



Add Significance to Your New Year's Resolutions

The start of a new year is traditionally a time to reflect on the previous year and plan out resolutions for the year ahead. Popular resolutions include losing weight, getting more fit, getting out of debt, and making more money.

While these types of self-improvement goals make for admirable resolutions, striving to become more selfless and generous can have a surprisingly significant impact.

What are some resolutions related to giving that you can consider as you pursue your own? Consider the following examples:

- ✦ Increase your financial giving to church and charities.
- ✦ Increase your time donated to important causes.
- ✦ Write and send an encouraging note at least weekly.
- ✦ Smile and greet the first people you meet every morning.
- ✦ Perform an act of kindness at least weekly.
- ✦ Increase the number of people you share your faith with.
- ✦ Donate blood multiple times during the year.

Be sure to set resolutions for yourself for the upcoming year that will help make a difference in the world. This can provide a special significance throughout the new year as you fulfill these important resolutions.

A Note from Activities

Eric, Jennifer and the activities department would like to thank each and every person/Organization that helped make our December month a special one. By giving of special events, donated gifts, games, music, treats, resident visits, and pet therapy. All of these kind acts help to give our residents a Happy Holiday season and a wonderful Christmas party. Your kindness is greatly appreciated.

Thank You

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.

Happy Anniversary to Our Medilodge Staff!

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

Isaac J.	1 year
Brandon R.	1 year
Ron – Neicia W.	1 year
Colleen B.	2 years
Kaitlyn R.	3 years
Holly L.	6 years
Stephanie R.	6 years
Lisa K.	6 years
Robyn R.	6 years
Andrea A.	9 years
Mike M.	11 years
Gloria E.	12 years
Sharon H.	41 years

National Glaucoma Awareness Month

January is National Glaucoma Awareness Month, but what is glaucoma?

Glaucoma is an eye disease that causes people to gradually lose their sight. There is no cure and vision loss is permanent. Over 3 million people in the United States currently suffer from glaucoma – it is a leading cause of vision loss in the U.S.

Seniors are especially at risk for glaucoma, along with anyone who has a family history of the disease.

Early detection is important for slowing the progress of glaucoma, along with medication or surgery.

For more information about glaucoma awareness, please visit glaucoma.org.

How to Fight the Effects of Aging

Like any battle, the fight against aging is best fought on several fronts simultaneously.

Get Up and Get Moving

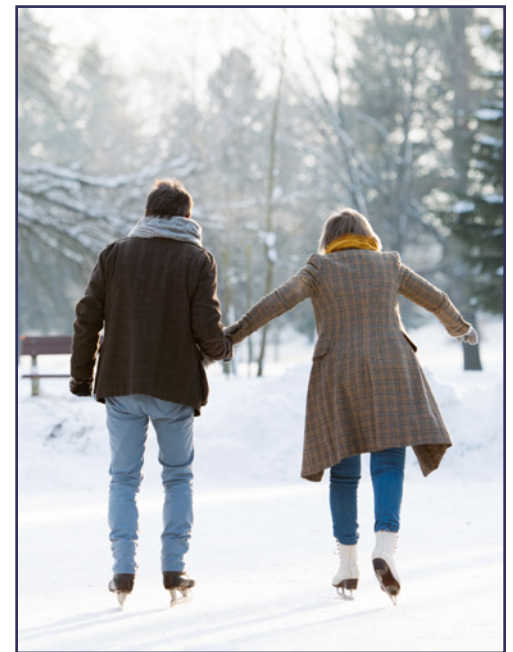
Exercise is the key to a healthy life if you're eight or 80. A brisk 30-minute walk every day is a step in the right direction. Take friends along or bring a dog for company. It also may help with motivation. Even those unable to walk may still get some exercise while stationary through repetitive movement exercises.

Eat Smart

The right kind of foods in the right quantities may do wonders to stave off the aging process. Plenty of fruits and vegetables, particularly the most colorful ones, which tend to be rich in nutrients, are important. Keeping your total fat intake down is important too; saturated fats in particular. Read food labels and substitute saturated fat in the diet for complex carbohydrates like starch and fiber.

Busy Body, Busy Mind

Exercise keeps the body working, but a flexible mind is just as important. The more occupied the mind stays, the more its cells are stretched, and the better shape it stays in. Start tackling the daily crossword and read the rest of the newspaper while you're at it. Take up a hobby, keep busy and give yourself things to look forward to.

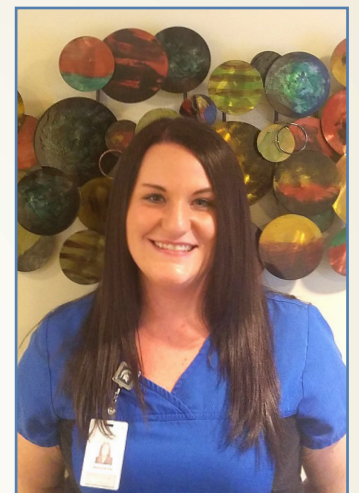


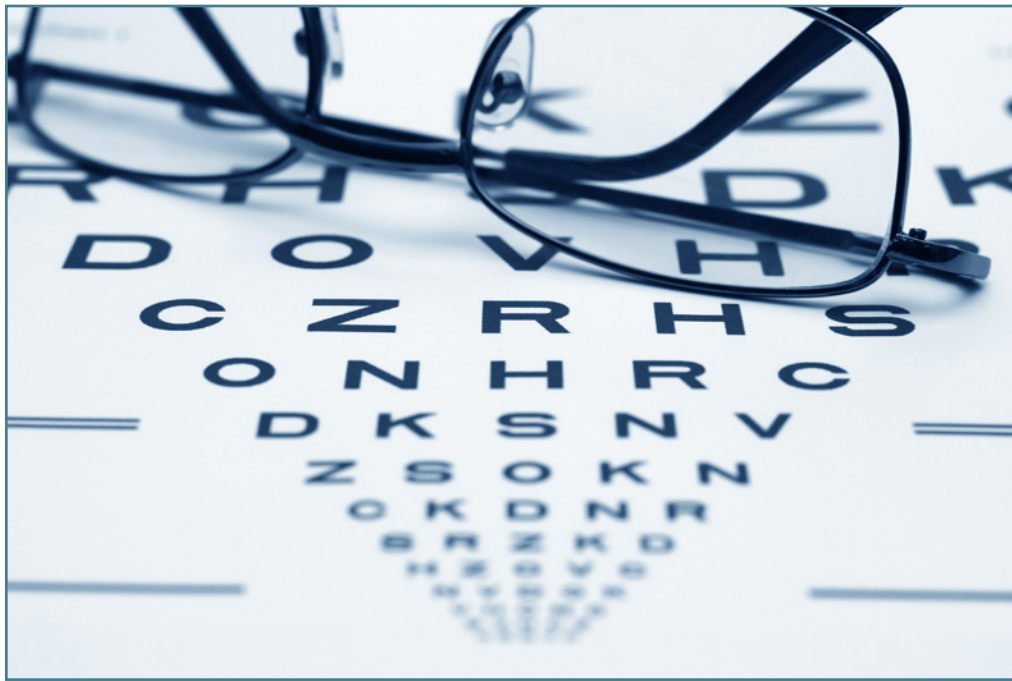
Employee of the Month: ALLISSA MARIE BELLER

Allissa has worked at Medilodge of Howell for 9 years. Is currently working in our Restorative department for the past 3 and 1/2 years and before that worked as an aide on the floor for 5 and 1/2 years.

Allissa loves her residents and work family. Always has a smile on her face and will always do anything anyone asks of her she is determined to make a difference in someones day!

Allissa enjoys crafts, hanging out with friends and family, listening to music, watching movies and having FUN!





Keeping an Eye on Vision Health

Doctors say maintaining vision health can be especially important as you age. Fortunately there are multiple ways to keep your eyes healthy. Try these tips:

1. **Quit smoking.** If you smoke, you're much more likely to develop age-related macular degeneration, or AMD, than nonsmokers. AMD is one of the most common causes of blindness in those over 65. While there are some ways to slow its progression, there is no cure.
2. **Wear sunglasses and a wide-brimmed hat when you're in the sun.** These two simple steps can reduce your exposure to eye-damaging UV rays.
3. **Watch your weight.** Being overweight is a major risk factor for developing Type 2 diabetes. Diabetic retinopathy is one of the leading causes of blindness in those under 65.
4. **Eat your spinach.** Spinach is a rich source of lutein and zeaxanthin, powerful antioxidants that can reduce the risk of certain eye diseases, like AMD. Other good sources include any kind of leafy green vegetable such as collards and kale, as well as eggs and orange-colored fruits.
5. **See your eye care professional for a full vision examination at least once every two years.** Go more often if you have diabetes or any other eye-related condition.
6. **Change your eye makeup every three to six months.** It becomes contaminated with bacteria and can infect your eye.
7. **Don't fall asleep in your daily wear contact lenses.** In fact, don't ever wear them longer than they're designed to be worn.

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.



MEDILODGE OF HOWELL

1333 W. Grand River Ave

Howell, MI 48843

P: 517.548.1900

www.medilodgeofhowell.com



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.



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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!

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

See solution in the February newsletter!

DECEMBER SOLUTION PUZZLE

Word List

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