



We are Proud of our Five Star Rating!



**5 STAR
RATED FACILITY**
*by the Centers of Medicare
and Medicaid Services*

ZENSATIONAL

WELLNESS AT MEDILODGE OF MONROE

zen•sa•tion•al *noun* /zen'sāSHən1/

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.



A Note From Shannon Turner

I would like to take this opportunity to thank you all for allowing me to care for your family members and to direct the nursing staff at Medilodge of Monroe. I have accepted a new position with the company and will be leaving in the near future. I will be working in Taylor MI. My experiences here at Medilodge of Monroe started at as a licensed practical nurse. I have held positions as a MDS nurse, Unit Manager and now Director of Nursing. These multiple positions have taught me many different aspects of nursing. I am sad to leave you all as I have been employed here for 8 years and this will be extremely tough, though I am eager to take the knowledge I have learned and continue to grow as an individual and nurse. The new Director of Nursing will be joining our team and we are all ecstatic to have her. Her name is Jamie Harvey. Help me welcome her to the team! She will be starting at the end of July. Thanks again for all of you help and support. I will miss you all!

Shannon Turner, Director of Nursing

Summer Fruit Salad

Ingredients

- 2 cups blueberries
- 1 cup raspberries
- 2 cups red grapes
- 1 pint of strawberries, halved
- 3 kiwi sliced

2 mango diced

3 cups pineapple chunks

Instructions

- Add all of the fruit to a large bowl. Gently toss with a spoon.
- Enjoy!!!



Happy Birthday!

RESIDENT BIRTHDAYS

Judy H	7/1
John F.	7/5
Kim C.	7/10
Juanita P.	7/12
Betty R.	7/21
James S.	7/21

EMPLOYEE BIRTHDAYS

Melissa Davey	7/1
Mary Elmore	7/8
Adam Mills	7/8
Ronyett Lacey-Tugwell	7/13
Joann Cook	7/14
Deborah Robinstine	7/17
Makayla Eastes	7/21
Bailey Barnhart	7/22

STAFF ANNIVERSARIES

Jessica Smith	7/6	1 year
Tammy Worley	7/15	14 years
Melissa Davey	7/24	4 years
Shannon Turner	7/28	8 years

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.

July is UV Safety Month: Five Ways To Protect Yourself From UV Rays

Overexposure to ultraviolet sunlight (UV rays) is believed to be the dominant external factor in a person's development of skin cancer. To protect yourself from UV rays, you may lower your risk for skin cancer by following these five steps:

Avoid Direct Sun Exposure: Avoid exposing your skin to direct sunlight during midday (generally from 10am to 4pm). This is the time when UV rays are most intense. Plan your schedule to avoid outdoor activities during these hours. Also, be aware that sand and snow reflect sunlight, so if you're at the beach or a ski resort, direct sunlight can bombard you from every direction with UV rays.

Cover Yourself: When out in the sun, keep your skin covered. Wear long sleeves and long pants if possible. Wearing a hat with a 3 to 4 inch brim all around is preferable. This will guard your neck and cheeks from dangerous prolonged exposure. Also note that dry, dark-colored garments offer the best protection.

Use Sunscreen Properly: You should always use sunscreen when enduring prolonged exposure in the sun. Find a sunscreen with a Sun Protection Factor of at least 15 and read the directions for proper application. The higher the SPF, the higher the protection you will receive against dangerous sunburns. However, sunscreen does not offer "bulletproof" protection, and UV rays can penetrate water, so just because you feel "cool" in the water doesn't mean you're protected from sunburn.

Use Sunglasses That Block UV Rays:

Make certain your sunglasses can block UV rays to guard your eyes from serious sun damage. The best constructed sunglasses should have a UV ray absorption rate of 99% to 100%. Never assume that darker lenses equal increased protection. UV rays are blocked by a chemical applied to the lenses.

Stay Away From Tanning Beds: It is a myth to believe that tanning beds and sunlamps are free of harmful UV rays. They can significantly increase your risk of developing skin cancer in the long-term. Health professionals advise their patients to avoid them.

By implementing these five steps in your daily routine, you can significantly decrease your risk of developing skin cancer, while maintaining a healthy lifestyle that allows for proper exposure to the sun. Another important step in prevention of skin cancer is routine examination by a doctor. If skin cancer is detected early, then your odds of survival are markedly increased.



July 30th is International Day of Friendship: *Happy Friendships*



Our emotions are reflected in our body language, and our state of mind can change by changing our physical state. When we demonstrate a happy, engaging attitude, we help to improve the moods and relationships of those around us.

By listening, we make the other person feel important. Are we always talking about our own life, or do we also listen to others? Listening is the best way to make your friends happy. We also can help them feel content and relieved. Listen carefully, and your friends will be thankful that someone heard them out without interruption. You will also ensure a stronger friendship.

Give and you shall receive. Apply this law in your life to friends and family. You can make them happy by telling them about how much you appreciate their friendship.

Listening to your friends, keeping a positive state of mind in their company, and appreciating their conversations will result in happy friendships.

Great Ideas for a Fourth of July Picnic

Do you need some ideas to help you to make this 4th a memorable one? No matter who you are with, what your traditions are or how you celebrate, there are many ways to enjoy this grand holiday.

Go for color. One of the simplest yet most effective ways to celebrate the 4th of July is with red, white and blue. From table cloths, napkins, paper plates and even ice cubes, you want to have all the colors of the day come shining through. You can make your deserts and foods with these colors as well. Add color for lots of fun.

Dress up! A great way to celebrate the true history of the day is to throw a July costume party. Everyone has to dress as one of the Founding Fathers, Lady Liberty or any other important figure of the time period. Even Uncle Sam will do. This is a great way to have some fun on this special day and to do something different to celebrate it.

Upcoming Events

July 4th Social

Monroe County Fair July 30th to August 3rd. The Activity Department will be going Monday thur Friday. If your love one is interested in going please see the Activity Department for more information.

July 31 The Monthly Birthday Party

National days for July

- July 1 National postal worker day
- July 4 Independence Day
- July 7 World Chocolate Day
- July 11 National Cheer Up the Lonely Day
- July 15 National Ice Cream Day
- July 18 Nelson Mandela International Day
- July 28 National Dance Day
- July 30 International Day of Friendship



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*
- 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.



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

- BLUE
- BURGER
- FIREWORKS
- FRIENDSHIP
- HAPPY
- HEAT
- INDEPENDENCE
- JOKES
- JULY
- PROTECTION
- RED
- RIDDLES
- SUMMER
- SUNBURN
- WHITE