



National Heart Health Month: Know Your Heart Health

We all know that keeping up with our heart health is important. We also know that there are a wide variety of factors that cause heart problems, and there are some basic ways to help protect the health of our hearts. What many people do not realize, however, is that key to their heart health may be different than the key to the heart health of others.

It is important that each of us takes the time to learn about our own heart health and to learn about the possible methods of ensuring our heart health in the future.

One of the best ways to become familiar with the needs of your heart is to see a physician. A physician can help you determine not only the current health of your heart, but also give you a better understanding of specific things you can do to help prevent heart attack or heart disease.

For some people, the most significant factor in achieving and maintaining heart health is to change their diet. The foods we choose to put into our bodies affect our heart health in more ways than we know. Eating large amounts of sugar, carbohydrates or processed foods will eventually take a toll on our heart health.

For others, a physician may address exercise and physical fitness habits. Heart health can be significantly altered based upon a person's level of exercise and personal fitness.

It is never too late to take your heart health seriously. Make an appointment to see your physician today!

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.



Black History Month

The month of February is a time to honor the achievements of African-Americans in U.S. history. Since its first observance at Kent State University in February 1970, Black History Month (also referred to as African-American History Month) has evolved into a country-wide celebration.

Did you know:

- *Thomas L. Jennings was the first African-American to receive a patent for his discovery of a process called dry-scouring (later dry-cleaning) in 1821.*
- *Along with being a powerful anti-slavery organizer, James McCune Smith was the first African-American to achieve a Medical Degree in 1837.*
- *In 1988 Oprah Winfrey founded Harpo Productions, which made her the first woman in history to own and produce her own talk show. She was also the first African-American (man or woman) to own an entertainment production company.*

President Gerald Ford, the first president to recognize Black History Month in 1976, urged us all to “seize the opportunity” to honor African-American accomplishments “in every area of endeavor throughout our history.”

Go Red For Women – February is American Heart Month, and the American Heart Association’s signature women’s program, **Go Red for Women**, is designed to increase women’s heart health awareness and help improve the lives of women around the world. Learn more about how you can help raise awareness at www.goredforwomen.org.

Random Act of Kindness Day is February 17

Kindness is a generosity of spirit. It comes to life when we give of ourselves and our time to help others, without expecting anything in return. When you show kindness to someone, you bring out the best in yourself.

Pay attention to the impact your behavior has on others, and notice your own feelings in association to their reactions. Think about how you feel when somebody else shows you kindness. What you give may come back to you in even greater quantity.

It is so easy to find ways to be kind to others: say something supportive when you feel someone needs to hear it; offer help without being asked for it; smile encouragingly; swallow your criticisms; listen without judgement;

let mistakes slide instead of assigning blame; make small sacrifices for the benefit of somebody in greater need.

Don’t forget to be kind to yourself as well. You may run out of steam and feel less able to show kindness to others if you don’t replenish your own mind, body and spirit on a regular basis.

Being kind to yourself means getting your needs met; being gentle with yourself instead of critical when you feel you’re not performing at your best; and forgiving yourself when the need arises instead of beating yourself up.

When you get into the habit of treating yourself with kindness, it becomes much easier to extend that consideration and behavior to others.

Chocolate and Heart Health: Fact or Fallacy?

Wouldn’t it be wonderful if chocolate and heart health went hand-in-hand? You might be surprised to find out that chocolate isn’t as bad as it was once thought. The fat content in chocolate, derived from cocoa butter contained in premium grade dark chocolate, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. But, stearic and palmitic acids are forms of saturated fat – not so good. Saturated fats are linked to increases in LDL-cholesterol and risk of developing heart disease.

Whether chocolate and heart health do walk hand in hand is still an open topic. In moderation it may not do your heart any harm for a special occasion; however, be sure to watch those calories. But most of all, enjoy it because it tastes so good!



LETTER FROM ADMINISTRATION:

Attention Family/Loved Ones:

We appreciate your diligence in making sure our residents feel as at home as they can while they are cared for at Medilodge of Howell.

If you are planning to bring in any new items such as clothing, electronics, or home décor, we ask that you please leave it at the front desk to be labeled and inventoried to ensure that their belongings stay with them and them only.

We appreciate your cooperation, and thank you for continuing to make our residents feel as comfortable as they can.



Employee of the Month: WENDY ROY

Wendy has been working at Medilodge of Howell in Housekeeping for 15 years. Wendy grew up in Fowlerville most of her life. She is happily married with three grown sons and three grandchildren with one on the way. Wendy states she has always been around older adults and that is one of the reasons why she feels at home here at Medilodge.

"I love my residents and their families, I like to help others in any way I can even if it's the little things."

Wendy always has a smile on her face and loves all of her coworkers.

"We have a great team here at Medilodge of Howell! I would like to thank Ellen Maybee, Ellen has taught me so much over the years and I wouldn't be the employee or person I am today if I didn't have an outstanding role model as Ellen these past 15 years."

Getting to the Heart of the Matter on Health

Here's some news you can take to heart: Experts say more than 70 million Americans currently live with a cardiovascular disease.

Fortunately, there are practical steps you can take to reduce the health threat posed by heart disease.

According to the Centers for Disease Control and Prevention, much of the burden of heart disease and stroke could be eliminated by reducing major risk factors: high blood pressure, high blood cholesterol, tobacco use, diabetes, physical inactivity and poor nutrition.

For example, studies suggest a 10 percent decrease in total cholesterol levels may reduce the development of coronary heart disease by as much as 30 percent.

Twenty-five years ago, the treatment for heart attacks was simply bed rest. Today, doctors have medicines that can stop a heart attack in midstream as well as other high-tech treatments. Talk to your physician for more information.

Chinese New Year, February 5th: Year of the Pig

The Pig may be the most generous and honorable sign of the Chinese Zodiac. People born in a Year of the Pig (1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019) are thought to be nice to a fault and possess impeccable manners and taste. They can be perfectionists and may be perceived as snobs, but this is a misconception.

Pigs are simply possessed of a truly luxurious nature, one that delights in finery and nice things (in surroundings, food, lovemaking and otherwise). This Sign believes in the best qualities of mankind and certainly doesn't consider itself to be superior. Pigs also care a great deal about friends and family and work hard to keep everyone in their life happy. Helping others is a true pleasure for the Pig, who feels best when everyone else is smiling.

Pigs are highly intelligent creatures, forever studying, playing and probing in their quest for greater knowledge. This Sign could happily spend hours on end making friends, napping, taking a long bubble bath or dallying over an incredible spread of rich foods. Pigs tend to make wonderful life partners due to their hearts of gold and their love of family.



