



## 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 the main entrance located at the front of the facility when coming to visit your loved ones. We are now requiring visitors to sign in upon entry and sign out before leaving. This is to assist with our emergency preparedness and disaster planning.
- 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*

## Hello Residents, Families, Visitors, & Staff!

Thank you for entrusting us with the care of your loved ones! We love having them in our Medilodge Family! I 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.

*Jackie McManus, Admissions and Marking Director*

## 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

Elsie B.	June 12
Hans S.	June 15
Kenneth D.	June 15
Ida B.	June 16
William H.	June 19
Antonia M.	June 23
Clara R.	June 26
Robert J.	June 27

## EMPLOYEE BIRTHDAYS

Brandy Brown	June 01
Brianna Pipkin	June 05
Amber Snyder	June 07
Felisha Overstreet	June 08
Priscilla Stump	June 10
Dave White	June 22
Debra Longstreet	June 25
Shannon Sweat	June 28
Diana Jarvis	June 30

## STAFF ANNIVERSARIES

Tasneem Burhani	June 04 6 years
Steffany Elmer	June 08 22 years
Tana Buvia	June 13 1 year
Tiya Hoskins	June 13 1 year
Denise Parrish	June 13 1 year
Rachel Chambers	June 20 2 years
Patricia Collins	June 20 1 year
Shannon Sweat	June 23 3 years
Lori Owens	May 27 2 years
Nickie Navarre	May 29 6 years



## Cataract Awareness Month: All About Cataracts

The term cataracts refers to a clouding of the eye's lens that is located behind the iris and pupil. This particular lens operates by focusing light on to the retina, much in the same way as a camera lens. The lens affected by cataracts is also involved in the eye's focus.

This lens consists of protein and water. This protein is precisely arranged for optimum functioning. However, during the natural aging process, these proteins can become clumped together and cause the eye to cloud. This cloud is what is known as a cataract and will most likely get larger as time progresses if left untreated. Your eye doctor will probably want to wait until the cataract interferes with your eyesight before opting to remove it.

There are three different types of cataracts you should know about:

- **Cortical Cataracts:** This type of cataract is formed in the cortex of the lens. Over time, a cortical cataract will extend from the outside of the lens to the center. This type of cataract is common to diabetes sufferers.
- **Nuclear Cataracts:** Nuclear cataracts are the most common type of cataracts. Forming in the center of the lens, this type of cataract is caused by the normal aging process. When this cataract first forms, you may even experience improved vision. However, this effect will not last long.
- **Subcapsular Cataracts:** This kind of cataract starts at the back of the lens. If you take steroids, have diabetes, or suffer from farsightedness, you may be susceptible to subcapsular cataracts.

Fortunately, all three types of cataracts can be removed with eye surgery.

## Friendly Reminder

No TV's can be one the night stands or over bed tables.

If you need help with placement please see Social Work.

# Upcoming Events

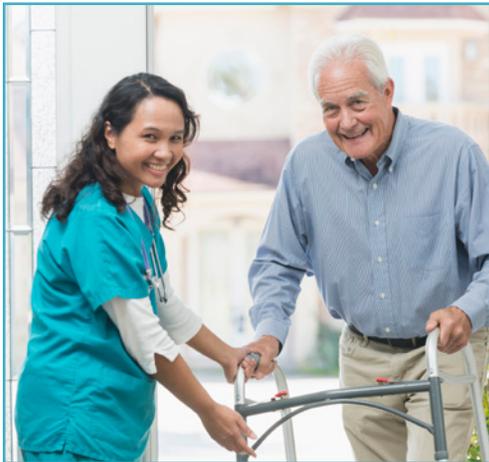
June 16th Pre-Father's Day Social from 2:00 pm to 4:00 pm  
Medilodge of Monroe want to thank Ruth G. for representing our residents as their Resident Council President over the last few years. Ruth you did a great job. And we want to welcome our new Resident Council President Ella D. who we know will also represent our resident proudly.

June 14th is Flag Day

June 21st First day of Summer

Starting every 4th Thursday of the week we will have a Veteran Volunteer to come in for an hour to do a Social activities with our Veteran in the building.

## June 15-22 is the 40th Annual National Nursing Assistants Week *Ways to Show Appreciation to Nursing Assistants*



### **Nursing Assistants work very hard to offer a contribution to the medical field.**

They help patients meet their basic needs. They also offer comfort and support. They work one-on-one with patients, getting to know them better than some of the other medical staff. They use this knowledge to make things easier for the patient as well as to help the other staff do what is best for the patient. In addition, they work with nursing staff, often assisting with anything that comes up at a moment's notice.

**There are several things patients, staff, and employers can do to recognize the efforts of Nursing Assistants.**

Many patients and their families choose to send a simple thank you note or letter to the Nursing Assistant. Often, this heartfelt thank you is more than sufficient. It can often help a Nursing Assistant stay motivated, knowing what they do really does make a difference for many people. A simple gift of candy, flowers, or a gift card can also be a great token of appreciation for someone who offered so much during your time of need.

Employers need to make sure Nursing Assistants feel appreciated as well. Verbal appreciation should be expressed towards the efforts of Nursing Assistants. Another great way to show appreciation is to ask Nursing Assistants for their input regarding patient care and include them in discussions about how to handle particular patient issues. This will definitely make them feel appreciated and valued.

## CELEBRATE FATHERS ON SUNDAY, JUNE 17



**On Father's Day, we celebrate the guys in our lives. Not just our dads and the fathers to our children, but all the men who have made a positive impact on a child's life.**

A number of recently published studies call attention to the effects of good fathering. Men who play an active role in their children's lives stimulate all aspects of development: emotional, academic, behavioral, and social, even when those men don't live in the same home as their children.

This Father's Day, let us remember the father's role. Let us celebrate our fathers and honor them for making a difference in our world.

### **Flag Day is June 14th**

**On June 14, 1777, the Continental Congress passed the first Flag Act, which stated that the new flag of the United States be made of thirteen red and white stripes, and that the union be thirteen white stars in a blue field.**

**Today the flag consists of thirteen horizontal stripes, seven red alternating with six white. The stripes represent the original 13 colonies, and the stars represent the 50 states of the Union.**



# MEDILODGE OF MONROE

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P: 734.242.6282

[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*
- Jackie McManus *Admissions Director*
- Linda McFadden *Activities Manager*
- Nancy Cosby *Social Services*
- Kat Tadsen *Social Services*
- Lloyd Boron *Maintenance Director*
- Eric Morgan *Staff Developer*
- Debbie Pinion *Billing*
- Jennifer Booth *Ward Clerk*
- Mary Ann Kowal *Receptionist*
- Brooks Spadlin *Therapy Manager*
- Penny Maddison *Nurse Manager*
- Deb Longstreet *Nurse Manager*
- Nickie Navarre *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

Monday 8:00 a.m. – 7:00 p.m.  
 Tues. & Wed. 8:00 a.m. – 6:00 p.m.  
 Thur. & Fri. 8:00 a.m. – 7:00 p.m.

## Front Door Usage Only!!

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



## June – 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

- BBQ
- CATARACT
- CNA
- FATHER
- FLAG
- GRILL
- HYDRATION
- MEN
- NURSE
- SAFETY
- SKIN
- SUMMER
- SUNSHINE
- WALKING
- WATER