



Medilodge of Howell is hosting a blood drive! Help us reach our goal of 25 donors!

When: Tuesday, March 3 from 11:00 A.M - 4:45 P.M.

Where: MediLodge of Howell 1333 W. Grand River Ave Howell, MI 48843

For an appointment, please visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767)



Living Legacy: Connie

Connie was born and raised in the Detroit area. She is the proud mother of 2 children and very proud grandmother of 1 extremely special grandson.

Connie has made Medilodge of Howell her home for the last 5 years. While living at Medilodge Connie has made many friends from residents and their families to Activity, Nursing and Therapy staff. These friends have made a big difference in her adjusting to her move to Medilodge. "I was very upset when I had to relocate to Medilodge because I had to move farther away from home than I wanted to. I was a city girl and this was the country as far as I was concerned. Since my move I have come to realize that I have made a second family at Medilodge and am happy with my life here. Everyone has been and are very kind to me.

Connie engages in many activities at

Medilodge and has been our Resident Council President for the past three and a half years. She is also a huge Kenny Rogers fan and during Music Trivia the activities staff is always trying to stump her, but so far Connie has always come up with the correct answer leaving the staff in search of that one question that will be her stumper.

This past year Connie's highlights were getting her motorized wheelchair which made it possible for her to go to her son's wedding and be with her family and friends who are the most important people to her. Connie has two very special friends, David and Becky, to thank for renting a wheelchair accessible van for the day, so she could be transported to and from the wedding safely and enjoy this Beautiful day.

Connie says "There is always good in each day you just need to look for it!"



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.

Staff voted 1st Manager of the Quarter,

Natasha Cook!

MediLodge of Howell is proud to announce its first ever Manager of the Quarter: **Natasha Cook!**

For almost five years, Natasha Cook has dedicated herself to make MediLodge the best it can be; for staff, family, community members and residents. Her

“can-do” attitude and willingness to help her fellow team members makes her everyone’s go-to – she’s not afraid of any task. Natasha works hard to welcome every new patient, family and employee, and knows almost every single employee and resident by name.

Natasha strives to make each day better than the last, both personally and professionally; to achieve new goals, set new standards, and to crush new challenges. MediLodge is truly grateful to have her as part of our team. Natasha has been responsible for successful facility events such as trick or treating for the community and the staff Christmas party – and as always with any event or task, Natasha worked endless hours to ensure that each event was a success and that it effectively showcased to show our appreciation for the residents, family members, staff, and community.

Natasha is a wife of ten years to her husband Rob, and has two sons 15 and 12, Karter and Karson, and a 9-year-old daughter, Starrlynn. Natasha loves spending time with her family and supporting her kids in any venture they take on. Whether it’s going to her son or daughter’s basketball games or going to her daughter’s cheer competitions; she never stops supporting the people she cares about.

“She continues to do what’s right in her heart, for the residents, facility and staff – even when it’s a hard choice. People come to her because they know Natasha will advocate for them and she’ll get the job done - even if it isn’t her own,” Becca stated.



Testimonial

I came here because I was in a car accident and my leg was broken. I couldn’t go home due to my injuries. The therapists helped me walk again and regain my strength. While I was here, I lost my balance and fell, but the therapist helped me increase my balance and safety, so I could get back home independently with everything I needed.— Eric B



Meet our February Employee of the Month Kim Molitor!

Kim is our fulltime receptionist and has only been with us a short period of time but always goes above and beyond of her duties.

Kim always brings smiles to our residents and staff and everyone notices when she's off or not in the building.

Kim stated "I love my Job!" I have the best co-workers who have become great friends. I love the residents and enjoy meeting and building relationships with their families when they come in to visit. Kim also stated I just love helping the residents and being here for any one of them that may need me! Outside of work Kim loves spending time with her family. Kim has 3 children, 2 daughters and a son. Kim stated "They are my heart and soul!" Kim says her grandson Liam and her two nephews Michael and Joey are the reason's she keeps going. "They bring smiles to my face, love to my heart and purpose to my life."

Thank you Medilodge of Howell for picking me as the Employee of the month. This shows that hard work pays off and there is always someone who notices everything you do!



March is Nutritional Month: Nutrition Needs in the Golden Years

As we age, we need fewer calories—about 10% less per decade from age 50 onward—but not necessarily fewer nutrients. With our bodies' own natural antioxidant systems losing steam, we need to increase our intake of antioxidant-rich fruits and vegetables like artichokes, blackberries, blueberries, broccoli, brussels sprouts, cranberries and dried plums.

Because of this calorie-nutrient paradox, it's more important than ever to choose foods with care, opting for a nutrient-dense diet and avoiding empty-calorie snacks. Fiber, for example, is a macronutrient that too many seniors get too little of. Top sources of healthy fiber include navy beans, oats, raspberries, oranges and green peas.

Protein is another macronutrient seniors need but 60% fail to consume in adequate amounts. The body's ability to absorb vitamin B-12 declines with age, and salmon is a great choice as a two-for-one protein and vitamin

B-12 source. As a bonus, salmon, sardines, albacore and flounder are good sources of omega-3 "healthy" fats that help boost memory power.

Another nutrient for your noggin is niacin. In a four-year study of 800 seniors, those with the highest intake of niacin—also known as vitamin B-3—had an 80 percent lower risk of developing Alzheimer's.

Of course, what's acuity without agility? Help reduce the risk and alleviate symptoms of joint pain by losing any excess weight. Specific foods for joint health include cherries and pineapple, both of which contain compounds that may inhibit inflammation.

Diminished sense of taste and smell, also a part of aging, may incline you to coat your food with salt at the precise time when blood pressure concerns should suggest limiting sodium intake. Instead of reaching for the salt shaker, try herbs and spices to add extra flavor.

Large Print Books Make Reading Easy during Reading Month and Save Your Vision Month

There really is nothing quite like curling up with a fascinating book! For some people, however, reading is a bit more challenging because of vision difficulties. Large print books offer a fantastic solution. They can be read comfortably without having to worry about eye strain.

The text in most reading material is pretty small. It's designed this way to pack the most punch into the fewest pages. Seniors often use reading glasses in order to see smaller print. As our eyes age, it becomes a little more difficult to clearly focus on small objects. This can be discouraging for someone who finds solace in reading.

Books that have a larger size font can allow some seniors to regain their joy in reading. There's no more straining or shifting the light in the room in order to read the books they want to read. Many new titles are now being released in this format, which is great news for anyone who has trouble reading standard size text.

Another great option that is gaining popularity is e-readers. Not only because the text size and fonts can be adjusted, but because e-readers are lightweight, portable, and most of all, there is an endless collection of titles available to instantly download with the tap of a finger.

Now more than ever, there's no excuse for not reading. With many best-sellers and classics available in large-print or electronically, you'll never again miss out on a next best how-to book, page-turning novel, or thriller.



MEDILODGE OF HOWELL

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www.medilodgeofhowell.com



www.facebook.com/medilodge

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.



Newsletter Production by PorterOneDesign.com

March 21 is Quilting Day: Make an Easy Quilt

Start by cutting a cotton fabric into a 6-inch square. Fold this piece over to make a triangle with the wrong side of the fabric out. Then sew each side but leave a one-inch gap. Turn the triangle piece inside out. With a knitting needle, place one nylon stocking into one-inch gap. Distribute the stuffing evenly. Make more of these triangles and stitch them together to form a square in your desired size. To finish the quilt, use a wide fold bias tape on the edges.

March – 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!

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

Word List

- BUTTER
- DIABETES
- FIBER
- FLOWER
- GOLDEN
- GRAMMAR
- JELLY
- LARGE PRINT
- LTC
- NUTRITION
- PEANUT
- PROTEIN
- QUILT
- READ
- VISION