

50 the Meadian

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

JULY 18, 2017

Activities

Life Enrichment: So Much More Than Bingo

Looking for something to do?

That's not a problem if you live at St. Anne's Mead. Life Enrichment Coordinator, Jennifer Stone and her team have created a robust program that includes a wide variety of programming and events that make life rich and full and fun. Enhancing quality of life is the goal that drives this team. The interests, strengths and needs of the residents are constantly changing. Therefore the Life Enrichment program cannot remain static; it must be dynamic and ever-changing.

Jennifer says one of her favorite activities is the "Staff and Resident Challenge", a game show-type trivia challenge that "offers up lots of laughs. It's a highly attended activity and both the staff and residents always have a blast," she says.

According to Jennifer, "Some people think activities are all fun and games but a meaningful activity program should touch on the five psychosocial needs of every individual. While we do have plenty of fun here at St. Anne's Mead, our dynamic activity program also focuses on the spiritual, physical, cognitive, emotional, and social requirements of our residents as well."

Since Jennifer revealed her favorite activity, we decided to ask a few of the residents to name their's. Here are some of their responses.

KATHLEEN DRYOVAGE

“Catholic mass. After all, my religion is the most important thing. Like family, it is the center of my life.”

NOTE: St. Anne’s Mead offers a variety of services to meet the spiritual needs of all residents.



DON OLSON

“For me, it’s mealtime. Not just because of the food, but for the chance to be with friends and other people. I enjoy good conversations and learning about subjects of which I know nothing or very little about.”

EVELYN REYNOLDS

“Oh, it’s the art program. I’m 98 and I’ve only been doing art the past two years, but I just love it. I can hardly wait from one week to the next.”



HARRIET MURDOCK

“It’s the lunch outings. I’ve always enjoyed going out to eat. My husband and I used to do it quite a bit but now I don’t have a car and I’m a widow. Clawson Steakhouse is still my favorite place to go.”

PEARL FRITZ

“I like art because I can do it and it’s relaxing. With art, you get something for the time you spend doing it.”



ESTHER HORNYAK

“For me, it’s bingo. I like winning but it’s being with very good friends...and Darlene. (Darlene Yeager is a member of the Life Enrichment team.) She’s a very good caller. This is my spot - pointing to her seat at the table. It’s very lucky.”



JOYCE XERRI

“I enjoy the musical events. Music makes me very happy.”



IRENE MILLER

“I like ‘Exercise with Jim’.”
(Jim is a personal trainer who specializes in physical fitness for the geriatric population.)



We’re Going the Extra Foot for the Alzheimer’s Walkathon

Robin Harris, Director of Admissions, is still seeking volunteers to participate in the 2017 Walk to End Alzheimer’s, a fund-raiser for the national Alzheimer’s Association. The event takes place at the Detroit Zoo, 845 W. 10 Mile Rd. in Royal Oak. Registration opens at 7:30 a.m. with the walk starting at 8:30 a.m.



Gilda Jefferson and Michelle Dakroub get ready for the big walk.

As part of the fun and the fund raising, a 50/50 drawing will be held on Monday, July 31 with tickets going on sale Monday, July 24. They will be available through the Life Enrichment department.

Robin says walkers should register on the team's participants page for the Aug. 26 event. "If you are unable to walk, you can still participate by making a \$35 donation to the team's fund-raising campaign. Every dollar advances the care, support and research efforts of the Alzheimer's Association," says Robin. Walkers who raise at least \$100 earn a 2017 Walk to End Alzheimer's T-shirt.



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The St. Anne's Mead page link is: http://act.alz.org/site/TR?fr_d=10497&pg=personal&px=4563632

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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.