



Keep Your New Year Resolutions

What makes January 1st such a special time to make a change in our lives, and why can it be so *difficult* to maintain that change?

There are a number of key reasons that apply to some, if not all, of the broken resolutions.

- We are not being realistic when we make the commitment.
- Everyone breaks New Year's Resolutions, so why shouldn't we?
- January is wet, miserable and cold (or hot and sunny depending on where you live) and the weather can affect our mood and desire to achieve.
- The friends we tell our resolutions to on New Year's either can't remember or are too busy breaking their own resolutions to help motivate us.

So how can we make changes that are lasting in our lives? Here are a few positive steps we can all take to help us make permanent changes:

- Choose a day and time in the very near future and make that your 'change my life plan' day – don't wait for New Year's.
- Tell as many people as you can about your plan and tell them you want to stick to it. It is much easier keeping a commitment you have made to others than just to yourself.
- Set your goal or plan in achievable, measurable steps – try and change the world in a day and you are destined to fail!
- Choose a 'looking forward' plan where you focus on what you want to achieve, not what you want to avoid.

As we head towards the New Year, let's enjoy the celebrations and make lasting change in our lives!

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.

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.

Happy Birthday!

RESIDENT BIRTHDAYS

Lillian W.	12/01
Ricki C.	12/06
Mathilda N.	12/08
Joseph K.	12/11
Mary L.	12/14
Betty G.	12/15
Ronnie B.	12/18
Bernetta B.	12/25
Janie B.	12/28
Lois D.	12/30

EMPLOYEE BIRTHDAYS

12/04	Eric M.
12/09	Carrie B.
12/15	Chelsea O.
12/16	Jennifer B.
12/18	Markeisha S.
12/24	Angel M.
12/28	Karen N.
12/30	Colleen C.
12/31	Samantha M.
12/31	Lekesha N.

STAFF ANNIVERSARIES

12/01	John Bigler 3 years
12/06	Mary Elmore 2 years
12/28	Stephanie Duvall 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.

Tips for Keeping Active in the Winter

With winter approaching, there may be many upcoming cold days that simply make us want to stay inside and keep warm. All those days spent indoors can sometimes be accompanied by the winter blues. Fortunately, there are a lot of things we can do to liven things up and stay active in the winter even if it is a bit chilly outside.

Yoga or Pilates: Taking a yoga or pilates class will help you get out and about, meet new people, and even tone up your muscles! This is great way to stay active and in shape over the winter.

Start or Join Book Club: Are you an avid reader? Do you want to read more? A book club is a great way to socialize and become exposed to new books and genres. Start one of your own with a group of friends who like to read; that way, you can decide when and where to meet and what to read.

Go for a Walk: Going for a walk is always a great way to get yourself in motion. It doesn't matter if it is a slow leisurely walk or a brisk one; you will get physical benefits from walking and being active.



Weekly Meeting with Friends: Scheduling a weekly meeting with friends is a great way to stay active in winter and have a lot of fun as well. You should find yourself looking forward to each meeting with your friends.

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.

Welcome: Dani B.

Welcome Dani B. to our team! Introducing new TPM.

Hello everyone! My name is Daniella, but I go by Dani. I am the new Therapy Program Manager here at Medilodge of Monroe. I went to the University of Toledo for my Doctorate in Occupational Therapy. I grew up in Monroe but now I live in Toledo with my husband and our dog. I love animals, cooking, and comic books. For fun my husband and I go to the movies, play board games with friends, and go to trivia nights. I love occupational therapy and I am extremely excited to be working in my hometown! I look forward to working with all of you!

The Beauty of the Holidays

The beauty of the holidays is the gift to slow down, reflect on what's important, and remember that our lives are valuable and worth being fully enjoyed.

So, before the next holiday approaches, plan a party, and gather friends and family. Carve out time for a totally relaxing and fun day together. Organize a game-night, a trip to the movies, or stay in to watch your favorites at home. Even a dinner with some close friends can be enough to warm the spirit on a cold winter night. Make a commitment now and embrace your winter holidays. You won't be sorry, and you just might make a tradition of it!



Holiday Crafts

Whimsical Light bulb Reindeer Ornament

You will need:

- One used light bulb
- Brown felt cloth or fun foam
- Acrylic paints and brushes
- Ribbon
- 1 small red pom-pom
- Glue

First, paint the light bulb brown. Set aside and let dry. Once the brown paint on the light bulb has dried completely, use a paint brush to paint eyes and a mouth on your reindeer. When the paint has dried, begin to glue the red pom-pom nose onto the end of the light bulb, just above the mouth. Next, use the brown cloth or foam to fashion a pair of antlers for your reindeer. Glue these to the side of the light bulb. Finally, cut a small piece ribbon, loop and tie into a knot, and glue it to the top of your reindeer light bulb ornament.

Greeting Card Ornaments

Cut out your favorite Christmas card images and mount them onto wooden craft shapes with glue. For an older finish, varnish them, drill a small hole at the top, and then tie ribbons at the tops. You can also cut out your favorite images from cards, laminate them, punch a hole at the top, and use a piece of ribbon as the hanger. If you don't want to cut anything out, an even simpler approach is to glue the front and back of the card together. Punch a hole at the top of the card, loop a piece of ribbon and it's ready to hang.

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

On behalf of the activity staff we would like to wish all of our resident, families and staff a merry Christmas and a New beginning for the year 2019

December 02-10 Hanukah

December 03 International of Person with Disabilities Day

December 03 *Christmas*

Carolers 12/05 @ 6:45 pm

December 10 International Human Rights Day

December 12 Supper Bingo Prize

December 15 International Tea Day

December 21 First day of Winter

December 21 *Christmas Carolers* 12/21 @ 7:30 pm

December 25 *Christmas*

December 26 - January 01 Kwanzaa

December 31 New Year's Eve

December is also the national Month for :

- Spiritual Literacy
- The Birthday of Bingo
- Read a new Book and Made in America



MEDILODGE OF MONROE

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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.



Newsletter Production by PorterOneDesign.com

December – 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

- CHEER
- COCOA
- COLD
- COMMUNITY
- CRAFTS
- FAMILY
- HOLIDAY
- PILATES
- RESOLUTIONS
- SKIN
- SLEEP
- SOAP
- WASH
- WINTER
- YOGA