

# 50 the Meadian



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

March 14, 2017



Carrie Esper, registered dietitian, and Preston Hill, Food Services Director, thoughtfully plan and prepare menus that satisfy residents' tastes as well as provide proper nutrition through food selection and cooking methods.

## ***National Nutrition Month*** **Serving Delicious, Healthy Food Seven Days A Week**

“Put Your Best Fork Forward” may be the theme chosen for National Nutrition Month by the Academy of Nutrition and Dietetics, but the dining services staff at St. Anne's Mead puts their “best fork forward” every day of the year.

---

While it can be challenging, Chef Preston Hill and registered dietitian Carrie Esper work together to create menus that meet nutritional needs, yet satisfy the eating habits and taste buds of our senior community.

The residents are also consulted regularly at a monthly meeting they call Food Forum. The residents provide suggestions for foods they would like to see on the menu as well as themed and holiday meals. Their recommendations help establish daily menus that offer variety, promote good health and satisfy residents' tastes.

Chef Preston and his staff use a variety of fresh fruits and vegetables, herbs and spices to make delicious, colorful meals for residents, guests and staff. "By focusing on fresh foods rather than canned or processed foods, we enhance the nutritional value and taste of the meals without the added sodium, fat and preservatives found in processed, pre-prepared foods," says Carrie.

Chef Preston notes that his staff "use a variety of cooking techniques such as steaming, sauteing and roasting that help preserve nutritional value and enhance flavor. Braising and searing meat locks in juices and brings out natural flavors."

Heavily modified therapeutic diets such as diabetic, cardiac or low sodium, may restrict foods that residents used to enjoy at home. Our use of fresh foods allows for a liberalized, general diet that is healthier for our residents than meals made from canned and processed foods. Allowing residents to have a regular diet may provide an increased quality of life and a decreased risk of weight loss and malnutrition.

For many residents, breakfast, lunch and dinner are often the highlight of their day. At St. Anne's Mead, our residents can enjoy food that not only tastes good, but also promotes good health and quality of life.

-- Carrie Esper, RD



---

## Worth Repeating

### So how is the food at St. Anne's?

*“Outstanding! The food is well done and well prepared. It's served by nice people too!”*

-- Don Olson, resident

*“I especially love the soups.”*

-- Cis Rehe, resident

*“If you tell Preston what you need, he'll get it for you. He's very accommodating.”*

-- Mickey Swart, resident

## You're Making A Difference

*82 Cents of Every Dollar Raised Go to Resident Services*

As we move well into 2017, we want you to know that your donations are making a difference for our residents. We will showcase how in our annual report to the community to be available in mid-April. Here is a preview:

One hallmark of an effective and efficiently run non-profit organization is having more than 60% of revenue goes toward care and programming. At St. Anne's Mead, you can give with the confidence of knowing that 82% of revenue goes toward resident services.

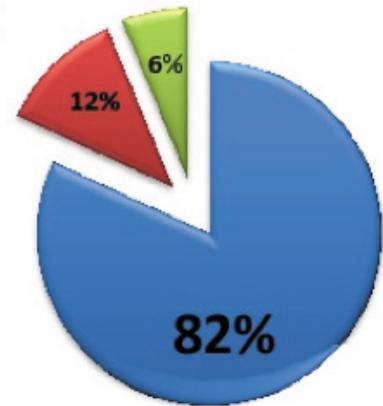
---

## GIVE WITH CONFIDENCE

This year, we have many opportunities for both individuals and businesses to give with confidence.

In doing so, you can support our state-of-the-art Memory Care Home through our Memory Matters campaign, or our residents in need through our Angel Fund.

- Care & Programming
- Fundraising
- Administration



For information on opportunities, please contact our Development Consultant, Peggy K. Goodwin at 248.268.4146 or [peggygoodwin@goodwinconsulting.us](mailto:peggygoodwin@goodwinconsulting.us).



### STAY CONNECTED



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

#### CONTACT

Jane Collins, Executive Director  
or  
Jennifer Stone, Life Enrichment  
Coordinator  
St. Anne's Mead  
16106 W. Twelve Mile Road  
Southfield, MI 48076  
248-557-1221 office  
248-557-3142 fax  
[jcollins@stannesmead.org](mailto:jcollins@stannesmead.org)  
[www.stannesmead.org](http://www.stannesmead.org)

#### 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.