



## 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'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.

## In the Spotlight

I just wanted to spotlight a different person each month that makes up our management team here a Medilodge of Monroe. This month we are going to start with Penny Madison who is our unit manager on the 400 hall, our memory care unit and the 500 hall which houses long-term care residents. Penny started her career here over 36 years ago as an aide and then became a nurse for the last 32 years. With her experience she is a huge asset to our mission of helping families in time of need with their love ones when they need placement in long-term care. She gives her heart every day to her residents and staff. Penny is one of the first people in the building each morning making sure that the midnight staff have someone from the management team to hear from. Along with making sure that staff knows that she is here for them, she also is a great support to the management team with her years of knowledge. She has a kind and compassionate heart. Please take a moment to thank Penny for her service and dedication to our facility.

*Jackie McManus, Admissions Director*

## Back to School

Back to school supplies are needed in our area. We are partner up with a local group Mercy's Angel's to make sure that our school age children have the supplies that they



need in order to for kids to be successful. We will have a box in the Admissions Office for the collection. Thank you so much for help.

# Happy Birthday!

## RESIDENT BIRTHDAYS

Reo A.	8/09
Gloria L.	8/13
Margaret D.	8/14
Walter C.	8/17
Brett H.	8/21
Sharon L.	8/30
Shirley B.	8/31

## EMPLOYEE BIRTHDAYS

8/03	Tiffany B.
8/06	Leigh K.
8/10	Breanna S.
8/15	Erica O.
8/16	William C.
8/19	Chelsey W.
8/22	Jeanette W.
8/23	Angela W.
8/31	Linda (Faye) M.

## STAFF ANNIVERSARIES

Darla L.	8/1	41 years
Tiffany B.	8/1	2 years
Gabrielle G.	8/17	3 years
Priscilla S.	8/17	3 years
Brandy B.	8/20	16 years
Gerri C.	8/23	1 year
Bridget R.	8/23	1 year
Glenda B.	8/24	2 years
Debra P.	8/26	9 years
Michelle C.	8/28	23 years
Mary G.	8/31	12 years

## TV Reminder

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

*If you need help with placement please see Social Work.*

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

Thank you for entrusting us with the care of your loved ones and being a part of our Medilodge Family!

I wanted to take this opportunity to discuss a few important things that will help keep our lodgers safe!

♦ Anytime you are taking your loved one off of the facility property they must be signed out in the LOA book that is located at the nurse's station or at the reception desk. Please ensure you are also notifying their nurse.

♦ Lodgers are not permitted to keep smoking materials in their room. They are also not permitted to smoke on the property. You may sign your loved one out and take them off of the property to smoke. Lodgers, Staff, and Families/Visitors are not permitted to share smoking materials with other Lodgers.

♦ You can only sign your loved one out LOA.

♦ In order to keep our lodgers safe and be prepared in the event of an

emergency please be sure to sign in and sign out during your visits in the facility. The Visitor log is located at the reception desk.

♦ With the warmer weather please be sure to keep your loved ones window closed. We do have air conditioning throughout the facility.

♦ Be sure to encourage fluids when you are visiting your loved one.

♦ On days that the temperature is very hot please be sure you are not taking your loved one outside for long periods of time.

♦ Be aware of who is around you when entering and exiting the facility.

♦ Please do not put personal items on window sills, over bed lights, or in the resident's bathroom.

Please feel free to come see me at any time with any concerns, questions, or suggestions!

**Rachel Chambers, Administrator**

## HOT WEATHER FUN: SUMMER CRAFTS

When boredom looms and the weather's hot, get everyone involved in summer crafts. **Nature Collection Collages:** In summer, crafts can involve found objects, like seed pods, grasses, and similar objects. Create nature collection collages by gluing these items to a stiff piece of cardboard. Spray paint some of the findings with silver or gold paint. Alternatively, you might like to glue glitter to some of the findings. Perhaps you would also enjoy collecting wild flower seed heads and creating dried flower arrangements. Arrange the bouquet in a homemade vase.

**Summertime Vase:** A simple vase can be made from a soup can. Be sure to file off any sharp spurs on the inside opening. Cut a piece of construction paper to fit around the sides of the can. This will be glued to the outside of the can, but first it needs to be decorated. Decorate your paper by drawing a summer scene on the paper and then glue on glitter or small stickers. Another idea is for you to write your name in large letters, and glue beans, seeds, or glitter to the letters. Let all glue dry before attaching the paper to the outside of the can. Add water and fresh flowers or leave dry for dried flowers. This summer, crafts should be at the top of everyone's to do list!

# Join the Fight for Alzheimer's for Alzheimer's First Survivor

## Monroe – Walk to End Alzheimer's Saturday, September 22, 2018

*Loranger Square – Downtown Monroe*

*Registration/Check-in Opens at 9:00am*

*Opening Ceremony 10:45 am*

*Walk at 11:00am*

*Facebook Group: Monroe Walk to End Alzheimer's*  
*.act.alz.org/monroe2018 .monroemiwalk@alz.org*

*Register to walk the brief  
walk which is about 2 Miles  
long online or at the  
registration table at table.*

*See Nancy in Social Service  
Dept. for further Details.*



**Welcome** Please help us welcome our newest staff members to our team. Jamie Harvey is our new Director of Nursing Anne Wehner is our new Social Worker. Make sure that you get a chance to meet them and welcome them to Medilodge of Monroe. We wish Shannon Turner and Kat Tadsen the best on their new adventures.

## Safety Reminder

As a friendly reminder, PLEASE do *not* share the code to the front door with residents. It's in place for their safety.

## Upcoming Events

Monroe County Fair July  
Activity Department is  
planning on going daily if the  
weather permit July 30th to  
August 3rd.

September 19, 2018 Our  
annual Senior Olympics in  
Armada Mich.

### National Days for August

- Aug. 01 National  
Girlfriend Day
- Aug. 03 International  
Beer Day
- Aug. 07 Monroe Museum
- Aug. 09 Book Lovers Day
- Aug. 13 International  
Lefthanders Day
- Aug. 15 National  
Relaxation Day
- Aug. 16 National Tell  
a Joke Day
- Aug. 19 World Photo Day
- Aug. 21 National  
Senior Day
- Aug. 24 Special Veterans  
Social by Promedica  
Hospice
- Aug. 30 Monthly Birthday  
Party
- Aug. 31 National Linda  
Faye M. Birthday



# MEDILODGE OF MONROE

481 Village Green Lane  
Monroe, MI 48162  
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*
- Jamie Harvey *Director of Nursing*
- Jackie McManus *Admissions Director*
- Linda McFadden *Activities Manager*
- Nancy Cosby *Social Services*
- Anne Wehner *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.*



## August – 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!

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

### Word List

- BANANA
- COGNITIVE
- COLOR
- CRAFTS
- CRAYONS
- HOT
- ICE CREAM
- MARKERS
- MEMORY
- POET
- RELAX
- SENIOR
- STRESS
- SUMMER
- VERSE