



In the Spotlight

This month I am giving a shout out to Mary Ann Kowal. Mary Ann is the keeper of our front door here at Medilodge of Monroe, she is always ready to help those who need it. She is our full-time receptionist Monday through Friday. When families, friends, lodgers and co-workers come through our front door they are greeted with a smile and respect. Did you know that Mary Ann has been with us for 37 years! One of the best things is that Mary Ann does not forget a face and she makes sure that everyone feels welcome no matter how busy it gets with the phones and people coming and going. She has devoted herself to others her entire career. We are blessed to have Mary Ann with us. Please take the time to thank her!

Jackie McManus, Admissions 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.

Hello Residents, Families, Visitors, & Staff!

I wanted to take a moment to introduce myself. My name is Jamie Harvey and I am the new Director of Nursing here at Medilodge of Monroe. I have been working in the long term care industry for the past 20 years having started out as a Nursing Assistant and working my way up. I believe that our Lodgers deserve the highest level of quality care possible. I am very excited about joining the team at Medilodge of Monroe and I believe that great things will continue to happen here! I look forward to meeting each and every one of you! Please feel free to stop in the office at any time my door is always open!

Jamie Harvey, BSN Director of Nursing

Vendors Needed Please be on the look out for a Vendor show this Fall here in our building. If you or someone you know sells items crafts or direct sales but have them contact Jackie McManus at 734-242-6282.

Happy Birthday!

RESIDENT BIRTHDAYS

Ruth H.	9/01
Melody P.	9/10
Eugene L.	9/17
John B.	9/24
Nadine B.	9/26
Robert C.	9/27

EMPLOYEE BIRTHDAYS

9/4	Kerri G.
9/9	Gera C.
9/9	Holly N.
9/13	Ashley D.
9/13	Jessica S.
9/15	Tateyana D.
9/15	Steffany E.
9/24	Gabrielle G.
9/24	Michelle K.

STAFF ANNIVERSARIES

9/6	Ericka O. 1 year
9/6	Brianna P. 1 year
9/7	Carrie B. 2 years
9/8	Linda (Faye) M. 37 years
9/15	Jessica F. 18 years
9/20	Ashley D. 1 year
9/21	Mary Ann K. 37 years
9/30	Kerri G. 9 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.

The Alzheimer's support group will meet the 4th Thursday of the month. The September meeting will be held at:

Trinity Lutheran
Church
323 Scott St.
Monroe, MI

alzheimer's 
association®

How to Age Healthy, Wealthy and Wise

You may feel overwhelmed by the amount of advice that is available when it comes to dealing with aging. Here are some of the most important tips:

Eating a nutritious diet is an essential component in healthy aging. You want to eat plenty of fruits, vegetables, whole grain and fiber; this type of diet will help give your body the fuel it needs.

If you have problems with unsteadiness in walking due to aging, ask your doctor about applying for a handicap placard. This will allow you to park closer to store entrances, restaurants and many other places.

There is no magic pill to reverse aging. Making healthy changes to your lifestyle and diet can give you a zestful approach to living. Remember that issues due to aging can take a lifetime to develop, and will likely not be reversed overnight when you start giving your body what it needs.

Know the signs of depression. As you get older, you may experience changes that leave you feeling down.

If your feelings of sadness don't go away, it might be depression. Talk to a doctor if you have persistent feelings of hopelessness.

To make sure that you do not let aging get the best of you, it is important that you stay in good shape. Your body is going to start experiencing more physical problems if you never exercise. This does not mean you have to do intense aerobics, just try taking a walk in your neighborhood each day.

Include more fiber in your diet by including more whole grains and vegetables as you become older. Your digestive system becomes more sensitive as you age, so it is important to make sure that the foods you eat are easily digested. Keeping your digestive system in good working order can prevent many health problems.

Do not let others make you feel as if you are less of a person now than you were in your youth. You may require more care from others than you used to, but you are just as important as ever!

When Teddy Bears Began

September 9th is National Teddy Bear Day

The first Teddy Bear was designed and made by Rose and Morris Michtom. The Michtoms were influenced by Teddy Roosevelt and Clifford Berryman.

In November 1902, President Theodore 'Teddy' Roosevelt traveled to Mississippi to settle a border dispute between Louisiana and Mississippi. The President, having a little free time, went on a hunting trip. The other members of the hunting party tied a black bear cub to a tree for the president to shoot but he refused.

Hearing the tale, political cartoonist Clifford Berryman drew a cartoon showing Roosevelt refusing to shoot the bear.

After seeing the cartoon, Brooklyn Shopkeeper Morris Michtom asked his wife, Rose, to make 2 stuffed bears to place in the shop window. The excelsior stuffed bears with the black, shoe button eyes gained national popularity. Michtom had an idea to combine the bears popularity with Teddy Roosevelt; Michtom contacted the President and asked for permission to call his stuffed bears 'Teddy Bears.' President Roosevelt agreed and the first Teddy Bear was born.

Morris Michtom named his store The Ideal Novelty and Toy Company, and began the first Teddy Bear factory in the United States. In the same year the Steiff company in Germany, began making it's version of the jointed bear, on it's own. This company, owned by Margarete Steiff, has been making toys since 1880.

The Teddy Bear is the most popular plush toy. Other toys may come and go but the Teddy Bear is over 100 years old and has stood the test of time. Teddy Bears are used every day for various reasons. Pink and/or blue Teddy Bears are attached to baby shower presents; and they are given as gifts for the new baby. Teddy Bears wearing cap and gown are given to high school graduates. We adorn our wedding cakes with Teddy Bears dressed as the bride and groom and a hospitalized friend may receive a smiling Teddy Bear dressed in a nurses uniform and hat.

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When we were children the soft, cuddly Teddy Bear was a constant companion who got us through a lot of scary nights and went with us everywhere. We cared for them as if they were a family member, feeding, clothing and even bathing them when they became dirty. A best friend, our Teddy Bear was always nearby.



Upcoming Events

- Sept. 03 Labor Day
Social 2:30 pm
- Sept. 03 National Wildlife Day
- Sept. 06 NFL Football Season Starts
- Sept. 08 World Physical Therapy Day
- Sept. 09 National Teddy Bear Day
- Sept. 10 National Grandparents Day
- Sept. 11 Remembrance (9/11)
- Sept. 12 National Day of Encouragem
- Sept. 13 Positive Thinking Day
- Sept. 15 Make a Hat Day
- Sept. 16 National Collect Rocks Day
- Sept. 16 National Play-Doh Day
- Sept. 19 International Talk Like a Pirate Day
- Sept. 21 International Day of Peace
- Sept. 21 World Alzheimer's Day
- Sept. 22 Dear Dairy Day
- Sept. 22 First Day of FALL
- Sept. 22 National ICE CREAM CONE DAY
- Sept. 23 National Checkers Day
- Sept. 25 Math Storytelling Day
- Sept. 25 National Cooking Day
- Sept. 30 Family Health & Fitness Day
- Sept. 19 MEDILODGE GROUP OLYMPICS
- Sept. 27 END OF THE MONTH BIRTHDAY
- Sept. 28 MONTHLY VETERAN SOCIAL

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.



MEDILODGE OF MONROE

481 Village Green Lane
Monroe, MI 48162
P: 734.242.6282

www.MediLodgeofmonroe.com



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.*



September – 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

- AGING
- BEAR
- CHOLESTEROL
- CUDDLY
- FIRST-AID
- GRANDFATHER
- GRANDMOTHER
- HURRICANE
- ICE CREAM
- LABOR
- PREPARE
- STORM
- TEDDY
- TORNADO
- WISE