

The Meadian



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

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Artwork Offers More Than What Meets the Eye **Art Therapy Uses Creative Process to Improve Well Being of Seniors**

Margret Wielbut is a certified art therapist who urges residents at St. Anne's Mead to achieve their best when applying their talents in making arts and crafts. "The process is proven to help individuals of all ages enhance their well being," says the Wayne State masters graduate.



Therapist Margaret Weilbut, center, shows Ed Rasanen how to cut a fold-out figure while Carol Long looks on.

Each Thursday, Weilbut makes the long trek from Ann Arbor to Southfield to work with residents wanting assistance with their art projects. According to Weilbut, few assisted living facilities support art therapy like St. Anne's Mead. "Here they understand how self-expression enhances the quality of life for residents and eases the stresses and strains of age-related physical, mental and social decline,"



she says. “I don’t mind the drive because the studio here is one of the best. It provides all the room I need to teach art and it is well-thought out. The studio is pleasantly roomy, the walls are neutral, and it is well-supplied,” says Weilbut. She adds that each resident artist develops their own portfolio and gets to exhibit their best work during Winter Wonderland, an annual event to which family and friends receive personal invitations. To sign up to use Skype, or for more information about the service, please contact the Life Enrichment Coordinator at 248-557-1221.

For more information, visit the American Art Therapy Association at www.aata.org



Reel Time

Here's what's playing on the next Movie Night:

DOWNTON ABBEY

Season 1 Episode 1

7 pm.

Saturday, April 5, 2014

Families are encouraged to attend. The series will continue at the same time each Saturday evening.

Worth Repeating

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

"I feel blessed to have the peace of mind, knowing that my mother is well treated and well cared for at St. Anne's Mead. She enjoys Kosher Meals-on-Wheels on Passover and routine visits from community Rabbis. The staff and administration respect my mom for who she is. St. Anne's Mead is my mother's home and a part of my family."

-- Sharon Landau Levine

Senior Tips

Dementia Communication Requires Special Skill

When interacting with a friend or loved one with dementia, remember **"GL UMB IM SS"**

- **GL = Get Low** Sit at or below eye level. It helps the person feel more comfortable and in control.
- **UMB = You Must Be** Say, "You must be _(name)_" It is a gracious way of letting someone know that you know who they are.
- **IM = I Am** Re-introduce yourself. Say "I am _(name)_" Short-term memory loss is common so do not assume he or she will recall your name even if you just stated it an hour ago.
- **SS = Simple Statement** Use simple language and do not ask questions that can leave the person feeling confused and anxious if they can't come up with the answer.



Our [Buddies Forever](#) program is designed for helping with dementia communications. To learn more, call 248-557-1221.

Easter Time

Families Invited to Take Part in Our Annual Celebration

It was a very long winter in Michigan but we at St. Anne's Mead look forward to the arrival of Spring and the celebration of Easter. On Saturday, April 5, we will host an Easter Egg Hunt along with an Easter craft and visit from the Easter Bunny. Start time is 3:30 pm. Activities end at 4:30pm. Staff and resident family members -- including children -- are welcome to attend.

St. Patrick's Day Lunch



Lou Wood



The Dessert Display



Abe Swart



Marian Houdon



Doris Jackson

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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.