



MEDILODGE OF
MONROE

NEWSLETTER

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



National Heart Health Month: *Know Your Heart Health*

We all know that keeping up with our heart health is important. We also know that there are a wide variety of factors that cause heart problems, and there are some basic ways to help protect the health of our hearts. What many people do not realize, however, is that key to their heart health may be different than the key to the heart health of others.

It is important that each of us takes the time to learn about our own heart health and to learn about the possible methods of ensuring our heart health in the future.

One of the best ways to become familiar with the needs of your heart is to see a physician. A physician can help you determine not only the current health of your heart, but also give you a better understanding of specific things you can do to help prevent heart attack or heart disease.

For some people, the most significant factor in achieving and maintaining heart health is to change their diet. The foods we choose to put into our bodies affect our heart health in more ways than we know. Eating large amounts of sugar, carbohydrates or processed foods will eventually take a toll on our heart health.

For others, a physician may address exercise and physical fitness habits. Heart health can be significantly altered based upon a person's level of exercise and personal fitness.

It is never too late to take your heart health seriously. Make an appointment to see your physician today!

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.

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

Gillis H.	02/03
Sue N.	02/09
Brenda F.	02/11
Betty B.	02/15
Darin H.	02/23
Marvin A.	02/27

EMPLOYEE BIRTHDAYS

2/5	Michelle Collino
2/6	Nicholas Smith
2/7	Morgan Mayes
2/9	Samantha Myers
2/13	Nancy Cosby
2/14	Selena Lara
2/14	Jerah Hamblin
2/16	Mary Goins
2/29	Nancy Seloom

STAFF ANNIVERSARIES

2/1	Nancy Seloom 13 years
2/1	Robert Soleau 8 years
2/7	Olivia Curtis 2 years
2/22	Eric Morgan 2 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.

Black History Month The month of February is a time to honor the achievements of African-Americans in U.S. history. Since its first observance at Kent State University in February 1970, Black History Month (also referred to as African-American History Month) has evolved into a country-wide celebration.

Random Act of Kindness Day is February 17

Kindness is a generosity of spirit. It comes to life when we give of ourselves and our time to help others, without expecting anything in return. When you show kindness to someone, you bring out the best in yourself.

Pay attention to the impact your behavior has on others, and notice your own feelings in association to their reactions. Think about how you feel when somebody else shows you kindness. What you give may come back to you in even greater quantity.

It is so easy to find ways to be kind to others: say something supportive when you feel someone needs to hear it; offer help without being asked for it; smile encouragingly; swallow your criticisms; listen without judgement;

let mistakes slide instead of assigning blame; make small sacrifices for the benefit of somebody in greater need.

Don't forget to be kind to yourself as well. You may run out of steam and feel less able to show kindness to others if you don't replenish your own mind, body and spirit on a regular basis.

Being kind to yourself means getting your needs met; being gentle with yourself instead of critical when you feel you're not performing at your best; and forgiving yourself when the need arises instead of beating yourself up.

When you get into the habit of treating yourself with kindness, it becomes much easier to extend that consideration and behavior to others.

Chocolate and Heart Health: Fact or Fallacy?

Wouldn't it be wonderful if chocolate and heart health went hand-in-hand? You might be surprised to find out that chocolate isn't as bad as it was once thought. The fat content in chocolate, derived from cocoa butter contained in premium grade dark chocolate, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. But, stearic and palmitic acids are forms of saturated fat – not so good. Saturated fats are linked to increases in LDL-cholesterol and risk of developing heart disease.

Whether chocolate and heart health do walk hand in hand is still an open topic. In moderation it may not do your heart any harm for a special occasion; however, be sure to watch those calories. But most of all, enjoy it because it tastes so good!



Follow Us on Facebook – Make sure to check us out on Facebook and follow us there at Medilodge of Monroe. We are posting events and fun things that are going on in the building. Also you can check us out on our website at Medilodgeofmonroe.com a new feature is that you can send your loves ones here in our building an Ecard. It's a fun and new way to let them know you are thinking of them.

Celebrating National Inventor Day: February 11

What makes a successful inventor?



What separates successful inventors like Thomas Edison from everyone else?

History has shown that the most successful inventors possess the following characteristics:

1. **They are persistent.** Obstacles loom in front of us on a regular basis. But it's what you do when faced with these barriers that will determine your level of success.
2. **Successful inventors are avid goal setters.** They make sure their goals are specific, motivational, achievable yet challenging, relevant to their personal situation, and time-framed.
3. **Great inventors ask quality questions.** The most effective way to present their product is to uncover their customer's goals, objectives, concerns and hesitations.
4. **Successful inventors listen.** Great inventors ask questions and listen carefully to the responses, often taking notes and summarizing their understanding of the comments.
5. **Successful inventors are passionate.** The more passionate you are about your product/idea, the greater the chance you will succeed. The reason for this is simple—when you love what you do, you are going to put more effort into your product/idea.
6. **Successful inventors take responsibility for their results.** They do not blame internal problems, the economy, tough competitors, or anything else if they fail to meet their goals.

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 February is the national Day for:

Black History Month

February 12th Valentine Party
2:30 to 4:00 pm

February 1th wear Red day and National Freedom Day

February 2nd Groundhog Day and Bubble Gum Day

February 3rd Super Bowl Day

February 4th World Cancer Day

February 5th Chinese New Year

February 6 National Chopsticks Day

February 7 Give Kids a Smile Day and Send a Card to a Friend Day

February 8 Boy Scouts Day

February 9 National Pizza Day

February 11 Make a Friend Day

February 12
LINCOLN'S BIRTHDAY

February 14
VALENTINE'S DAY

February 17 Random Acts of Kindness Day

February 18 PRESIDENT'S DAY AND Drink Wine Day

February 20 Love your Pet day

February 22
WASHINGTON'S BIRTHDAY

February 24 National Tortilla Chip Day and 91st Oscars Ceremony

February 26 Girl Scout Cookies Booth Sales and National Pistachio Day

February 28 Floral Design Day



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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
TBD	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

February – 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!

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

Word List

ACHIEVE
CARDIAC
CHOCOLATE
EDISON
GENEROUS
HEALTH
HEART
HISTORY
HONOR
INNOVATION
INVENT
KINDNESS
PIG
RED
VALENTINE