



MEDILODGE
OF ST. CLAIR

NEWSLETTER

4220 Hospital Drive, East China, MI 48054 ▪ P: 810.329.4736 ▪ www.medilodgeofstclair.com ▪ October 2018

Halloween Event

Please join us on Friday, October 26th from 5:00 pm until 7:00 pm for our annual Halloween community event. We are inviting all kids 12 and under to Trick or Treat with us. We will be having a Haunted House and donuts and cider. Please stop by and Trick or Treat with our residents and staff. Happy Halloween!!



Lodger Testimonial

Many thanks to the cooks and kitchen personnel. Your meals are very tasty and well prepared. Thanks also to those that brought my meals to my room.

Gratefully, Ed S.

Senior Olympics 2018

On Wednesday, September 19th we had our annual senior Olympics. Medilodge of Saint Clair (Hollywood SuperStars) came in second place in the competition. The following residents competed in the Olympics; Beverly Schmidlin, Mark Grady, Sylvia Jones, Missy Curtis and Yaphet Smith. Our alternates/cheerleaders were; Todd Bryce, Arnie Fuhrman and Cliff Grabowski. I am very proud of our team and we celebrated by having a pizza party and cake and ice-cream. Special thanks to Karen Bassett for all of her fantastic coaching. I want to thank everyone who had a part in helping make this event successful! Go team Medilodge!



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.

October is Breast Cancer Awareness Month

What is breast cancer? Breast cancer occurs when cells in our breast grow out of control creating tumors that cause damage to the nearby tissues. The tumors which are cancerous are known as malignant tumors and can cause a lot of damage to the body.

Breast cancer has always been a dreaded disease, but in recent years things have changed. With the increasing knowledge about cures and treatment, breast cancer can usually be easily treated, but early detection is key to prevention. Research has shown by the age of 20 everyone should start doing Breast Self Examination (BSE). This method is one of easiest and earliest ways of detection. Doctors usually recommended to check yourself at least once a month. A clinical breast exam by your physician should be done at least once a year. Depending on the age of the patient or results from your physician, they may recommend or require mammogram.

Some of the signs to look for while doing BSE:

- A lump found in and around the nipple or underarm
- Change in size or shape
- Nipple discharge or nipple turning inward
- Redness of skin or warmth
- Formation of dimple or change in skin texture

When in doubt, schedule a visit with your physician.



October is Physical Therapy Month: At-Home Physical Therapy Exercises

Physical therapy exercises are intended to restore strength and endurance, increase range of movement, and also improve balance and coordination. To increase the effectiveness, physical therapists use physical therapy exercises treatment along with external stimulations such as heat, coldness, ultrasound, electricity, infrared or UV light, traction, water, and massage. All are applied externally to a specific area, or internally, in order to relieve pain or reducing swelling.

A major factor to assure the success of the exercise methods is to consistently perform them correctly. As long as properly prescribed, physical therapy exercises are the most effective method for treating certain injuries or restoring basic functions.

Physical therapy exercises performed during office visits alone

is inadequate. For quick recovery, physical therapists also teach patients how to exercise at home. Here are some examples of physical therapy exercises to do at home:

Sitting Stretch: Sit on the floor with a towel around one of your outstretched feet (or around one bent knee.) Pull the foot towards your body (or the knee upwards) to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Standing Wall Push: Position your body against/ facing a wall with one foot behind slightly lunging. Hold the heel down while gently pushing your hands towards the wall to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

New Employees

Please welcome our newest employees!

Jeff D.	Maintenance	Joshua S.	
Patrick U.	CNA	Renee C.	Dietary Aide
Daniel W.	Dietary Aide	Renee C.	CNA
Britney D.	CNA	Paige D.	Dietary Aide
Brittney W.	CNA	Bella S.	Nursing

National Fire Prevention Week October 7– 13th

In the U.S. alone, there are more than 500,000 residential fires every year that are serious enough to require a call to the fire department. Stay safe with these fire safety tips:

Plan an Escape Route – If a fire does break out, you must get out fast. Being awakened by a smoke alarm at 2:00 a.m. is not the time to have to think through how to get to safety. You must plan ahead.

Beware of Smoking – The leading cause of fire deaths is careless smoking. Cigarettes can smolder under and around

upholstered furniture unnoticed only to ignite into a full blaze minutes later.

Take Care Cooking – Never leave your cooking unattended. To avoid accidental spills of hot oil or boiling water, be sure the handles of pots and pans are turned inward on the stove so they can't be bumped or grabbed by anyone.

Space for Space Heaters – Whether electric, kerosene or some other fuel, space heaters need *space*. They should be kept at least three feet away from anything that can burn. Never leave them unattended when you leave home.

More...Senior Olympics 2018



Happy Birthday!

10/03	James E.
10/03	Francie S.
10/04	Kim Keniston
10/07	Gayann P.
10/10	Edith L.
10/15	David B.
10/16	Richard K.
10/20	Charles J.
10/24	Michael S.
10/25	Steven B.
10/25	Martha D.
10/26	Richard B.
10/27	Penny K.
10/28	John B.
10/30	Deborah S.

Staff Anniversaries

Susan Schüler	10/2002
Ruth Gill	10/1993
Alyssa Nelson	10/2017
Kristofer Wilber	10/2017
Elizabeth Reed	10/2017
Meri Decker	10/2013
Alicia Hoffman	10/2016
April Sykes	10/2016
Cody Young	10/2017
Jennifer Fox	10/2013
Catherine McDonald	10/2001
Elaine Waller	10/2011



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www.facebook.com/medilodge

Your Friendly Staff

Administrator

Sue Hazel

Activity Director

Laura Decker

Admissions

Jessica Ward

Director of Nursing

Cheryl Varndell

Director of Maintenance

Dave Brown

EVS Service

Cody Mcilhargie

Food Service

Jennifer Ruffino

Dietician

Alexandra Verloove

MDS Coordinator

Darlene Mason

Patient Accounts

Amy Woods

Business Office

Julie Delor

Social Service Director

Tairan Cooney

Social Service

Sherry Robita

Therapy

Beth Falls

Marketing

Jessica Jones

October – 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!

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

See solution in the September newsletter!

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

SEPTEMBER SOLUTION PUZZLE

Word List

- BRAIN
- CANCER
- DESSERT
- FIRE
- HALLOWEEN
- PREVENTION
- PUMPKIN
- PUZZLE
- SLEEP
- SPIDER
- STRETCH
- SUDOKU
- SUGAR
- THERAPY
- WALK

