



Sister's Corner

A Time to Revisit Our Guardian Angels

The celebrations of the Church for the month of October are wonderful and unique.

The feasts of some of the most popular saints of the universal Church are celebrated: St. Therese the Little Flower (France), St. Francis of Assisi (Italy) and St. Teresa of Avila

(Spain).

The feasts in October also include two of the most popular, time-honored devotions of Catholics, the devotion to the Holy Rosary (Oct. 7) and the Guardian Angels (Oct. 2).

The Holy Rosary is a simple

meditation prayer using the recitation of the Hail Mary while remembering an event in the life of Our Lord and His Mother.

In history, this was a powerful weapon to obtain peace in war torn countries. Our world is in much turmoil. We need to again use this powerful, quiet, peaceful weapon to win peace.

Remember that the rosary is recited daily in our Chapel. Join the few prayer warriors who gather there, to pray for our country and the world.

Our Lady, Queen of peace, intercede for us.

Every person has a guardian angel assigned to them, and on October 2 the Church celebrates the role of these Guardian Angels.

We should show devout gratitude to God for placing these angels at our service.

Sister M. Gabriela, DCJ

Kicking Off the Prevention Season

St. Ann's launched its annual flu season prevention efforts as October began. Why?

For several reasons:

The US Centers for Disease Control & Prevention continues to remind everyone that adults 65 and older are at risk of serious, flu-related complications.

That means an annual flu shot is your best protection against the flu. Further, the CDC says that flu shots are safe and that a flu shot does not cause the flu.

People with long-term medical conditions may be at higher risk for serious flu complications.

Conditions like diabetes, asthma and heart disease put people at risk of flu complications.

Finally, providing flu vaccine to both residents and staff can lower the risks and the spread of the disease.

Remember the symptoms:

- | | |
|----------------------|-----------------------|
| Fever | Runny nose |
| Cough | Headache |
| Sore throat | Fatigue |
| Muscle or body aches | Diarrhea and vomiting |

As always, check with your healthcare provider if you have questions or feel symptoms coming on.

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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.



Tasty Tomato Testing



As the summer growing season wound down, St. Ann's residents enjoyed a tomato tasting mini-festival. Besides trying a variety of heirloom tomatoes, residents answered tomato trivia.

The most puzzling puzzler: the original name of the tomato. The answer: an ancient Aztec word "xitomaki," which means plump thing with navel.

St. Ann's Garage Sale Dates Set

WHEN: Thursday & Friday Oct. 12 & 13

WHERE: St. Ann's garages - east side driveway

WHO: St. Ann's families, staff, friends & neighbors

WHAT: Gently used items like furniture, decorations, etc.

PLUS: Staff and resident relatives may drop off items before 4 p.m. Tuesday, Oct. 10. Check in at Reception to drop off items that are:

Fully working / usable and not broken

No clothes, shoes, etc.

No personal care items

PROCEEDS will benefit funds for resident activities.

Our Residents

October Birthdays

Mildred S.
Earlene B.
Wanda R.
Oct. 2

Gurt Z.
Oct. 7

Edwina M.
Oct. 9

Viola C.
Oct. 14

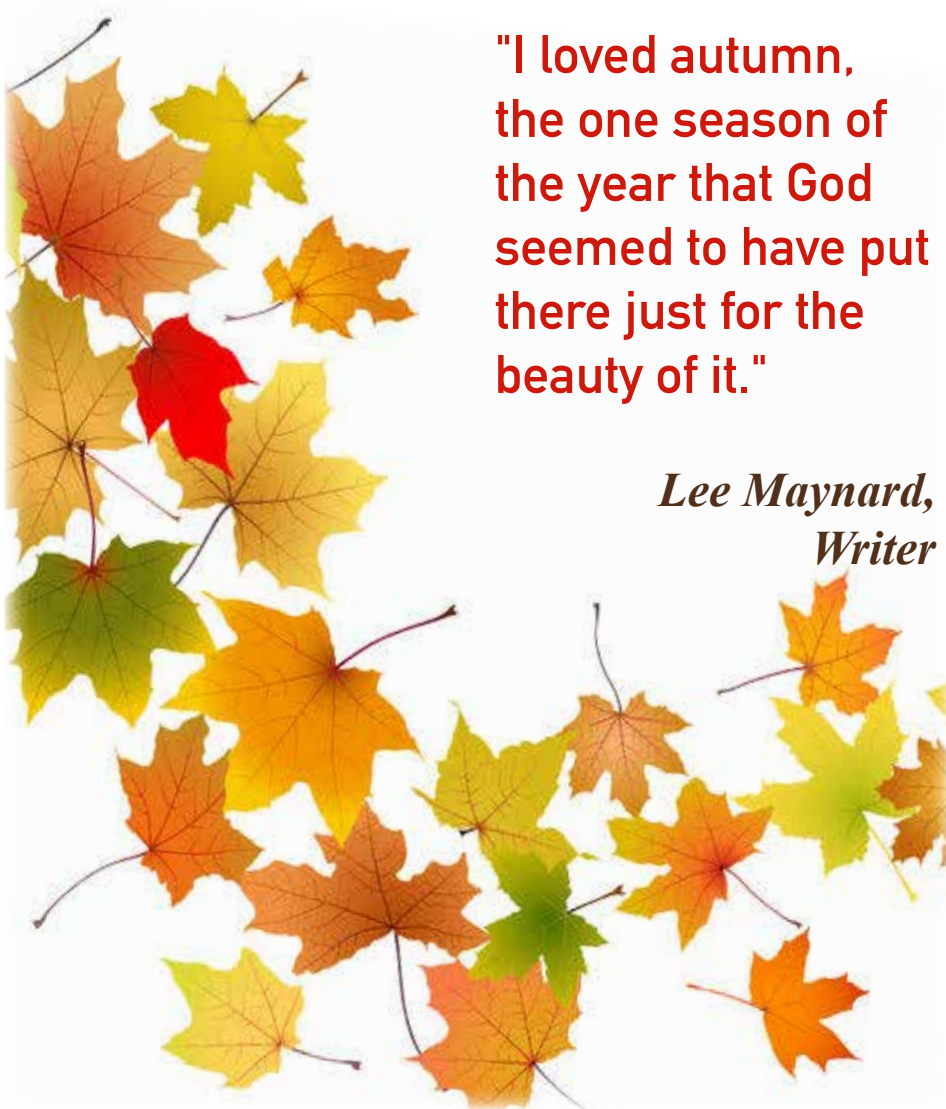
Helen N.
Oct. 25

Mary S.
Oct. 27

Frank B.
Oct. 28

Lois M.
Oct. 29

Elaine W.
Oct. 31



**"I loved autumn,
the one season of
the year that God
seemed to have put
there just for the
beauty of it."**

***Lee Maynard,
Writer***

Leadership Contact List

Dana M. Prince
Executive Director ext. 1101

Sister M. Gabriela, DCJ
Assistant Director ext. 1102

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Transition Care Coordinator ext. 1116

Mischelle Peel
Director of Clinical Services ext. 1104

Rex Townsend
Director of Assisted Living ext. 1103

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Jake Jazwinski
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Gregg Sanborn
Director of Life Enrichment ext. 1196

Sandee Reno
Director of Social Services ext. 1124

Joni Lahmann
Director of Finance ext. 1109

Kim Chambers
Dir., Quality & Education ext. 1106

Nikki Rollenhagen
Dir., Human Resources ext. 1108

Tim Bulson
Dir., Community Relations ext. 1114

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, across from the bird
display, in the common area,
and in the Front Lobby.

Grandparents Day Celebration Packed with Fun



St. Ann's chose this year to re-invigorate a favorite tradition of hosting a Grandparents Day celebration, with an afternoon-long party held the first weekend of September.

Resident family members - especially grandchildren - were encouraged to stop by for the afternoon. The Life Enrichment

Continued on next page:

Our Community



team and other staff members planned a buffet, visits from volunteers at West Michigan Pet Therapy, a face painter and a perennial St. Ann's favorite, Freddy the Clown.

More than 120 people attended, including more than 20 grandchildren, encouraging St. Ann's to keep the event on the annual calendar.



St. Ann's recently donated about 30 cartons of personal care items, like incontinence aids, to Hurricane Harvey relief efforts. TV 13 collected a semi-load of donations at its 3 Mile Road headquarters.

Life Enrichment

Oct. Highlights | Sign-up required for off-campus events.

| Date | Time | Event Name or Destination |
|--------------|------------|--|
| Oct. 4 | 1 p.m. | Robinette's Apple Haus Outing (Sign-up required) |
| Oct. 6 | 2 p.m. | Octoberfest / Pulaski Days Party with Andy Galas - Acordian) |
| Oct. 7 | 9:30 a.m. | St. Andrew's Childrens' Visit |
| Oct. 12 & 13 | | Garage Sale |
| Oct. 14 | 1 p.m. | St. Pius Childrens' Visit |
| Oct. 18 | 1:15 p.m. | Fall Color Tour Outing (Sign-up required) |
| Oct. 23 | 9:45 a.m. | Samaritan's Carriage Outing (Sign-up required) |
| Oct. 26 | 2 p.m. | October Birthday Celebration |
| Oct. 31 | 2 p.m. | Halloween Spooktacular Party & Costume Contest |
| Oct. 18 & 25 | 2 - 4 p.m. | Art Room Open |

- Please remember all groups and visits are subject to change.
- Please be sure to thank all our generous visitors each month.

Spiritual Support

Sacrament of Reconciliation
Will be 9:30 a.m. Oct. 19
In the Chapel
With Fr. Tom McKinney.

Mass Times
Monday - Saturday: 10:30 a.m.
Sunday: 9:30 a.m.

The Rosary
4 p.m. Daily
In the Chapel.

St. Ann's residents who are unable to attend Sunday Mass may tune into WXMI TV 17 at 10 a.m. each week for Mass televised from the Cathedral of St. Andrew. Mass is recorded and may be watched anytime on the Cathedral website.

Residents & Friends - Get Ready to Vote Your Favorite Pumpkin!

St. Ann's residents, family members and friends - keep your eyes peeled for this staff pumpkin carving contest.

Once pumpkins are displayed, you will have a chance to vote for the best.

Check with Life Enrichment for more details.



GET YOUR CREATIVITY ON!

WICKEDLY FUN RULES:

- All St. Ann's staff are invited to participate.
- You can enter as an individual or team (e.g. a small group, or a unit).
- Your pumpkin must be ready by 3 p.m., Friday, Oct. 27; drop yours off in the Holy Family Center.
- Pumpkins will be displayed in public areas ~ staff, residents and visitors will be able to vote for the best!
- You may carve or paint your pumpkin face (please no horror or demonic images).



OTHER VITAL DETAILS:

Pumpkins will be displayed Friday, Oct. 27 - Tuesday Oct. 31. Prizes given for 1st, 2nd and 3rd place once votes are tallied.

Questions? Check with Gregg in Activities or Tim in Community Relations. Most important ~ have fun!

Our Community

Summer Cooperated for Carriage Rides



About 20 St. Ann's residents took advantage of a generous gift in September of free carriage rides around campus.

Classic Carriage provided two gleaming carriages and high-stepping horses, which circled the campus on bordering streets. Residents welcomed blue skies, bright sun, summer warmth and casual fellowship.

The mini-outing was provided by Classic Carriage, LLC, of Grand Rapids and a local contractor who prefers to remain anonymous.



St. Ann's Home
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Grand Rapids, MI 49504
616-453-7715

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WAM

October Birthday Celebration | 10/26 | 2 p.m.

Security Card Access Update

To bring our facility up to date, we will replace keypad access panels with a state-of-the-art card access system.

This change provides three opportunities for you, as a valued family member and guest:

- To please consider using the main entrance for as many visits as possible.
- We acknowledge, as a health-care provider, that circumstances may sometimes lead to an unexpected after-hours visit, and so we will keep traditional doorbells. You may ring the bell for help at the Assisted Living and Nursing Care entry doors and a staff member will respond.

- You may request a temporary Guest Access Card for a one-time, returnable fee of \$15. This card will work at a specific door (e.g. Assisted Living) and will record entry and exit each time it is used.

We understand that changes, even those designed for improvements, may lead to some inconvenience and we thank you in advance for your understanding and support of this initiative, designed to enhance residents, staff and visitor safety.

In the end, adding this layer of security will help our staff better track visitors, vendors and others to our campus and within our home.

Cards will first be distributed to staff, with visitor cards to follow. Watch for more updates.

Weekend Volunteer Sought

One of St. Ann's current hospitality needs: to identify a "weekend volunteer" to help staff the Reception Desk for Saturday or Sunday shifts.

Friends of St. Ann's who are interested should contact Human Resources Coordinator Matt Schipper at ext. 1107 or via e-mail at mschipper@stannshome.com.