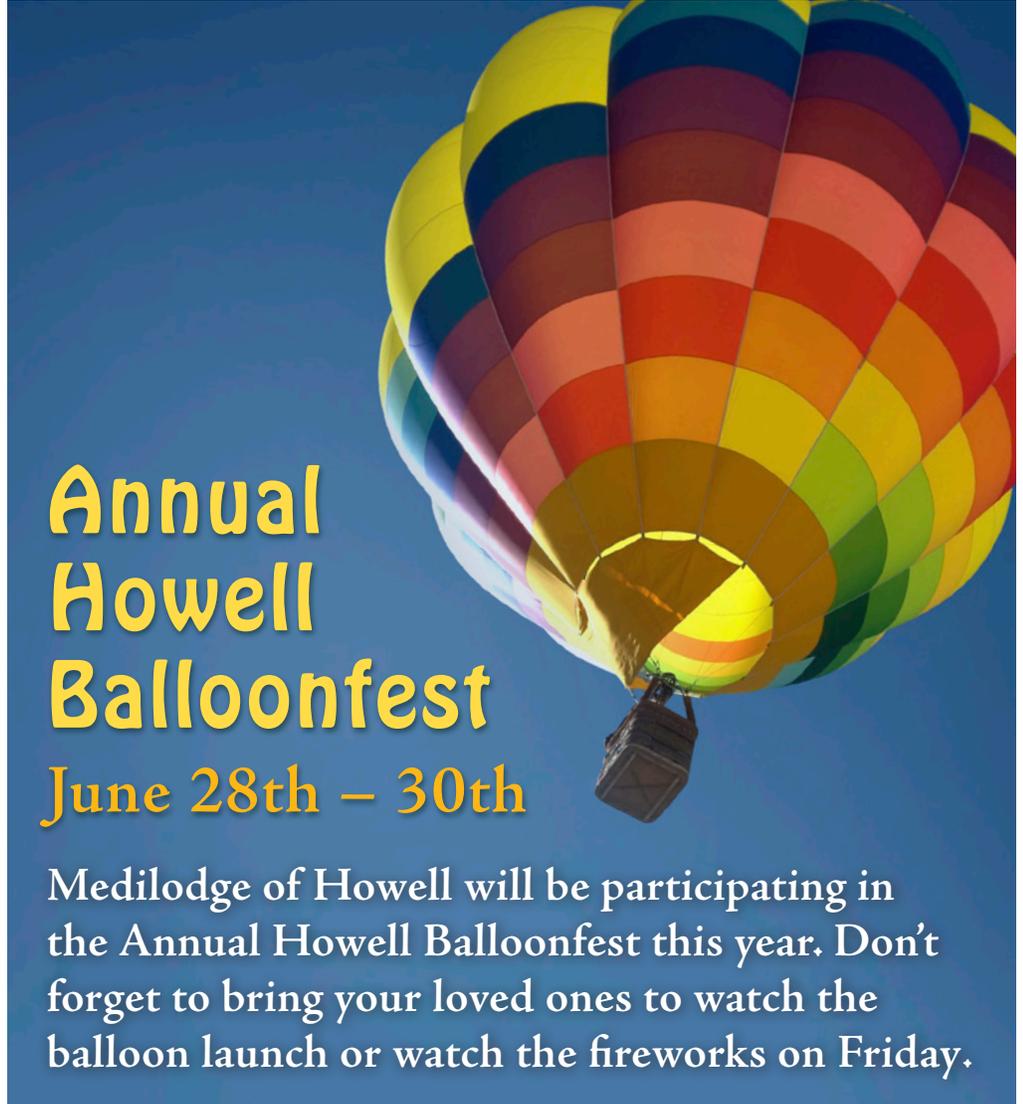




MEDILODGE  
OF HOWELL

# NEWSLETTER

1333 W. Grand River Ave. Howell, MI 48843 ▪ P: 517.548.1900 ▪ [www.medilodgeofhowell.com](http://www.medilodgeofhowell.com) ▪ June 2019



## Annual Howell Balloonfest June 28th – 30th

Medilodge of Howell will be participating in the Annual Howell Balloonfest this year. Don't forget to bring your loved ones to watch the balloon launch or watch the fireworks on Friday.

### 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.

### Flag Day is June 14th

On June 14, 1777, the Continental Congress passed the first Flag Act, which stated that the new flag of the United States be made of thirteen red and white stripes, and that the union be thirteen white stars in a blue field.

Today the flag consists of thirteen horizontal stripes, seven red alternating with six white. The stripes represent the original 13 colonies, and the stars represent the 50 states of the Union.



## Don't forget Dad this Father's Day!

RevitaLodge Salon and Spa has gift certificates available for MediLodge Lodgers and Guests.

Please stop by our RevitaLodge Salon and Spa to make an appointment, or call Shelly and Tammy!

*\$2 Off For All New Clients!*



## What is Tai Chi?

It can be hard to fit exercise into your daily routine, but simple exercises such as tai chi can be both beneficial to your health and easy to do.

Tai chi is a low intensity exercise that promotes flexibility and balance. The joints are often where aches and pains first begin and because tai chi isn't a high impact exercise, the joints health and function are protected.

Tai chi employs slow tempo maneuvers, distributing weight between each limb; to enhance one's balance and strengthen the limbs. It is designed to relieve tension and stress. As a result of this exercise, the brain receives more oxygenated blood as you breathe, thus making you feel calmer.

## Therapy Success Story

Name: Alice B. | Diagnosis: Fix T11-T12

Coming to Medilodge was well worth it. I feel stronger and my attitude changed too. I am more willing to do things. When the home nurse was coming she only came twice a week for 40 minutes. I felt like we weren't doing anything and I wasn't getting any better. When I first came here I could only take a few steps, now I can walk all the way down to the therapy gym!



## MEN'S HEALTH MONTH



Some men may experience prostate problems as they age, so it's important to maximize the life of the prostate gland. Some symptoms indicate there may be a bigger problem and shouldn't be ignored.

### Common Symptoms:

- ✦ Problems urinating: too often, unable to, weak, or interrupted flow, pain or burning while urinating.
- ✦ Blood in urine.
- ✦ Pain or stiffness in the lower back, hips, or upper thighs.

Only a doctor can confirm if any of your symptoms are a minor infection or something more serious.

### How can you protect yourself?

- ✦ Be active: not only does exercise benefit your prostate, but it's great for your body.
- ✦ Eat healthy: foods such as nuts, seafood, turkey, and raw onions can keep your prostate in good health.
- ✦ Zinc: helps create male hormones. Zinc can be found in pumpkin, sesame, and sunflower seeds.

An adjustment in your diet might help keep your prostate healthy, but before changing your diet, it's important to consult a physician.

## Howell's Employee of the Month: PAIGE CUNNINGHAM



Meet our May Employee of the Month: Paige enjoys coming to work and interacting with all of her residents. "I've always enjoyed taking care of people. I've always wanted to be a nurse and plan on going back to nursing school soon," Paige says. She appreciates her coworkers for always helping when it's needed. When she's not picking up extra shifts on Rose Hall, she's either with her son, family, or friends. During the summers, she loves going camping in Charlevoix and just being outside.

## National Safety Month: Medication Safety

Medication errors can occur in a medical center, senior living facility, or at home. Hospitals, pharmacies, and facilities have checks in place to minimize medication errors. When getting a refill or a new prescription, be sure to verify:

- **Your name is on the bottle.**
- **The name of the doctor.**
- **The name of the medication, since there are lots of look-alike/sound-alike drug names.**
- **The dose; a dose for a child is different than for an adult.**
- **The route; for example, eye drops prescribed for the eyes and not the ear.**
- **The expiration date (Expired medicine should be thrown out.)**

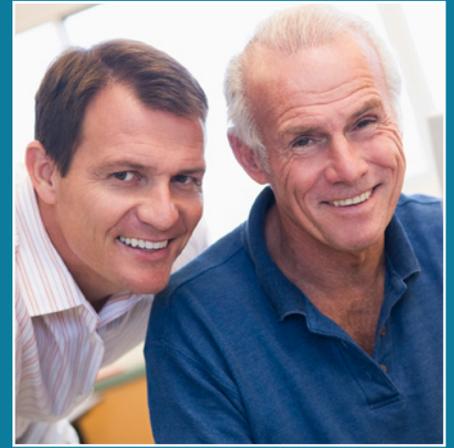
Medications need to be organized.

It is important that you have a system so that you know when to take each medicine. One example would be a pill storage container with individual slots. These can be organized by week, Monday-Friday, or have days broken down into AM and PM slots. By having a system, you can help prevent missing your medication.

Medication safety is not limited to the patient. It is important to store medications in places where children can't reach them. After taking the medicine, make sure the child-lock is secure. It is important to be smart about your medication so that you and those around you stay safe.



## JUNE 16: FATHER'S DAY



Celebrate dads, grandfathers, uncles, and father-figures who have made a positive impact on a child's life. Studies show that men who play an active role in their children's lives stimulate all aspects of development: emotional, academic, behavioral, and social, even when those men don't live in the same home as their children. This Father's Day, let us remember the father's role. Let us celebrate our fathers and honor them for making a difference in our world.

### You don't have to be a dad to tell a "Dad joke."

How does a penguin build its house? – A: *Igloos it together.*

I had a really great boomerang joke. – A: *It'll come back to me.*

What did the shy pebble wish? A: *That she was a little boulder.*

What did the hat say to the hat rack? – A: *You stay here. I'll go on a head.*

The past, the present, and the future walk into a bar at the same time. – A: *It was tense.*

What did one wall say to the other wall? – A: *Let's meet up at the corner.*



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[www.facebook.com/medilodge](http://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	Ashlee Kirk
ReVitaLodge Salon	Shelly Fulton Tammy Sorby
Therapy Director	Lindsay Desmet
Environmental Services & Laundry Dir.	Rich Wallace
Maintenance	Jim Badami



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



Michigan  
Made

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# June – 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!

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

See solution in the July newsletter!

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

MAY SOLUTION PUZZLE

## Word List

- BRAIN
- CNA
- ERROR
- FATHER
- GLANDS
- GRANDPA
- JOKE
- MEN
- PRESCRIPTION
- PUZZLE
- SAFETY
- SUN
- TAI CHI
- WATER
- WISDOM