



Meet our August Employee of the Month: Donna Hansen!

I really appreciate being voted the employee of the month Donna states. I have worked at the Medilodge of Howell for 20 years, and I'm currently one of the fulltime CNA's on unit one.



Donna states, "I treasure my job here." Taking care of the elderly is one of my passions, as is spending time with my granddaughter, painting, watching t.v., and owning a Boston terrier! Working here saved me when I lost a full-time job to outsourcing. I plan to work here as long as I am able as I'm becoming antique! LOL



I Love all of you here at Medilodge of Howell. Love, Donna

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.

Reminder

All visitors and family as a Reminder that please do not use residents restrooms and please use all public restrooms that are available in all units.

Trick or Treat

Admissions is starting to collect candy for our upcoming Trick or Treat event, please drop off to Natasha.

Tips to Slow the Aging Process

Celebrate Healthy Aging Month this September by trying the tips below, which may help you age slower and improve your quality of life.

1. Eat a varied and healthy diet. Include plenty of fruits, vegetables and whole grain foods. Drink lots of fluids to maintain healthy skin and flush out waste.
2. Exercise every day. Exercise improves appetite, encourages healthy bones, gives you a better emotional outlook and improves digestion and circulation.
3. Seeking prompt medical care when you're ill or injured. Listen to your body and take care of any little problems before they become big problems.
4. Use sunscreen to prevent sunburn. One of the most significant factors contributing to aging is chronic inflammation of the skin.
5. Quit smoking and avoid secondhand smoke. Smoking has very damaging effects and increases your risk of getting cancer and heart disease.
6. Manage stress. Develop ways to help you cope and adjust to situations in your life that may cause you stress.
7. Keep strong relationships. Maintaining close ties to your family and friends are crucial to healthy aging.

Successful Outcomes with Rehabilitation!



We are pleased to share another wonderful rehab success story from:

Name: **Ms. Gresham**

Diagnosis: **Pacemaker, COPD, Left shoulder replacement**

Admission Date: **08/28/2017**

Discharge Date: **06/21/2019**

Discharge Location: **Private Residence**

Carol was initially admitted to Medilodge of Howell with uncontrolled high heart rate with COPD. She had pneumonia twice, a pacemaker implanted, both great toes amputated and recently had a left shoulder replacement.

Through all the complications and rehabilitation she has maintained the goal of discharging to the community.

“I owe a lot to the therapy experience with the team, especially with Jenn: Carol is both excited and nervous about leaving but knows that everyone wishes her the very best.”

Oktoberfest begins Saturday, September 21st



The Oktoberfest festival celebrates Bavarian Beer and lasts for several weeks each year starting in September and ending in October. The tradition is nearly 200 years old and is one of the world's great seasonal festivals. It is held every fall in Munich, Bavaria, and in many other locations around the world. Festival events include the Oktoberfest Costume and Rifleman's Parade, open-air music, beer tents, and distinct German cuisine feasts. Munich's Oktoberfest draws over six million visitors each year, with rates of attendance increasing with each passing year.

Growing Up To Be A Jack Of All Trades!



Becoming a jack of all trades means being able to do anything! Clayton E. of Michigan

followed in the footsteps of great men before him, allowing him to dedicate his life to living on the farm. His family, his community, and his lawn mowers are just some of the things that make up this incredible Legacy. Read Clayton E's story, exclusively on *The Living Legacies*. A Family Of Jacks

Born February 17, 1937, Clayton E. grew up to become a jack of all trades. A farmer for about twenty years of his life, Clayton followed in the footsteps of both his father and grandfather. He tended to the crops of over 240 acres of farmland, hauling corn, oats, and wheat into town with one of his most prized possessions, a tractor. It wasn't until the 1950s where him and his father bought Clayton his first very own tractor; a 1937 F-20 Farmall for a grand total of \$120. Clayton loved tractors of all kinds. He even dedicated seven years to rebuilding a tractor that would eventually be able to drive four-and-a-half miles per hour! He drove it to Fowlerville, MI, to co-ops, and HMGs. He has even taught classes at the school about tractors.

Keeping The Community Clean

Tractors weren't his only specialty though. In his eighty one years, Clayton has managed to own twenty five cars. He loves machinery so much! Growing up he would fix a lot of different kinds. Whether it was lawnmowers,

motorcycles, combines, or hay balers, you could always find him working on his next project. His favorite memory of all was fixing lawn mowers. However, when he wasn't fixing lawnmowers, he was manicuring lawns with them. He previously mowed thirty five acres of grass for a school, as well as mowed many cemeteries. He managed the landscaped flowers on the grounds of the Old Burrows Farm west of Brighton, helped customers at Kroger take groceries to their car for them, and even was Santa Claus at the school one time!

A Well Trimmed Family Man When he wasn't working, he was taking care of his four children that he calls his own and bonding with his large group of nieces and nephews. He found himself often helping with difficult family lives of others and advocating for those without a voice. He loves to watch football, baseball, and hockey. Tractor shows, car races, and the Price is Right are also big hits on the TV for Clayton. He loves to socialize with his friends here at Medilodge of Howell, exercise and do fun activities with them as well. A resident for almost two years with us, Medilodge of Howell is proud to have Clayton as part of the family. He brings joy to whomever he talks to, smiles at, or shows off his tractor pictures to.



September 14th is Live Creative Day: Ways to Enhance Your Creativity

Keep an Idea Journal. Do this regularly, and you may often start having more ideas the moment you start to write. Allow yourself the freedom to think outside the box.

Aim for Quantity. Generate lot of ideas for you to go through later. With a large list of ideas, you'll have more options to choose from.

Be Playful. A relaxed and playful attitude fosters creativity. Toy with ideas and forget about being too careful.

Believe that Everything has a Solution. An optimistic outlook can lead to solutions, no matter how impossible a problem or task may seem. Cultivate an attitude of continuing to search for solutions.

Let Go of Your Fear of Failure. Don't expect to do something perfectly for the first time. Look at your failures as learning opportunities!

Senior Olympics

Also please put in the Newsletter that our residents are getting ramped up for our Senior Olympics Sept. 11th

September – 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!



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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	Ashlee Kirk
ReVitaLodge Salon	Shelly Fulton Tammy Sorby
Therapy Director	Lindsay Desmet
Environmental Services & Laundry Dir.	Rich Wallace
Maintenance	Jim Badami



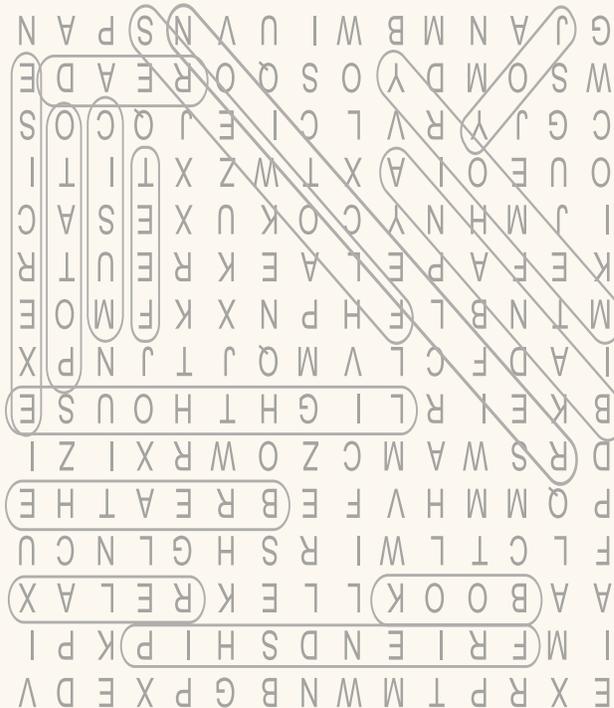
Per Michigan law
MediLodge of
Howell is a non-
smoking campus.



Michigan
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See solution in the October newsletter!



August Solution Puzzle

Word List

- AGING
- AUTUMN
- BALANCE
- CREATIVE
- DISASTER
- ELDERLY
- ENHANCE
- EQUINOX
- GRANDPARENTS
- GRATITUDE
- LABOR
- NURTURE
- PINECONE
- PREPARED
- WORKERS