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## Letter from the Administrator

Hello Residents, Families, Visitors, and Staff!

Spring is in the Air! Typically this time of year people begin to do their spring cleaning and our facility will be no exception! We have already started to do some painting within the facility and we will continue to move forward to give the facility a fresh look! This year we plan to paint resident rooms and the common areas throughout the facility.

I also want to encourage everyone to feel free to stop by and see me at any time with any questions, comments, concerns, or suggestions. You do not have to wait for a care conference to bring things to our attention. I want to continue to celebrate our successes and work on any areas of opportunity that may arise.

## Safety Reminders

Safety of our lodgers is one of the highest priorities at Medilodge of Monroe. In order to keep our residents safe I wanted to provide a few reminders!

- Personal items cannot be stored on window sills or on over the bed lights.
- Please be sure to sanitize your hands before, during, and after visits with your loved ones. This not only keeps our lodgers healthy but visitors as well!
- Please be sure to use one of the three main entrances/exits located at the front of the facility when coming to visit your loved ones.
- Please ask for assistance from a staff member when needing to get beverages, food, or linens for your loved ones. We request this for infection control purposes.
- We are a smoke free facility. If you are taking your loved one out to smoke please be sure to sign them out. Smoking is to occur off of facility property. You may use the front side walk.
- Lodgers may not keep cigarettes or other smoking materials in the facility. This includes electric cigarettes or vapes.

Rachel Chambers  
Administrator

## ZENSATIONAL

WELLNESS AT MEDILODGE OF MONROE

zen•sa•tion•al noun /zen'sāSHənəl/

1. A state of mind and an active process where you join with MediLodge on your journey to Recover, Rejuvenate, Revitalize and Return Home.
2. A whole person wellness centered philosophy, experienced in a relaxed and soothing environment.

*"Life does not hurry, yet everything is accomplished."*

MediLodge's approach to zensational wellness is an active process in which each lodger and employee are encouraged to make choices toward personal growth in seven dimensions of zensational wellness: physical, social, emotional, spiritual, intellectual, occupational and vocational. The goal of our whole person wellness program is to recognize the unique individuality of every person at our Haven for Healing.

# Happy Birthday!

## EMPLOYEE BIRTHDAYS

April 10 Deborah Suess  
April 26 Debra Pinion  
April 27 Jennifer Madlock

## RESIDENT BIRTHDAYS

April 12 Lorena B.  
April 12 Margaret V.  
April 13 Barbara B.  
April 21 Betty D.  
April 21 Ted S.  
April 25 Richard A.

## STAFF ANNIVERSARIES

April 01 Jennifer LaVoy  
4 years  
April 14 Ellen McKeever  
3 years

*In Memory of Denis L.  
"Sports Talk with Denis"*

*With love, warmth and respect...  
we thank you!*

## Direct Debits

We offer several different date options throughout the month for direct debits. You can pick up a form from admissions, receptionist or the billing office to begin directly debiting for monthly expenses. It is consistent and takes the worry out of paying timely. We offer 5th, 15th, 20th and the last business day of the month.

Thank you!

**Debra Pinion,**  
Business Office Manager

# Visiting the Lessow Community Center Senior Program



Our Activity Director Linda "Faye" McFadden went to Arthur Lessow Community Center Senior Program for a community outing. They played poker, keno and gifts were passed out to the winners! It was a fun day!

The residents were so happy and very thankful to MediLodge!

## Low-intensity, Range-of-motion Exercise is Invaluable in Skilled Nursing Care for Elderly Patients.

This study looked at the effect of a single session of mild exercise in a group of cognitively unimpaired elderly patients, aged 70+, on tests of cognitive performance. **Results indicate that mild exercise, such as range-of-motion, does improve the ability to recall and that the effect lasts for at least half an hour.** Mild exercise programs appear to be a practical, low-cost nursing intervention that can enhance memory and independence. Programs that are designed to meet individual needs and that are incorporated into daily routine and activities without imposing extra effort or inconvenience are more appealing to elderly patients. Exercise can be easily learned and implemented by nurses, personal care attendants or nurse aides.

*This article was an excerpt taken from J Adv Nurs. 1995 Apr;21(4):675-81, and was written by Dawe D1, Moore-Orr R.*

# Earth Day: Reduce, Recycle, Reuse

Earth Day, April 22<sup>nd</sup>, is dedicated to educating people across the world about the benefits of reducing, recycling, and reusing to save our planet.

- Bring your own bag. Reuse bags and containers. Keep a supply of bags on hand for future shopping trips, or take your own canvas tote bag to the grocery store.
- Choose to reuse. Reach for reusable products such as cloth napkins, sponges or dishcloths instead of paper towels.
- Recharge and renew. Use rechargeable batteries and recycle old batteries to help reduce garbage and keep toxic metals out of the environment.
- Buy smart. Look for long-lasting, energy-saving appliances with the Energy Star label and electronic equipment with good warranties.
- Get crafty. Reuse scrap paper and envelopes. Save and reuse ribbons, tissue paper, gift boxes and even wrapping paper. Save cardboard boxes, colored paper, egg cartons and other items for arts and crafts projects.
- Think thrifty. Donate clothing to charity organizations or sell the items in consignment shops, fairs, bazaars or tag sales. Share hand-me-down clothes with family members and neighbors.



## April is Stress Awareness Month

Learning to cope with stress is important for all of us. Here are a few ways to deal with the stress that you might be experiencing.

Try giving whatever is bothering you a number on a scale from one to ten, where one is a minor bump and ten is the end of the world. You'll probably find that most of your daily problems are no more than a five. In other words, they're not worth getting upset about.

**Laugh.** Laughter is one of the top stress busters. Adults on average laugh less than 20 times a day; children, on the other hand, laugh hundreds of times a day. Is it surprising that adults are more stressed? Watch your favorite comedies, laugh at your pet, and laugh with your children. You'll notice that you don't feel as stressed.

If you feel that you are being overwhelmed with stress and anxiety you should **take some deep breaths**. Deep breathing has been shown to reduce anxiety. It causes you to focus on the way that you are breathing rather than on what's causing you so much anxiety.

**Consuming water** throughout your day will keep you feeling full, flush your body of harmful toxins, allow your body to focus and concentrate in trying times and lead to you feeling less stressed overall. Aim to drink at least one liter of water each day to maximize your results and to feel less stressed.

## Upcoming Events

Medilodge is having their annual Easter Egg hunt on Saturday, April 15th at 2:00pm!

*The activity department is asking for donation for candy and plastic eggs. We thank you in advance!*

## Fun facts About April National Events

- Dog Appreciation
- Keep America Beautiful
- Listening Awareness
- Fresh Celery Month
- Humor Month & April 1st is April Fool's Day
- Good Friday (April 14th)
- Happy Easter (April 16th)

## A Word from Our Dietitian

**Attention family members! If bringing food to your loved ones please ask staff before you offer any food/beverage to the other residents. Many times the residents can be on certain diets and/or have allergies to a particular food/beverage! Also please place food/beverage in an airtight safe container. Thanks in advance!**

*– Tasneem Burhani, Dietitian*



# MEDILODGE OF MONROE

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[www.MediLodgeofmonroe.com](http://www.MediLodgeofmonroe.com)



[www.facebook.com/MediLodge](http://www.facebook.com/MediLodge)

## Your Friendly Staff

- Rachel Chambers *Administrator*
- Shannon Turner *Director of Nursing*
- Kristine Gillenkirk *Admissions*
- Linda McFadden *Activities Manager*
- Nancy Cosby *Social Services*
- Lloyd Boron *Maintenance Director*
- Debbie Pinion *Billing*
- Jennifer Booth *Ward Clerk*
- Mary Ann Kowal *Receptionist*
- Howard Tanner *Therapy Manager*
- Penny Maddison *Nurse Manager*
- Deb Longstreet *Nurse Manager*
- Michelle Ahlers *Nurse Manager*
- Tasneem Burhani *Dietary Clinician*
- Samantha Myers *Human Resources*
- Jadelynn Benson *Aft. Shift Coordinator*
- Melissa Davey *Housekeeping/Laundry*

## Office Hours

Weekdays 8:00 a.m. – 4:30 p.m.

## Front Receptionist Hours

Mon. | Tues. 8:00 a.m. – 6:00 p.m.  
 Wed. – Fri. 8:00 a.m. – 7:30 p.m.  
 Sat. | Sun. 9:30 a.m. – 5:00 p.m.

## Front Door Usage Only!!

*Please continue to use the front door only; and ring door bell after hours.*



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## April – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. (No backwards.) Good luck!



### Word List

- ACTIVITIES
- EARTH
- EASTER
- ENGAGED
- FUNNY
- HAPPINESS
- HEALTH
- JELLYBEAN
- JOKES
- LAUGHTER
- PASSOVER
- RECYCLE
- REUSE
- STRESS
- TREES