




Upcoming in October

Breast Cancer Awareness Month

Sweetest Day
OCTOBER 20TH

Halloween
OCTOBER 31ST



Upcoming Events

The activities department would like to fill you in on a few fun dates that we have planned for October:

On **Wednesday the 3rd** we will have an **Oktoberfest Party** in the afternoon, the **20th** we will have chocolate and a movie

for **Sweetest Day**, on the **31st** we will have a **Spooktacular Halloween Party** Everyone is invited to wear your favorite orange and black clothes or Halloween costume ~ nothing scary please let's all have a good time. If you have any questions please call the Activities department and Eric or Jennifer will be happy answer them and help in any way we can.

Jennifer Wiseman, Activities | 517~548~1900 Ext. 246

Fire Prevention Week • Oct. 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.

Use Electricity Carefully – Promptly replace cracked or frayed cords on appliances. If an appliance sparks, smells or smokes, unplug it immediately and have it repaired or replaced. An all-too-common cause of electrical fires is the improper use of extension cords. Never run extension cords under rugs and never use an extension cord to overload a circuit.

ZENSATIONAL

WELLNESS AT MEDILODGE OF HOWELL

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.

Facility Reminder: This is a reminder for all residents and family members that Trust Money is available at the receptionists desk after business hours. – Marge Boss, B.O.M.



Happy Anniversary to Our Medilodge Staff!

Medilodge would like to thank the following staff for their years of service. Thank You for Your Dedication!

| | |
|--------------|----------|
| Jillian B. | 1 year |
| Joy B. | 1 year |
| Kristin B. | 1 year |
| Elizabeth G. | 1 year |
| Tierra H. | 1 year |
| Tiffany N. | 1 year |
| Kesuhsa O. | 1 year |
| Kristal P. | 1 year |
| Brooke W. | 1 year |
| Laura W. | 1 year |
| Marjorie B. | 2 years |
| Ashley F. | 3 years |
| Amanda W. | 3 years |
| Barbara M. | 4 years |
| Sandra G. | 4 years |
| Jami L. | 9 years |
| Jessica H. | 14 years |

Information from Human Resources Office

The Scrub bus will be at our facility on Wednesday October 17th from 11:00 am until 3:30 pm in the back parking lot for all staff that wish to purchase scrubs ~ you may payroll deduct up to \$200.00 to be divided between 2 paychecks.

A Letter from our Admissions Office:

Medilodge of Howell is gearing up for upcoming Holidays and Community events and we need you to help make it a success. **The facility is asking for donations of individually wrapped candy to be dropped off between now and October 26th to Natasha in the**



Admissions office for our upcoming community Trick-or-Treating at the facility. We will be having the residents help pass out candy to all the kids that come through from 6-8pm on the 26th. All encouragement/involvement/volunteer appreciated helping your loved one pass candy, dress up, or decorate for the occasion.

Next is a HUGE one! Christmas is coming before we know it, and due to us having so many staff member and residents we need your help.

We are asking for donations for our annual staff and resident Christmas Party. We are asking for gift baskets, gift cards or any items that can be wrapped and used as a gift will be accepted. We Please ask that you label the item resident or staff and drop off to Natasha in the Admissions office. We appreciate your help and Thank you for helping make our holiday events a success! – *Natasha*



October CNA of the Month

Erica Monroe Erica has been a nurse here at Medilodge for almost 3 years. She states "I love everything here about Medilodge". After 8 years in the hospital Medilodge is very rewarding! Getting to know the residents and love them and their families, I have become so attached to them. I also love my co-workers, we really do have a great strong team here!



Erica is happily married with two sons that are three years old, making them only 10 months apart. She loves spending her time off with her family, traveling to local parks or even just hanging out in her back yard.



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.

Tightening Legs Over a Ball: With one knee bent over a ball, straighten the knee by trying to tighten the muscle on your upper thigh. Be sure to keep the bottom of your knee on the ball. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Note that the repetitions and frequency of the exercises may be modified by you or your physical therapist. If you are ever unsure of a movement above be sure to ask your PT to ensure the movement is safe and works for you!

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.



MEDILODGE OF HOWELL

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www.facebook.com/medilodge

Your Friendly Staff

| | |
|---------------------------------------|------------------------------|
| Administrator | Ruth Higgins |
| Director of Nursing | Jennifer Larner |
| Social Services | Emily O'Brian |
| Admissions | Natasha Cook |
| Accounts Receivable | Marge Boss |
| Director of Dietary | Carol Dorr |
| MDS Coordinator | Kristie Kissel |
| Activity Director | Eric Snyder |
| Staff Development | Robert Harkins |
| ReVitaLodge Salon | Shelly Fulton Tammy Sorby |
| Therapy Director | Valerie Nagorsen |
| Environmental Services & Laundry Dir. | Rich Wallace |
| Maintenance | Jim Badami |



Per Michigan law
MediLodge of
Howell is a non-
smoking campus.



Newsletter Production by PorterOneDesign.com

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!



Word List

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