



MEDILODGE
OF ST. CLAIR

NEWSLETTER

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

Rockin Round the Clock

On Friday, May 19th we had a Sock Hop dance and ice-cream social to end our celebration for nursing home week. Double Play band entertained us and the lodgers had fun "Rockin Round the Clock." We had a whole week of fun events planned to show our appreciation for our staff and lodgers. Every day staff could wear something fun for Spirit Wear, an activity was planned for every day, and staff could win tickets for a basket raffle by participating or making sure that a lodger got there to participate and have fun, and a tasty treat cart was passed around daily. A special thank you to all of our staff for the outstanding job they do on a daily basis. We truly do appreciate all that you do!



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.

Happy Birthday!

Melanie L.	June 05
Joanne T.	June 13
Blanche S.	June 13
Esther S.	June 14
Laura S.	June 17
Dorothy J.	June 17
Mildred W.	June 21
Eugene B.	June 21
Wanda E.	June 30

Employee Anniversaries

Lisa B.	June 04, 2001
Patricia G.	June 01, 2005
Millicynt L.	June 07, 2016
Jennifer R.	June 14, 1996
Delores B.	June 02, 2005
Miranda G.	June 23, 2015
Amy P.	June 02, 2004
Maureen M.	June 03, 1082
Lorene K.	June 24, 2014
Heather B.	June 07, 2016
Brenton M.	June 13, 2012
Laurie S.	June 16, 2006
Hannah D.	June 21, 2016
Marcella N.	June 21, 2016
Amanda P.	June 21, 2016
Taylor R.	June 21, 2016
Bailey R.	June 21, 2016
Michaela S.	June 21, 2016
Brianna S.	June 21, 2016
Reagan R.	June 23, 2015
Bailee C.	June 24, 2013
Barbara F.	June 02, 1995
Bethny S.	June 24, 2013
Lynn N.	June 22, 1989
Krystal G.	June 23, 2011

Welcome New Employees

Please welcome our newest employees! Make them feel welcome and assist them with anything they may need.



Cathy Brady
LPN
Jodi McQuade-Dobat
RN Unit 2
Coordinator

...more from Rockin Round the Clock



Summer Memory Jars

Instead of keeping a journal or starting a scrap book, a memory jar is an alternative way to record summer nostalgia. If all the memories will not fit into one jar, you may want to make several for special days or outings that happened during the summer.

You will need a large clear glass jar with a lid. This can be used from an empty pickle jar or other food container that is empty and has been cleaned out. If you are having trouble getting the entire label off, you can use nail polish remover to dissolve the glue and paper that is still stuck.

Collect small mementos or other meaningful objects that will fit inside a jar. They can be photographs, a special rock found, something you made, a friendship bracelet, the options are really only limited to your imagination. A good example for a day trip memory jar is one from the beach. Fill the bottom part of the jar with sand or pebbles that were collected from the beach, add in some shells and other interesting finds. Take a picture at the beach and you can use it as a backdrop for the items.

Put up a shelf in your room and you can have a collection of memory jars. Put a label on the top of the jar with the date or date range and the location of where the items were collected. These can be kept for years as a lasting reminder of the fun you had going to special places.

June is Men's Health Month



There are common men's health problems that are treatable if caught early enough, but can be permanently debilitating or even fatal if they are not detected until after symptoms make themselves known.

Common issues of this type include heart disease, prostate problems, and hypertension. These are all potentially silent killers that can be prevented or treated if detected early enough.

Heart disease is the most common killer of both men and women in America. The sad fact is that most Americans eat high fat diets and do not exercise much, if at all. Fortunately, if heart disease is detected before major damage to the heart muscle has occurred, then treatments are available. Lifestyle changes are the first line of defense in prevention and treatment of cardiovascular disease. Taking medication and following a physician approved program of diet and exercise means that men can live a long and full life, even with heart disease.

The statistics on prostate cancer can be scary. Prostate cancer is the most common cancer, excluding skin cancers,

in American men. As Americans continue to live longer lives, the overall impact of prostate cancer is becoming more prevalent. Fortunately, prostate cancer is easily treated if it is detected early in the disease's progression. For this reason, it is very important that men over the age of forty receive annual prostate examinations.

Some prostate cancer symptoms:

- ♦ Increase in urination frequency, especially at night
- ♦ Difficulty in starting urination, with painful or burning sensation
- ♦ Painful emission
- ♦ Blood in urine
- ♦ Pain or stiffness in the back, hips, or upper thighs

Hypertension, or high blood pressure, is often called "the silent killer" because it is usually asymptomatic until a heart attack or stroke occurs. For this reason, everyone should receive regular blood pressure screenings regardless of age or sex. If caught early enough, hypertension can be treated via medication and/or by change in lifestyle.

I Can See You

Each and every day... You are here... helping others and myself, leaving behind your own difficulties for a short while.

I so appreciate each and every one of you... Patiently helping all of us to be stronger, braver, more loving... I want you to know I see your sadness and pray for you and your families to be blessed abundantly.

Thank you All...for your Smiles, Sweetness, Kind Words

Thank you All...for your Respect and Loving Care

Thank you All...for your Help, Dedication, Perseverance

I see you all...and Love you all. Feeling incredibly Blessed to be Graced with your Friendships Daily.

Love,

Betty C.,

Medilodge of St. Clair Lodger

Father's Day Celebration

Please join us on Father's Day Sunday, June 18th at lunch time for a Father's Day cook out. If your father or husband lives here we would love it if you could come and have lunch with us and celebrate Dad's day.

Congratulations!

Please congratulate Mercedes Biland on becoming a Nationally Certified EMT. Great job Mercedes!



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www.medilodgeofstclair.com



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

June – 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!

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

See solution in the July newsletter!

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

MAY SOLUTION PUZZLE

Word List

- BETSY ROSS
- DAD
- FATHER
- FLAG
- FLIP FLOP
- GRANDPA
- HEALTH
- HYDRATE
- MEMORY
- MEN
- PICNIC
- PROSTATE
- SUMMER
- SUN
- YOGA

