



## Activities & Upcoming Events

The joyful holiday season is upon us, and with it comes a very busy month for our Activities Department and our residents.

We are blessed that many volunteers will be joining us for several special holiday events. **Each unit will celebrate this festive, joyous season with a Holiday Party on Thursday, December 20<sup>th</sup>.** To help make these parties a huge success, we are asking that each family please purchase a gift for your loved one, wrap it, place a gift tag with your loved ones name on it, to be delivered to Jennifer or Eric in the Activities Department *no later than Thursday December 13<sup>th</sup>.*

These gifts and other donations of gifts and gift cards will ensure that each and every one of our residents will receive a gift.

We thank you for your help and support to our Activities Department. If you have any questions, please don't hesitate to call.

Happy Holidays to Everyone!

*Jennifer Wiseman and Eric Snyder*  
517-548-1900 Ext. 246



## 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.

## A Letter from your Administrator:

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 Staff items to Natasha in the Admissions office and residents to Eric or Jennifer in Activities.

We thank you all for your generosity and continued support. You are what helps to make our events a success!

## Happy Anniversary to Our Medilodge Staff!

Medilodge would like to thank the following staff for their years of service.

Briana G.	1 year
Te'Erica B.	1 year
Raeann L.	1 year
Doreen F.	1 year
Angela P.	8 years
Stacie S.	14 years
Eric S.	26 years
Mary W.	39 years

## Ideas to Keep You Active in the Winter

With winter approaching, there may be many upcoming cold days that simply make us want to stay inside and keep warm. All those days spent indoors can sometimes be accompanied by the winter blues. Fortunately, there are a lot of things we can do to liven things up:

**Yoga or Pilates:** Taking a yoga or pilates class will help you get out and about, meet new people, and even tone up your muscles!

**Start or Join Book Club:** Are you an avid reader? Do you want to read more? A book club is a great way to socialize and become exposed to new books and genres.

**Go for a Walk:** Going for a walk is always a great way to get yourself in motion. It doesn't matter if it is a slow leisurely or a brisk.

**Weekly Meeting with Friends:** Scheduling a weekly meeting with friends is a great way to stay active in winter and have a lot of fun as well.

**Plant a Winter Garden:** If you like to be active in the garden in the spring and summer, there is no reason to stop just because the temperature drops.

## Aqua Therapy Coming Soon!

### Successful Discharges Home Year to Date: 86

Now offering skilled outpatient Physical and Occupational therapy services! Specializing in shoulder/hand therapies, Post-surgical, CVA, Parkinson's, pain management and modalities.

We will be starting Aqua Therapy, if interested contact Valerie at Medilodge of Howell.

Long- term care therapist focusing on dementia programming, fall



prevention, walk-to-dine and WC positioning.

### Valerie Nagorsen, OTR/L

Medilodge of Howell

Therapy Program Manager

Encore Rehabilitation Services

MLHowell.TPM@encorerehabilitation.com

## Employee of the Month: Zakk Cox

Zakk has worked inside the Medilodge facilities for roughly over three years. He started in housekeeping working his way up too even working in the activities department for a while amongst many other things. Zakk is now happily working in floor care which allows him to still help and communicate with the resident's everyday as he moves throughout the entire building performing various tasks. Zakk states the residents and coworkers are what makes the nursing home a unique place to be, he doesn't consider it a job because of the people that he loves here and he wouldn't trade it for anything.

Zakk is 27 year's old with college experience in criminal justice and media graphic design working in advertisement. He enjoys playing several musical instruments and spend most of my free time outdoors fishing, camping, hiking, hunting and metal detecting. Zakk's most favorite thing to do is sitting down by the fireplace reading up on a good book, preferably American history.



# Be Sure To Wash Your Hands!

December 3-7, 2018 is National Hand Washing Awareness Week and, according to the Centers for Disease (CDC), “the most important thing you can do to keep from getting sick is to wash your hands.”

Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

The CDC recommends you should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet waste, food or treats
- After touching garbage



PALM TO PALM



FINGERS INTERLACED



BACK OF HANDS



BACK OF FINGERS



BASE OF THUMBS



FINGERNAILS



WRISTS

## Prepare Your Skin For Winter

Dry, itchy and cracked skin goes hand-in-hand with the winter season. Changes in temperatures and humidity, indoor heating, hot showers and baths remove important oils and moisture from the skin causing dryness, flakiness and cracking of the skin. Read on for some TLC for your winter-weary skin.

**Bathing.** Hot water bathing breaks body oil that is easily washable. If you cannot avoid hot bathing, add oils like almond, sesame or other bath oils to your water.

**Cleanse & Exfoliate.** Before you begin your bath, exfoliate your skin with loofah. Avoid strong base ingredients and anti-bacterial products; opt for gentle moisturizing or revitalizing products.

**Drink at least 8-10 glasses of water every day.** By keeping your skin well hydrated, your skin is protected from dryness, rashes and itchiness. Avoid excessive usage of caffeine beverages that strips moisture from the skin.

**Moisturize properly and your skin can remain soft and supple all through winter.** Use moisturizer that has the necessary vitamins and hydration properties for your skin.

**Use sunscreen** in winter as you would in summer. Ideal sunscreen is one which is light, oil free and has SPF 15.



MEDILODGE OF HOWELL

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### 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.



# December – 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!

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

See solution in the January newsletter!

NOVEMBER SOLUTION PUZZLE

### Word List

- CHEER
- COCOA
- COLD
- COMMUNITY
- CRAFTS
- FAMILY
- HOLIDAY
- PILATES
- RESOLUTIONS
- SKIN
- SLEEP
- SOAP
- WASH
- WINTER
- YOGA