



MEDILODGE  
OF ST. CLAIR

# NEWSLETTER

4220 Hospital Drive, East China, MI 48054 ▪ P: 810.329.4736 ▪ [www.medilodgeofstclair.com](http://www.medilodgeofstclair.com) ▪ April 2017

## We No Longer Have a P.O. Box

Please be sure to send mail  
to our physical address at:

MediLodge of St. Clair  
4220 Hospital Drive  
East China, MI 48054

Anything addressed to the PO  
Box or using the city of St.  
Clair, MI 48079 will not be  
delivered to our building, and  
may be returned to sender.

## ZENSATIONAL

WELLNESS AT MEDILODGE OF ST. CLAIR

zen•sa•tion•al *noun* /zen'sāSHənl/

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.

## MediLodge of Saint Clair

# Easter Extravaganza

Saturday, April 8th  
from 2pm - 4pm

Families, staff and lodgers. Please join us at MediLodge of Saint Clair on Saturday, April 8th from 2pm till 4 pm. Children ages 10 and under are welcome to join us for an Easter Egg Hunt, Prizes and other Fun Activities.

The Easter Bunny will be making a special appearance, so make sure to bring your camera for pictures. For any further information please contact Laura Decker at 810-329-4736 ext. 283



Wishing you a  
Happy Passover  
& Easter!



Passover Begins  
April 11<sup>th</sup>

Easter Sunday  
April 16<sup>th</sup>





## Happy Birthday!

Masaumeh S.	April 03
Shalene E.	April 03
John K.	April 08
Beverly O.	April 12
Kelly R.	April 13
Linda B.	April 16
Lori L.	April 20
George F.	April 23
Lucia M.	April 24
Michael W.	April 26

## Employee Anniversaries

Barbara H.	April 06, 2004
Lesia S.	April 06, 2004
Rosemary S.	April 07, 1988
Sonia S.	April 09, 2003
Ashley B.	April 11, 2016
Jennifer G.	April 11, 2016
Dequindre H.	April 11, 2016
Michelle K.	April 11, 2016
Miranda K.	April 11, 2016
Derek C.	April 11, 2016
Robin C.	April 13, 2016
Cody M.	April 15, 2003
Mercedes B.	April 19, 2016
Emily M.	April 22, 2014
Suzanne C.	April 24, 1996
Cindy W.	April 25, 2013
Marion G.	April 27, 1996
Ashley L.	April 29, 2015
Jennifer C.	April 29, 2016

## Earth Day: Reduce, Recycle, Reuse

Earth Day, April 22<sup>nd</sup>, is dedicated to educating people across the world about the benefits of reducing, recycling, and reusing to save our planet.

- Bring your own bag. Reuse bags and containers. Keep a supply of bags on hand for future shopping trips, or take your own canvas tote bag to the grocery store.
- Choose to reuse. Reach for reusable products such as cloth napkins, sponges or dishcloths instead of paper towels.
- Recharge and renew. Use rechargeable batteries and recycle old batteries to help reduce garbage and keep toxic metals out of the environment.
- Buy smart. Look for long-lasting, energy-saving appliances with the Energy Star label and electronic equipment with good warranties.
- Get crafty. Reuse scrap paper and envelopes. Save and reuse ribbons, tissue paper, gift boxes and even wrapping paper. Save cardboard boxes, colored paper, egg cartons and other items for arts and crafts projects.
- Think thrifty. Donate clothing to charity organizations or sell the items in consignment shops, fairs, bazaars or tag sales. Share hand-me-down clothes with family members and neighbors.



## April is Stress Awareness Month

Learning to cope with stress is important for all of us. Here are a few ways to deal with the stress that you might be experiencing.

**Try giving whatever is bothering you a number on a scale from one to ten**, where one is a minor bump and ten is the end of the world. You'll probably find that most of your daily problems are no more than a five. In other words, they're not worth getting upset about.

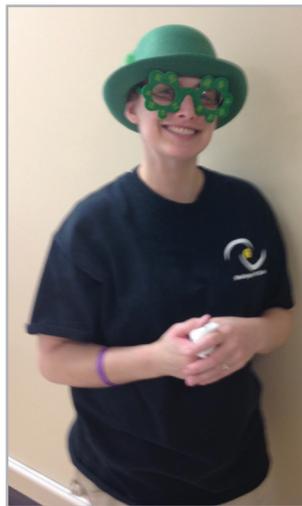
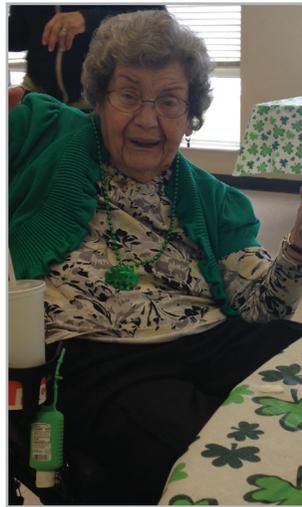
**Laugh.** Laughter is one of the top stress busters. Adults on average laugh less than 20 times a day; children, on the other hand, laugh hundreds of times a day. Is it surprising that adults are more stressed? Watch your favorite comedies, laugh at your pet, and laugh with your children. You'll notice that you don't feel as stressed.

If you feel that you are being overwhelmed with stress and anxiety you should **take some deep breaths**. Deep breathing has been shown to reduce anxiety. It causes you to focus on the way that you are breathing rather than on what's causing you so much anxiety.

**Consuming water** throughout your day will keep you feeling full, flush your body of harmful toxins, allow your body to focus and concentrate in trying times and lead to you feeling less stressed overall. Aim to drink at least one liter of water each day to maximize your results and to feel less stressed.

# Celebrating St. Patrick's Day!

The Lodger's had a great time celebrating St. Patrick's Day! As you can see from the pictures fun was had by all! Please remember family and friends are always invited to join us at our parties. We list them on our calendar and in the newsletter. Our motto is "The more the merrier."



## Jelly Bean Confetti Cake

### Ingredients:

- 3/4 cup jelly beans, cut in half
- 2 cups all-purpose flour, divided
- 1 1/4 cups granulated sugar
- 1 cup butter, softened
- 8 ounces cream cheese, softened
- 1 teaspoon vanilla extract
- 3 eggs
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- Confectioners' sugar
- Vanilla frosting (or your choice)

### Directions

Preheat oven to 325°F. Generously grease and flour a 12-cup fluted tube pan. Lightly spoon flour into measuring cup and level off. In small bowl, toss jelly beans with 2 tablespoons of the flour; set aside. In large bowl, beat sugar, butter, cream cheese and vanilla extract until well blended. Add eggs, 1 at a time, beating well after each addition. Add remaining flour, baking powder and salt; blend well. Spoon 1 cup of the batter evenly over bottom of prepared pan. Stir jelly beans into remaining batter, and spoon into prepared pan. Bake for 50 to 60 minutes or until a wooden pick inserted in center comes out clean. Cool in upright pan for 10 minutes. Invert onto serving platter. Cool completely. Top with your favorite frosting and add more jelly beans to decorate!





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[www.facebook.com/medilodge](http://www.facebook.com/medilodge)

## Your Friendly Staff

### Administrator

Christina Jenerou

### Assistant Administrator

Shaylee Tobaben

### Activity Director

Laura Decker

### Admissions

Lesa Soule

### Director of Nursing

Katy McCullough

### Director of Maintenance

Rick Ward

### EVS Service

Cody Mcilhargie

### Food Service

Tim Nevers

### Dietician

Pooja Rampal

### MDS Coordinator

Darlene Mason

### Patient Accounts

Amy Woods

### Business Office

Julie Delor

### Social Service

Kris Naja

### Therapy

Lisa Pollauf

### Marketing

Jessica Jones

### Applewood Dementia Coordinator

Nikki Leonard

# 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!

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

See solution in the May newsletter!

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

MARCH SOLUTION PUZZLE

## Word List

- ACTIVITIES
- EARTH
- EASTER
- ENGAGED
- FUNNY
- HAPPINESS
- HEALTH
- JELLYBEAN
- JOKES
- LAUGHTER
- PASSOVER
- RECYCLE
- REUSE
- STRESS
- TREES

