



Rehabilitation | Assisted Living | Nursing Care | Memory Care | Hospice
2161 Leonard St NW | Grand Rapids, MI | 616.453.7715
Carmelite Sisters, CDCJ

Our Intercessors in Heaven

November is the month we honor those who have gone before us.

We all have someone we pray to or who we invoke when we need a special favor or help. The saints are our intercessors, they have lived on the earth and know our plight.

These beloved souls we honor on Nov. 1, which is All Saints Day.



And all our loved ones are never forgotten, as we have a special day to send extra prayers their way: Nov. 2, which is All Souls Day.

Much of the world is already focused on Christmas and the holiday season, but let us not forget a holiday our forefathers established as our country was discovered.

THANKSGIVING is a family day - and we all are so blessed.

Each morning we arise to a new day- a little resurrection. We have a home, family, friends, food and clothing. The list goes on and on.

Now for some quotes of our Foundress that help us remember the spirit and intent of the season:

“Thus by giving praise and thanks and making use of all opportunities all is transformed into fountains of grace.

“Love God with an ardent love and God will grant you an increase of grace daily

See Sister on page 3



St. Ann's



Renee TenEyck Honored Last Month

We are excited to announce our October employee of the month is Renee TenEyck.

Renee has been a part of St. Ann's Environmental Services staff since May 2020, and has been an invaluable addition to the team.

Renee, we appreciate the effort and the time you have put into the Housekeeper role. Thank you for the difference you have made. We are delighted to have you on our team!



St. Ann's Convent & Emmanuel Hospice Support Gilda's Club 2020 Walk

Sister Mary Judith, representing the Convent at St. Ann's and our partner Emmanuel Hospice, completed a labor of love in honor of Gilda's Club Grand Rapids.

Gilda's Club, which annually holds a West Side Walk, gratefully accepted the "Twisties" seen in these photos as gifts for the Walk.

Sister Judith, who led the Twistie effort, said the project was a month of joyful labor.



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COMMUNITY

Sister, from page 1

which will enable you to fulfill your duties for His glory.

“All we do is nothing if live-true, warm, refreshing and pure-does not prompt our work. To love God not only in words but in deeds.”

And on Nov. 21 Catholics celebrate the Feast of the Presentation of Mary. This feast dates back to the 6th century in the East and the 15th century in the West.

It is based on an ancient tradition that says Mary was taken to the temple in Jerusalem when she was 3-years-old and dedicated to God. What we celebrate on this day is the fact that God chose to dwell in Mary in a very special way. In response, Mary placed her whole self at the service of God. Every moment since your Baptism, God invites you to be open to his grace and dedicate yourself to him, as Mary did.

Sister M. Gabriela, CDCJ

Cover Photo

The beauty and bounty of Fall - with all our favorite squashes, blossoms, and other treats.

ST. ANN'S MISSION

Our mission is to provide a loving and spiritual community for older adults to live lives of caring and wholeness inspired by our Carmelite foundation of fraternity, service and prayer.





November BIRTHDAYS

ANNA O.
November 2

JOAN B.
November 15

FLORENCE H.
November 29

YVONNE W.
November 13

MARIE C.
November 16

HELEN B.
November 30

LOU D.
November 14

VELMA E.
November 18



“Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds.” – *Theodore Roosevelt*

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” – *John F. Kennedy, Jr.*

“Give thanks not just on Thanksgiving Day, but every day of your life. Appreciate and never take for granted all that you have.” – *Catherine Pulsifer*

NOVEMBER HIGHLIGHTS

DAY	TIME	EVENT OR ACTIVITY
Variable	9:30 a.m.	Exercise with Life Enrichment - check the full calendar for days and sites.
Wednesdays	9 a.m. - 3 p.m.	Manicures available by request - check with Life Enrichment to reserve a time.
Monday - Friday	2:30 p.m.	Room Bingo - Will be played as many days as possible.
Variable		Music with Len - check the full calendar for days and times.
Sunday	10 a.m.	Live Mass - Watch Mass from the Cathedral of St. Andrew on WXMI.
Please remember all TV events are subject to change. Please ask a Life Enrichment staff member if you have any questions.		

Activities Calendars keep growing - Look for new options!



The Activities team will continue to work one-on-one with residents to ensure resident needs are met.

The team will run Hallway Bingo as often as possible, with a growing number of Bingo Sponsors. Len will provide live music when possible.

On Thanksgiving, the team will encourage residents to watch the Macy's Parade and Detroit Lions football, keeping traditions alive!

LIFE ENRICHMENT

SPIRITUAL SUPPORT

Watch & Pray With Televised Mass and Liturgies

St. Ann's residents who are unable to attend Sunday Mass may tune into WXMI TV 17 at 10 a.m. for Mass televised from the Cathedral of St. Andrew.

Mass may be watched anytime on the Cathedral website.

Residents will find a full slate of Catholic programming on the EWTN network. Ask a staff member if you need any help.

ST. ANN'S OMBUDSMAN

Adult Well-Being Services
1695 Service Rd. NE Suite 106
Grand Rapids, MI 49503
616-245-9451 or 1-800-782-2918

Public information is located on Joachim's Place North Bulletin Board, in the common area across from the bird display, and in the Front Lobby.



St. Ann's

In November, we share one woman's insights on Alzheimer's and the pandemic.

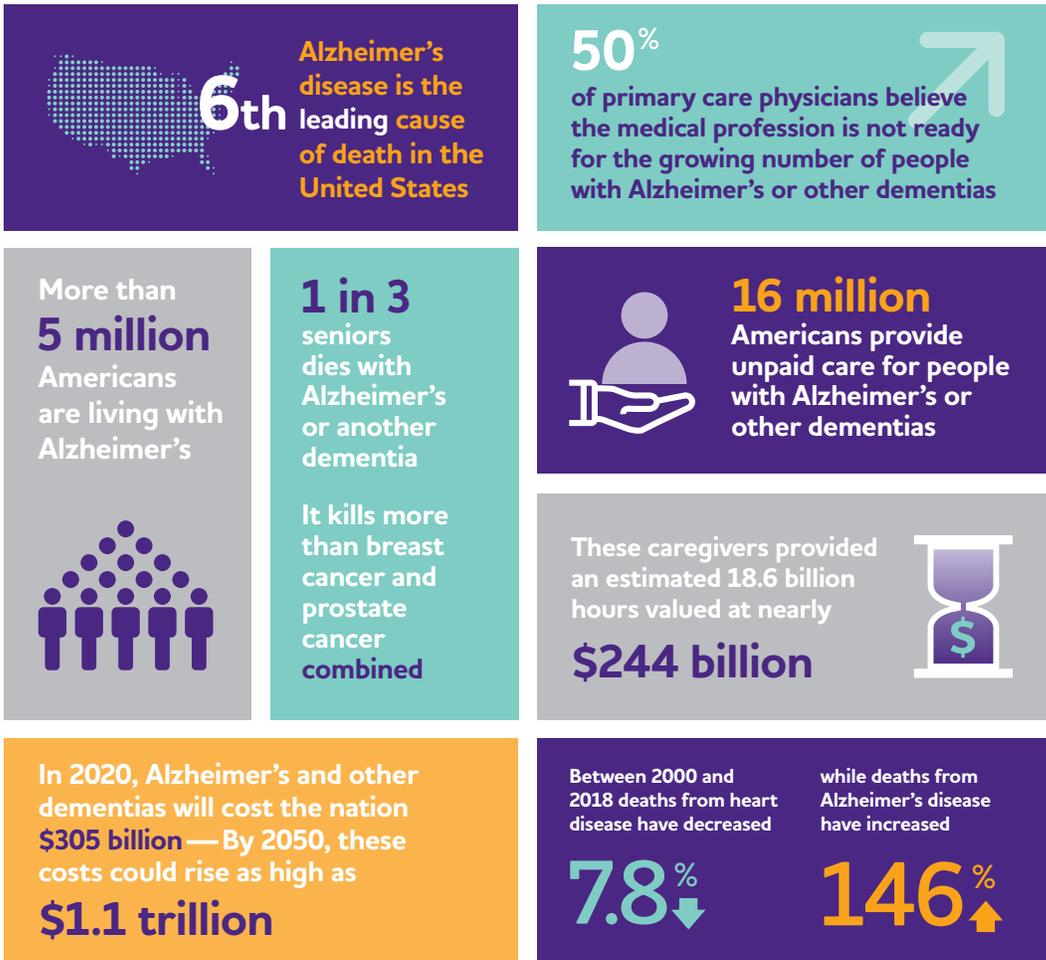
Former CBS News correspondent, flutist and author of "Like Falling Through a Cloud," Eugenia Zukerman has documented her experience as a woman in the early stages of Alzheimer's and her gratitude for the life she continues to lead. Via the Alzheimer's Association,

she offers her advice for others living with Alzheimer's during the pandemic.

The COVID-19 crisis has been a strange yet active time for Eugenia, who was diagnosed with early-onset Alzheimer's three years ago. "I'm lucky to live with my husband in upstate New York with plenty of countryside to walk during the shelter-in-place orders of the state. We spent our spring and now summer weaving through the farms on a four-mile loop. We invite local friends to meet at the starting point, keeping social distance



2020 Alzheimer's Disease Facts and Figures



in place, then walk leisurely for an hour through the farmland. Together, but apart.”

As she observes the beauty around her, Eugenia embraces each day and encourages others living with early-stage Alzheimer’s to try and do the same. “People are afraid right now, whether they have Alzheimer’s or not. We have to keep going, keep learning, keep figuring things out. I’m always looking to the future and what I will be doing when people can gather again.”

“I decided to keep on living well, despite all the circumstances. It is understandable, with an Alzheimer’s diagnosis, to feel like your body and the world is betraying you. COVID-19 is a double whammy. But I continue to wake up and see the world in a bright light and carry on, safely,” she said.

“I wish someone would wave a magic wand and bring back some sense of normalcy, but I look at every day as an opportunity. Alzheimer’s has no cure. But it is such a privilege to be on this planet for however long I get to be. There is so much beauty and joy and hope to experience. I don’t lie awake worrying about my brain and what state it is in today. If self-pity makes an appearance, I will take the dog for a run, or listen to the birds sing.”

When asked what keeps her going, Eugenia shares, “I look out the window, rain or shine. I say to myself: ‘You are part of this life, and you won’t bow down to it.’ The crisis we are all living through is something we will beat if we stick together.”

KEY CONTACT LIST

Dana M. Prince
Executive Director, ext. 1101

Sister M. Gabriela
Assistant Director, ext. 1102

Jena Mis
Director, Clinical Services, ext. 1104

Amanda Petrusma
Assistant Dir. of Nursing, ext. 1143

Wan Vandenberg
Transition Care Coordinator, ext. 1116

Kelsey Sager
Assisted Living Manager, ext. 1103

Angie McIntosh
Director of Dining Services, ext. 1111

Jake Jazwinski
Dir., Environmental Services, ext. 1118

Gregg Sanborn
Director of Life Enrichment, ext. 1196

Sandee Reno
Director of Social Services, ext. 1124

Joni Lahmann
Director of Finance, ext. 1109

Nikki Rollenhagen
Dir., Human Resources, ext. 1108

Kelsey Sager
Infection Prevention Specialist

Tim Bulson
Dir., Community Relations, ext. 1114

Kristi Williams
Dir., Rehabilitation Services, ext. 1121



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2161 LEONARD ST. NW
GRAND RAPIDS, MI

616.453.7715
stannshome.com

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