



MEDILODGE
OF ST. CLAIR

NEWSLETTER

4220 Hospital Drive, East China, MI 48054 ▪ P: 810.329.4736 ▪ www.medilodgeofstclair.com ▪ July 2017



The Random Thoughts of Resident 106-2



What are the odds?
A young CNA and a senior resident with the same fashion sense. No...they are not twins. A CNA and a resident looking like they shop at the same store. Looks like somebody coordinated their outfits for today!

ZENSATIONAL

WELLNESS AT MEDILODGE OF ST. CLAIR

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.

A Brief History of Cheesecake

You'd have to search back pretty far to find a time when the Earth was without cheesecake.

In fact, back in 776 BC, the Greeks are said to have served cheesecake to the athletes at the first Olympic games. The Romans soon caught on and spread the divine taste of cheesecake throughout Europe. From there it was only a matter of time before European immigrants brought their cherished cheesecake recipes to America.



It seems that every region of the globe has embraced cheesecake in one form or another, adapting the recipe to local tastes and adding local flavors.

In America, cheesecakes are typically made with a cream cheese base, but we even vary the recipe by region. New York cheesecake is famous for its ultra-smooth texture and decadently rich flavor—achieved by adding extra egg yolks and a hint of lemon. Other regional variations include Chicago-style and Pennsylvania Dutch. Many American bakers add sour cream for a creamy cheesecake that can be frozen without compromising taste or texture.

With every imaginable flavor and topping, you'd be hard pressed to find a culture that doesn't – or didn't – enjoy a good cheesecake!



Happy Birthday!

- Robert R. July 01
- Clifford G. July 10
- Peggy L. July 11
- Audrey J. July 13
- Esther A. July 13
- Ellen A. July 21
- Charles A. July 30

Employee Anniversaries

- Charlene L. July 2, 1996
- Joyce L. July 6, 2016
- Amberlee K. July 14, 2015
- Victoria K. July 14, 2015
- Jacob P. July 14, 2015
- Chelsy W. July 19, 2016
- Julia L. July 23, 2004
- Lucie P. July 25, 1986
- MaryAnn D. July 29, 2014

Intergenerational Activities

On April 27th we had the pleasure of our employee's children joining us for Bring Your Child to Work Day. We had a scheduled day planned and every department participated. The kids got to see what their parents are doing every day when they go to work. When they visited the activities department they had a great time making cupcakes in cooking class with our lodgers. The best part was getting to eat them after! Thanks to all the parents who allowed their children to participate our lodgers loved interacting with the kids.





Preparing The Perfect Frank

July 19 is National Hot Dog Day

Let's be frank: Americans love hot dogs. In the U.S., people eat 70 franks on average each year. Although consumers do "relish" their dogs at certain events—baseball games, barbecues, and picnics—hot dogs are also a favorite dinnertime meal for families or a quick convenient snack on the go. Quite simply, hot dogs are a staple of the American diet.

When it comes to preparing a great-tasting hot dog, how you cook and dress it isn't as important as the frank you choose. Besides the traditional all-beef variety, there are hot dogs for every taste bud, including turkey for the health conscious or ones with robust flavors that are perfect for the grill.

Speaking of the grill, while microwaved and boiled hot dogs are popular, 60 percent of Americans prefer their hot dogs grilled, according to the National Hot Dog and Sausage Council. Brian Avena, Executive Chef at Sara Lee, is a self-proclaimed "foodie" and has perfected the art of grilling hot dogs with these tips:

- ✦ Prepare the grill by coating the rack with vegetable oil or cooking spray. This will prevent food from sticking and will ease cleanup.
- ✦ Use tongs to gently turn hot dogs to avoid accidental cuts or holes that would cause natural juices and flavors to seep out.
- ✦ Use pure and clean lump charcoal to prevent foreign substances or impurities from altering the flavor of your franks. Also, allow at least 30 minutes for the coals to reach the proper glowing white-ash stage before you begin grilling.
- ✦ Use mesquite chips and keep the grill covered while cooking if you like the "smoky" flavor.

Once your hot dog is ready, pile on the toppings. Remember, dress the dog, not the bun. Condiments should be applied in the following order: wet condiments (mustard, chili), followed by chunky condiments (relish, onions, sauerkraut), then shredded cheese and, finally, spices such as celery salt or pepper. Different regions of the country have different variations of their favorite hot dog topping recipe, but there is no right or wrong way to top a hot dog.

Types of Fireworks

Ever since fireworks were invented by the Chinese, there have been a multitude of varieties created by pyrotechnics experts throughout the years. *Below are some of the most common fireworks:*

Firecrackers are basically a fused black powder packed in a tube. When lit, it produces loud noise.

Sparklers burn brightly for 30 seconds to a minute and give off sparks of light.

Cake is a type of firework which produces different sound and visual effects.

Fountains are a type of firework which shoots sparks several meters into the air.

Waterfalls are suspended and held by a rope and when lit, produce a big wall of light that resembles a waterfall.

Roman candles are a smaller version of the cake; the roman candle shoots balls of light in succession.

Aerial shells are shot in the air and bursts mid-flight. Patterns of colors are then created.

Safety notice: Fireworks should not be lit indoors, especially sparklers. A responsible adult should be present when handling and lighting fireworks.





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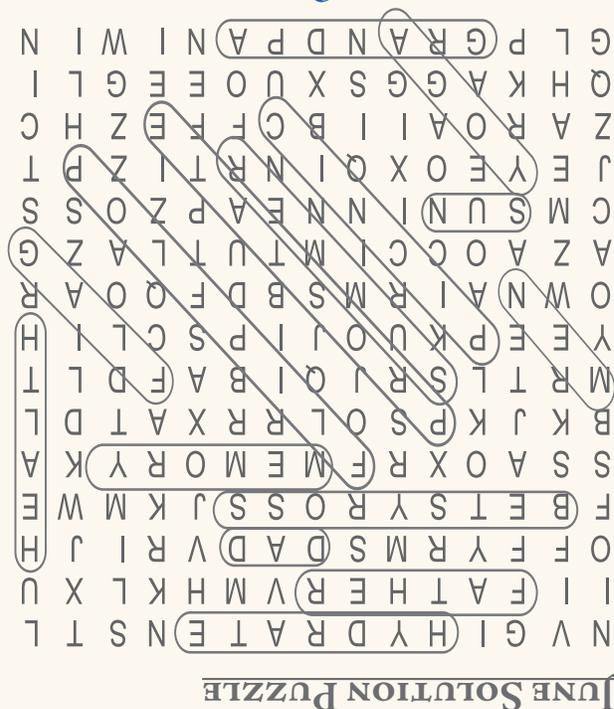
Nikki Leonard

July – 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!



See solution in the August newsletter!



Word List

- CELEBRATE**
- CHEESECAKE**
- FIREWORKS**
- FLAG**
- FOURTH OF JULY**
- FREEDOM**
- GAMES**
- HOT DOGS**
- HYDRATION**
- INDEPENDENCE**
- KETCHUP**
- MUSTARD**
- PICNIC**
- RELISH**
- WATER**

