




Upcoming in October
Breast Cancer Awareness Month
Sweetest Day
 OCTOBER 20TH
Halloween
 OCTOBER 31ST

In the Spotlight

In the Spotlight! This month I am going to tell you what a wonder person Nancy Cosby is! She is our social worker for our long-term residents here at Medilodge. She has been here for 36 years! You can always count on Nancy for a special occasion card, she always has them ready. Nancy is on several committee throughout Monroe County, The Alzheimer's walk being her baby. Nancy also is the first one to market our building and have her business card ready no matter where she is. Thank you Nancy for being playing such a huge roll in our customer service efforts inside and outside of our building!

Jackie McManus, Admissions Director

Medilodge of Monroe Senior Olympics Winner

This year there were 7 Monroe County Nursing homes that participated in the Senior Olympics. Live entertainments was (Tom Treece). All of our residents worked really hard and were very happy to bring home the winning trophy. We were greeted with a warm victory celebration from all the staff was waiting outside when we return. The residents felt like rock stars.



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.

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.

Happy Birthday!

RESIDENT BIRTHDAYS

| | |
|-------------|-------|
| Howard C. | 10/03 |
| Janice I. | 10/04 |
| Florence G. | 10/06 |
| Billie S. | 10/07 |
| Muriel P. | 10/09 |
| Gloria R. | 10/11 |
| JoAnn C. | 10/12 |
| Barbara M. | 10/20 |
| Dorothy R. | 10/21 |
| Rosella B. | 10/25 |
| Lorraine H. | 10/31 |

EMPLOYEE BIRTHDAYS

| | |
|-------|------------|
| 10/4 | Felecia M. |
| 10/7 | Anna J. |
| 10/10 | Sherry S. |
| 10/23 | Holly S. |
| 10/26 | Miranda S. |
| 10/28 | Rachel C. |

STAFF ANNIVERSARIES

| | | |
|-------|--------------------|---------|
| 10/3 | William Cooper | 2 years |
| 10/19 | Felisha Overstreet | 2 years |
| 10/24 | Alexandria Burke | 2 years |
| 10/24 | Sherry Sottile | 2 years |
| 10/27 | Sharhonda Taylor | 3 years |
| 10/27 | Jeanette Wyatt | 3 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.

Friendly Reminder

Reminder when visiting loved ones. You may have noticed when visiting, that we are asking all visitors to sign in. We would like to keep track of who is coming in and out of our building to visit your loved ones, and also to monitor the vendors that sometimes come in. We appreciate your understanding and cooperation with this.

Discover The Origin of Halloween

Why do we have a day that is supposed to do nothing but scare the dickens out of us? Why do we dress up like ghost and goblins? These questions can be answered by looking back at the origin of Halloween.

Over 2,000 years ago, the Celtics were a proud, fierce and combative tribe which inhabited Ireland, the northern areas of France, and the United Kingdom. Their new year started on November 1st. The beginning of November marked the end of warm weather and the growing season.

As the hours of darkness prevailed, much of the time was spent spinning yarns and retelling stories which had been passed from generation to generation.

One of the beliefs that had been passed down was the belief that the dead returned on the night before the beginning of the New Year; October 31st.

It was believed on this night they returned to avenge the wrong deeds done to them and to bring forecast of the events to occur in the New Year.

Eventually over a period of time, October 31st became known as "SamHain." In order to mark this day, the Celts had a monstrous bonfire in their villages. Each of the villagers came to the bonfire, disguised in different animal skins. The celebration was a way of showing thanks to the Celtic gods for the harvest and good things of the year past.

Christianity began to spread and entered the land of the Celts. Around 800 A.D., Pope Boniface IV declared November 1st "All Saint's Day," which coincided with the Celtic pagan holiday of the beginning of the New Year. The night before All Saint's Day, SamHain to the Celts, was now called "All Hallow's Eve" or "All Hallow's Mass."

As the centuries passed and cultures were absorbed by other cultures, the origins of Halloween became known as Halloween night.



HALLOWEEN EVENTS

- Our Activity Department Will Be Accepting Candy Donation For Our Annual Halloween Party
- Halloween Party 2:30PM - 4:00PM - We Are Asking For Family Members To Bring In Costumes For Their Love One's.
- Trick or Treat October 19 From 6PM-8PM



October 14th is National Dessert Day!

A "dessert" is a meal course that usually comes after dinner. Most often dessert foods are of sweet food but can also be of a strongly flavored food, such as cheese cake. The world dessert comes from the Old French word "*desservir*", which means 'to clear the table.' Often times in the English language dessert is confused with the word desert (note only one "s"). A simple way to remember the difference in spelling is: *Dessert has an extra S, because everyone always wants an extra slice of cake.*

It wasn't until after the 19th-century when the rise of the middle class, and the mechanization of the sugar industry, brought the privilege of sweets into the general public. This was because sugar became cheaper and more readily available to the general public. As sugar was widely spread, so was the development and popularity of desserts.



In today's culture, dessert recipes have become a popular item for discussion, as they are a way to win people over at the end of any meal. This is partly because if you serve a mediocre meal but with an excellent dessert, people will remember you for the dessert and may forget about the meal.

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

We are having a Trick or Treat party on October 19th from 6pm-8pm. Our main dining room will be have stations with our residents to pass out candy. We are having it indoors just in case the weather is bad. We will serve hot dogs and chips. This event is free. Please join us for a night of fun! Any questions please see the Admissions girls.

This is National Breast Cancer Awareness Month

October National Boyfriend Day

October 07-10 National Healthcare Food Service week

October 08 Columbus Day

October 10 Emergency Nurses Day

October 16 Boss's Day

October 19 National Mammography Day

October 20 is Sweetest Day

October 23 National Color Day

October 24 Monthly Birthday Party 2:30 To 4:00

October 31 - Happy Halloween



MEDILODGE OF MONROE

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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.*



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October – 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!

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

Word List

- BRAIN
- CANCER
- DESSERT
- FIRE
- HALLOWEEN
- PREVENTION
- PUMPKIN
- PUZZLE
- SLEEP
- SPIDER
- STRETCH
- SUDOKU
- SUGAR
- THERAPY
- WALK