

Burcham Beacon

Volume 12

1st Edition

January 2019



Tis the Season to be Jolly

Burcham Hills felt the rush of the Christmas spirit this holiday season...

The community was abound with holiday delights as we kicked off the season with our tree trimming parties. Residents and staff decorated a tree in every neighborhood and added special touches to make their community areas festive. A special 'Thank You' to Spartans Rebuilding Michigan for their assistance at this event.



There were a multitude of musical performances, from large band to small groups of carolers. We also offered holiday outings to The English Inn and tours to see holiday lights and decorations in the surrounding community.

The holiday season would not be complete without the annual gingerbread decorating. Residents completed 28 houses and even a sled to create a gingerbread village display for our Christmas parties. This year's Christmas parties were a hit with entertainment by Ricky and Nikki and festive snacks to enjoy. The evenings were made complete by a visit from Santa himself.



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From the Desk of the Executive Director . . .

by Pam Ditri

As we head into 2019, I extend to all of you wishes for a happy and healthy New Year. This is the time of the year when we reflect on the accomplishments of the past year and create plans for the upcoming days and months ahead.

In this New Year, we will maintain our focus on employee engagement and retention. Our employees are customer-focused; and as an organization, it is important that we meet and exceed the needs and wants of those we serve. The Employee Engagement Survey, conducted in 2018, has guided our efforts on how best to support our employees. Several employee engagement initiatives have been developed for 2019.

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

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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

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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 second half of 2018, which is the first half of Burcham's 2019 fiscal year, has been a positive one financially. Burcham's census and occupancy levels have been above or close to budget. Expense management at all levels contributed to our positive financial performance, which as a not-for-profit community, benefits the Burcham community even more.

As we continue to look ahead, we have also started work on repositioning the community with StoneBriar at Burcham Hills. The first phase (Phase 1A) involves renovations to one wing of the first floor in the Resident Center, creating spaces for new amenities. We currently have 47 Priority Reservation Deposits with a goal of 60 deposits by the end of February 2019.

As always at Burcham Hills, we continue active participation on several boards and organizations focusing on senior living and healthcare delivery. These groups provide an opportunity to learn about the everchanging landscape of the healthcare industry and to have a say in what the future may look like.

We of course are continuing capital projects through the community and have projects ongoing in the Resident Center and the Center for Health & Rehabilitation. As the new calendar year begins, plans are being developed to further enhance spaces throughout the community to deliver a better experience for our residents.

The Foundation at Burcham Hills has also had a busy year with a couple of large contributions which will benefit the Benevolent Care Fund and support employee educational opportunities.

We also want to use this time to remember the things for which we are grateful. The support of our residents, their families and the relationships we have formed over the years tops our list. In April 2019, Burcham Hills will celebrate our 45th anniversary, and we look forward to participating in these celebrations with all of you.

***Wishing you and your loved ones a safe,
healthy and very Happy New Year.***



Music Opportunities

Evening Entertainment

Paul & the Marimba
Wednesday, January 16 / 7:00 pm / AWR

Thursday Night Special

Sam Spurbeck & Students
Thursday, January 17 / 7:00 pm / AWR

Piano Recital

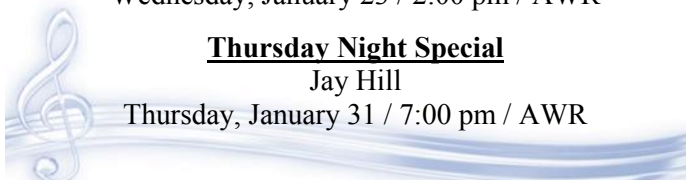
Marina Ionescu & Students
Sunday, January 20 / 1:30 pm / AWR

Lansing Matinee Musicale

Wednesday, January 23 / 2:00 pm / AWR

Thursday Night Special

Jay Hill
Thursday, January 31 / 7:00 pm / AWR



Neighborhood Meetings

- 2RC: Monday, January 21
3:00 pm / PDR
- 4RC: Thursday, January 24
3:00 pm / 4RC Lobby
- 5RC: Friday, January 25
3:00 pm / PDR or 5RC Lobby
**Wine & Cheese will be served*



Open forum for questions, suggestions and concerns.

Wine & Cheese Socials

w/ Piano Performance by Lucille Olson

4:00 pm / 2RC Lobby
Wednesdays, January 9 & 23



Additional December Holidays

- 5 National Bird Day
- 21 Martin Luther King, Jr. Day
- 29 National Puzzle Day



Artist Studio

Friday, January 11 / 4:00 pm / AWR
Friday, January 25 / 4:00 pm / AWR
See flyers for more details.

Gadget Workshop

Monday, January 14

12:00 pm - 2:00 pm / 2RC Lobby

East Lansing Public Library will host a drop-by table in the lobby to answer a variety of technology related questions. *See flyer for more details.*



“Big House” Book Club *

Monday, January 21

1:30 pm / PDR

“The Other Einstein” by Marie Benedict

**This is a discussion group and it is highly encouraged to read the book and make notes of areas you wish to review.*

If you would like a book or more information, please contact Margaret R. 333-1856 or Mary R. 351-7099. Bring your book to return and pick up a copy of your next book.



- ◆ BH Burcham Hills
- ◆ RC Resident Center
- ◆ CHR Center for Health & Rehabilitation
- ◆ AWR Ada Whitehouse Room (1st RC)
- ◆ PDR Private Dining Room (2nd RC)
- ◆ WC Wellness Center (2nd 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

Quilting

Residents have been busy making bags (see photo below) for the non-profit organization Helping Women Period. We are looking for residents willing to help with this project. Even if you don't know how to sew, Sarah Schimm is on hand to teach the basic steps needed to make this simple project.



Quilting for a Cause
Wednesdays
10:00 am - 2CHR

The group also recently donated 25 blankets they made to the organization “Suitcases for Kids,” another local non-profit group who provide suitcases (and other essentials) to children in foster care

**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 ~ Anna Kaiser

Anna Kaiser works as the Admissions Coordinator for The Center for Health & Rehabilitation at Burcham Hills (CHR). In her role, she is responsible for screening referrals coming into the community, and providing information regarding long-term care, respite and post-acute care stays in the CHR. She also gives tours of the CHR to individuals who inquire about Burcham's services, and collects data on this information as well.



Anna was born and raised in Lansing and a proud graduate of Waverly High School. Anna's family consists of her mother and younger brother. She currently resides in Lansing with her two cats, Hades (whose name is befitting, she says) and Junior. School leaves her little time for hobbies, but she does like to read, and was formerly a competitive high school junior varsity cheerleading coach for Waverly High School.

Anna attended Lansing Community College where she earned her Associate's Degree and obtained her CNA certification. While in the workforce, she started attending Career Quest Learning Centers to obtain skills in the medical assisting field. She received All-Honors recognition and obtained her MA certification. She currently is enrolled at Davenport University studying in the Health Services Administration program.

This is Anna's second stint with Burcham Hills. Her first stint was in 2014 where she was a CNA on the second and third shift. She left Burcham to work at Eaton County Medical Care Facility, where the scheduling was more conducive to her school schedule. After a year at Eaton County, she left to take a job as Admissions Coordinator at Compassus Hospice and Palliative Care. Having already worked at Burcham, Anna knew what the environment was like, and knew of Burcham's 5-star rating, so she was excited to return in June 2018.

When asked what she likes about working at Burcham, she notes her co-workers, the positive atmosphere, culture and company goals, among other things. She enjoys talking with people and likes the part she plays on the Burcham Hills team. We are glad she is back!



Employee Spotlight ~ Katie Hansel

Katie Hansel joined Burcham Hills as an intern in September 2018. She is working with the VOICE Program (Vocational Occupations In Caring for Elders), which is a three-stage program that starts with job shadowing opportunities with as many as six departments. The second stage offers paid work experience and the final stage includes the opportunity to apply for education or training scholarships with continued paid work experience.



Katie was born in Greencastle, Indiana. She has a brother that lives in Fort Wayne. Katie currently attends Olivet College. She had been swimming competitively since high school and recently retired from competitive swimming to focus on her studies, Biology and Business.

Katie found Burcham Hills through an internship opportunity with the VOICE Program on Indeed.com while researching internships and sent in an application. She was amazed on her initial tour of Burcham Hills at the many services offered in the community, and everyone was smiling and engaged. She had not thought of a working in a retirement community prior, but because of the warm reception she felt on her first visit, she decided that Burcham Hills would be a great opportunity for an internship, and she has not been disappointed.

Katie was deeply impacted by how we focus on meeting the needs of our residents in Memory Care. She stated, "this really hit home for me because my great grandmother had Alzheimer's. I love the values that people have at Burcham Hills. I feel that the great benefit of this is that by relating to the resident's reality, it really helps the residents stay calm and content."

Katie decided to expand her exposure to Burcham's residents and recently accepted a per diem position with Burcham's Recreation Therapy department. "I really love the environment at Burcham Hills; everyone is very welcoming. I really love the residents."



Nectar of the Gods

by Bruce Greenman

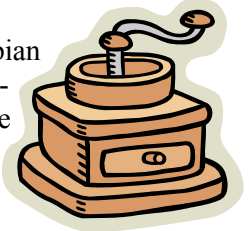
S In retirement, there is no need for an alarm clock (why do some here at Burcham still use one?). In the old working days, the alarm would ring and you would stagger out of bed . . . what saves you? Coffee, of course. How anyone can possibly start out the day without a couple of cups of this fortifying brew is completely beyond my comprehension.

Coffee starts the adrenal glands perking (so to speak) and they proceed to pour high amounts of stimulating chemicals in the bloodstream. Thus enhanced you are able to face the day and better perform the necessary physical and mental tasks.

It all began in Arabia, many centuries ago, where coffee grew in a wild state until fairly modern times when British interests began to develop it.

History and legend differ on how coffee was discovered, but I like the version about Kalde, an Arabian goatherd, who was bewildered by the unusual antics of his flock when they ate the berries of an evergreen bush. After trying a few himself, he was overjoyed at the feeling of exhilaration and happiness. He felt so good, in fact, that he dashed off to tell everyone of his discovery.

Gradually the popularity of the beverage spread and was flourishing at London coffee houses in the 17th century.



Captain John Smith, the founder of Virginia, brought the first coffee to America. Since then, it has consistently been the standard adult drink of our society . . . its purposes are many, but nothing enhances sociability more than sharing a pot of freshly brewed coffee.

Periodically this magic elixir undergoes condemning campaigns from the non-appreciative. The main reason is due to the caffeine content. Caffeine isn't new to our age as people have been using it in one form or another for many centuries.

There is definitely the age-old problem that some people have with sleeping and they miss one of life's greatest pleasures by refusing coffee anytime after dinner now. They claim the caffeine disrupts their ability to fall asleep. Personally, I think it's all in their head. I always drank two cups nightly before retiring. In fact, I couldn't get to sleep without it! (I still would drink a couple of cups in the evening, but none is available around here at bedtime . . . probably why I don't sleep well anymore.)

Back in 1972 a couple of researchers said people who drank one to five cups of coffee were higher at-risk of a heart attack than those who drank none. Major studies repudiated all that. Actually, one group claims coffee drinkers are more likely to survive a heart attack because caffeine acts as a mild stimulant!

Cancer? Remember there was a finding that one or two cups of coffee daily doubled and four or five cups tripled the risk of getting cancer of the pancreas. This also has been scoffed at by others in the scientific community.

Currently, many Americans switched to decaffeinated coffee. Removing caffeine involves using solvents which are applied to the coffee beans and then rinsed away.

A number of researchers now fear that a potentially dangerous residue remains even after washing. What's wrong with that? Well, the solvent contains some of the same ingredients used in dry cleaning fluids! I don't know what that's supposed to do to you, but it doesn't sound good.

The National Coffee Association began to worry about a definite decrease in coffee consumption. They didn't think this was due to scientific warnings as much as to an increased demand for cold, quick drinks. Apparently, people today are in a hurry and want something they can slug down rapidly, particularly the younger ones.

New ad campaigns target the younger generations in all its upbeat glory. However, time alone should take care of the situation. They will grow older and wiser. Also, the population is aging and as the lifeline extends, more will be drinking coffee.

As for me, I am feeling a little nervous. It is stuffy in here, hard to breathe, my heart is beating awfully fast. Why doesn't someone answer that phone? Pardon me, I think I'll go get a cup.





Annual International Cultural Festival

Friday, January 18
2:30 pm / AWR

Come and enjoy the fashions, music, food and traditions of the diverse cultures of our very own Burcham community!

Residents are welcome and encouraged to showcase their own heritage. See Tammy T. (in the SVDR) or Kimber L. (Recreation) for more information.



Tuesday, January 22
2:30 pm / AWR

Come taste test and help us choose the winning chili!

Everyone is welcome to enter a chili. See posted schedule to help each neighborhood make a chili.

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

Call Kimber Lucius (332-5227) or Alesha Williams (827-1068) to make arrangements.

We have supplies on hand and can assist you in getting any ingredient you need.

HAPPY NEW YEAR



Employee Spotlight ~ Haley Tanona

Haley Tanona works in the Center for Health & Rehabilitation (CHR) as a Certified Nurse Aide. She works closely with the 1st floor nursing and therapy teams and enjoys the collaborative atmosphere.

Haley grew up in the west Lansing area, where she attended St. Gerard Catholic School (K-8). She grew up without any siblings but shared her childhood with a family cat named Midnight. Midnight was a treasured member of the family for the 18 years of her life.

During these early years, Haley was actively involved in competitive Irish dancing. She continued to participate in Irish dancing until high school, when her cheerleading schedule consumed a great deal of time. She attended and graduated from Lansing Catholic High School. Throughout high school, Haley was active in cheerleading. She took part in the sport for the four years she attended Lansing Catholic. She proudly cheered for her school's undefeated football team (the Cougars) and performed with her squad at MSU.

Haley will be starting the nursing program at Lansing Community College in January 2019. Her goal is to achieve a BSN and pursue a nursing career in geriatric nursing. She became interested in nursing due to a close relationship with her aunt who was a nurse. She enjoys helping clients achieve their recovery goals in the rehab area.

Haley started her tenure at Burcham Hills in February 2017 after completing her CNA training. She enjoys being part of the process that helps clients get stronger. Haley finds it rewarding to see her clients reach their fullest potential.





Groups You Don't Want to Miss!

Quilting for a Cause

*Every Wednesday @ 10:00 am
Cozy Corner on 2 CHR*

TED Talks

*Mondays and Fridays @ 10:15 am
4th floor lounge*

Short talks are offered on various topics from science to environmentally friendly art and community enriching projects.

Card Making

*Mondays @ 2:15 pm
4th floor lounge*

We provide the supplies, you bring the creativity and good company!

4th Floor Neighborhood

Travels Through Time

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



Birthday Party

*Thursday, January 17 @ 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 residents, families & staff are encouraged to attend.

This past month....

We closed the year with several musical performances by just about every type of group you could ask for, from families with their children to barber-shops to woodwind ensembles. A couple of our favorites were the Men of Orpheus Choir and the New Horizons Gand.





Come join your floor cooking group and see if you have what it takes to make the award winning chili!

Cooking groups will take place on January 21 @ 2:00 pm at the following locations:

2CHR– located in 2CHR dining room - Chicken Chili

3CHR located in apartment on 1CHR - Mexican Chili

The Chili Cook-Off will be on Tuesday, January 22, at 2:30 pm in the Ada Whitehouse Room.

Ongoing Programming:

Happy Hour (2 & 3CHR, traveling cart)

Wednesday, January 16

2:30-3:30 pm



Cardio Drumming (3CHR)

Thursdays @ 10:15am



Bingo Basket (3CHR)

Wednesday, January 16

@ 10:00am



CHR Resident Council Meeting

Located on 3CHR

Pigeon Conference Room

Wednesday, January 30 @ 11:00 am

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



2CHR Birthday Party

Thursday, January 31

@ 3:00 pm

3CHR Birthday Party

Tuesday, January 29

@ 3:00 pm

Birthday List:

Bonnie Keller-Garay– January 1

Donald Grimes– January 21

Gary Hicks– January 23



Come celebrate our
January Birthdays!

2CHR Lunch Outing

Lunch @ Champps

Thursday, January 3

11 am — 2:00 pm



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

3CHR Neighborhood Outing

Pottery Painting

Thursday, January 17

12:30-2:30 pm



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

NCG Movie Outing

Tuesday, January 15

Time TBD

Cost: \$5 movie

Snack \$ optional

Due to changing show times at the theater, movies cannot be selected more than one week ahead of outing. Movie and times will be posted the week prior to the outing.

Please sign-up by Jan. 12



Lansing Symphony Orchestra

A Night In Vegas with the Rat Pack

Thursday, February 14

Departing at 6:45 pm

Return at approx. 10:00 pm

Cost: \$33 (price of ticket + premium series fee)



Please sign-up and pay for tickets by Jan. 31

Frankenmuth Snow Fest Outing

Lunch at Zehnder's, Bingo, Snow Sculptures

Thursday, January 24

Departing at 9:45 am

Return at approx. 4:00 pm

Cost: \$25-\$30 for lunch, + spending \$, bingo is free.

Tickets were purchased prior to Jan. 23



Lunch Bunch

Culver's

Friday, January 25

Departing at 11:00 am

Return at approx. 1:30 pm

Cost: approx. \$15

Please sign-up by Jan. 24



City Limits Bowling Alley

Lunch and Bowling

Wednesday, January 30

Departing at 11:00 am

Return at approx. 2:30 pm

Cost: \$25-\$30 for lunch, \$5 for bowling

Please sign-up by Jan. 29



Live Met Opera: Carmen

Lansing Mall Cinema

Saturday, February 2

Departing at 12:00 pm

Show starts at 12:55pm

Return at approx. 5:00 pm

Cost: \$32 (price of ticket + premium series fee); concessions are extra

Please sign-up by Jan. 30



January 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 January 2 - 2 CHR Lunch Champps

Thursday January 3 - Memory Care Culver's

Thursday January 17 - 3 CHR Event Pottery Painting

Monday January 21 - Memory Care Dusty's Cellar

Join your neighbors and friends on these exciting excursions.

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.





**WELLNESS CLINIC**

Thursday, January 24

9:30 — 11:30 am

2RC Lobby

**Massage Therapy**

available by appointment on

Fridays & Saturdays

9:00 am—2:00 pm

Call 827-2452 to schedule an appointment.

**MONTHLY WELLNESS FOCUS: Social Wellness**

A proactive approach to health and wellness is essential for disease prevention and detection, as well as residents' peace of mind and independence.

This month, we are focusing on Social Wellness. Social Wellness refers to the interactions we have with the people around us and the communication, relationships, self respect/respect given and the support system that arises from them. A simple smile, "hello!" or friendly encounter can improve someone's day! There are lots of opportunities to engage in Social Wellness at Burcham Hills! Some examples include:

- ◆ Attending floor meetings
- ◆ Attending outings
- ◆ Participating in recreation programs
- ◆ Exercising in the Wellness Center or a fitness class
- ◆ Wine and Cheese Socials
- ◆ Enjoying a meal in the dining room

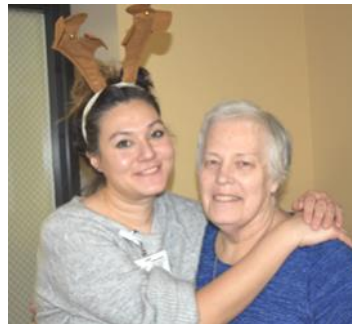
What is one way you can work to improve your Social Wellness this month?

**Meet the Wellness Supervisor, Molly Fultz!**

Hello everyone! I wanted to take a moment to introduce myself, my name is Molly Fultz and I am the new Wellness Supervisor at Burcham Hills. Many of you already know me from my time as a Fitness Specialist in the Wellness Center and from attending the group exercise classes. A little bit about myself for those of you just getting to know me, I graduated with my BS in Kinesiology from Michigan State University with a focus in Adapted Physical Activity, I'm recently engaged and will be getting married in early December of this year, I have several years of experience working with children and elders with disabilities, and I have been a proud member of the Burcham family since July 2017! When I first began at Burcham, I worked PRN for Wellness, Reception, and Recreation. As time progressed, I became more and more involved with the Wellness Center. I'm very excited for the opportunity in this new role and look forward to serving the community in this position.

If you have any questions or concerns about Resident Wellness, please contact Molly Fultz at mfultz@burchamhills.com or 827-2452.

**Burcham Residents . . .****4th Friday of the Month is Friendly Friday . . .****January 25****Wear Your T-Shirts With Your Favorite Logos.****December's Winner = David Ronk*****"You know you're getting old when Happy Hour is a nap!"***





News from The Foundation at Burcham Hills

By Lesa Smith, Foundation Director

Supporting Burcham Hills Through Your Estate

The Foundation at Burcham Hills is proud to introduce expansion of its website to include information regarding planned giving. Designed under the direction of PlannedGiving.com, this user-friendly webpage explains the benefits of giving, while providing sample outlines for specific types of planned gifts that allow Burcham Hills, you and your loved ones to all benefit at the same time.

Planned giving is the process of donating legacy gifts through your estate by will or trust to ensure your charitable intentions are continued after your lifetime. Giving a planned gift allows donors (you!) to support the Burcham Hills Community during your lifetime and/or your estate with gifts of cash, stock, real estate, insurance and more.

We invite you to visit the Foundation's Planned Giving website at burchamhills.com/planned-giving and review the many creative options designed to assist you in achieving your philanthropic goals through intentional and planned giving.

As a not-for-profit organization, Burcham Hills relies on the continued, generous financial support of our residents, their families and friends and the greater Lansing community and all gifts to Burcham Hills are used to benefit its residents. The Foundation at Burcham Hills is a 501(c)(3) not-for-profit organization allowing your planned gift to be tax-deductible related to applicable state and federal law.

We hope you enjoy reviewing the exciting and informational material provided on this new website. For additional information or to begin your planned gift discussion, please contact the Foundation's Director, Lesa Smith, at (517) 827-2924 or lsmith@burchamhills.com.

Thank you for your supporting Burcham Hills!

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

New Ladies Burcham Gear Color Selection Available for Purchase!

New Ladies Burcham Hills' gear is here! Keep warm and cozy in these stylish garments while proudly displaying the Burcham Hills logo! The Foundation at Burcham Hills has expanded its color selection of ladies' fleece vests and jackets. In addition, these items may also be purchased in the original black and gray. This quality clothing is professionally embroidered with the Burcham Hills logo and is available for purchase to everyone! If interested in making a purchase, please contact Lesa Smith in the Foundation Office located at the end of C Hall in the CHR or by phone/e-mail at (517) 827-2924 or lsmith@burchamhills.com. Payment may be made by check, credit card or through payroll deduction.

Pricing:

Vest (Men's or Ladies)

\$34 size XS, Med, LG, XL

\$35 size 2X

\$38 size 3X

\$39 size 4X

Jacket (Men's or Ladies)

\$38 size XS, Med, LG, XL

\$39 size 2X

\$42 size 3X

\$43 size 4X





Ask Questions / Get Answers

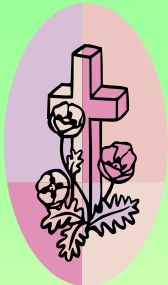
Wednesday, January 2, at 1:15 pm in the Private Dining Room.

Speaking Agenda:

- 1:15-1:30 pm Pam Ditri, *Executive Director*
- 1:30-1:40 pm Guest Speaker—Betsy Azelton, Resident Center Clinical Manager
- 1:40-1:50 pm Hospitality Services Team
- 1:50-2:00 pm Recreation

In Memory Of

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



- | | |
|--|---|
| <i>Cheryl Hunt ~ December 4</i> | <i>Robert Pethers ~ December 5</i> |
| <i>Kari Brandon ~ December 6</i> | <i>Nancy Sisk ~ December 7</i> |
| <i>Elizabeth Hendrick ~ December 7</i> | <i>Kenneth Rode ~ December 9</i> |
| <i>Ron Stowitts ~ December 13</i> | <i>Lois Smith ~ December 15</i> |
| <i>Claire Byerrum ~ December 21</i> | <i>Shirley Rapelje ~ December 23</i> |
| <i>Marion Mills ~ December 25</i> | <i>Judge E. Thomas Fitzgerald ~ December 27</i> |



From Down the Hill . . .

By Sylvia Rundquist, Clusters Board of Directors

- ◆ Cluster Residents have had a busy December. The holiday festivities began with a dinner party in the Ada Whitehouse Room early in the month.
- ◆ It was followed by individual Hanukkah and Christmas celebrations.
- ◆ Some residents traveled out of the area to be with family, while others had family who joined them in the Clusters.
- ◆ The Thursday coffees have continued at individual condos.
- ◆ Soon the annual New Year’s Eve dinner will take place at a local restaurant. Hats and noise makers will be a fun part of the evening, as they help bring in the New Year.
- ◆ As 2018 comes to a close, once again, we are grateful we live in the Burcham Hills Community.

We wish a Happy New Year to all!





Employee Spotlight ~ Comfort Deh

If you have been lucky enough to encounter Comfort Deh in the hallways of Burcham Hills, then I'm sure you walked away with a big smile on your face. Comfort has a friendly demeanor, kind heart and great smile that is a welcome sight to many on the midnight shift in the Resident Center.

Comfort says she came to Burcham Hills in January 2014 because she heard about the excellent working environment and she wanted to be part of it. Additionally, it's a great place to acquire the necessary skills/knowledge beneficial to her future career as a Geriatric Nurse.



Comfort aspires to become a nurse in the next three years because she enjoys working with and caring for people. Her previous interest was in pediatrics, but because of her current position as a caregiver she decided to change her focus to geriatrics.

When asked why Comfort likes working at Burcham Hills, she shares that it helps her to continue doing what she loves, which is working with people and keeping an interest in a career in the healthcare industry. Comfort shares that the midnight shift team is special because of their teamwork and dedication. They get along with one another and never protest or criticize when it comes to helping each other. The team knows the residents' routines and when to anticipate their needs as well as work together to ensure the residents have the best care possible.

When not working, Comfort tries to catch up on her sleep, do some cooking, cleaning, running errands and, most importantly, spending time with her four-year-old son.

Comfort shares that, "It's a privilege and honor to be working at here for the past four years at a community as great as Burcham Hills while getting to know each resident both personally and professionally. I am very satisfied with what I do and to be part of a great team of professionals that make each resident feel loved and cared for."

HAPPY NEW YEAR



Employee Spotlight ~ Dean Keith

Please welcome Dean Keith to Burcham Hills! Dean is the new Resident Center Dining Manager with the Hospitality Services department. Dean will be working with Jen Sokol, Director of Hospitality Services, to continue to expand and improve the residents' dining experiences in the community.



Dean has an extensive background in food service. Most recently, he was the general manager at the Eastwood Champps Restaurant for the past two years, and also the general manager for a restaurant group which operated several sushi-style restaurants in the Columbus, Ohio area. Dean returned to Michigan to help care for his mother. He is looking forward to being out of the chaotic 80-hour work weeks common in the restaurant industry.

Dean grew up in Williamston in a rural farm setting. His grandfather had a passion for Halflinger horses, which are an Austrian draft pony. Dean describes them as being "like small Belgians," and at one time, they had over 40 of them on the property. Currently, they do not have any horses; however, Dean hopes to sometime in the future.

Dean has one younger sister, Nicole, who recently graduated from a medical assistant program and is now transitioning to nursing school. He has a pet Deer Chihuahua, Sam, who he rescued as an injured puppy and rehabilitated.

He is very impressed with the longevity of employees at Burcham Hills and sees that as a real indicator of the quality of Burcham Hills. He stated that if he kept an employee at the restaurant for one year that was considered a lifetime. He is really looking forward to the opportunity to form lasting relationships with the residents so that he can share his passion for food!

Welcome to Burcham Hills Dean. We look forward to a long relationship with you!

Regularly Scheduled Program Descriptions

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

Brain Boosters (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.

Cooking Class (Thur., 2:30 pm/GLR): We provide the recipe, ingredients and supplies for a new recipe each week, often focused on the holidays or season each month.

Euchre (Thur., 3:00pm/3CHR): Classic 4-person trick-taking card game.

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., 10:15 am/4RC): 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.

Travels 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).*

Stroke Education and Support Group

**NO meeting in January, next meeting will be Wednesday, February 6, 2019
2:30 - 4:00 pm, Private Dining Room*



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**

**NO meeting in January, next meeting will be Friday, February 8, 2019
3:00 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, January 18, 2019 (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**Open Bible Study (Non-Denominational)***

Wednesdays, 10:00 am / Burcham Library

Rosary & Communion*

Thursdays, 10:00 am / AWR

Catholic Mass will be January 10

TV Mass (Catholic)

Sundays, 10:00 am / AWR

Episcopal Service (4th Tues)*

Tuesday, January 22 / 2:00 pm / 5RC-Dhall

**Vespers (Non-Denominational)**

Sundays, 4:00 pm / AWR

January 6 - Rev. Drew Filkens, The People's Church

January 13 - Rev. Fred Fritz, All Saints Episcopal Church

◇ Communion will be offered

January 20 - Rev. Eugene Blair, Haslett Comm Church UCC

January 27 - Pastor Stan Parker, Faith Fellowship of Lansing

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

Sunday, January 20 / 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*

January 2 - The King's Speech (2010)

In this biographical drama that garnered multiple Academy Awards, Britain's King George VI struggles with an embarrassing stutter until he seeks help from unorthodox Australian speech therapist Lionel Logue. [119 min]

Cast: *Colin Firth, Geoffrey Rush, Helena Bonham Carter*

*Rated R for some language

January 9 - The Girl on the Train (2016)

During her daily rail commute, divorcee Rachel Watson observes the happily married couple living in a house near the train route. One day, she witnesses a scene that enrages her — and soon finds herself deeply entangled in the ensuing mystery. [112 min]

Cast: *Emily Blunt, Haley Bennett, Rebecca Ferguson*

*Rated R for violence, sexual content, language, and nudity

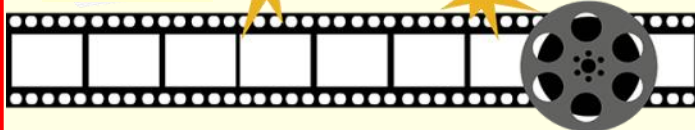
January 16 - No movie showing due to special programming in the AWR.

January 23 - The Butler (2013)

Oscar-winner Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades of service unfold against a backdrop of unparalleled change in American history. [113 min]

Cast: *Forest Whitaker, Oprah Winfrey, John Cusack*

2018 Calendar Movie Spotlight



January 30 - The Mary Tyler Moore Show (1970-76)

Laughs abound in this Emmy-winning TV classic, with Mary Tyler Moore heading an outstanding cast as spunky Mary Richards. [time varies]

Cast: *Mary Tyler Moore, Gavin MacLeod, Ed Asner*

Saturday MOVIES*

1:30 pm - Showing in the PDR/2RC*

January 5 - The Curious Case of Benjamin Button (2008)

David Finner directs this Oscar-nominated tale of Benjamin Button — a man who was born old and wrinkled and grows younger as the years go by — with a screenplay adapted from a short story by F. Scott Fitzgerald. [166 min]

Cast: *Brad Pitt, Cate Blanchett, Tilda Swinton*

January 12 - One Flew Over the Cuckoo's Nest (1975)

Location moved to the AWR

When Randle Patrick McMurphy gets transferred for evaluation from a prison farm to a mental institution, he assumes it will be a less restrictive environment. But the martinet Nurse Ratched runs the psychiatric ward with an iron fist, keeping her patients cowed through abuse, medication and sessions of electroconvulsive therapy. [134 min]

Cast: *Jack Nicholson, Louise Fletcher, Danny DeVito*

January 19 - Fried Green Tomatoes (1991)

In this adaptation of Fanny Flagg's novel, flashbacks reveal the remarkable and mysterious story of soul mates Idgie and Ruth, whose antics cause an uproar in their rural southern town during the 1920s. [136 min]

Cast: *Jessica Tandy, Kathy Bates, Mary Stuart Masterson*

January 26 - Still Alice (2014)

When 50-year-old linguistics professor Alice Howland begins having trouble remembering words, her symptoms ultimately lead to a diagnosis of early-onset Alzheimer's — which forces Alice and her family to make radical changes in their lives. [101 min]

Cast: *Julianne Moore, Alec Baldwin, Kristen Stewart*



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.

Welcome New Residents!

- #416 Robert Early
- #504 Ruth Magen

January Meetings

- 14 Res. Assn. Monthly Mtg—1:30 pm / PDR
- 23 Resident Council—11:00 am / 3 CHR
- 24 Food & Dining Comm.—1:30 pm / PDR

Recreation Team

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

Resident Center

Ext. 277 or 827-1061

Sarah Schimm

RC Recreation Assistant

Evonne White

MC 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 & Events

Ext. 435 or 332-5227

Kimber Lucius

Events & Volunteer Planning

Wellness Team

Ext. 420 or 827-2452

Elizabeth Pahl, BA

Wellness Supervisor

Molly Fultz, BS

Fitness Specialist

Kirsty Bullis, BS

Fitness Specialist

Alicia Feldpausch

Massage Therapist

Transportation

Ext. 267

Ben Long

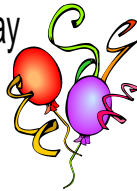
Manager—ext. 292

Dave Alward / Terry Lickman

Drivers

January Birthdays

- 1 Bonnie Keller Garay
- 1 Tom Hazlett
- 6 Sharon Muir
- 8 Bruce Greenman
- 8 Edythe Acton
- 10 Cathy DeRose
- 15 Loretta Suelter
- 19 Robert Erbes
- 19 Edith Vandervort
- 20 Donald Griffin
- 21 Donald Grimes
- 21 Inez Snyder
- 25 Miriam Bethards
- 26 Barbara MacBriar
- 27 Mary Wyrembelski
- 29 Karen Custer
- 29 Peggy Garver
- 30 Betty Weaver
- 30 Connie Timmer



January Highlights

- 14 Gadget Workshop
- 15 NCG Movie Outing
- 16 Evening Entertainment w/Paul & the Marimba
- 17 Thursday Night Special:
Violin Recital w/Sam Spurbeck & Students
- 18 Alzheimer's Caregiver Support Group
- 18 International Cultural Festival
- 20 Piano Recital w/Marina Ionescu & Students
- 21 Jug & Mug Sing-a-Long
- 21 Big House Book Club
- 22 Chili Cook-Off
- 23 Lansing Matinee Musicale
- 24 Frankenmuth Snowfest Outing
- 25 Lunch Bunch Outing: Culver's
- 30 Lunch & Bowling at City Limits



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BINGO LOCATIONS

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

February Upcoming Events

- 2 Live Met Opera: Carmen
- 14 Valentine's Day Social w/ Jonathan Stars
- 14 Lansing Symphony Orchestra:
A Night In Vegas with the Rat Pack