

The Meadian



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

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Food for Thought **Chef's work ethic a recipe for success**

Preston Hill, Dining Services Director, has a pretty good recipe for success: "Follow your heart, work hard and do it with passion." That is the advice he has given his youngest of three daughters who wants to open her own cupcake station.

And, it is the same counsel that has brought the 40-year-old to St. Anne's Mead from Clarkston where he worked for seven years at Shepherd's Hollow, one of the top country clubs in the nation.



"I feel very settled here," says Preston, "It's a rewarding job and a lot less stressful than at the banquet center. Then, everything was a la carte, a lot of individual orders. Here it's more structured. I can spend more time preparing a single meal, and introducing healthier foods into traditional "meat and potato" diets.

"What I like most about St. Anne's Mead is the interaction with the residents. I want to learn about their likes and dislikes," says Preston, "and then tailor menus to their particular tastes. They don't mind telling me they didn't like something, or would prefer it be cooked in a different way," says Preston. "I welcome that feedback."

Preston points out that he takes great delight in seeing the people under him succeed. "I have a staff of 15; I call them 'my family.'" And like his real family, they are an important part of his life.

Preston and his three brothers grew up in Detroit and his mother still lives in the same neighborhood. He says, "A lot of good people came out of that neighborhood."

But it was Preston's dad who influenced him the most in pursuing the culinary arts. "Dad did a lot of the cooking in our family. He was a hunter and fisherman, so I learned at an early age how to fillet fish and dress game." Preston leveraged that experience to land his first job at an area restaurant that featured wild game.



Worth Repeating

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

"We all gain weight when we move in, so the food must be good!"

-- Resident, Marian Houdon

"We have good conversation at my table. We're the last ones to leave the dining room."

-- Resident, Gladys Dudash

Save the Date

Come celebrate our Phase One completion

Please join us during a special all-day event November 20th, in honor of the completion of the first phase of our facilities refreshment. An announcement card will be in the mail shortly but we wanted to give you a heads-up so you can mark your calendars. There will be a ribbon cutting, building tours, networking, wine and desserts, and a wonderful presentation on Henry VIII by history teller Maureen Esther. Can't wait? Seating is limited for the 7 pm presentation so sign up now by calling Robin Harris at 248-557-1221.



Senior Tips

Why fiber is so important as we age

Fiber is an important component of a healthy diet, especially as we get older. A diet high in fiber has a number of benefits, including keeping the digestive system working effectively. Fiber can help keep our bowels "regular" and prevent constipation. It may also help protect against certain diseases such as cancer, diabetes and heart disease.

To help increase fiber intake in your diet, aim to eat a variety of high fiber foods daily. Good choices include:

- Oatmeal, Whole Grain Breads/Cereals/Pastas
- Fruits: Apples (with skin), Apricots, Black/Blueberries, Cantaloupe, Pears, Plums/Prunes, Raisins
- Vegetables: Broccoli, Corn, Peas, Potatoes, Spinach, Winter Squash
- Beans, Lentils, Nuts and Seeds

When increasing your fiber intake, be sure to do it gradually and with plenty of fluids to decrease potential discomfort as your digestive system adjusts. Many different forms of fiber exist, so you should eat a variety of high-fiber foods and whole-grain breads and cereals to get all of the benefits.

-- Carrie Esper, RD

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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.

