



MEDILODGE
OF ST. CLAIR

NEWSLETTER

4220 Hospital Drive, East China, MI 48054 • P: 810.329.4736 • www.medilodgeofstclair.com • January 2019



Happy Holidays

As we roll into the New Year, we would like to take time to reflect on our times together in 2018. Here at Medilodge employees and staff are family. We enjoy spending time together and taking care of each other. Take time in this holiday season and in the New Year to tell those who are close to you how much they mean to you. Have a great New Year!



ZENSATIONAL

WELLNESS AT MEDILODGE OF ST. CLAIR

zen•sa•tion•al noun /zen'sāSHən/

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.

National Volunteer Blood Donor Month

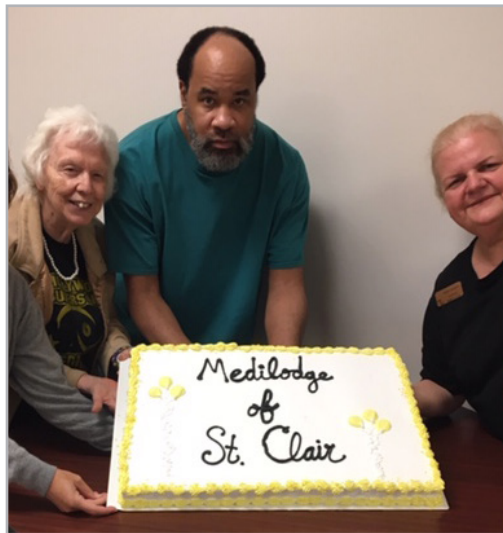
This January, the American Red Cross celebrates National Blood Donor Month and recognizes the life-saving contribution from blood and platelet donors. As we begin the New Year, the Red Cross encourages individuals to resolve to roll up a sleeve to give this month and throughout 2019.

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.

Blood donation appointments can be made by downloading the American Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767). All blood types are needed to ensure a reliable supply for patients.

Info taken from redcross.org.

Happy Holidays ...continued



National Activities Professional Week

January 20-26, 2019 is National Activities Professional Week, where we recognize our Activity Directors who plan and schedule a variety of fun and engaging events, outings, activities and entertainment. Please take a moment during this week to let our Activities Professionals know how much we appreciate them!

Happy Holidays ...continued





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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

January – 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!



Word List

- ACTIVITY
- AGING
- BLOOD
- CONFIDENCE
- DONOR
- ENGAGE
- EYES
- GLAUCOMA
- JANUARY
- MIND
- RESOLUTION
- SMART
- SOUP
- VISION
- WARM

See solution in the February newsletter!



DECEMBER SOLUTION PUZZLE

