

The Meadian



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

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Beauty Mark

In-House Salon Helps Resident Look Their Best

When residents need a beauty lift, Dominique Pitts does her part... by putting a part in her customer's hair.

Dominique is a licensed cosmetologist who visits St. Anne's Mead once a week through an arrangement with John Anthony Salon.

While her customers are both male and female, it's the women who drop in most often. The salon is open every Thursday from 10 a.m. to 2 p.m.



Dominique Pitts

"Generally, customers only have to fill out a simple profile sheet to receive services. If anyone wants an appointment, they can stop by and talk to me or leave me a note in the mailbox on the salon door," says Dominique, a resident of Southfield.

Fees are 30-40 percent lower than what customers typically would pay outside St. Anne's Mead.

Dominique started doing hair 13 years ago after completing her education in cosmetology at David



Pressley's in Royal Oak. Her first job as a beautician was at Marshall Fields in Northland Mall. From there she went to Evolutions Spa in Berkley. Now she is working for John Anthony Salon where a flexible work schedule allows her to care for her two children as well as come to St. Anne's Mead once a week.

"In fact, it was John Anthony Salon who suggested I apply for the position here, so I came in. I liked what what I saw, so I said 'yes,'" says Dominique.

Dominique's flex time allows for plenty of time with her family. "I spend most of my spare time with my husband Bachir and our children, Naomi, 7, and Noah, 5," she says. "We enjoy painting, walking, reading, cooking and watching movies together. When I can, I love to visit my sister and her family and my parents."

Doing hair for seniors is different than doing it for younger people, says Dominique. "For one thing, there's less of it, and in most cases, it has a different texture," she says. "And, I do a lot less coloring here than in other salons. Most women are not interested in experimenting, preferring to keep a familiar style of haircut or perm. Trends are pretty much ignored in favor of what they are used to," she says. "Men tend to drop in less frequently, maybe once every 5 or 6 weeks for a quick haircut."



Age May Mask Addiction in Elderly

Substance abuse among the elderly is one of the fastest-growing health problems in this country, but there is hope that new attitudes about the recognition of abuse and treatments for it will help stem the tide.

Studies show that of the nearly 35 million people in the United States 65 years or older, more than 2.5 million have an alcohol- or drug-related problem. By 2020, the number of older adults with a substance abuse problem is expected to double.

Although alcoholism is a serious problem for 5 percent or less of the general public, alcoholics make up 10 to 20 percent of those in nursing homes, according to Frederic Blow, professor in the Department of Psychiatry at the University of Michigan and a Huss

Research Chair on Older Adults and Alcohol/Drug Problems at Hazelden's Butler Center for Research.

The statistics exclude assisted living facilities like St. Anne's Mead which has not had cases of alcohol abuse. "By the time someone with an addiction is forced to deal with it, the addiction probably has already depleted his resources, making him ineligible for a move-in here," says Michelle Mitchell, Social Worker.

Robin Harris, Director of Admissions, adds, "We've had only one incident and that was with a new resident"

in withdrawal. The condition was not evident during the assessment process. The problem could not be properly managed here so the resident was moved to a facility where help was available."

A recent Penn State University study concluded that about half of older alcoholics get by unnoticed and are never properly diagnosed. As a result, they are never given treatment options. Among the reasons for overlooking their conditions are:

- The elderly have less contact with the outside world and therefore their behaviors are less likely to get noticed.
- They are less likely to drive under the influence, engage in a barroom brawl, or lose a job.
- Well-intended loved ones may excuse the behavior because they fear upsetting their parents.

Attitudes about addictions are changing for the better. According to Professor Blow, there is less shame and guilt associated with substance abuse now and more acceptance of treatment as a way to make things better." Blow also says there is "good evidence" that older adults may do better than young people when it comes to treatment.

Warning signs of addictions include those in the Senior Tips section of this newsletter.

Senior Tips

Here are some of the most common indicators of addiction:

- Slurring of speech
 - Decreased appetite or weight loss
 - Unkempt appearance and poor personal hygiene
 - Insomnia
 - Health complaints without evidence
 - Lying about drinking habits
 - Increased frequency of drinking
 - Irritability and mood instability when not drinking
 - Unexplained bruises and repeated falls
 - Black outs
 - Tremors when not drinking
 - Increased forgetfulness
 - Social withdrawal
 - Depression or anxiety
 - Hiding alcohol or pills
 - Discomfort in talking about drinking or drug use
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Worth Repeating

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

St. Anne's Mead's dementia training program is very client-focused, compassionate, hands-on and useful. I highly recommend it.

-- Claudia Mills, Leasing Agent, All Seasons of West Bloomfield



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.

