

50 the Meadian

*A newsletter published periodically for families, friends and residents of St. Anne's Mead
Celebrating 50 Years of Providing Loving Care*

JANUARY 12, 2016

Alzheimer's Breakthrough in 2016?

St. Anne's Mead Planning For Growing Number of Cases

While prognosticators at *Fortune* magazine say 2016 may be the year in which pharmaceutical researchers develop a drug that will either ease or eradicate the effects of Alzheimer's disease, many others are not so optimistic, believing a cure is no less than many years away.

The advancement of the disease in 2015 left more than 180,000 in Michigan, and about 5.3 million in the United States struggling with the ravaging effects of the disease. The impact on healthcare has been staggering and has prompted the construction of dedicated facilities and specialized treatments for those affected.



What 2016 holds for St. Anne's Mead

Old 300-Wing to Become New Dementia Care Unit

For the better part of 2015, the Board of Trustees at St. Anne's Mead conducted a thorough investigation of the possibility of converting the building's unused "300-Wing" to a Memory Care Unit (MCU).

"That will be one of four main areas we focus on in 2016," says Jerry Nechal, newly elected president of the Board of Trustees.

Going into 2016, St. Anne's Mead has a "very committed and talented board of trustees and a very capable staff and management team," says Jerry.

"Both board and staff are heavily into the planning of the MCU and we can expect the project to be underway by the end of the year," he says. Jane Collins, Executive Director, agrees, saying the board

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should have preliminary plans for the MCU ready to review before the end of the first quarter.

“It will be a costly undertaking especially for a facility of our size, operating as a not-for-profit,” Jerry says.

“On top of that, we’ll be installing a state-of-the-art fire suppression system,” says Jerry. “The work will require retrofitting in the hallways but we haven’t yet decided if the piping will be hidden or exposed,” he says.

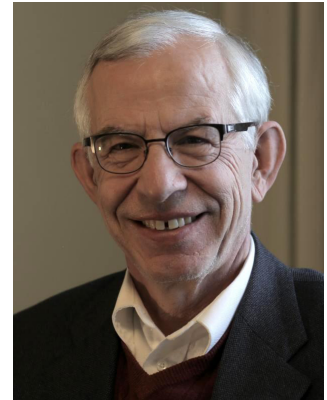
Expenses for installation of the sprinkler system and outfitting the MCU will be rolled into a capital funding campaign. According to Jerry, on-going fund development “needs to become a stable and consistent part of the way we do business. Fundraising for the physical plant and sustaining operations will be another area of focus” he says.

Jane adds that a consultant hired in 2015, has provided guidelines in setting up and promoting the campaigns, and “in our case, we will use our 50th anniversary to reestablish relationships with former family members and friends who over the past several decades have shown tremendous loyalty, goodwill and commitment to St. Anne’s Mead.”

50 Years And Still Going, and Going, and Going...

One other area that the board will focus on are two public events tied to St. Anne’s Mead’s Golden Anniversary. “A committee already has begun planning the 50th Anniversary events, tentatively scheduled for midsummer and early fall,” says Jane. “The celebration is a remarkable milestone and it will give us the chance to tell the history of St. Anne’s Mead and talk about the importance it has played in the local community. It will also give residents and staff opportunities to celebrate the occasion together.”

The remaining focus, says Jerry, will be on continuing “our very successful marketing programs, aimed at creating awareness and building the kinds of relationships that will help us continue providing high quality loving care for our residents and a safe home environment.”



JERRY NECHAL
Board President



Photo murals, installed as part of the Phase II building interior refreshment in 2015, continue to provide enjoyment for all who walk the halls.

A Little Sweet Talk on Diabetes

The American Diabetes Association reports that in 2012, approximately 9 percent of the American population had diabetes, and that this number is rising. The percentage of American seniors (age 65 and older) with diabetes is even higher at approximately 25 percent.

Diabetes and its underlying complications can significantly impact overall health, and it is important to be aware of signs and symptoms, especially in our aging population.

The nursing staff and registered dietitian at St. Anne's Mead's take pride in not only caring for residents already diagnosed with diabetes, but also in looking out for the telltale symptoms of un-diagnosed diabetes including: frequent urination, unusual thirst, unusual hunger (even with a good appetite), extreme fatigue, cuts/bruises that are slow to heal, blurry vision, and tingling/pain/numbness in the hands or feet.

If you or someone you love have any of these symptoms, seek the attention of a medical professional for assessment. Early detection and treatment can decrease the risk of complications including high blood pressure, blindness and other eye problems, numbness/pain the lower limbs as well as an increased risk of heart attack, stroke, dementia and kidney disease.

Well-balanced meals and regular physical activity are essential and this is especially important for people with diabetes and those at high risk for developing diabetes.

Carrie Esper R. D. (Registered Dietitian) says, "We take pride in serving healthy, well-balanced, flavorful meals to our entire population as well as those with diabetes."

A diagnosis of diabetes does not mean a strict, bland diet, she says. "We make sure that we provide healthy meals that are balanced not only in carbohydrate intake but also other essential nutrients. We also try to maintain the quality of life of our diabetic residents by allowing desserts and treats in moderation," says Carrie.

Diabetes can be managed through diet, oral medications, and/or insulin therapy.

The staff at St. Anne's Mead is able to provide our residents with all the appropriate treatments when needed. "When their disease is managed well, most residents can enjoy many years with few complications. If diabetes-related complications do arise, our medical team is well equipped to handle them," says Carrie.



Resident Artists' 2016 Wall Calendar

Our 8-1/2 x 11 full-color, wall calendar, featuring the works of resident artists, is available at the Registration Desk. Each month features a different artist and his or her work.

Proceeds from the suggested donation of \$10 go directly to the Angel Fund.

Worth Repeating

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

"Our family is very relieved that Dad is at St. Anne's Mead, from the standpoint of safety, level of care and quality of the food. It is rare when all three of these occur. The convenient church service also is really important to him."

-- Jeff Wilmot

STAY CONNECTED



Be sure to check our Facebook page for photos, videos and comments.

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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.