



**VETERANS DAY
IS NOVEMBER 11TH**
Thank you for your service!

In the Spotlight

This month's in the spot light is Linda (Faye) McFadden, she is the director of activities here at Medilodge. She has been with us for over 37 years! She has been making sure our lodgers have things to do inside our building and in our community. Linda is a huge advocate for our lodgers, if they mention that they need something she is the first person to volunteer to make sure they have it. She is always pushing the management team to see the other side of the story and keeps us on our toes. Linda also has two ladies in her department that have been with us for almost the same amount of time that she has, Darlene and Coleen. Please take a minutes and thank these ladies for all they do!

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.

Alzheimer's Community Forum

The Great Lakes Chapter of the Alzheimer's Association will be hosting an Alzheimer's disease Community Forum on November 15, 2018 with the purpose of providing the community with an educational overview of Alzheimer's disease.

Thursday November 15, 2018 6:00pm-8:00pm at Monroe Bank and Trust, 102 E. Front St. Monroe, MI 48161.

Please e-mail to aelliston@alz.org and indicate that you would like to attend the Monroe Forum or call 1-734-369-2716 or 1-800-272-3900.

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.

Happy Birthday!

RESIDENT BIRTHDAYS

Judy M.	11/01
Ruth G.	11/02
Diane B.	11/15
Hazel B.	11/16
Thomas P.	11/16
Cletus B.	11/17
Betty B.	11/26
Geraldine B.	11/29

EMPLOYEE BIRTHDAYS

11/02	Nickie N.
11/03	Antonina P.
11/04	Sharhonda T.
11/05	MaryAnn K.
11/07	Heather H.
11/16	Jessica F.
11/16	Travis J.
11/17	Darla L.
11/21	Rachel L.
11/21	Denise P.
11/25	Alexandria B.
11/27	Bridget R.
11/28	Melissa H.
11/29	Margaret C.
11/30	Nathaniel M.

STAFF ANNIVERSARIES

11/09	Samantha Myers	2 years
11/16	Margaret Campbell	1 year

Nov. 12th is National Pizza Day

The pizza pie is an ubiquitous symbol of both Italian cooking and Americana. **Oven-baked, thin-crust or deep-dish, round or square, it is a common favorite throughout the United States, with a wide number of regional variations.**

The most traditional pie is the pizza Napolitano, or Neapolitan pizza. Made of strong flour, the dough is often kneaded by hand and then rolled flat and thin without a rolling pin. The pizza is cooked in an extremely hot wood-fired stone oven for only sixty to ninety seconds, and is removed when it is soft and fragrant. Common varieties of Neapolitan pizza include marinara, made with tomato, olive oil, oregano, and garlic, and margherita, made with tomato, olive oil, fresh basil leaves, and mozzarella cheese.

New York was home to the first pizza parlor in the United States, opened in Little Italy in 1905 by Gennaro Lombardi. It is not surprising, then, that New York-style pizza dominates in the Northeastern part of the country. It is thin-crust, and made with a thin layer of sauce and grated cheese. The dough is hand-tossed, making the pie large and thin. As a result, it is served cut into slices, traditionally eight, which are often eaten folded in half. It can be served with any number of toppings, including pepperoni, the most popular topping in the United States, or as a “white pizza”, which includes no tomato sauce and is made with a variety of cheeses, such as mozzarella and ricotta.

Chicago is also home to a major variety of pizza. The Chicago-style pizza is deep dish, meaning it is made in a pan with the crust formed up the sides, or even with two crusts and sauce between, a

so-called “stuffed” pizza. The ingredients are “reversed” in a Chicago pizza, with cheese going in first, and then sauce on top. This particular form of pizza was invented in 1943 at Uno’s Pizzeria in the River North neighborhood of Chicago.

The Midwest also plays host to the St. Louis style pizza. This thin-crust delicacy is made using local provol cheese instead of mozzarella, and is very crispy. Heavily seasoned with oregano and other spices, with a slightly sweet sauce, it is difficult to fold because of the crust and is often cut into squares, instead of served in slices.

A Hawaiian pizza is an American invention that has nothing to do with Hawaii save that one of the main ingredients is pineapple. The pineapple is put atop the pizza, along with Canadian bacon, giving a rather sweet taste very different from pizzas closer to the Italian original. Hawaiian pizza is very common in the Western United States.

In fact, a number of esoteric pizzas are common on the West coast, and “gourmet” pizza is often referred to as “California-style” pizza. This is an example of fusion cuisine, and many of the pizzas go far beyond the common tomato sauce and cheese. Thai pizza, for example, can include bean sprouts and peanut sauce, while breakfast pizza, as the name implies, may be topped with bacon and scrambled eggs. As a “gourmet” food, California pizzas are often individual sized, serving two people at most, and are not cut in slices like other common types of pizza pie.

Pizza is as diverse as America itself, with almost infinite variations – all of them delicious.

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.

Alzheimer's Caregiver Support Group

The Michigan Great Lakes Chapter of the Alzheimer's Association presents the Caregiver Support which meets on the Fourth Thursday of every month at the Trinity Lutheran Church, 323 Scott St., Monroe MI 48161. Contact Nancy in Social Services Dept. for more information.

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.

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.



How To Stop Aging On The Outside

While there's no single secret to holding off the effects of aging, there are plenty of things that can be done to help. Here are some suggestions.

Antioxidants are absolutely one of your best weapons against aging! Eat plenty of antioxidants as you age, such as dark vegetables and fruits like carrots, squash and spinach or blue and purple berries.

Make sure you're getting enough vitamin D in your diet. If you're not, try eating more fish or drinking more milk. If you can't do either of those, look into supplements.

Just because you're aging doesn't mean you should stop physical activity. Almost any amount of physical activity will have benefits, provided you are doing a safe level of activity for your age and health.

Your body's increased need for hydration as you age is just as important as its increased need for some vitamins. Remember, though, that water is not the only way to keep your body hydrated. Fruit and vegetable juices naturally contain water and are an easy way to address both your need for some vitamins and your need to stay hydrated.

Upcoming Events

November is National Alzheimer's Disease & Diabetes Awareness Month

November 1st. National Family Literacy Day

November 4th Time Change

November 6th Voting

November 9th We will be honoring our Pre-Veterans Day Program

November 11th Veteran Day

November 17th Pet Therapy Day

November 22 Happy Thanksgiving Day

November 22nd Giving Thanks Social

November 26th Entertainment with Gene Zenz @ 2:30 pm

November 30th is our Monthly Veteran Meeting

November 29th End of the Month Birthday Parties

November 7th National Stress Awareness Day

November 13th is National Kindness Day

November 14th World Diabetes Day

November 27th Giving Tuesday



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*
- Daniella Boling *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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November – 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
- CAREGIVER
- DIABETES
- FLOSSING
- GRATITUDE
- HONOR
- ITALIAN
- PIE
- PIZZA
- SAVING
- SERVICE
- TEETH
- THANKSGIVING
- TURKEY
- VETERAN