



*Happy
Valentine's Day
February 14th*

Living Legacy: Bob S.

On Friday, Dec. 27, 2019 'Bob' S observed his 100th birthday. Asked if he had any thoughts to offer on reaching this milestone event, Bob—showing his trademark sense of humor—replied, “You don’t think much about it until it happens,” pausing a moment and adding, “I guess you get to start counting again after getting to a hundred.” If true, then next December Bob will be one-year-old. But, meanwhile, as for now, there’s his first century of life and living to recall and celebrate. To say that Bob has had a full and interesting life would be an understatement. It’s been one packed with a long list of activities and accomplishments. It includes growing up in rural Fowlerville and working on the family farm, assuming ownership of the farm after his father’s death, marriage and family, serving on the township and county boards, being an officer for the Livingston County Farm Bureau and then the Michigan Farm Bureau, getting hired as the legislative counsel for the Farm Bureau (a position he had until his retirement at age 70), and serving on state government advisory boards, the Livingston Intermediate School District board, the Blue Cross Blue Shield board, and the SEMCOG (Southeast Michigan Council of Governments) board. On most of those boards—including the Intermediate School District and SEMCOG where he served long tenures—he ended up being selected as the chairman. Bob was born at the tail end of 1919 to Temple F. and Julia (Truhn) Smith. “Our farm was located at the corner of what was then South Cemetery Road and Sargent Road,” he said. “When the I-96 freeway went through, Cemetery

Road was cut off, so the people in the neighborhood honored us by renaming it Smith Road.” “We had a working farm with cattle, sheep, and poultry and raised various crops,” he noted, adding that he was the only child so he got to do more of the chores. Bob attended Thayer Country School, located a mile south of the farm on Mason Road, taking classes through the eighth grade. He then went to Fowlerville High School and graduated in 1937. “My father had a heart problem and was not able to do as much manual work as he’d like, so I didn’t go to college,” he said. “The farm work also ended up keeping me out of the service during the war. I was 17 when I graduated. A couple of years later, when they started drafting young men (in anticipation the country might have to go to war), they wouldn’t take those of us working on a farm.” One of his early involvements was the Fowlerville Fair Board. “Dad had been on the board, then I replaced him,” Bob explained. “He later said that this was a mistake, telling a neighbor that while I was at the fair, he had to do more work at home.” Bob ended up serving a number of years on the board, both as a president and then as the secretary-general manager. He also became a member of the Fowlerville Masonic Lodge at age 22. When his father died unexpectedly of heart failure during the war, Bob became the mainstay of the farm and took it in a ...continued on page 3



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.

VIRTUAL DEMENTIA TOUR

“A Window into their world” with Lauren Cetnar – Dementia Director, CTRS

Imagine yourself in a carnival funhouse. You step inside and the lights go dim. You can barely see what in front of you so you reach out your arms to feel your way along the walls, but this is no use. Now imagine this is what your everyday life is like.

The Virtual Dementia Tour is a hands on, experiential training created for anyone seeking to understand the physical and mental challenges of those living with Alzheimer’s and dementia.

This training gives you a form of dementia and allows you to experience what it is like to exist with the disease. This is a commutation tool. A tool designed to let you feel and understand what our residents might be feeling at any point in time. As such, it is designed to help you improve communication by giving you the experience of dementia. This training gives

you a window into the world of dementia.

During the training you become completely disoriented and disconcerted. Your brain just won’t do what you want it to do.

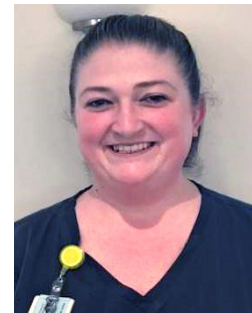
Imagine that. To better understand the residents we care for we need to understand what they see, feel and hear.

The training starts by being outfitted with devices that simulate certain aspects of dementia along with physical impairments many of us experience as we age. Once geared up trainees are given tasks to perform in about 5 minutes, all sound simple and are similar to what our residents might need to do in their daily lives. Trainees soon find out these “simple tasks” are not so simple. Most trainees were unable to complete just 1 of the 3 tasks they were directed to.

This training is being used to alter perspectives and change the way our

“I thoroughly enjoyed the virtual dementia tour. It gave me a firsthand experience of how my residents feel every day. I found it eye-opening and valuable.”

–Erica Monroe, Nurse
Medilodge of Howell



employees approach caregiving. After staff gain a better understanding of expected dementia behaviors we can expect to see a reduction in the use of psychoactive medication.

The tour has also been lauded as the game changer in helping understand what person-centered care actually entails. The bottom line is that resident quality of life will improve and caregivers will benefit from a reduction in the number of challenging situations and an increased connection to those they serve by stepping into the shoes of our residents living with Alzheimer’s disease and other forms of dementia.

Testimonial

When I first got here after having my second below-knee amputation, I was nervous. I was also thinking about what was in store for me. Then when I woke up, I was really uneasy, so I stayed in bed all day. That next day, I was prepared for therapy, and I had also set a goal to be out of here by Christmas. Then even though I thought I was ready, my mom intervened, so I was going home until New Year Day. For me, (I thought) being a double amputee was going to be a piece of cake, but I was wrong. I didn’t know there was 3 different kinds of therapy that I would have to do, and it was harder than the first amputation. Now that I’m getting to go home, I see why I had stayed. I give a big thank you to Kathy, Mo, Terry and Jen for all of their support and encouragement.

– Karen W

“The way I interact with residents is forever changed because of these 5 minutes” –CNA, Medilodge of Howell



“I don’t think we appreciate how hard a simple task can be for our residents to complete” –CNA, Medilodge of Howell



Beans inserted in shoes to represent neuropathy and arthritis of the feet.



Gardening gloves worn to give the experience of loss of fine motor skills.

Goggles simulate macular degeneration and loss of peripheral vision.

Ear plugs, loud music and radio static restricts and distorts hearing.

Meet our January Employee of the Month Rachelle!

Rachelle Reihl has worked at MediLodge of Howell as a CNA on our Unit 1 for just over a year now.

Rachelle states this line of work is definitely “team-based” and I am thankful to have the best team around.

“My coworkers are the best”!

I am also thankful to be able to have the opportunity to meet and care for all of my residents, no matter how short or long that time may be. They ALL hold a special place in my heart.

Outside of work, I spend most of my time with my boyfriend, our 3 dogs, and our family and friends. They are all my world!



Living Legacy....continued

new direction. "We'd always had laying hens, but I decided to sell the cattle and signed a contract with DeKalb to raise chickens," he said. "Every spring they'd send me cross-bred chicks that I raised and then returned to them so they could sell the hens and roosters to other poultry farmers. I still had a lot of laying hens and continued to sell eggs." Bob's added to his growing list of activities and accomplishments when he was elected as the Handy Township supervisor, following in the footsteps of his father who had also held the office. Bob noted that George Eckert had held the position for about 25 years after his father's term of office ended. "When George died, I was appointed to take his place," he explained. Back then, before the 'one man, one vote' U.S. Supreme Court decision required that county representation be based on more equally-divided population districts, the county was administered by the board of supervisors, with there being 16 of them in Livingston along with the mayors of Howell and Brighton. "After completing the remainder of Eckert's term, I ran for the post and served two four-year terms," Bob recalled. "I and the mayor of Howell both understood how equalization (in regard to property taxes) worked. We realized Livingston County had higher assessments and residents were paying much higher taxes than neighboring counties that had a lot more valuation. So we planned to take the matter to the State Tax Commission." There was some confusion by township voters that this move would result in higher taxes, rather than lower ones, and Smith (as he noted) lost his re-election by a few votes. During the 1950s, Bob was appointed to the Livingston County Board of Education, the governing body for the one room country schools that (before consolidation) operated as sole entities. That board transitioned into the Livingston Intermediate School District in 1961, with Bob being elected as the president of the new board. He remained

in that position until his retirement on June 30, 1989. In the 1950s, Bob was also elected to the County Farm Bureau Board and subsequently became the president. He then ran for the state board and was elected, becoming its vice president. His experience in township government, membership in Farm Bureau, and knowledge of property taxes got him named to a Carlton Tax Commission. "Carlton was a state legislator who established this advisory group," Bob explained. "We were broken into different subcommittees and wrote reports. This was just before the Michigan Constitutional Convention (launched in 1961). A lot of the report ended up being used in the new constitution." That convention, organized to re-write the state's constitution, proved to be a major turning point in Bob's life. "Stanley Powell, who had served as the counsel for Farm Bureau at the state legislature for many years, resigned to run as a convention delegate. He won and was later elected to the legislature," Bob said. "I resigned as the board vice president and was hired to replace him." That fulltime employment proved time consuming, necessitating that he give up farming his 265 acres. Instead he rented out the land. During the next two years after becoming a legislative counsel, Bob would spend the mornings working as a Farm Bureau representative at the convention and afternoons monitoring the legislature. With the successful passage by voters of the new constitution, he then put his full focus on legislative matters. As a legislative counsel (most people refer to this type of position as 'lobbyist'), Smith came into contact with and got to know many of the prominent state-elected officials, as well as leaders in labor, business, and manufacturing during the next three decades. These include the governors, starting with George Romney, the U.S. Senators and Congressmen, Walter Reuther of the United Auto Workers, Detroit Mayor Coleman Young,

and the elected heads of the state departments, state judges, and the many state senators and representatives. "My job was to lobby the elected and appointed state officials on behalf of Michigan agriculture, in general, and the Farm Bureau, in particular," he said. "It was a wide charge. Trying to carry out the policies of Farm Bureau meant a lot more than farm stuff. There's very little in the way of legislation or administration that doesn't affect farmers. Labor issues, roads, in-state marketing, land control issues, education, taxation, and the Department of Health." That involvement, he added, went way beyond merely chatting with legislators or department officials about some concern of Farm Bureau or an issue of importance to farmers. As a legislative counsel, Bob was appointed to various advisory commissions to study and make recommendations on an assortment of issues. "I've been appointed by four different governors to serve on committees," he said. "I was also on the Blue Cross board and its committees for over 30 years." Bob came into contact with many of those officials, along with a lot of other people, when he served on the SEMCOG (Southeast Michigan Council of Governments) Board. "I was appointed in the 1970s, about two years after it was formed," he said. "I chaired it twice and worked on several standing committees, including the International Waterways Committee that met with Canadian representatives." "I never minded being on a committee as long as it had some authority to accomplish things or make meaningful changes," he said. Bob worked as a legislative counsel with Michigan Farm Bureau for 28 years until retiring in 1990. On a personal note, he and his wife Joan were married in 1948. Bob said that she was a friend of one of his cousins and that they had known each other since they were young. They were married 65 years when she passed away in 2013. "After my retirement, we were able to do some traveling," he pointed out.



MEDILODGE OF HOWELL

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Your Friendly Staff

Administrator	Ruth Higgins
Co-Administrators	Cindy Kemeter
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	Darren Frakes
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.



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From Dietary

Starting February 17th our Java Lodge hours will change. The new hours will be 7 days a week, 9:00 am – 5:00 pm.

New from Activities

At the January 10, 2020 Resident Council Meeting Residents agreed that we will have NO Activity outings through April 2020 due to possible increment weather



February – 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!

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

Word List

- CANDY
- CARDIAC
- CHEWING
- COUPLES
- EXERCISE
- FOOTBALL
- GAMES
- GUM
- HEALTHY
- HEARTS
- LETTER
- MARDI GRAS
- PIZZA
- SNACKS
- TOPPINGS