

Burcham Beacon

Volume 10

12th Edition

December 2017



Happy Holidays!



Thank You
for your service

Veteran's Day Social

Burcham Hills honored their veteran's and veteran spouses during our annual Veteran's Day Social. MSU ROTC conducted a flag folding ceremony and presented the flag to resident Robert Kenney in honor of all the Veterans at Burcham Hills. Robert's grandson, Jim, accepted the flag on his grandfather's behalf (see photo). All honorees were presented with a certificate and flag pin to commemorate their sacrifices for our country.

Additional photos on page 20

Harvest Festival

Our annual celebration of the Thanksgiving holiday was a delightful experience, both in the food prepared by the residents and the upbeat entertainment provided by The Clarksons. Our bounty was plentiful and the community smelled amazing throughout with the aroma of apple themed treats prepared in each neighborhood.



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Newsletter Staff

Co-Editors	Nancy Hanford
	Bruce Greenman
	Alesha Williams
Layout/Design	Nancy Hanford
Feature Writers	Bruce Greenman
Publicity	Tammy Terwilliger

Fall Fashion Show

Residents strutted their stuff on the runway at our Second Annual Fall Fashion Show. Residents selected fashions from Kellie's Consignment store that showed off their own unique styles. We would like to give a special "Thank You" to Kellie for emceeing this event and for loaning us the fabulous wardrobe selections. We also appreciate the residents who participated and hope they enjoyed themselves.

the
FASHION
SHOW



Additional photos on page 20

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



From the Desk of the Executive Director . . .

by Pam Ditri

It is that time of the year again where many within Burcham will celebrate the holidays. Directly after Thanksgiving this year, as in past years, 12 trees will be displayed and decorated by residents and staff. It instantly transforms Burcham with a holiday feel.

A very special event is the annual **Resident Association Employee Holiday Party** on **Friday, December 8, from 2-3:00 pm in the Ada Whitehouse Room**. This event is hosted by the residents of Burcham Hills, including the Clusters, for our 385 staff members. Each year, the staff look forward to this event with great anticipation. There will be singing and a visit from Santa & Mrs. Claus. Since Burcham has a “no tipping” policy, this one exception is allowed. The Resident Association oversees a monetary collection, which is divided between the staff according to their defined guidelines and gifted during this Holiday Party.

Burcham Hills Leadership Team

Pam Ditri, NHA
Executive Director
827-1042

Nancy Hanford
Communications / Exec. Asst.
827-1043

Cindy Popovitch
Director of Organizational Dev.
827-2954

Jim Kaczmarczyk
Director of Finance/Controller
351-4662

Pegi Chatti, RN, NHA
CHR Administrator
827-1037

Barbara Smith, NHA
Director of Post-Acute Network
349-4803

Marcy Harris, LPN
Director of Resident Center
827-0361

Mark Sarvis
Director of Building & Grounds
351-3642

Jennifer Sokol
Director of Hospitality
827-1025

Jessi Kvatek, RN
CHR Director of Nursing
827-1038

Bill Cosby
Director of Sales
487-0832

Abdullah Masood
Director of Operations
827-0692

Lesa Smith, MPA, CFRE
Foundation Director
827-2924

Jonathan Wilson
Business Development Director
827-1059

The Holiday Parties, hosted by Burcham, for the residents and their loved ones, will be held in the Ada Whitehouse Room. The **Resident Center Party** will be on **Tuesday, December 19, from 6:30-8:00 pm**. The **Center for Health & Rehabilitation Party** will be held on **Thursday, December 21, from 6:30-8:00 pm**. We hope that you will be able to attend as we celebrate the season.

The Christmas Day noon meal remains a favorite for the residents and their guests. On this day, a staff greeter will be at each of the lobby entrances with egg nog and sweets to welcome our guests. As Promise #1 states, *We greet you warmly, by name and with a smile.*

The culture and the holiday traditions continue to make Burcham Hills a special place to be, thank you all for being part of Burcham.

***Wishing you and your loved ones a joyous holiday season
and a Healthy and Happy New Year.***





Music Opportunities

Christmas Carols

with the children from University Reform Church

Sunday, December 3

2:00 pm / AWR

MSU Music Series

Thursday, December 7

7:00 pm / AWR

MSU Music Series

Friday, December 8

7:00 pm / AWR

Piano Recital

with Miho Segal & Students

Saturday, December 9

3:00 pm / AWR

Piano Recital

with Joan Wierzba & Students

Sunday, December 10

1:00 pm / AWR

New Horizons Band Performance

Tuesday, December 12

1:30 pm / AWR

Piano Recital

with Marina Ionescu & Students

Sunday, December 17

1:30 pm / AWR

Spanish Christmas Carols

with students from Lansing Christian H.S.

Monday, December 18

10:30 am / throughout the community

Lansing Matinee Musicale

Wednesday, December 20

2:00 pm / AWR

MSU Music Series

Friday, December 22

7:00 pm / AWR

Piano & Trumpet Performance

With Hari Kern & Rich Illman

Thursday, December 28

7:00 pm / AWR



Men's Event

Holiday Breakfast

Wednesday, December 6

8:00 am / AWR



Intergenerational Exercise Class

Tuesday, December 12

10:00-10:45 am / GLLR & 3CHR

Children from Peoples Church

Preschool will join the residents in

a gentle and fun fitness group.



Wine & Cheese Socials

w/ Piano Performance by
Lucille Olson

4:00 pm / 2RC Lobby

Wednesday, December 13

Wednesday, December 27



"Big House" Book Club *

Monday, December 18

1:30 pm / Ada Studio

"A Man Called Ove" by Fredrick Backman

*Be sure to make notes of areas you wish to discuss.

If you would like a book or more information, please contact Margaret Rockwell 333-1856 or Jane Bunge 337-3162. Bring your book to return and pick up a copy of your next book.



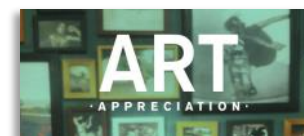
Art Appreciation*

with Ethel Anthony

Pulitzer Prize Photos

Tuesday, December 19

4:00 pm / PDR



Birds of a Feather

Bird enthusiasts share stories, sightings and discuss all things 'bird' related!

Tuesday, December 26 / 2:00 pm / SVDR



Additional December Holidays

December 3

Advent

December 12

Chanukah/Hanukkah

December 21

Winter Solstice

- ◆ BH Burcham Hills
- ◆ RC Resident Center
- ◆ CHR Center for Health & Rehabilitation
- ◆ AWR Ada Whitehouse Room (1st RC)
- ◆ AS Ada Studio (1st RC)
- ◆ PDR Private Dining Room (2nd RC)
- ◆ WC Wellness Center (1st RC)
- ◆ LS Leisure Studio (1st CHR)
- ◆ SVDR Scenic View Dining Room (2nd RC)
- ◆ SP Stansell Patio (1st CHR)
- ◆ GLLR Great Lakes Living Room (3rd RC)

Location Key

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



Employee Spotlight ~ Molly Fultz

Meet Molly Fultz. Molly has been with Burcham Hills since July 2017. She began as a PRN, which means she is shared amongst several departments within Burcham Hills. Currently, Molly has been working as a Fitness Technician, Recreation Assistant, Personal Wellness and RC Receptionist.



Molly was born in Middleton, Ohio, but moved to Kalamazoo, Michigan when she was 8-years-old. Even though Molly's parents moved to Chicago a few years ago, Molly still considers Kalamazoo home. She has one younger sister, Emily. Molly has a boyfriend named Brian, and a 7½-year-old German husky named Zola.

Molly graduated from Michigan State University in Kinesiology in May 2015. She first heard about the position(s) at Burcham Hills as she was job shadowing with physical therapy. Molly also works part-time for Helping Hands Respite Care where she works with children with disabilities in their home. She currently has three clients. Molly also is job shadowing with Hartwood School in Mason, working with special needs students. In the near future, Molly plans to begin applying to graduate schools to work on her Masters in Physical Therapy, specifically for children with disabilities – strengthening muscles, range of motion and independence in terms of mobility.

When not working or studying, Molly enjoys traveling. She recently vacationed in Greece for two weeks. She also enjoys dance – tap, jazz, ballet. In High School, she belonged to a competitive troop. She is an avid downhill skier, having grown up going on ski trips out west with her dad, who is a ski instructor and patroller. She also plays the trumpet.

When asked how she has liked her experience at Burcham Hills so far, she says that everyone is very friendly and accommodating for her schedules. She never is afraid to ask questions. She thinks the residents are happy, sweet and welcoming, and very grateful for everything you do for them. Molly is thankful for the opportunities she has received at Burcham Hills and is happy to be part of our Community.



Employee Spotlight ~ Diana Ramirez

Diana Ramirez is a proud Lead Server for the Hospitality Services Department. Although Diana has only worked for Burcham Hills since September, she has left lasting impressions on the residents with her attention to detail, kindness and her ability to meet the residents' needs during each meal time.



Diana was born and raised in the busy city of Grand Rapids, Michigan and comes from a large family with four siblings. She finds herself closest with her baby sister and loves spending time with her. Although a lot of her family lives in Grand Rapids, a large portion also resides in Mexico. Diana is looking forward to her holiday trip to Mexico to visit her family next month!

Even though Diana has a busy schedule between spending time with family, working and going to school, she enjoys being cozy at home - watching movies on Netflix or going to the movie theater to catch a show. Her favorite types of films to watch are comedies. Although Diana loves all different types of foods, her favorite hot meal is homemade lasagna, and she looks forward to when it is served on the menu at Burcham! Diana is currently studying Civil Engineering at Michigan State University. After graduation, she hopes to someday create her own construction company.

The reason Diana chose Burcham Hills was because of its friendly atmosphere and room to grow within the organization. Her favorite part of her job is interacting one-on-one with the residents. She says that she can always tell when someone is having a bad day, and it is her pleasure to help turn their day around with exceptional service. Diana feels honored to be a part of the residents' lives as someone who works in their community. Some of the outstanding changes that she has witnessed during her brief time at Burcham include new and improved methods of training new employees. Diana says that because of the more detailed approach to training, fewer mistakes are made.

Thank you, Diana, for choosing Burcham Hills and for all that you do to help our clients and residents feel at home. We wish you, as well as all of our other staff, clients, residents and their loved ones, best wishes for a Happy Holiday Season!



Christmas Thoughts

by Bruce Greenman

A person complaining about the commercialism of Christmas is a favorite topic this time of the year. The all out devotion to materialism and the general chaos of the season always brings out laments of “Why can’t it be the way it used to be?”

Well, how did it used to be? How far back should we go? Certainly not as far back as the Puritans, for they took a very dim view of Christmas insofar as joy and gladness was concerned. In Cromwell’s England, any non-religious celebration was illegal, and was duly punished.

It wasn’t until after 1750 that Christmas was even a recognized holiday in our country. Most of the yuletide celebrations in those early days would hardly meet the standards or desires of even the most severe critics of today’s crassness.

Obviously, the complainers are in reality remembering Christmas as it was in their own youth. Time has a way of blotting out all but the pleasant memories that become embellished with the passing of years.

Which brings us to the simple conclusion – is it really that much different today? Not really, except we seem to have to start all the whoop-ta-do at Thanksgiving.

Forgetting the commercialism, which is apparently a necessary evil to our economy, we are left with the same long-standing traditions that never change. Christmas collects traditions the way some families accumulate tree ornaments from year to year. Some are lost, some are broken, some endure and some new ones are added. Who knows, perhaps some of the gaudiness that has been added in our time will endure and be looked upon with gentle sentiment some day in the future.

Christmas remains meaningful because its basic message transcends the decorations, the exploitive and the greedy . . . It is impossible to discuss Christmas without a mention of gifts, beautifully wrapped, and probably too expensive. But there are gifts that need not be purchased in a store, gifts that cannot be purchased with money. In the words of Ralph Waldo Emerson, “Rings and jewels are not gifts, but apologies for gifts. The only true gift is a portion of thyself.” Mr. Emerson is, of course, referring to gifts of the heart and mind. Among these are the gifts of consideration, praise, friendliness, tolerance, responsibility and attention. These are gifts that all can bestow, throughout the year, and be richer for the giving.

Everyone has special thoughts or remembrances of Christmas. Some are of a religious nature and some are humorous, but all contain fond sentiments. See what you think of these.

Christmas is...

- *The lovely light that shone on a stable.*
- *Trying to wrap a bicycle.*
- *The light in a child’s eyes as he gazes in awe at the brightly lit, ornamented tree.*
- *When you can’t find the greeting cards you bought for half price at last January’s sale.*
- *A time for bells that jingle and pockets that don’t.*
- *Made of cookie dough and kissing kin.*
- *A child in bed, dreaming of that first bike.*
- *Twinkling lights on the boulevards.*
- *Finally wrapping the last presents and forgetting which is for whom.*
- *Kids getting up at 6:00 am to see what Santa brought.*
- *Opening the gift you just wrapped because the price tag remained within.*
- *God’s great gift to man, the giving of a Savior.*
- *Trying to put together some dissembled toy.*
- *Music playing, Salvation Army bells ringing, people with red noses, smiling faces and happy hearts.*
- *Buying gifts for someone else that you’ve wished all year you could afford yourself.*
- *Caring. Being together with those you love.*
- *Finding out you’re not the size everyone thought you were.*
- *Wishing with all your might that Santa’s not a fable.*
- *A time when we share our hopes, love and wealth. And by sharing in each, we gain in each.*



HOLIDAY DECORATING PARTIES

Come join your friends and neighbors in decking the halls of Burcham Hills.

Friday, December 1
1:30 pm - in each neighborhood

Cookies and hot cocoa
will be served



Gingerbread DECORATING PARTY

Monday

December 11

1:30 pm



We will have candy galore on hand to decorate a house of your choice. You are limited only by your imagination at this festive holiday event.



Resident Center Christmas Party

Tuesday, December 19

6:30 pm / AWR

'Tis the Season to have a party!



Center for Health & Rehabilitation Christmas Party



Thursday, December 21

6:30 pm / AWR

Jingle, jingle, lets mingle!

Residents and families are invited to join us for our annual Christmas gatherings!

Entertainment by "Ricky and Nikki"
And don't miss an appearance by Santa!
Light Refreshments will be served!

New Year's CELEBRATION PARTY

Sunday, December 31 * 7:00 pm * AWR

LET'S RAISE A GLASS TO CELEBRATE THE NEW YEAR.
WE'LL TOAST TO THE HOLIDAYS WITH FRIENDS AND GOOD CHEER!

Entertainment by: Fading World * Light Refreshments will be served



GROUPS YOU DON'T WANT TO MISS!

Ted Talks

*Mondays and Fridays @ 9:45 am
Ada Whitehouse Room*

From science to social change, the Ted Talks website provides short lectures on just about every topic. Join us on Monday and Friday mornings for a 15-20 minute video with discussion following.

Card Making

*Every Tuesday @ 1:30 pm
4th Floor Lounge*



Need a creative card?

We will supply all the materials as well as tips and ideas.



4th Floor Neighborhood

Travels Through Time

**Every Wednesday
@ 9:15 am
4th floor Lounge**



Birthday Party

**Thursday, December 21
1:30 pm**

4th floor Lounge

*Join your neighbors as they
celebrate their special day!*



Geographic Explorer Films

**Every Friday
6:30 pm**

4th floor Lounge

*All 4th floor residents, families &
staff are encouraged to attend.*

PRESIDENTS & FIRST LADIES



We welcomed President and Mrs. Roosevelt to Burcham to tell us a little about their lives in the Whitehouse. This year's performance was a little more interactive, as the Roosevelts answered questions given by residents.



Ongoing Opportunities

Musical Memories (2CHR)

December 14, 21 & 28 @1:30 pm

Play different musical instruments to familiar music. Great opportunity to gather with your peers and have fun.



Piano with Marvin (3CHR)

December 8 & 22 @4:00 pm



Evening Bingo (3CHR)

Every Monday @ 6:45 pm



Happy Hour (All CHR dining rooms)

Wednesday, December 13 @ 3:00 pm

A social opportunity to talk with your peers, listen to music and enjoy some sparkling cider and cheese & crackers.



CHR Resident Council Meeting

Located on 3CHR

Pigeon Conference room

Wednesday, December 27 @ 11:00 am

This meeting is for both 2nd & 3rd floor neighborhoods. Please join us and receive information about things happening within your neighborhood. We also value your input and feedback!

Spanish Christmas Carolers

Christmas Carolers will be going throughout the 2nd and 3rd Floors in the CHR to spread Christmas cheer! Keep a lookout!

**Monday, December 18
Starting @ 10:30am**



Upcoming Events 2nd flr CHR Neighborhood

2nd floor CHR Neighborhood Meeting

Thursday, December 28 @ 3:00

Families & staff are encouraged to attend.

Birthday Party

Thursday, December 28 @ 3:30 pm

**Come celebrate our
December Birthdays!**



Upcoming Events 3rd flr CHR Neighborhood

3rd floor CHR Neighborhood Meeting

Tuesday, December 26 @ 2:30 pm

Families & staff are encouraged to attend.

Birthday Party

Tuesday, December 26 @ 3:00 pm

**Come celebrate
our December Birthdays!**



CHR Lunch Outing

State Room at Kellogg Center

Thursday, December 7

11am — 2:00 pm



****Please contact Maegan or Eldon
if you would like to attend.**

CHR Event Outing

Holiday Light Tour

Monday, December 19

6:30-8:30 pm



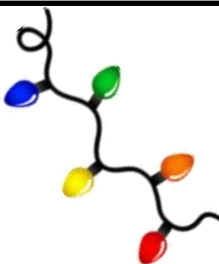
****Please contact Maegan or Eldon
if you would like to attend.**

**Emperor's New Clothes****Riverwalk Theatre Musical****Saturday, December 2****Depart at 1:00 pm****Return at approx. 5:00 pm****Cost: \$8****Sign-up was due November 24***Holiday Pops**

Lansing Symphony Orchestra - Wharton Center

Sunday, December 10**Departing at 2:00 pm**

(performance starts at 3:00 pm)

Cost: \$33 (includes ticket and premium series charge)**snack \$ optional***Please sign-up by Dec. 1***Holiday Lunch Bunch Outing****English Inn****Wednesday, December 13****Depart at 10:45 am****Return at approx. 1:30 pm****Cost: \$15 (includes entrée, sides, drink and tip), Dessert is an extra cost.***Please sign-up by Dec. 12***Holiday Light Tour****Wednesday, December 13****Departing at 6:30 pm****Return at approx. 8:00 pm****Cost: Free****Hot cocoa and an evening snack provided.***Please sign-up by Dec. 12***Christmas Around the World****Frederik Meijer Gardens with Lunch at Kitchen 67****Thursday, December 28****Departing at 10:00 am****Return at approx. 5:00 pm****Cost: approx. \$30 (with ticket \$11 and lunch \$15-20)***Please sign-up by Dec. 27***December Neighborhood Outings**

Get to know your neighbors! Check with your Recreation Therapist or Recreation Assistant for the specific time and destination of your outing.

Wednesday December 6 - Memory Care Holiday Lunch - Bravo**Thursday December 7 - CHR Holiday Lunch - State Room****Tuesday December 19 - CHR Event Holiday Light Tour****Thursday December 21 - Memory Care Holiday Light Tour**

These holiday themed outings are a "can't miss"! Enjoy a festive time on the town with your neighborhood friends.

**Outings Sign-up Procedure**

Please sign-up in the 2nd floor Resident Center Lobby (table in hall by kitchen) at least 48-hours in advance for ALL outings and shopping trips, unless otherwise stated on sign up sheet. If you find it difficult to sign yourself up, you may also contact the Receptionist at 351-8377. 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 individual attend each month. *ALL trips depart from the 2RC Lobby.*

NOTE: Outing locations are accessible to ALL residents unless other wise noted on flyer and sign-up sheets. 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 contact the receptionist prior to signing up.



Get your copy of the Burcham Hills Calendar!



Join the stars of the Burcham Hills Calendar
on

December 6

Ada Whitehouse Room

1:30—2:30 pm

for a Calendar Signing Event!

You can purchase your copy of the
Calendar and have the stars sign their month.

Calendars will be available for sale for \$10.

Light refreshments will be served!



Lois Walker Back in the Races

Fitness Success Story

Lois Walker, 4th floor resident, has always been an active woman. She and her husband, Bruce, were very involved with Michigan State University. Back in the day, you could find Lois and Bruce walking, biking and even rollerblading around campus. When she moved to Burcham Hills, she was using primarily a wheelchair to get around. Lois described herself as being in “terrible shape.” As someone who always led an active lifestyle, Lois was determined to bounce back.

In comes Kirsty Bullis, Fitness Specialist. Kirsty and Lois hit it off right away. There was a spark in their relationship from the beginning. This could be because Kirsty grew up with Lois’s husband, Bruce. He worked with Kirsty’s mother in the Anatomy Department at Michigan State University.

After a few months of strength training in the Fitness Program, Kirsty encouraged her to try walking with a walker. They practiced and practiced until Lois became comfortable. Now you can see Lois walking with her walker around Burcham Hills. She says the staff are really encouraging and remind her to stand up straight. She is getting strong and walking longer distances each day. Keep up the good work!



Lois & Kirsty walking in the hallway.



*Title of above picture from the 1996 Lansing State Journal:
That lady with the big smile on her face is 71-year-old Lois Walker of Bath. Walker and her husband, Bruce, finished first in their age divisions of the 5K road race in the Great Lakes State Games.*

Fitness Program

All I want for Christmas is to...

**“Get stronger” “Be able to walk to meals” “Get up from a chair easier” “Balance better”
“Reduce my fall risk” “Become more active” “Walk better”
“Have someone who will make me accountable to exercise”**

Does this sound like you? If so, the Fitness Program is right for you! Fitness is an exercise program where clients work one-on-one with an Exercise Specialist to develop personal goals. Residents are scheduled for standing, re-occurring weekly appointments.

Call the Wellness Center at (517) 827-2452 for more information.



WELLNESS CLINIC

THURSDAY, December 28

9:30-11:30 am

2RC LOBBY



Hearing Aid Cleaning · Questions for the Dentist ·
Blood Pressure Checks · Fitness Assessments

Free Exercise Classes

Enhanced Fitness

Mon/Wed/Fri 10:15-11:00 am

4th floor Resident Center

Seated exercise group to enhance your strength while seated.

Fit and FUNctional

Mon/Wed/Fri 11:00-11:45 am

Ada Whitehouse Room

Seated and standing exercise class designed for those who want to get a more out of their workouts.

Fall Prevention Exercise Class

Tues/Thurs 1:00-1:30 pm

Ada Whitehouse Room

Seated and Standing exercise yoga class designed to improve balance and increase core strength.

Cardio Drumming

Tues/Thurs/Sat 1:30-2:00 pm

Ada Whitehouse Room

Drum to the beat of John Philip Sousa marches.

Making Strides Walking Group

Tues/Thurs 9:45-10:15 am

4th floor Resident Center

Stroll around the neighborhoods of Burcham and increase your endurance!

Tai Chi

Sun 1:30-2:00 pm

Ada Whitehouse Room

A form of stand exercise that guides the body through gentle, flowing poses.

Sat. time
Change

Time
Change



Monthly Wellness Focus: Health Services

Medical screenings and regular exams, along with the proper management and organization of health care needs, can lead to longer, healthier, and happier lives.

Effective Health Appointments:

Here are some suggestions to prepare yourself for your next appointment with your health care practitioner:

- ◆ Make a list of your concerns and prioritize them.
- ◆ Take information with you – bring your medication list including all over-the-counter and vitamin supplements that you take, even if you take them only occasionally.
- ◆ Bring your insurance cards as well as the name and number for all other physicians and medical providers that you see.
- ◆ Make sure you bring your glasses and hearing aides. Let the doctor and staff know if you are hard of hearing or have vision difficulties. For example, tell them “My hearing makes it hard to understand everything you are saying. It helps if you speak slowly.”



Massage Gift Certificates Available!

Give the gift of relaxation and rejuvenation with Massage! Purchases can be made in the Business Office via cash, check or credit card.



\$18⁰⁰ for
15-Minutes



\$36⁰⁰ for
30-Minutes



\$54⁰⁰ for
45-Minutes



\$72⁰⁰ for
60-Minutes

NEW THERACYCLE COMING TO THE WELLNESS CENTER!

News from The Foundation at Burcham Hills

Due to the generosity of an anonymous donor, the Burcham Hills Wellness Center is getting a brand new Theracycle™ to enhance its exercise and wellness programs.

The Theracycle™ is a specialized recumbent bike that assists users in the completion of their exercise regimen. Driven by a powerful, yet quiet motor, the Theracycle™ allows riders to benefit from a repetitive range of motion with little to no effort. This type of exercise is extremely beneficial for individuals having Parkinson's Disease, Multiple Sclerosis, Arthritis and Diabetes, or who are survivors of a stroke or spinal cord injury. "In addition to its benefits for people with these conditions, the Theracycle™ is beneficial for all users," commented Wellness Manager, Elizabeth Pahl. "We encourage everyone to visit the Wellness Center and add the Theracycle™ to their exercise routine." The Theracycle™ will be ready for use on Wednesday, December 6.



The Foundation at Burcham Hills extends its appreciation for this generous gift to the Burcham Hills Wellness Center. Thank you!

The Foundation at Burcham Hills exists to generate and receive charitable gifts in support of the entire Burcham Hills Community. As a 501(c)(3) not-for-profit organization, gifts received through the Foundation are tax-deductible related to applicable state and federal law. For additional information regarding the many charitable ways to give to The Foundation at Burcham Hills, please contact Lesa Smith, at (517) 827-2924 or lsmith@burchamhills.com.



Employee Recognition Event

The annual **Burcham Hills Employee Recognition** was held on November 17 in celebration and honor of our employees' years of service and dedication to Burcham Hills. This event was for ALL employees; however, the employees listed below received Special Recognition at the event for their 3, 5, 10, 15, 20, 25 and 30 years of service. *Years of service as of December 31, 2017.*

3 Years of Service

Center for Health & Rehabilitation

Juanita Baraza
Porshia Coleman
Staci Cook
Valerie DeRosia
Sarah Esmay
Henry Honaker
Rhonda Horton
Kayla Polzin
Kaysey Tilly
Brittney Wibert
Mercidiez Wilson

Environmental

Suada Avdic
Amanda Bonilla
Jasmina Dzomba
Mohammed Jawad

Hospitality Services

Laura Bell
Rachael Collins
Keaira Jackson
Taylor Jolliff
Meaghan Massey
Ken Peters
John Reid
Heather Smith

Maintenance

Stuart Lucius

Marketing

Celest Burge
Melissa Smith

Resident Center

Trisha Bradshaw
Comfort Deh
Autumn Dunkel
Sierra Edgar
Karla Finch
Danielle Heinritz
Lilian Izquierdo
Sara Jackson
Kathleen Leslie
Lukas Sasser
Carol Smith

Wellness

Briana Dumond

5 Years of Service

Administration

Barbara Smith

Center for Health & Rehabilitation

Kellie Knoblauch
Lisa Pender
Agustina Quimba
Kimberly Wortley

Hospitality Services

Zarema Gungor
Ardiana Sejdiu

Human Resources

Souci Chappell

Maintenance

Brian Barnes
John Mkangaa

Personal Wellness

Vickie Gibbs

Recreation

Alesha Williams

Resident Center

Ofelia Castilla
Lisa Phillips
Jacob Sawyer
Mercides Turner

Transportation

David Alward

10 Years of Service

Business Office

James Kaczmarczyk

Center for Health & Rehabilitation

Kaweche Nguni

Environmental Services

Zeinab Adam

Hospitality Services

Dennis Dean

Jadranka Milosavljevic

Linda Murthum

Joyce Pearson

Maintenance

Doug Woodworth

15 Years of Service

Business Office

Betty Richmond

Center for Health & Rehabilitation

Ponsian Kwayu

Environmental

Saliha Mujdanovic

Hospitality Services

Teresa Fitzpatrick

Human Resources

Mary Bouchard

20 Years of Service

Center for Health & Rehabilitation

Pegi Chatti

Recreation

Eldon Wood

Social Services

Diane Parsons

25 Years of Service

Center for Health & Rehabilitation

Sue Vandegriff

30 Years of Service

Resident Center

Ken Dennis





Employee

Recognition



The Foundation at Burcham Hills

2017 Annual Fundraising Campaign

Supports the Burcham Hills Benevolent Care Fund

Annually, The Foundation at Burcham Hills conducts a year-end fundraising campaign to generate charitable support for programs and/or services within the Burcham Hills Community. For its 2017 Campaign, the Foundation is asking for support of the Burcham Hills Benevolent Care Fund.

What is the Burcham Hills Benevolent Care Fund?

The Fund provides financial support to residents in the Burcham Hills Community who have found themselves negatively affected by changes in their financial status, thus allowing them to live at Burcham Hills. It is our honor and responsibility to help ensure no one must leave their Burcham Hills home - even if they have out-lived their financial resources. As the cost of senior care increases each year, the availability of this benevolent support provides tremendous peace of mind for residents and their families.

What is the Need?

With people living longer: 20, 25 or even 30 years following retirement, it may cost more than a lifetime of savings is able to sustain, even with good stewardship and planning. As people age, it is possible their level of medical care, and the expense of that care, becomes more expensive. Unfortunately, it is not uncommon for seniors to exhaust their savings, either due to unforeseen health issues or sheer longevity.

Each year, The Foundation at Burcham Hills assists several residents through its Benevolent Care Fund. In 2017 alone, the Fund has contributed over \$24,000 in grants to ensure residents remain in their Burcham Hills home. As the need for assistance increases, we are working to ensure funds are available to offer support to a larger number of Burcham residents. To this end, we are asking for your consideration of an outright and/or planned gift to the Burcham Hills Benevolent Care Fund. Your generosity will help us continue and strengthen our commitment to enhance our residents' sense of security.

Giving to The Foundation at Burcham Hills

As the fundraising arm of Burcham Hills, The Foundation at Burcham Hills is committed to enhancing the lives of our residents by securing philanthropic resources that empower our mission to ensure Burcham Hills as the greater Lansing area's preferred Life Plan Community and retirement lifestyle option. Charitable gifts received from donors like you strengthen the Foundation's mission to provide financial and other charitable support exclusively for the benefit of the Burcham Hills community and its residents. Please visit BurchamHills.com and click on the link for additional information on charitable giving to support Burcham Hills. Please contact Lesa Smith, MPA CFRE, director of The Foundation at Burcham Hills, at (517) 827-2924 or lsmith@burchamhills.com for assistance with your gift or to review your giving options.

Thank you for your support of the Burcham Hills Community. Your giving makes an impactful difference!



BurchamHills.com
2700 Burcham Drive East Lansing, MI 48823
(517) 351-8377; Fax (517) 351-1738

The Foundation at Burcham Hills is a 501(c)(3) not-for-profit organization allowing your gift to be tax-deductible related to applicable state and federal law. You will receive an acknowledgement receipt for your individual tax purposes.



From Down the Hill . . .

By Sylvia Rundquist, Clusters Board of Directors

- ◆ The Clusters residents will hold their Clusters Holiday Dinner on Friday, December 1, at 6:00 pm in the Ada Whitehouse Room. We are looking forward to that occasion.
- ◆ At this time, there are no condos available for sale.



Resident Association Employee Holiday Party

Friday, December 8, 2-3:00 pm / AWR

The Resident Association invites all residents, employees and their families to this year's Holiday Party. Each year, the Burcham Hills Resident Association sponsors a holiday party to honor all employees and to present each with a monetary gift.



Ask Questions / Get Answers

Ask Questions / Get Answers (AQ/GA) Wednesdays at 1:15 pm in the Private Dining Room. Guest speakers for discussion are listed below:

<u>Date</u>	<u>Speaker</u>	<u>Department</u>
Dec 6	Kathleen Leslie	Memory Care Manager
Dec 13	Cindy Popovitch	Director of Organizational Development
Dec 20	Jonathan Wilson	Business Development Director
Dec 27	Lesa Smith	Foundation Director

◆ Please note: Speakers are subject to change, please refer to the daily calendar.

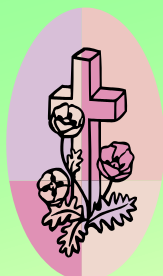
Speaking Agenda:

1:15-1:30	Pam Ditri, <i>Executive Director</i>
1:30-1:40	Guest Speaker
1:40-1:50	Hospitality Team
1:50-2:00	Alesha Williams, Recreation Manager (Dec. 27)



In Memory Of

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



*Phillip Christy ~ October 31
 Esther Dalrymple ~ November 19
 Bruce Behrens, Sr. ~ November 20
 Ethelmae Hartley ~ November 23
 Oskar Hornbach ~ November 25
 Betty Koch ~ November 28*

*Frederick Sova ~ November 7
 Marcia Freedland ~ November 19
 Leah Heimbeck ~ November 21
 Ronald Raymond ~ November 23
 Carl Lautzenheiser ~ November 27*

ABC's

By Mary Ann Ross

*Does that remind you of your childhood days?
Let us think of our present day meals.
Can you guess what they may be?
They are Vegetables!
Asparagus
Broccoli
Cauliflower
These are served to us seniors at Burcham.
Where they provide us with healthy daily meals
That are good for us
Remember when your parents would say to you,
"Eat your Vegetables. They are good for you!"
Your parents would be proud of you today.
Thanks to those who plan our daily meals at Burcham.*

Christmas Decoration "No No's"

- ◆ No Live Wreaths
- ◆ No Live Trees
- ◆ No Candles/Open Flames
- ◆ No Flammable Door Decorations
(must be fire retardant)
- ◆ No hanging decorations from doorknobs,
sprinkler heads, railings
- ◆ No multi-plug adapters



CATA's Spec-Tran Service

Spec-Tran is CATA's Americans with Disabilities Act (ADA) complementary paratransit service for people unable to use CATA's fixed-route system. This is an advance reservation, curb-to-curb service that uses small lift-equipped buses and vans to transport customers.

Service Area

Spec-Tran service is available in the cities of Lansing and East Lansing; the townships of Delhi, Lansing and Meridian; and up to three-quarters of a mile beyond any of CATA's fixed routes.

Service Hours

Spec-Tran operates seven days a week during the same hours as the CATA fixed-route service. For specific hours, call (517) 394-CATA (2282).

CATA services, including Spec-Tran, do not operate on any of the following holidays: New Year's Day, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas Day.

Paying for Your Ride

The Spec-Tran fare is \$2.50 for each one-way ride. You can pay for your Spec-Tran fare with: cash (you must have the exact fare; drivers cannot make change), pre-paid Spec-Tran punch cards or blue Spec-Tran tokens.

Wheelchairs and Other Mobility Devices

Customers may bring aboard mobility devices such as canes, walkers, wheelchairs, etc. CATA will transport any mobility device as long as the combined weight is within the actual dimensions and design load of the vehicle. As a courtesy to other passengers in the vehicle, customers are asked to limit packages to as many as they and/or their personal care assistant or companion can carry on board in one trip.

For more information and a detailed Spec-Tran guide, call the Spec-Tran office at (517) 394-CATA (2282).



Regularly Scheduled Program Descriptions

Bridge If you are interested in playing, see Resident Ellie Miller (room 233) for more information.

Card Making (Mon., 2:15 pm/4RC): Whether you need a card for a special occasion or just like being creative, Recreation staff will assist you in making a beautiful card you will be proud to mail. We can make cards for good causes such as the military troops and thank you's for area businesses.

Cranium Crunches (Sat., 10:30 am/4RC): Come test your knowledge on a variety of subjects using both trivia and other brain games such as word searches, word scramble puzzles, and cross word puzzles. These are often focused on a timely topic such as a holiday or based on a theme.

Creative Cooking (Sat., 2:00 pm/4RC): We provide the recipe, ingredients and supplies for a new recipe each week, often focused on the holidays or season each month.

Cribbage (Fri., 1:30 pm/4RC): Unique card game that does not require any experience to play successfully.

Current Events (Thur., 9:30 am/4RC): Resident ran program for the news enthusiasts. Come ready to discuss topics relevant to today's society.

Farkle (Mon., 1:00 pm; Thur., 2:30 pm; Sat., 3:00 pm/4RC): A classic dice-rolling, risk-taking game. Don't know how to play? No worries, we will teach you...it's easy!

Geographic Explorer Film (Fri., 6:30 pm/4RC): A variety of series are presented with a focus on nature, geography and world exploration.

Lecture Series (Mon. & Fri., 9:45 am/AWR): Each week a new lecture from online educational sources will be presented. Residents select the series they wish to have presented next.

Lifelong Learners (Mon/Thur., 4:00 pm/PDR): This learning experience is provided via videos through Great Courses. Topics are selected by a committee of residents. Each video series comes with a transcript and guide books to assist in the learning experience.

Making Strides Walking Group (Thur., 9:30 am/4RC): Recreation staff will accompany residents on a walk through the community and outdoors. Wear comfortable shoes and clothing. Staff will adjust the pace of the walk to meet the needs of those who attend that group.

Manicures (Mon., 3:15 pm/5RC; Fri., 2:30 pm/4RC): Recreation staff will file, buff and even paint your nails. This is a first come, first served opportunity. If time runs out, we will make every effort to schedule additional time.

Michigan History Group (Tues., 6:30 pm/PDR): Each week is a new topic focused on our beautiful mitten state. Recreation staff presents their findings and residents share stories of their experiences. Residents help pick the topic for the upcoming week.

Reference a Librarian (Wed., 12:30 pm/2RC Lobby): Annie from the East Lansing Public Library provides books to loan and will take requests to bring for future visits.

Tech Time with Sarah (Tues., 2:30 pm/4RC): Do you have a question or need help with your tablet, laptop or cell phone? Sarah will provide one-on-one assistance to teach and assist with your questions.

Travel Through Time (Wed., 9:15 am/4RC): Travel to a different time and place, no ticket necessary. Using videos, slide shows and historical information, you will feel as though you are traveling through time and experiencing the wonders of the world.

Quilting for a Cause (Wed., 10:00 am/2CHR): Residents make quilts to be donated to area organizations in need. We have all the equipment and can teach anyone interested in being involved.

Wii Bowling (Wed., 1:00 pm/5RC): No heavy balls or rented shoes, come try your skill at the Wii version of a favorite past time!

Wine & Cheese Social (Every other Wed., 4:00 pm/2RC Lobby): Enjoy wine and cheese selections while Lucille plays the piano. It is a wonderful social opportunity to gather before dinner.

****Do you have a question about a program or a new program idea?***

Contact Alesha Williams at (517) 827-1068 or stop by the Recreation office (1RC).

Golfing Gals

Pictured in the November issue of the Beacon were 9 golfing gals who played in two East Lansing Women's leagues. Mary Lou Johnson and Jean Porter also played in these leagues. This was not known to the writer at the time the Beacon was published.



Special Announcement



Our Religion Committee wants to thank the Resident Association for providing three new *Glory to God 1st Edition Hymnals*. These will be used by our pianists during Vespers Services each Sunday.

Free

Gift Wrapping

& Card Making

Friday, December 15, from 8:30 – 10:30 am in the 2RC Lobby
Monday, December 18, from 12:30 – 2:30 pm in the 2RC Lobby

Free service offered in collaboration with CAHEP Students.

Neighborhood Meetings

2RC: Monday, December 4
2:00 pm / SVDR

4RC: Monday, December 4
1:00 pm / 4 RC

5RC: Monday, December 4
3:00 pm / 5RC Lobby

Open forum for questions,
suggestions and concerns.

**This month's meetings will focus on the
introduction and discussion of the
Master Plan.**



Save the Date



Tuesday, January 16

2:30 pm / AWR

**No kitchen or supplies to make your favorite chili recipe?
No problem! The Recreation Team can help!**

Call Kimber Lucius (827-1061) or
Alesha Williams (827-1068)
to make arrangements. We have supplies on hand
and can assist you in getting any ingredient you need.

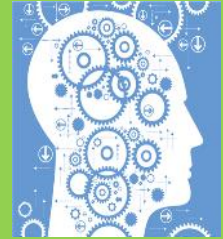


Stroke Education and Support Group***Thursday, December 7, 2017 (1st Thursday)******1:30—3:30 pm, Private Dining Room*****Topic:** Staying Healthy Over the Holidays**Presenter:** Elizabeth Pahl, *Wellness Manager*

Sparrow Health System and The Center for Health & Rehabilitation at Burcham Hills have partnered to bring a fresh approach in stroke support to the Lansing area. Each meeting will have an educational component followed by support and sharing time. The goal of this group is to provide invaluable information from experts in various areas to aid those who have suffered from a stroke.

**Parkinson's Disease Dialogue Group*****Friday, December 8, 2017 (2nd Friday)******4:00 pm, Private Dining Room***

Opportunity for residents with Parkinson's Disease to come together and get acquainted and discuss mutual concerns.

**Alzheimer's Association Caregiver Support Group*****Friday, December 15, 2017 (3rd Friday)******1:30—2:30 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. We hope you can join us each month!

**Religious Services****Bible Study (The Peoples Church)***

Each Thursday at 6:15 pm / 4RC

Postponed until January**Open Bible Study (Non-Denominational)***

Wednesdays, 10:00 am / Burcham Library

Rosary & Communion*

Thursdays, 10:00 am / AWR

*Catholic Mass will be December 14***TV Mass (Catholic)**

Sundays, 10:00 am / AWR

**Episcopal Service (4th Tues)***

December 26 / 2:00 pm / 3MC - Red Cedar

Vespers (Non-Denominational)

Sundays, 4:00 pm / AWR

December 3 - Rev. Betsy Aho, The Peoples Church

December 10 - Rev. Drew Filkens, The Peoples Church

December 17 - Rev. Kurt Kirchoff, Haslett Comm. Church

December 24 - Rev. Fred Fritz, University Lutheran

◇ *Communion will be offered*

December 31 - Rev. Julie Winklepleck, St. Paul Lutheran

Monthly Music Opportunities**Sing-a-Long w/ Jug & Mug**

Sunday, December 10 / 7:00 pm / Ada Whitehouse Room

Piano w/ Lucille Olson

Wednesdays / 4:00-5:00 pm / 2nd floor RC Lobby

Piano w/ Lorrie Dyal

Tuesdays / 10:15-11:00 am / CHR 3rd Floor

Piano w/ Marvin Lyons

2nd & 4th Friday / 4:00-4:30 pm / CHR 3rd Floor



**Wednesday MOVIES*****7:00 pm - Showing in the AWR/IRC*****December 6 – Holiday Inn (1942)**

Bing Crosby croons to the tune of the Oscar-winning "White Christmas" in Irving Berlin's love triangle romantic comedy. Tired of bright lights of showbiz, Jim Hardy retires to the countryside to become a farmer. He converts the farm into the Holiday Inn, open only on holidays, then competes against his pal for a singer-dancer's affection [101 min]

Cast: Bing Crosby, Fred Astaire, Marjorie Reynolds

December 13 - Mrs. Miracle (2009)

This charming family film, based on Debbie Macomber's popular novel, tells the story of bereft widower Seth Webster, whose lively 6-year-old twins are taken in hand by a nanny they dub Mrs. Miracle. Could she be the Webster family's guardian angel? [92 min]

Cast: James Van Der Beek, Erin Karpluk, Doris Roberts

December 20 - A Christmas Carol (1999)

Anything but humbug, this adaptation of Charles Dickens' immortal novel breathes new life into the yuletide tale of Ebenezer Scrooge, a skinflint visited by the spirits of Christmas past, present and future to help him see the error of his ways. [86 min]

Cast: Patrick Stewart, Richard E. Grant, Joel Grey

December 27 - Ocean's Eleven (1960)

Frank Sinatra leads an all-star cast as Danny Ocean, who decides to knock over a few casinos on the Las Vegas Strip with his buddies in one of the merriest heist movies ever. The summit meeting of Sinatra's "Rat Pack" cronies, this comic caper was filmed on location in Vegas during the daylight-hour downtime between the real life group's ongoing gig at the Sands Hotel. [127 min]

Cast: Frank Sinatra, Dean Martin, Sammy Davis Jr., Joey Bishop and Peter Lawford



A Movie Committee selects the movies shown each month, which are based on resident requests.

If you would like to be a part of the committee or you have a movie to suggest, please contact Maxine Hewett or someone in the Recreation Therapy Office, 1RC.

*All programming complies with the 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.

Saturday MOVIES***1:30 pm - Showing in the PDR/2RC*****December 2 - Miracle on 34th Street (1947)**

When Santa falls down drunk in the Thanksgiving Day Parade, reluctant Macy's supervisor Doris Walker offers the job to a bearded Kris Kringle, purporting to be the real Santa! During the Christmas season, he shares a flat with Doris's neighbor, who has eyes for Doris. Kris hopes to unite the two while winning over Doris's skeptical 6-year-old daughter. [96 min]

Cast: Maureen O'Hara, Natalie Wood, Gene Lockhart

December 9– A Bing Crosby Christmas (2000)

Celebrate the season with a selection of the best moments from Bing Crosby's annual Christmas specials. Narrated by Gene Kelly and hosted by Bing's widow, Kathryn, the segments are drawn from the broadcasts of 1962 through 1977. [60 min]

Cast: Bing Crosby, Fred Astaire, Jackie Gleason and many more

December 16 – Nutcracker (1993)

Narrated by Kevin Kline, this movie version of the timeless yuletide fantasy features the New York City Ballet. Angels and sugarplums dance, a magic prince conquers all, a dreamy young girl twirls across the stage and a Christmas tree grows sky high in this enchanting adaptation. [89 min]

Cast: Kevin Kline, Jessica Lynn Cohen, Bart Robinson Cook

December 23 – It's A Wonderful Life (1959)

It's a wonderful film. George Bailey is a good man who's spent a lifetime giving up on his dreams in order to keep life in his small town humming. When a guardian angel named Clarence finds a despondent George poised to jump off a bridge, he shows George what life would've been like had he never been born. [132 min]

Cast: James Stewart, Donna Reed, Lionel Barrymore

December 30 - The Holiday (2006)

Stuck in a vicious cycle of dead-end relationships with two-timing men, Los Angeles resident Amanda and Londoner Iris decide to swap homes. In the process, their trade paves the way for romances they never imagined possible. [136 min]

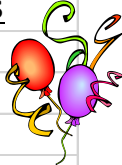
Cast: Cameron Diaz, Kate Winslet, Jude Law, Jack Black, Edward Burns

Welcome New Residents!

#332 Mary Lou Benda
 #421 Marilyn East
 #552 Irene Hundt
 #344 Alice McGowan
 #545 Robert & Sharon Muir
 #211 Carol Roush
 #327 Dorothy Skillings
 #335 Michele Fluck

December Birthdays

3	Harold Weaver
4	Geneva Wray
5	Edward Soergel
5	Marjorie Mohrhardt
6	Peter Schroeder
6	Thomas Lawrence
7	Faith Fenner
9	Suzanne Byers
12	Ronald Coffey
13	Mary Ries
14	Milan Griffes
15	Clarence Suelter
15	Jerry Koupal
15	Duane Smith
21	Mary Ann Ross
21	George Layman
22	Audrey Wilson
24	Mary Lou Horwath
25	Jean Porter
25	Carroll Trail
25	Dorothy Wenger
25	Rose Baker
26	Robert Curtis
29	Evelyn Jones
29	Frederick Freiheit



BINGO LOCATIONS

Saturdays 10:00 am 2CHR
 Sundays 2:30 pm 2CHR
 Fridays 2:30 pm 3RC & 3CHR

Meetings in December

11 Res. Assn. Monthly Mtg—1:30 pm / PDR
 27 Resident Council—11:00 am / 3 CHR
 28 Food & Dining Comm.—1:30 pm / PDR

December Highlights

1 Tree Decorating Parties
 2 "Emperor's New Clothes" Musical Outing
 3 Christmas Songs
 w/children from University Reform Church
 5 Burcham Sings! Chorus Concert
 6 Men's Event Holiday Breakfast
 6 Resident Calendar Signing Event
 7 Stroke Education & Support Group
 7 MSU Music Series
 8 Parkinson's Disease Dialogue Group
 8 MSU Music Series
 9 Piano Recital
 w/Miho Segal & Students
 10 Piano Recital
 w/Joan Wierzbza & Students
 10 Holiday Pops Concert
 11 Gingerbread Decorating
 12 Intergenerational Workout
 12 New Horizons Band Performance
 13 English Inn Holiday Lunch
 13 Holiday Light Tour
 15 CAHEP Gift Wrapping
 15 Alzheimer's Caregiver Support Group
 17 Piano Recital
 w/Marina Ionescu & Students
 18 CAHEP Gift Wrapping
 18 Spanish Christmas Carols
 w/students from Lansing Christian H.S.
 18 Big House Book Club
 19 Art Appreciation with Ethel A.
 19 RC Christmas Party
 20 Lansing Matinee Musicale
 21 CHR Christmas Party
 22 MSU Music Series
 26 Birds of a Feather
 28 Christmas Around the World
 28 Piano & Trumpet Performance
 w/Hari Kern & Rich Illman
 31 New Year's Eve Celebration

Recreation Team

Alesha Williams, CTRS
 Recreation Manager
 Ext. 417 or 827-1068

Resident Center

Ext. 277 or 827-1061

Kimber Lucius

Recreation Assistant

Sarah Schimm

RC Recreation Assistant

Center for Health & Rehab

Ext. 277 or 827-1061

Taylor Bosom, CTRS

CHR Recreation Therapist

Maegan Anderson, CTRS

2&3CHR Recreation Therapist

Eldon Wood

2&3CHR Recreation Lead

Chelsea Cole

2&3CHR Recreation Assistant

Volunteers

Ext. 410 or 827-2452

Elizabeth Pahl, BA

Events

Ext. 435 or 332-5227

Kimber Lucius

Events & Entertainment

Wellness Team

Ext. 420 or 827-2452

Elizabeth Pahl, BA

Wellness & Volunteer Manager

Bri Dumond, BS

Fitness Specialist

Kirsty Bullis, BS

Fitness Specialist

Alicia Feldpausch

Massage Therapist

Transportation

Ext. 267

Abdullah Masood

Director—ext. 371

Dave Alward / Terry Lickman

Drivers

Cathy Privette, Scheduler

January Upcoming Events

18 Double Play Flute & Tuba
 19 Chili Cookoff
 26 International Cultural Festival
 30 Refugee Lansing Story Telling Project



2700 Burcham Drive • East Lansing, MI 48823
 BurchamHills.com

Managed by Life Care Services®