



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

Jesus Always Expects Our Response

Christ
Only
Loves,
Lingers,
Exchanging
Glances
Endlessly

We are now in the "back to college" (& school) month. There are numerous colleges to pick from that will meet our personal style of achievement.

But the "college" we are all attending is taught by the "Dean of Love."

Jesus is asking us to pay attention as we move through the classroom of life, to be alert to all the signs of His love.

But, He expects a response. Following the example of Mary ours should be, "Behold the handmaid of the Lord."

I have had to practice what I preach re-

cently by saying, "Yes" when asked to leave my beloved St. Ann's and Emmanuel Hospice.

Yes, there were tears and hugs - and I can't tell you how much those hugs meant to me.

Be assured I hold all of you in my mind and in my heart. But I also ask for your prayers for my new assignment and God's continued blessing on St. Ann's and Emmanuel Hospice.

God bless you always and in all ways.

Sister M. Gabriela, CDCJ



OUR RESIDENTS

September BIRTHDAYS

MAXINE F.
September 9

MARGARET W.
September 10

PAUL Z.
September 15

JEAN S.
September 17

HELEN T.
September 25



An August musical celebration included a rousing duet and an in-the-moment jig!

JOACHIM'S PLACE CALENDAR HIGHLIGHTS

DATE	TIME	EVENT
Sept. 5	9 a.m.	Labor Day Fun!
Sept. 6	3:15 p.m.	Joachim's Place Resident Council meeting
Sept. 9	9 a.m.	Golden State Day
Sept. 12	2 p.m.	Piano Requests (Dining Room)
Sept. 17	9 a.m.	Oktoberfest
Sept. 17	11 a.m.	Share a Favorite Poem today
Sept. 21	2 p.m.	The Bingo Store
Sept. 25		Rosh Hashanah Begins
Sept. 26	2 p.m.	Violin / Piano Duet w Len & Susan (Dining Room)
Sept. 28	2 p.m.	September Birthday Party! (JP)
Daily	4 p.m.	Rosary
Fridays	2 p.m.	Movie Matinee'
Sundays	1:30 p.m.	Special concerts broadcast on EWTN Network

Live and televised events are subject to change.

MARY'S HAVEN CALENDAR HIGHLIGHTS

DATE	TIME	EVENT
Sept. 6	2 p.m.	Outdoor Sing A Long (Weather permitting, Courtyard)
Sept. 12	2 p.m.	Grandparents Day Social (Holy Family Center)
Sept. 14	2 p.m.	Lemonade in the Shade (Weather permitting, Courtyard)
Sept. 19	2 p.m.	Piano Requests (Dining Room)
Sept. 21	11 a.m.	Lunch Outing (TBD!)
Sept. 22	1:30 p.m.	Fall Into Autumn (Holy Family Center)
Sept. 26	2 p.m.	Violin / Piano Duet w Len & Susan (Dining Room)
Sept. 28	11 a.m.	September Birthday Party! (Holy Family Center)
Tuesdays	6 p.m.	Faith Enrichment (Holy Family Center)
Thursdays	6 p.m.	Sisters' Scripture Sharing/ Movie (Holy Family Center)
Fridays	3:30 & 4 p.m.	Adoration, followed by the Holy Rosary - Chapel
Live and televised events are subject to change.		



COMMUNITY



Know Dementia

The importance of a timely diagnosis



Although we can't change our genes or stop aging, there are changes we can make to reduce our risk of dementia. A growing body of research evidence exists for 12 potentially modifiable risk factors. We might prevent or delay up to 40% of cases of dementia, if we were able to modify all of the risk factors.

Although behavior change is difficult and some associations might not be causal, individuals have a huge potential to reduce their dementia risk. Many risk factors are also shared with other non-communicable diseases such as heart disease, cancer, diabetes and chronic respiratory diseases.

Keeping active, eating well, and engaging in social activities all promote good brain health, and may reduce your risk of developing dementia. Keeping your heart healthy, including by avoiding smoking and excessive alcohol consumption, can lower your risk of dementia and other diseases too.



St. Ann's

2161 LEONARD ST. NW
GRAND RAPIDS, MI
616.453.7715
stannshome.com



SPIRITUAL SUPPORT

Televised Masses and Liturgies:

St. Ann's residents 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 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.

Cover Photo - Reminder of Fall

The Autumn equinox is Sept. 22 this year.

The equinox signals the beginning of Fall and marks the point where there is exactly 12 hours of daylight and 12 hours of darkness at the equator.

Here in Michigan we will see a little bit more or a little bit less than 12 hours of daylight. The daylight hours are dwindling and will continue to do so until we reach the Winter Solstice, the shortest day of the year and the start of winter. Enjoy the coming colors and beauty!

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.