - Summit & StoneBriar only

- **Two Meal Services**
- **11:00 am & 12:45 pm**

Ada Whitehouse Room -StoneBriar & Clusters only

- **Noon**

CHR 1st, 2nd & 3rd floors Dining Room - CHR only

- **Normal Meal Service**

Memory Care - 3rd floor Dining Rooms & Summit - 4th floor Dining Room

- **Normal Meal Service**

Please RSVP your intentions to the Receptionist at (517) 351-8377, ext. 0, and provide your preferred meal service, # of guests in your party or your regrets. We ask that all residents RSVP.

RSVPs required by Friday, November 20.

The Thanksgiving Guest Meal Charge is $28.75 per person.

RD Corner

Marrah Marsh, MSU Dietetic Intern



As the leaves begin to fall, out come the sweaters!

Unfortunately, our immune system may be challenged during this beautiful fall season. Choosing nutrient-dense foods is an excellent strategy to support immune defense against seasonal colds, help shorten illness duration or maintain resilience. Think VARIETY rather than searching for one 'super food.'

Include these key nutrients:
Vitamin C: Supports immune cells and tissue repair. Found in citrus fruits, berries, bell peppers, broccoli and kiwis. *Regular intake helps shorten cold duration rather than outright block infection.*

Vitamin A: Supports the barriers lining airways and digestive tract while aiding white blood cell function. Found in sweet potatoes, carrots, winter squash and dark leafy greens.

Vitamin D: Regulates immune responses. Found in fatty fish (salmon, sardines), egg yolks and fortified products, or via supplementation if levels are low.

Vitamin E: Supports immune function by protecting cells that fight infections from oxidative damage. Found in almonds, nuts and seeds.

Zinc: Promotes the development and communication of immune cells. Found in lean meats, beans, lentils, nuts and seeds.

Probiotics: Supports gut health, which plays a major role in overall immune regulation. Found in active-culture yogurt and fermented foods.

Look for these immune boosting foods on the Burcham Hills menu! Additionally, include **warm, hydrating foods** like broths, vegetable soups and herbal teas to keep the respiratory tract moist and help counter dehydration, which can make you feel colder.

Prioritize **fresh** colorful whole fruits and vegetables with meals or for dessert. Limit highly processed foods and excess refined sugars, which can depress immune function.

Caution with Supplements: Supplements typically offer a benefit when correcting a deficiency; extra amounts don't necessarily provide extra protection. If considering high-dose vitamins or zinc lozenges, consult a physician as certain supplements can interact with prescription medications.



News from the Burcham Hills Foundation

By Lesa Smith, Foundation Director

Burcham Hills Foundation Hosts 8th Annual Burcham Hills Open Golf

On Thursday, September 17, the Burcham Hills Foundation hosted its 8th annual Burcham Hills Open Golf Outing at the beautiful Hawk Hollow Golf Course in Bath, MI. With generous support from 32 sponsors including its Premiere Sponsor, The Christman Company, the Burcham Hills Open hosted over 130 attendees including 115 golfers, sponsor representatives and volunteers to a day of networking, great food, prizes, and most of all, 19 holes of golf on one of the Lansing area's most pristine courses.

Netting over $27,000, proceeds from this year's Outing will benefit our *"Seahawk Shuttle Bus Campaign"*. This Campaign focuses on securing charitable gifts for the purchase of a ten-passenger bus to provide transportation for all residents living in the Burcham Hills Community. Over the past year, Burcham has provided a monthly average of 72 trips at no cost for residents including local and out-of-town recreation outings and shopping trips . . . just to name a few.

> *What an incredible day at this year's Burcham Hills Open! Thank you for bringing your energy, enthusiasm and support to one of Greater Lansing's most exciting fall golf events. Your participation helped make the day a tremendous success and, most importantly, helped support the meaningful work of the Burcham Hills Foundation. Great golf. Great people. Great cause. We're so glad you were part of it!* ~Tom Hamp, President, Burcham Hills Foundation Board of Directors

This year's event again offered a fun "Beat the Pro" contest, hosted by BackSwing Golf Events during which Utah Tech University alum, Abby Livingston challenged golfers on a Closest to the Pin contest. This charity event offered golfers the possibility to win prizes while supporting the Burcham Hills Foundation with their "Beat the Pro" contribution. We thank Abby for offering her time and talents to the Burcham Hills Open and look forward to hosting BackSwing Golf once again next year. Thank you to everyone who helped make this such a successful event.

Mark your calendar for next year's Burcham Hills Open Golf Outing! It is scheduled to take place at Hawk Hollow on Thursday, September 16, 2027. We hope to see you there!

The Burcham Hills Foundation is committed to enhancing the lives of our residents and staff by securing philanthropic resources that empower our mission to ensure Burcham Hills as the preferred Life Plan Community and retirement lifestyle option in the greater Lansing area.

The Burcham Hills Foundation is a 501(c)(3) not-for-profit organization allowing charitable contributions to be tax-deductible related to applicable state and federal law. Donors receive an acknowledgement receipt for their individual tax purposes. If you are interested in supporting the Burcham Hills Community with a charitable gift, please contact Lesa Smith, director, 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 October. We express our sincere thoughts and prayers to their families and friends.

Richard Chaffee ~ Sept 30
James Halsey ~ Oct 2
Richard Pennington ~ Oct 9
Dennis Dean ~ Oct 22
Anthony Bauer ~ Oct 27
John Cumbow ~ Oct 1
Phoebe Searl ~ Oct 3
Howard McClintic ~ Oct 17
Kent Maher ~ Oct 27

The Salon Team

Hair & Nail Stylists
Jodi Rice
Judee Wheeler
Makenzie Ashley *(nails)*

Massage Therapist
Sandra Warner

PS Salon & Spa offers full services in our Burcham Hills Salon, located on the first floor of the Summit. Please contact the salon at (517) 351-7241 to make your appointment.

PS Salon & Spa would like to introduce their new Nail Technician Makenzie Ashley. Makenzie is available for appointments Tuesdays and Wednesdays. See below for specific hours.

Hair & Nail Appointments
Monday / 9:00 am—2:00 pm
Tuesday-Thursday / 9:00 am—3:00 pm
Friday / 10:00 am—3:00 pm

Massage Therapy Appointments
Tuesday / 1:00 — 3:00pm
Wednesday / 9:00 am—1:00 pm

PS
SALON & SPA



From the Residents of Burcham Hills . . .

In October, you should have received the resident's annual letter requesting donations to the **Employee Holiday Fund** to be gifted to Burcham Hills employees at the annual employee holiday party scheduled for **Friday, December 11.**

The **Burcham Hills Foundation** will accept your gift (donation) on behalf of the residents. As a 501(c)(3) not-for-profit organization, gifts received through the Foundation are tax-deductible related to applicable state and federal laws. You will receive a thank-you acknowledgement of your gift for your records. Please be sure your gift is marked in the memo area "Holiday Fund" and make your check payable to the "***Burcham Hills Foundation.***" Your gift may be mailed with your monthly rental payment or dropped off in the Business Office, receptionist or with Lesa Smith in the Foundation Office. If you would like to make your gift via a credit card, please contact Lesa Smith, Foundation Director, at (517) 827-2924 or lsmith@burchamhills.com.

Thank you for your generous contributions.

OFF THE SHELF

Learning from SuperAgers

By Susan York, Library Chair

A frequently-used term in health care today is *health span*. This term is defined as the number of years one enjoys free from chronic illness, disability and significant cognitive decline. Health span is frequently mentioned in comparison to life span, the idea being that having a health span as long as one's life span is ideal. Some studies of the health and well-being of senior citizens have attempted to identify life influences including personality and physical attributes that contribute to longer health and life spans.

In 2001, a research team at the Feinberg Medical School of Northwestern University began a study of SuperAgers, a term they coined to refer to individuals 80 and older who exhibit cognitive functioning comparable to persons in middle age. Using tests of word and episodic memory, they identified and assembled a cohort of 300 "superagers" whom they have studied for more than 20 years and, for 79 of them to date, even following their death.

The Northwestern team noted common physical characteristics among the group, some that may have contributed to their resistance to pathology and others that may have sparked resilience in experiences with pathology. Briefly, these included greater brain volume and weight, leading to slower brain atrophy, and fewer plaques and tangles than are seen in Alzheimer's and other dementia patients. They also noted fewer occurrences of infections in their health histories.

Through frequent interviews and medical testing over time, the researchers have identified key behavioral characteristics and practices of the group studied:

1. They engage frequently in high quality and meaningful socialization (this was the strongest finding).
2. They seek out activities that are intellectually challenging.
3. They frequently choose to stretch their physical limits in moderate to vigorous exercise and comparable activities.
4. They are emotionally resilient, avoid stress and have lower anxiety levels.
5. They possess what the study calls "vascular control", i.e., they are able to manage their blood pressure and blood sugar, in addition to maintaining good vision and hearing, and getting a healthy amount of sleep.
6. They eat nutrient-dense, whole, unprocessed foods for the most part, such as those included in a Mediterranean diet.

Among the conclusions of the Northwestern University team to date is the finding that cognitive decline is not an inevitable consequence of aging. Following the practices of SuperAgers listed above makes good sense for all of us in extending our cognitive abilities, health and life spans, whatever age we may be.

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

Be a Reader & Learner Now!

Mid-Michigan Stroke Support Group

Wednesday, November 4 *(every 1st Wednesday)*
5:30 pm, Private Dining Room

MSU Health Care | UNIVERSITY OF MICHIGAN HEALTH MICHIGAN MEDICINE
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, November 12 *(every 2nd Thursday)*
4:00 - 5:00 pm, Private Dining Room

alzheimer's association

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, November 17 *(every 3rd Tuesday)*
3:00 – 5:00 pm, Ada Whitehouse Room

MICHIGAN PARKINSON FOUNDATION

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, *(every 4th Thursday)* ***Group will not meet in Nov due to Thanksgiving.***
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, November 5 *(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!

Dealers Choice (Sat., 2:00 pm / 4TS): Come play some cards with us, chance to learn a new game from Euchre to bridge or even a simple game of Go Fish. Come play with us.

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 Our Recreation Department

Wednesday MOVIES*

7:00 pm - AWR (1TS)*
Closed Captioning Available

Nov 4 - Sixth Sense (1999)

A distinguished child psychologist meets a frightened, confused eight-year-old. Dr. Crowe is completely unprepared to learn the truth of what haunts young Cole. [106 min]
Cast: Bruce Willis, Haley Joel Osment
Rated PG-13

Nov 11 – Sordid Lives (2000)

The hilariously sordid details about a southern family surface with a vengeance when relatives converge for the funeral of their matriarch. [111 min] *Cast: Olivia Newton-John, Beau Bridges* ***Rated R***

Nov 18 - To Be Determined

Nov 25 - Mama Mia (2008)

The film follows a young bride-to-be named Sophie who invites three men to her upcoming wedding, with the possibility that any of them could be her real father. [109 min]
Cast: Meryl Streep, Pierce Brosnan, Colin Firth



Saturday MOVIES*

1:30 pm - AWR (1TS)*
Encore Presentation at 7:00 pm /- AWR (1TS)*
Closed Captioning Available

Nov 7 - No Movie

The MSU vs U of M game will be televised.

Nov 14 - Dr. Strangelove (1964)

Stanley Kubrick's brilliant, black comedy classic about an "accidental" nuclear attack. The film offers a sharp, satirical and memorable take on Cold War paranoia, where humor and horror merge in a story about how close humanity came to self-destruction. [94 min]
Cast: Peter Sellers, George C. Scott

Nov 21 – The Good, The Bad & The Ugly (1966)

In the beloved, iconic final offering of the films featuring the "Man With No Name," the poker-faced loner forms an unlikely alliance with two gunslingers to pursue a fortune in gold amidst war-ravaged terrain. [161 mins]
Cast: Clint Eastwood, Lee Van Cleef and Eli Wallach
Rated R

Nov 28 – Grease (1978)

"Grease is the word!"
Experience the friendships, romances, and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of "Grease," the most successful movie musical of all time. [110 min]
Cast: Oliva Newton-John, John Travolta



November Birthdays

1 Frances Albano
1 Susan Zwiernik
1 Debbie Sydlowski
3 Joyce Johnson
6 Elizabeth Forro
8 William Hixon
8 Robert Black
9 Art Feinberg
9 Peter Sheldon
9 David Wiley
12 Carilyn Slusser
12 Oralya Ueberroth
14 Shelby Hollister
16 Deborah Gaskins
17 Christine Root
19 Alec Montgomery
20 Laura Rice
21 Virginia Everett
21 Richard West
21 Robert Hammond
22 Sally Proctor
24 David Reinhart
24 Irene Trevino
25 Elaine Sellek
29 Lois Rice
30 Elaine Davis

November Highlights

1 Mug & Jug Sing-Along
4 Reference a Librarian
4 CHR Birthday Party
4 Double Play Flute & Tuba
4 Stroke Support Group
5 Bravo Zulu Café
6-7 Spirit Day (MSU vs. UofM)
6 Wine & Cheese Social
6 MSU School of Music
7 Community Tailgate
8 Okemos String Ensemble
9 Bouquet Making w/MSU Hille
10 Resident Education Series
11 Veterans Day
11 Spa Day
12 Alzheimer's Support Group
13 Music w/Matt Packert
15 Mug & Jug Sing-Along
16 Movie Outing
17 Parkinson's Support Groyp
18 Music w/Lilly
19 Wellness Workshop
19 Let's Talk About Birds
20 Preuss Pets
20 Wine & Cheese Social
20 Music w/Billy McAllister
24 Death Café
25 Oopsie Daisy Flower Sales
25 Harvest Hunt
26 Thanksgiving
30 Art w/Ethel Anthony

Bingo Locations



Tuesdays 7:00 pm/2CHR
Thursdays 1:30 pm/3CHR
Saturdays 3:00 pm/3CHR

December Upcoming Events

TBD Holiday Tree Decoration
TBD Gingerbread House Decoration
TBD CHR Giving Tree

Life Enrichment Team

Nick Hitsman
Resident Life Manager
Ext. 277 or 827-1061

The Summit

Ext. 277 or 827-1061
Timothy Butler
RC Recreation Assistant
Deborah Stuart
MC Recreation Coordinator

Center for Health & Rehab

Ext. 277 or 827-1061
Ashley Dale (ext. 281)
Recreation Therapy Manager
Diana Vogel
Recreation Therapy Assistant
Jaidyn Helms
Recreation Therapy Assistant
Tomie-Dale Shauver
Recreation Therapy Assistant
Ella Frank
Recreation Therapy Assistant

Volunteers

Ext. 427 or 827-1060
Timothy Butler
Volunteer Coordinator

Fitness Team

Ext. 411 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 - 9:00 am – 2:00 pm
Tues-Thurs - 9:00 am – 3:00 pm
Friday - 10:00 am – 3:00 pm