

# The Meadian



*A newsletter published periodically for families, friends and residents of St. Anne's Mead*

AUGUST 5, 2014

## **Vine Time**

Wine and cheese tastings are one of the many popular activities at St. Anne's Mead. Here, residents Chuck Hammond and Carol Long were just two of the many residents who enjoyed a recent presentation by Jennifer Stone, Life Enrichment Coordinator.



## **Mural, Mural on the Wall**

This is one of the many "Up North " type photomurals that will be going up in the lobby and hallways to help make St. Anne's Mead -- *to abstract from a popular children's story --* "one of the fairest of them all." Renovations have just begun and for the rest of the year, you will be able to track the progress of our makeover right here in "*The Meadian.*"

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## We're Going Green!

*Interior to be made over  
for environment...and residents*

During our upcoming makeover announced last month, St. Anne's Mead will be employing many principles of "green" that not only make economic sense, but also deliver more health benefits, says Jane Collins, Executive Director.



"By 'Going Green,' we are making a conscious commitment to improve the environment, reduce long-term costs, and preserve as much as possible the well being of our residents during construction and afterward," says Jane.

Interior refreshments are being scheduled for the front door, the lobby, hallways, dining room and the Welcome Center, all in an appealing "cottage" look.

A Sneak Peek At St. Anne's Mead Cottage-Style Makeover!



*Interior Designer Shirley Maddalena*

Missed it? For an encore peek of the makeover go to [https://www.youtube.com/watch?feature=player\\_embedded&v=Ds9cOuIB2NY&noredirect=1](https://www.youtube.com/watch?feature=player_embedded&v=Ds9cOuIB2NY&noredirect=1)

"The carpeting, lighting, wall coverings and fabrics not only look great, but they also will provide health, economic and ecological benefits as well," says Jane.

"The decorative products and the materials used for their installation either emit no noxious odors or toxic vapors, or offer brighter and more controllable light. With the new technologies on which they are based, there will be reductions in energy usage and cost, greater recycling of waste, and lower annual maintenance costs", says Shirley Maddalena, interior designer for the project.

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"We'll be using the latest technologies such as Sherwin Williams' water-based ProMar 200 paint with zero VOC, Milliken Contract's carbon-negative Tessellate carpeting with end-of-life recyclability, and highly-efficient and decorative LED lighting fixtures that are just now being offered by Chameleon Lighting," says Shirley.

"The decision to go green was the right one, but sourcing the products, if not in Michigan, then elsewhere in the United States, has been painstaking and has pushed back our start date until August at the earliest," says Jane. "But, we are very pleased to have sourced products made in the USA. They are the best possible choices in considering our residents and staff."

**NEXT ISSUE: A progress report on the building refreshment**

## ***Worth Repeating***

**Here's what they are saying about St. Anne's Mead**

*"I don't think you could find a better place. For Assisted Living and Nursing care, St. Anne's is the best! The outstanding staff does an excellent job of caring for us and keeping us happy. God bless them all!"*

*-- Mary Murasen, resident*

## ***Senior Tips***

### **WEIGHT CONTROL**

The golden years are not the right time for extreme diets or drastic weight loss. Fad diets frequently eliminate entire food groups, which can lead to serious nutrition gaps. A better approach is to eat ***better*** while eating a little less. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health. If you feel that you may benefit from a modest weight loss, consult your physician or a Registered Dietitian.

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## Check Your Mailbox

### ANNUAL APPEAL

It's been a few years since the last annual appeals letter was mailed out, so we wanted to alert you to the fact that the 2014 appeal should arrive in your mailboxes before the end of the month. If you do not receive one, and would consider a donation in the memory of a love one, as a friend of St. Anne's Mead or one of its residents, or as part of your estate planning, please contact us at 248-557-1221. We are a not-for-profit 501(c)(3) so all monetary commitments are tax deductible.

### SURVEY SAYS

Also coming to your mailbox is a satisfaction survey in which we seek to measure our ability to meet your expectations.



#### CONTACT

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#### Our Mission

St. Anne's Mead mission is to provide compassionate and professional health care and supportive services to seniors in a safe, secure, and loving home.

In keeping with our faith-based traditions, we endeavor to serve the unique needs of individuals and their families while preserving dignity and enriching lives.

