



*Wishing you a
Happy Passover,
and Easter!*

Resident of the Month!



Margaret Mary (DeClercq) H.

Born April 25, 1919

Margaret, a resident at Medilodge of Monroe, will be 100 years old on April 25th this year. She is blessed with 5 children, 11 grandchildren, 20 great grandchildren, and 19 great-great grandchildren.

She had 3 siblings, 1 sister, 2 brothers; and is fortunate to be able to enjoy visiting yet with her youngest brother, George.

Margaret worked at Coney Island downtown Monroe for several years and retired from Daimler-Chrysler of Trenton after working there for over 20 years. She was a dedicated employee and never missed work, in spite of the weather (like a blizzard)! Some of Margaret's favorite things to do in the past were shopping with her sister, Ginny; playing cards, playing the organ, doing ceramics, and fast walking.

Her children are especially proud of Margaret's renovation & construction skills, plus her determination and stamina. Included in these skills: re-cemented the entire basement of her home, building a patio, a bedroom walk-in closet, and walls to create a new foyer. If anyone, family or friends, mentioned they'd like to have a ceiling fan in a particular room, Margaret would show up with her drill and fan and she would install or teach how to install within the hour! One of Margaret's fond memories of travel is her trip to Paris, France with her youngest daughter, Betty, to visit relatives in 1973. It was a college graduation gift to Betty.

Margaret has always loved to play cards with relatives and friends, and still does whenever she can when someone visits her here at Medilodge.

She has family coming to Monroe from all over Michigan, Paris, France, California, Georgia, and Tennessee to help her celebrate her 100th birthday!

Happy Birthday, Margaret!

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'sāSH^ənl/

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

Ella D	04/02
Susan W	04/04
Elizabeth F	04/10
Margaret V	04/12
Barbara B	04/13
Betty Z	04/13
Esta L	04/17
Melvin M	04/19
Margaret H	04/25
Velda H	04/30

EMPLOYEE BIRTHDAYS

4/3	Julia Reinhardt
4/10	Alexis Jeffers
4/26	Debra Pinion
4/27	Jamie Grams

STAFF ANNIVERSARIES

4/1	Jennifer LaVoy 6 years
4/4	Felecia McDuffie 1 year
4/14	Ellen McKeever 5 years

Employee of the Month

Olivia Morrow has been with Medilodge Of Monroe since February 2004. Olivia first started off as a cook and is now our 300 Hall dietary aide. Olivia always makes our resident feel at home, by going above and beyond making sure everything is perfect. Our residents love her bubbly personality and the time she takes to personally get to know each resident. Please take the time to congratulate Olivia on her awesome customer service. Thank you Olivia for all that you do!

Jokes, The World's Best Medicine

What were the last jokes that made you roll around on the floor because you were laughing so hard? Was it on a TV show, or part of a stand-up comedy routine, or part of a recent lecture? In any event, do you remember how it made you feel?

It's likely that joke probably made your day. It either gave you relief from the stress of your day, took your mind off of something that was causing you grief, or it just livened up an otherwise boring discussion. Most importantly though, it allowed you to laugh which as we all know is "the world's best medicine."

Is there actually something about jokes and the resulting laughter that can change our health in a beneficial way? What is it about laughter that we love so much? Why are comedies so popular? Why is there such a thing as comic relief and why is it so effective, even in the most serious of plays or dramas?

Laughter releases natural endorphins that act on the same receptors as morphine, which produce the feelings of relaxation and heightened mood. Levels of dopamine, serotonin, and norepinephrine increase and produce an endogenous anti-depressant effect.

So what action in particular produces these changes: is it smiling, or the physical changes that take place in rate of breathing, in blood pressure, increased heart rate, etc?

Experts believe that it is most likely a combination of physical changes in the body that occur with laughter. Each one of these changes by themselves produce small effects, but together synergistically create these stress relieving and mood improving results.



It's believed that spontaneous laughter may be better than self-produced laughs, however it may not be a drastic difference. Even a small smile may produce significant changes in blood chemistry. So basically, tell some jokes, smile more, and laugh often!

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.

Earth Day is April 22: How to Help the Environment

Helping the environment by recycling is a popular method, but there are many other ways to make a difference in the future of the earth.

You can help by turning down the heat, turning off the lights when you leave a room, cutting down your commute and using alternative forms of transportation. Recycling is a great first step because it is easy, but you can go further to cut down on your carbon footprint.

One of the best things you can do to make the earth cleaner, greener and healthier is to buy locally grown produce. This cuts down on your fossil fuel consumption. Food that is grown in other countries takes a tremendous amount of energy to get over to the U.S. Buying food locally grown is usually a better option than relying on imports.

When we work together we can create a better tomorrow!



Safety Reminder

On behalf of the management team here at Medilodge of Monroe we want to inform our friends and families that we will no longer share the code to the front door of our building. Our doors are unlocked Monday-Friday from 8am until 7pm. And on the weekends from 9:30am until 5pm. If you would like to be let in after those hours please ring the doorbell or call the building at 734-242-6282. We want to insure the safety of your loved one at all times.

Thank you for your understanding of our decision.

Upcoming Events

Medilodge Annual Easter Egg Hunt Saturday April 13 @ from 2 to 3:30 pm

April 16–22 National Volunteers Week

April 1 – April Fool Day

April 2 – World Autism Awareness day

April 3 – National Peanut Butter and Jelly Day

April 3 – Don't go to Work Unless it's Fun Day

April 4 – Opening Day for Detroit Tiger

April 4 – School Librarian day

April 7 – National Beer Day

April 7 – World Health Day

April 15- National Titanic Remembrance Day

April 19 – Good Friday

April 20 – Lookalike Day

April 21 – Easter Sunday

April 22 – Earth Day

April 24 – Administrative Day

April 25 – Take Your Daughter/ or Son to Work Day

April 27 – Arbor Day

April 30 – End of the Month Birthday Party. For the Month of April is (Earth Month, National Autism Awareness, Keep America Beautiful, National Garden, Stress Awareness and National Poetry) Month.



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*
- Chelsey Westfall *Staff Developer*
- Debbie Pinion *Billing*
- Jennifer Booth *Ward Clerk*
- Stephanie Duvall
- Jen LaVoy *MDS coordinators*
- Jen Gramza *Therapy Manager*
- Penny Maddison *Nurse Manager*
- Deb Longstreet *Nurse Manager*
- Nickie Navarre *Nurse Manager*
- Tasneem Burhani *Dietary Clinician*
- Kelly Huff *Human Resources*
- Carrie Bryson *Aft. Shift Coordinator*
- Chardai Williams *Housekeeping Manager*
- 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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April – 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!

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

Word List

- BACON
- BLANKET
- DOUGH
- EARTH
- EASTER
- EGGS
- HAIKU
- JOKES
- PIGS
- POEM
- RECYCLE
- STRESS
- SYLLABLES
- THERAPY
- VOLUNTEER