



MEDILODGE OF
MONROE

NEWSLETTER

481 Village Green Lane, Monroe, MI 48162 • P: 734.242.6282 • www.MediLodgeofmonroe.com • April 2018



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ZENSATIONAL

WELLNESS AT MEDILODGE OF MONROE

zen•sa•tion•al noun /zen'sāSHənl/

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.

Letter from the Administrator

Hello Lodgers, 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! I want to encourage you to go through your loved ones belongings to help free up some space in their closets. Things tend to be much more organized when we rotate spring/summer and fall/winter clothes.

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

Happy Birthday!

RESIDENT BIRTHDAYS

Ella D.	April 02
David H.	April 04
Susan W.	April 04
Lorena B.	April 12
Margaret V.	April 12
Barb B.	April 13
Esta L.	April 17
Melvin M.	April 19
Ted S.	April 21
Margaret H.	April 25
Lou Ellen S.	April 28

EMPLOYEE BIRTHDAYS

Aviary Stine	April 17
Debbie Pinion	April 26
April Walker	April 26

STAFF ANNIVERSARIES

Jen LeVoy	April 01 5 years
Ellen McKeever	April 14 4 years
Angela Luckadoo	April 18 1 year



Wishing you a
Happy Passover,
and Easter!

Historic Dates in April

April 1, 1976 Steve Wozniak and Steve Jobs found Apple Computer in the garage of Jobs' parents house in Cupertino, California

April 2, 1792 The Coinage Act is passed establishing the United States Mint and authorizing the \$10 Eagle, \$5 half-Eagle & 2.50 quarter-Eagle gold coins & silver dollar, ½ dollar, quarter, dime & half-dime

April 3, 1973 The first portable cell phone call is made in New York City, United States.

April 15, 1877 1st telephone installed: Boston-Somerville in Massachusetts

April 16th, 1900 US Post Office issues 1st books of postage stamps

April 21, 753 BC Romulus and Remus found Rome (traditional date)

April 27th, 2005 The Superjumbo jet aircraft Airbus A380 makes its first flight from Toulouse, France

April 30th, 1789 George Washington is inaugurated as the first President of the United States of America

Easter Egg Traditions from Around the World

The egg is the most well-known symbol of fertility, new life, and the start of a new beginning. Some egg-related customs have been around for centuries. Each culture decorates their eggs according to the customs that have been handed down. Eggs have been dyed and eaten in Persia, Greece, Rome and ancient Egypt. The egg is regarded as a representation of the universe and the continuation of life.

In Germany, the eggs are pierced at the end and the yolk blown into a bowl. The now empty egg is dyed and hung from a tree as decoration.

Armenians decorate their eggs with pictures of Jesus, the Virgin Mary, and other religious icons.

Austrians attach ferns and other plants to the egg. After they are boiled, the plants are removed and a white pattern is revealed on the shell.

In England, boys and men would go out on Easter Eve and travel the town begging for eggs before performing an Easter play.

Belgians believe that the Bells of Rome bring the Easter Bunny and the eggs together. Because all the bells are in Rome, they celebrate "Stille Zaterdag" or the Silent Saturday.

Norwegians have an interesting way of celebrating Easter. After going skiing in the mountains or decorating eggs for the baskets, they turn to solving fictional murder mysteries. Television shows, books, even milk cartons have some sort of crime story that needs to be solved.

Americans have a well-known tradition as well. We travel to Washington, D.C. to roll decorated wooden eggs on the lawn of the White House and then pretend the Easter Bunny hid them.

18 Reasons to Volunteer

April 15-22, 2018 is National Volunteer Week!

Have you thought about the benefits you will get from volunteering?

Consider these 18 reasons to volunteer some of your time:

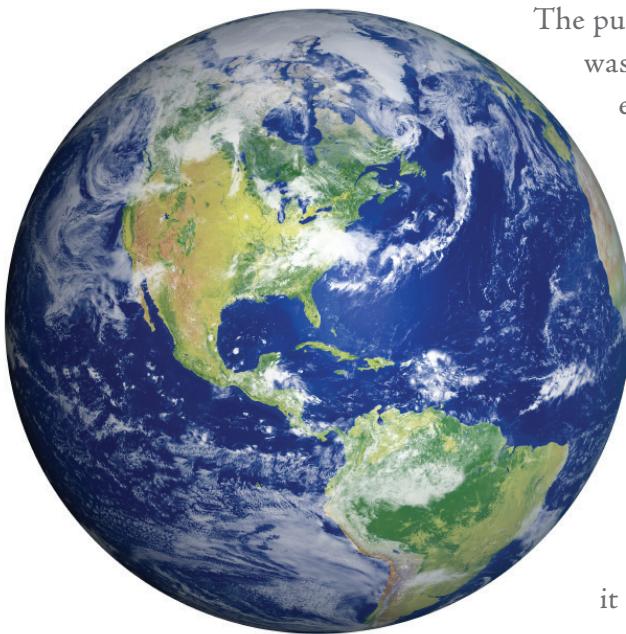
1. To make new friends
2. To build personal and professional contacts
3. To build your self-esteem and self-confidence
4. To develop new job skills
5. To make a difference in the world
6. To increase personal satisfaction

7. To add experience to your resume
8. To develop people skills
9. To develop communication skills
10. To do something as a family
11. To explore career possibilities
12. To feel needed and appreciated
13. To share your skills with others
14. To be challenged
15. To do something different
16. To earn academic credit
17. To improve your health
18. To have fun!

Earth Day

Earth Day came about after six years of effort from then Senator Gaylord Nelson, who, back in the 1960s, had the foresight to look at the long term impact of pollution on the environment. He was instrumental in getting his message out to college students, who took this issue on with concern and enthusiasm for this project.

Earth Day became a National Awareness day on January 20, 1970, with the date set for celebration as April 22 of every year. In 2007, it is estimated that one billion people recognized Earth Day in some way.



The purpose of Earth Day was to raise awareness of environmental issues, promote education about the issue, and to advocate for a healthy and sustainable planet.

Get involved in helping in your community, whatever the needs may be. Every city has a park, street or stream that needs cleaning up, and it takes only a few volunteers to make a huge difference.

April is...

- Dog Appreciation Month
- Listening Awareness Month
- Garden Month
- Parkinson's Awareness Month
- Recycling Month
- Occupational Therapy Month

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.

Notes from Activities

For the month of April is national Volunteers Month. Planning an Appreciation Social at the end of the Month.

Planting Flowers at the end of the month.

This Month will start Olympic Training for the Senior Olympics.

Spring Cleaning. If your love ones bulletin board has things/cards from the previous year, maybe you can assist them on things that could be taken off and make room for new things.

If you are interested in going out on an outing please see activity department.



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www.facebook.com/MediLodge

Your Friendly Staff

Rachel Chambers	<i>Administrator</i>
Shannon Turner	<i>Director of Nursing</i>
Jackie McManus	<i>Admissions Director</i>
Linda McFadden	<i>Activities Manager</i>
Nancy Cosby	<i>Social Services</i>
Kat Tadsen	<i>Social Services</i>
Lloyd Boron	<i>Maintenance Director</i>
Eric Morgan	<i>Staff Developer</i>
Debbie Pinion	<i>Billing</i>
Jennifer Booth	<i>Ward Clerk</i>
Mary Ann Kowal	<i>Receptionist</i>
Brooks Spadlin	<i>Therapy Manager</i>
Penny Maddison	<i>Nurse Manager</i>
Deb Longstreet	<i>Nurse Manager</i>
April Walker	<i>Nurse Manager</i>
Tasneem Burhani	<i>Dietary Clinician</i>
Samantha Myers	<i>Human Resources</i>
Carrie Bryson	<i>Aft. Shift Coordinator</i>
Melissa Davey	<i>Housekeeping/Laundry</i>
Felisha Overstreet	<i>Admissions Assistant/ Accounts Payable</i>

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.*



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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!

Z	W	I	K	I	N	D	N	E	S	S	T	D	M	B
B	G	J	I	U	Q	B	D	W	H	T	E	A	E	V
V	L	E	P	K	H	F	U	D	A	R	N	I	N	U
O	U	A	A	O	Z	P	S	Q	P	E	V	L	I	A
L	S	R	R	C	V	E	Y	R	P	S	I	Y	N	W
U	S	T	K	C	I	G	J	R	I	S	R	A	V	H
N	P	H	I	U	O	G	G	E	N	I	O	C	G	Y
T	R	W	N	P	P	S	A	C	E	A	N	T	R	C
E	I	U	S	A	T	T	W	Y	S	G	M	I	A	U
E	N	I	O	T	I	O	D	C	S	L	E	V	T	E
R	G	E	N	I	M	L	J	L	Q	E	N	I	I	A
Q	X	V	S	O	I	R	K	E	M	J	T	T	S	
O	E	V	K	N	S	C	X	I	L	N	T	I	U	T
M	J	E	U	A	M	B	Y	R	D	J	A	E	D	E
M	G	T	F	L	J	X	D	R	Y	H	W	S	E	R

Word List

- DAILY ACTIVITIES
- EARTH
- EASTER
- EGGS
- ENVIRONMENT
- GRATITUDE
- HAPPINESS
- KINDNESS
- OCCUPATIONAL
- OPTIMISM
- PARKINSONS
- RECYCLE
- SPRING
- STRESS
- VOLUNTEER