

The Meadian



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

JUNE 10, 2014



Craig W. Hammond says sports were a big part of being together with his dad, Chuck Hammond.



Fred Capaldi and Fred Capaldi prepare to garden, a pastime both continue to enjoy.



Pops are people, too!

Sons talk about their resident Dads

Everybody's got one: A father, that is.

Children refer to their male parents as Dad, Daddy, Pop, or Father. Regardless of their monikers, fathers develop connections with their kids that are not always expressed. It has been said, men are less willing or just less comfortable talking about their feelings when compared to women. Maybe that's one reason why Hallmark and other greeting card companies have succeeded, by stating in simple prose the words that are intended but rarely spoken. In light of Father's Day, 2014, we thought we'd ask sons of resident fathers to write down any special memories or feelings that come to mind when thinking of their fathers.

Here are some replies.

FRED CAPALDI

"There are many things I learned from Dad. Patience: Dad has always been a patient person and didn't rush to judgment. He always wanted to allow things or issues to play out before making a quick decision. Work Ethic: He has always said a little hard work won't hurt you. Business Sense: He has always had, even to this day, a business sense that told him when to buy and when to sell." -- *Fred Capaldi*

CHARLES HAMMOND

"My father was an attorney and he raised three sons who all followed him into the practice of law, so he certainly influenced our career choices by how he conducted his life. But I think the most influential characteristic was that my father enjoyed playing with his family. He would always play games with us: coaching us in little league baseball, playing pickle on the beach at our cottage and many hours of tennis and golf. I play many of the same games with my children and it has always been a source of great joy." -- *Craig Hammond*



JOHN L. ELLIOT

"There are so many strong memories of my father, John L. Elliott, both as a child and as an adult. Perhaps his single most outstanding trait is that he is genuinely the nicest man I have ever known, which was a good characteristic to have since my mother was the nicest woman I have ever known, and they were, together, the nicest couple I have ever known. He has always had a great smile and a strong handshake, and the most generous heart. He laughs freely and chuckles constantly, no matter what life has thrown at him. It is a very strong positive type of courage and generosity of spirit. Very simply, John L. Elliott is living proof that nice guys do finish first!" -- *Jon Elliot*



MONSIGNOR EDWARD BALDWIN

"Msr. Baldwin / Fr. Eddie has been a member of our extended family for well over 50 years. He is a classic 'gentleman', a wonderful story teller, full of dignity and respect for others, with a contagious laugh, great wit and an unmatched sense of humor. He is gracious, kind and caring - exhibiting the best qualities of a true Irishman, which he is very proud to be." -- *William Duggan*



ROBERT FRANCIS

"Dad was always highly committed to his faith and his family. He expressed his faith with an emphasis on prayer, scripture and involvement in the church. Throughout his life, he always demonstrated a strong commitment to his wife of 52 years and to his three children." -- *Dave Francis*



JOE BASSETT

"Dad is 93 and he has lived at St. Anne's Mead since the fall of 2011. One of my first childhood memories of Dad is hearing him working on the adding machine with his accounts after I was in bed. The rhythmic noise lulled me to sleep. When I got a little older he and I would play catch with a baseball on the sidewalk in front of the house. We would do this just before or just after dinner. It was a daily ritual and as I got older we stood further and further apart until eventually we were as far apart as the width of the lot. I also used to go to work with Dad and earn some money cutting the grass at the shop. I was probably eleven or twelve and was so amazed that I got paid \$1/hour for riding around on a lawnmower for several hours. Probably Dad was also outside working on the landscaping, but I am not sure we called it landscaping back in the 1950s. We probably called it the bushes and flowers. Management worked on the lawn on the weekends back then! Today, he and I planted some herbs in raised beds in one of the courtyards at St. Anne's Mead. The residents will take care of the herbs and they will be used in the kitchen for cooking in the summer and fall." -- *Larry Bassett*

Worth Repeating

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

Our family will always be grateful to St. Anne's Mead for providing the loving, caring, and positive environment that quickly transformed my mother's life-- she was healthier, happier, and more engaged in life within a matter of days.

She repeatedly praises her life at the Mead and we couldn't agree more. Its excellence, in our opinion, is unsurpassed.

-- Pat Franz, daughter of Carol Long

Senior Tips

Falls are meant for rivers, not our homes

Here are some things you can do to make sure your parent doesn't take one

- Remove loose area rugs and smooth out uneven wooden floors.
- Upgrade lighting to shed light in dark spots.
- Firmly attach hand rails to stairways and in bathrooms.
- Review medications to see if loss of balance is a side effect.

-- Shawn Brooklier, Social Worker, St. Anne's Mead

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Stay Connected



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.
