



MEDILODGE OF
MONROE

NEWSLETTER

481 Village Green Lane, Monroe, MI 48162 • P: 734.242.6282 • www.MediLodgeofmonroe.com • January 2019



Add Significance to Your New Year's Resolutions

The start of a new year is traditionally a time to reflect on the previous year and plan out resolutions for the year ahead. Popular resolutions include losing weight, getting more fit, getting out of debt, and making more money.

While these types of self-improvement goals make for admirable resolutions, striving to become more selfless and generous can have a surprisingly significant impact.

What are some resolutions related to giving that you can consider as you pursue your own? Consider the following examples:

- Increase your financial giving to church and charities.
- Increase your time donated to important causes.
- Write and send an encouraging note at least weekly.
- Smile and greet the first people you meet every morning.
- Perform an act of kindness at least weekly.
- Increase the number of people you share your faith with.
- Donate blood multiple times during the year.

Be sure to set resolutions for yourself for the upcoming year that will help make a difference in the world. This can provide a special significance throughout the new year as you fulfill these important resolutions.

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

Mary L. 01/07

Louella T. 01/18

EMPLOYEE BIRTHDAYS

1/01 Amy Sizemore

1/04 Cindy DePriest

1/05 Jennifer LaVoy

1/07 Jamie Harvey

1/08 Lloyd Boron

1/09 Tonya Clayfield

1/11 Timothy McCann

1/16 Stephanie Duvall

1/16 Dvaja Robertson

1/18 Olivia Curtis

1/22 Glenda Boudrie

1/24 Marlana Hall

1/26 Aurea Espada

1/30 Robert Soleau

STAFF ANNIVERSARIES

1/03 Melissa Hodgdon
2 years

1/03 Antonina Pinchoff-
2 years

1/04 Nancy Cosby
37 years

1/05 Aurea Espada
19 years

1/07 Colleen Chester
5 years

1/25 Penny Madison
37 years

How to Fight the Effects of Aging

Like any battle, the fight against aging is best fought on several fronts simultaneously.

Get Up and Get Moving

Exercise is the key to a healthy life if you're eight or 80. A brisk 30-minute walk every day is a step in the right direction. Take friends along or bring a dog for company. It also may help with motivation. Even those unable to walk may still get some exercise while stationary through repetitive movement exercises.

Eat Smart

The right kind of foods in the right quantities may do wonders to stave off the aging process. Plenty of fruits and vegetables, particularly the most colorful ones, which tend to be rich in nutrients, are important. Keeping your total fat intake down is important too; saturated fats in particular. Read food labels and substitute saturated fat in the diet for complex carbohydrates like starch and fiber.

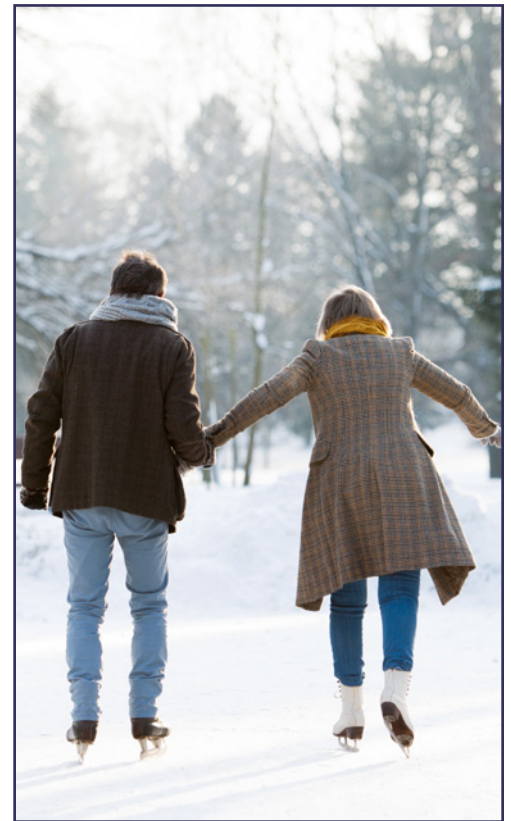
Busy Body, Busy Mind

Exercise keeps the body working, but a flexible mind is just as important. The more occupied the mind stays, the more its cells are stretched, and the better shape it stays in. Start tackling the daily crossword and read the rest of the newspaper while you're at it. Take up a hobby, keep busy and give

yourself things to look forward to.

Laugh Loud, Live Long

It's the best medicine, it keeps you young, it's birthed a thousand clichés, but there's no getting around it – laughing feels good and that can't be bad. Watch a comedy, read a book of humorous fiction, share some jokes, get together with friends and reminisce about the good old days. Whatever gets you laughing keeps you young at heart, which is a good thing physically and emotionally. Smiling makes you look younger, too.



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.

ACTIVITY PROFESSIONALS WEEK: JANUARY 20TH TO 26TH

1. Our Activity Staff wants to give a big thank you shout out to our peers whom continue to be a team player. We also wish our residents, families, friends and co-worker a very Happy New Year

2. January Martin Luther King's Birthday



Keeping an Eye on Vision Health

Doctors say maintaining vision health can be especially important as you age. Fortunately there are multiple ways to keep your eyes healthy. Try these tips:

1. **Quit smoking.** If you smoke, you're much more likely to develop age-related macular degeneration, or AMD, than nonsmokers. AMD is one of the most common causes of blindness in those over 65. While there are some ways to slow its progression, there is no cure.
2. **Wear sunglasses and a wide-brimmed hat when you're in the sun.** These two simple steps can reduce your exposure to eye-damaging UV rays.
3. **Watch your weight.** Being overweight is a major risk factor for developing Type 2 diabetes. Diabetic retinopathy is one of the leading causes of blindness in those under 65.
4. **Eat your spinach.** Spinach is a rich source of lutein and zeaxanthin, powerful antioxidants that can reduce the risk of certain eye diseases, like AMD. Other good sources include any kind of leafy green vegetable such as collards and kale, as well as eggs and orange-colored fruits.
5. **See your eye care professional for a full vision examination at least once every two years.** Go more often if you have diabetes or any other eye-related condition.

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

For the month of January is the national Day for:

- National Bath Safety Month
- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month

Chili Cookoff 2018

Bob Navarre he won our chili cookoff of 2018. As you can see from the picture not one drop left! Thank you Bob for your support of our building and for being a part of our team! Congrats!





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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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January – 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!

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

Word List

ACTIVITY
AGING
BLOOD
CONFIDENCE
DONOR
ENGAGE
EYES
GLAUCOMA
JANUARY
MIND
RESOLUTION
SMART
SOUP
VISION
WARM