

The Meadian



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

DECEMBER 23, 2014

He's Got Mass Appeal

Parishioners From 50 Years Ago Still Visit Monsignor Baldwin

A former visitor to St. Anne's Mead, Father Edward Baldwin, 84, now is a resident. He is comfortable with his decision to leave his beloved Sacred Heart Seminary where he taught and lived for more than 30 years. Father Baldwin spent many years serving as pastor in a number of parishes in the Archdiocese of Detroit. Most recently, he served as weekend priest (his term) at Our Lady of Sorrows in Farmington Hills. Father Baldwin was much loved at all his parishes and he is remembered well throughout the Archdiocese.



"I moved in, in 2012," he says. "I chose St. Anne's Mead because I was already familiar with the staff and level of care. My sister was a resident at St. Anne's and she received excellent care. She was just 20 months older than me. She's gone now; she was the last of my family."

His long time ally and helper Sister Mary Schmidlin visits several times a week. She's been at his side since 1980, when he was teaching in the Seminary. She continues as a guiding light reminding him of facts as his memory begins to fade.

The two of them have noticed that most of the visitors who come to see Father Baldwin, have known him for more than 50 years. "There's a lot of them, more so than from any other time period. I must have been doing something right," he says,



Before his move to St. Anne's, Father Baldwin had been providing spiritual direction to young men wanting to join the priesthood. Then "it" happened. "I fell a few times," he says. "The last one really messed up my hand." Now, with more spare time, Father Baldwin has become an avid reader, catching up on theological commentaries he had put off reading while teaching. And, despite having neuropathy and using a wheel chair, he concelebrates mass with another priest every Saturday afternoon for the nearly 20 Catholics that live at St. Anne's Mead.

"More and more people will be heading to places like this for assisted living," says Father Baldwin. "My advice to them would be to respect the different points of view that one can expect from this type of living. "It's all right to disagree as long as you respect each other." At St. Anne's Mead, no one holds your differences against you. There's no 'we versus them.' Like I always say, "if you have to choose a place like this, then this is the one to chose."

In the Jewish Tradition

Residents of All Faiths Guests at Hanukah Party

A Hanukah party for about 50 mixed faith residents, family and friends was hosted Sunday, Dec. 20, in the Hollingshead Room by the Blostein family (George and Jean, residents at St. Anne's Mead; sons Paul and Joel; and Barbara Oppewall, daughter-in-law.

George and Jean Blostein moved into St. Anne's Mead earlier this year. They liked the community feel of St. Anne's Mead and decided to include their new friends in their Hanukah celebration.

Joel Blostein, in reciting the story of Hanukah during the event, amended his recitation by not lighting candles on the menorah as is typically done. Because some attendees were using portable oxygen tanks, he opted on the side of safety to have the photographer trigger his flash unit each time a candle was to be lit.



Freida Blostein, granddaughter of residents Jean and George Blostein, holds up a plate of latkes, traditional potato pancakes that are served during the celebration of Hanukah.

EDITOR'S NOTE: Parties, reunions and special events --- either private or open like the Blostein's -- can be arranged through the catering staff at St. Anne's Mead.

Worth Repeating

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

"I feel lucky and blessed to have my mom at St. Anne's Mead. The folks there are dedicated. It's a magical place." -- Cheryl Furtak

"We had visited other places with big impressive entrances, but when we looked in the hallways, there were no people. Everybody was in their rooms. I wanted a place where my husband's mother and father could interact with other people. Here at St. Anne's Mead, there's always activity; someone walking you can talk to." -- Barbara Oppewall



Santa Visits

Young and old alike got a chance to sit with and tell Santa what they'd like for Christmas during the jolly man's stopover at St. Anne's Mead on December 13. The visit from the man in red was for the families of employees, visitors and residents.

Senior Tips

How to Fight Off the Winter Blues

With short days and long nights, staying indoors -- especially for seniors with lessened mobility -- to avoid the cold and hazards of winter weather, can lower morale. We long for sunlight and the warmth of 70 degree days. People know the issue by many names: cabin fever, the winter blues or doldrums, and even SAD or seasonal affective disorder. Here are six quick tips to ward off winter depression:

1. You are not alone. Many people around you are struggling with the same challenges; don't be afraid to share your feelings with a friend or family.
2. Open your drapes and let the daylight in.
3. Wear bright colors...whatever colors make you smile!
4. Be adventurous. Take up a new activity project or hobby.
5. Be with friends and engage in daily goings-on; watch the activity calendar and attend a light exercise group, an entertainment program, spiritual function or any of the variety of activities occurring throughout the month.
6. Smile often and laugh even more. It has been scientifically proven that laughter is good medicine!

You *can* beat Old Man Winter at his game. Remember, you are surrounded by people who can brighten the day.

-- Michelle Mitchell, Social Worker, St. Anne's Mead

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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.

