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Celebrating Independence Day

On the 4th of July, we traditionally celebrate the anniversary of the declaration of the United States' independence, but did you know that is not when Independence Day celebrations first began? Even though the U.S. celebrates its independence from England on that day, the holiday itself is largely based on English traditions.

When the Declaration of Independence was signed, a staged party was planned to celebrate independence from England, though nothing official was ever done for the day to become a holiday. Because the crowds were so large, it was assumed that the colonizers were interested in separating from the English and the holiday continued.

While the celebrations of the eighteenth century were essentially a political movement, today's Independence Day celebrations are based on the actual freedom the U.S. gained from England. In the last two hundred plus years, the celebration has been about our own independence as the United States of America.

Modern day 4th of July festivities now include parades, feasts, festivals, and other large gatherings of people. Many festivals and parades are held in town parks.



Popular foods to be served on the holiday include hamburgers, hotdogs, corn on the cob, and macaroni or potato salads.

In addition to family gatherings, many people associate the 4th of July with fireworks. While fireworks are largely a Chinese tradition, they are popular with millions of Americans to help celebrate the day with brilliant colorful displays sometimes set to music.

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!

RESIDENT BIRTHDAYS

Larry M.	July 07
Beulah M.	July 09
Kimberly C.	July 10
Juanita P.	July 12
June B.	July 14
Betty R.	July 21
James S.	July 21
Margaret T	July 22
Arlene O.	July 22
Fatima E.	July 28
Geraldine M.	July 31

EMPLOYEE BIRTHDAYS

Mary Elmore	July 08
Adam Mills	July 08
Vanessa Anderson	July 13
Makayla Eastes	July 21
Bailey Barnhart	July 22
Maurice Pickens	July 23

STAFF ANNIVERSARIES

7/01	Heather DiCarlo 15 years
7/06	Michelle Ahlers 1 year
7/15	Debra Underwood 4 year
7/15	Tammy Worley 13 years
7/28	Valerie Harris 7 years
7/28	Shannon Turner 7 year

Friendly Reminders

With summer approaching we are all excited to be out in the sunshine. Please remember that if you take your loved one out for an outing please make sure their skin is protected, also this is the time of the year that the elderly and young children become dehydrated so encouraging fluids is very important as well. Just a reminder that any new item that you bring in to your loved one we need to add them to their inventory. Please help us out by informing us of these new items.

If you have any questions or concerns please let us know right away so we can address these for you. Penny Madison is the nurse manager for halls 400 and 500, Michelle Ahlers is the nurse manager for hall 200, and Deb Longstreet is the nurse manager for hall 300. My name is Shannon Turner and I'm the Director of Nursing. Please feel free to stop by anytime. Thank you for all your support, we can't wait to have a fun and exciting summer!

Shannon Turner, Director of Nursing

A Brief History of Cheesecake

You'd have to search back pretty far to find a time when the Earth was without cheesecake.

In fact, back in 776 BC, the Greeks are said to have served cheesecake to the athletes at the first Olympic games. The Romans soon caught on and spread the divine taste of cheesecake throughout Europe. From there it was only a matter of time before European immigrants brought their cherished cheesecake recipes to America.

It seems that every region of the globe has embraced cheesecake in one form or another, adapting the recipe to local tastes and adding local flavors.

In America, cheesecakes are typically made with a cream cheese base, but we even vary the recipe by region. New York cheesecake is famous for its ultra-smooth texture and decadently rich flavor— achieved by adding extra egg yolks and a hint of lemon. Other regional variations include Chicago-style and Pennsylvania Dutch. Many American bakers add sour cream for a creamy cheesecake that can be frozen without compromising taste or texture.

With every imaginable flavor and topping, you'd be hard pressed to find a culture that doesn't – or didn't – enjoy a good cheesecake!



A Note from Housekeeping

Hi everyone! I just wanted to say I hope everyone enjoys the summer coming up. I also wanted to let everyone know that I'm still having issues with names not being put on resident's clothes. It is very important to do so or we can't get them back in a timely manner, then they are put in the lost & found, which we don't want to lose any of the residents clothing. I know I keep bringing this up but I need to address it so hopefully we can resolve this matter.

**Thank you in advance
Melissa Davey- Housekeeping & Laundry Manager**



Preparing The Perfect Frank

July 19 is National Hot Dog Day

Let's be frank: Americans love hot dogs. In the U.S., people eat 70 franks on average each year. Although consumers do "relish" their dogs at certain events—baseball games, barbecues, and picnics—hot dogs are also a favorite dinnertime meal for families or a quick convenient snack on the go. Quite simply, hot dogs are a staple of the American diet.

When it comes to preparing a great-tasting hot dog, how you cook and dress it isn't as important as the frank you choose. Besides the traditional all-beef variety, there are hot dogs for every taste bud, including turkey for the health conscious or ones with robust flavors that are perfect for the grill.

Speaking of the grill, while microwaved and boiled hot dogs are popular, 60 percent of Americans prefer their hot dogs grilled, according to the National Hot Dog and Sausage Council. Brian Avena, Executive Chef at Sara Lee, is a self-proclaimed "foodie" and has perfected the art of grilling hot dogs with these tips:

- ✦ Prepare the grill by coating the rack with vegetable oil or cooking spray. This will prevent food from sticking and will ease cleanup.
- ✦ Use tongs to gently turn hot dogs to avoid accidental cuts or holes that would cause natural juices and flavors to seep out.
- ✦ Use pure and clean lump charcoal to prevent foreign substances or impurities from altering the flavor of your franks. Also, allow at least 30 minutes for the coals to reach the proper glowing white-ash stage before you begin grilling.
- ✦ Use mesquite chips and keep the grill covered while cooking if you like the "smoky" flavor.

Once your hot dog is ready, pile on the toppings. Remember, dress the dog, not the bun. Condiments should be applied in the following order: wet condiments (mustard, chili), followed by chunky condiments (relish, onions, sauerkraut), then shredded cheese and, finally, spices such as celery salt or pepper. Different regions of the country have different variations of their favorite hot dog topping recipe, but there is no right or wrong way to top a hot dog.

Upcoming Events

The month of July is Strawberry Sunday.

On July 4th Social

Just a reminder [MediLodge Olympic Practice](#) and try-outs will be scheduled on the calendar for the month.

On July 14th Resident/Family Euchre from 2:30pm to 4:00pm

National events for the month of July

- ✦ Baked beans
- ✦ Bikini month
- ✦ Hot dogs month
- ✦ Make a difference to children month
- ✦ The Father Day Social was a success. Residents had a good time!
- ✦ Resident Monthly Birthday Party July 28th

Direct Debits are available!!

Convenient, consistent, and not complicated to make your life of paying bills a little easier. We offer 3 different options to debit. Please see the Business office manager Debbie P, receptionist or admissions for a form to receive the details and sign up today!



MEDILODGE OF MONROE

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www.MediLodgeofmonroe.com



www.facebook.com/MediLodge

Your Friendly Staff

- Rachel Chambers *Administrator*
- Shannon Turner *Director of Nursing*
- Jackie McManus *Admissions Director*
- 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*
- Carrie Bryson *Aft. Shift Coordinator*
- Melissa Davey *Housekeeping/Laundry*
- Felisha Overstreet *Admissions Assistant/
Accounts Payable*

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.



July – 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

- CELEBRATE
- CHEESECAKE
- FIREWORKS
- FLAG
- FOURTH OF JULY
- FREEDOM
- GAMES
- HOT DOGS
- HYDRATION
- INDEPENDENCE
- KETCHUP
- MUSTARD
- PICNIC
- RELISH
- WATER