



National Occupational Therapy Month

Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.

These services may include:

- ♦ Offering seniors who are recovering from a stroke ways to resume independence
- ♦ Helping seniors recovering from injury to regain skills necessary to return home
- ♦ Providing support for seniors experiencing physical and cognitive changes

Information taken from www.aota.org.

News from Activities

Hello everyone the Activities department is thinking ahead to the spring and summer months and we are asking for donations of wild bird seed and suet cakes for our outside bird feeders. Many residents enjoy watching the birds and a few of them enjoy helping to fill these feeders. Your donations to the activities department will help make our residents very happy! Hope everyone has a Happy Spring!

Thank You,
*Jennifer, Eric and
the Activity Team*



Meet our March Employee of the Month Corey Strange!

Corey has been nurse for two years now and has been a nurse at MediLodge of Howell for one year. Corey's first CNA job was here at Medilodge of Howell back in 2012.

Corey has an eight-year-old son named Cole and golden retriever named Leo. She loves and adores them both! Corey said one of their favorite things to do is lakin' and soaking up the sun in the summer! Corey stated "I'm thankful for my job here and for having such great coworkers and residents!"



If you see Corey make sure to congratulate her, she is a huge asset to our team and caretaker for our residents!

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.

Traditional Easter Symbols

While some Easter symbols are widely known, a few are not:

Easter Bunny – The hare is one of the most adorable and well-known symbols of Easter. Children wait to catch a glimpse of him hopping to their house with a basket full of goodies.

Easter Candles – In the Christian faith, white candles are lit on Easter Sunday and for the next forty days to symbolize Jesus's return to life. They are usually extinguished on Ascension Day.

Easter Lily – Gorgeous when blooming, this white flower represents purity.

Hot Cross Buns – This pastry was originally baked in England and served as traditional breakfast on Good Friday. They are so named for the icing across the top of the bun in the shape of a cross. If you kept a hot cross bun from one Good Friday to the next, it was thought that you would have good luck all year long.

Have a happy Easter on Sunday, April 12!



Stress Awareness Month

Learning to cope with stress is important. Here are a few ways to relieve stress.

Organize and clean your home and workspace. Place everything in a designated place and label it, so you will be able to find items when you are looking for them. This is a great way to keep your life in order and lessen your stress and anxiety.

Fix your posture. When people slouch, they may not receive as much oxygen to the brain and that can make them stressed. Having and maintaining good posture can help you keep your stress levels down.

Identify your stress. Try keeping a stress journal. Each time you find yourself feeling stressed out, make a note of it in your journal. Record what happened, how it made you feel and how you responded to the situation.

Try meditation. Meditating helps relax your muscles and your mind. Studies show that regular meditators have much more activity in the left pre-frontal cortex: the area of the brain that is associated with feelings of joy and calmness.

Go to bed an hour earlier. Naturally waking (before an alarm) may provide a relaxing feeling. By going to bed earlier, you may feel refreshed and ready to take on the next day.

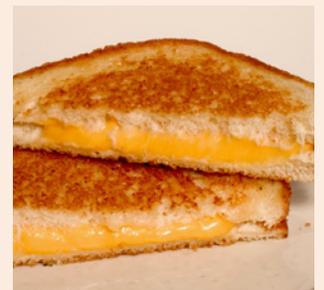
Face your problems head on. This is extremely important because issues that are causing stress may not go away and postponing or avoiding them may only make the issues worse with time.

Exercise. If you find that you are under stress from your job or personal situation, regular exercise can help you feel better. Taking a long walk, going to the gym, dancing or doing yoga are all forms of exercise that can help you feel less stressed.

Stress is a universal problem in society, but with effective coping mechanisms, it doesn't have to ruin our mental and physical health. Use these tips as a way of stopping stress in its tracks, so that you can enjoy life more and stress less!

What makes the perfect grilled cheese?

Grilled cheese has been a popular lunch choice for generations, and variations on this simple sandwich can be found depending on where you are in the world. While American or cheddar cheese are the popular choice for this treat in the United States, some parts of Europe prefer Swiss or Gouda cheese to fill their bread slices.



There are also a number of additions that can go into making a grilled cheese sandwich, like ham, bacon, tuna salad, tomato, scrambled eggs, herbs and spices, or sauces like ketchup or mustard. Many Canadians enjoy dipping their sandwiches in ketchup or applesauce, while people in the United States tend to prefer their sandwiches with tomato soup.

Three Ways to Become a Super Person



Have you seen the billboard with Christopher Reeve with the caption “Superman” underneath it? You might remember him for his timeless portrayal of Superman, but did you know after a life-changing accident, he led a tireless crusade on behalf of the disabled? Here are some of the qualities that made him so strong on and off screen:

Courage. Most of us shy away from a challenge. Maybe we don't like confrontation, or maybe we just want to take the path of least resistance. No matter how we may try to avoid it, there comes a time when we, individually, must face our deepest fears. It could be accepting a job that moves you halfway across the country. Or walking out on a relationship that should have ended years ago. Whatever is keeping you from enjoying your life needs to be examined, evaluated, and conquered. No one's going to do it for you. Be brave.

Optimism. Ever hear the old glass half full/half empty analogy? Well, it's true. You have a 50/50 chance of being positive or negative. Which side do you find yourself on most of the time? Negative thinking may be a very hard habit to break, but the good thing is, it can be remedied. How? Speak positively. Act positively. Consciously replace negative self-talk with compliments and uplifting messages that you can tape to your mirror and day planner. Before you know it, you hopefully will begin to think positively as a new habit. Action precedes attitude. A good attitude is contagious, so surround yourself with people who are upbeat and encouraging.

Self-determination. Where do you see yourself in one year? Five years? 15 years? A person without a goal is like a bus without a driver. Don't let limitations, either real or perceived, keep you from your objective. Don't listen to naysayers, even if at times you think they must be right. If something is important to you, stick with it. You will be amazed at what you can do!

There is a bit of a superhero in all of us. Sometimes, it takes an unexpected event to bring that hero out. And sometimes, all it takes is a courageous first step.

HONORING OUR HEROES ON SUPERHERO DAY



First celebrated in 1955, National Superhero Day is observed each year on April 28. On this day we honor both fictional and real superheroes, who serve and protect while fighting evil.

Fictional superheroes gained popularity in the 1930s and 40s with the debut of comic book characters including Superman, Batman, Wonder Woman, and Captain America. Many of these characters featured “superpowers,” such as the ability to fly, see through walls, become invisible, or move objects using only their mind. If you could have a fictional superpower, what would it be?

These comic book heroes are still very popular today – over the last 12 years, superhero movies from Marvel Studios have grossed over 22 billion dollars worldwide!

Real-life superheroes may not wear capes, but they risk their lives each day to protect us. These brave first responders can include police officers, firefighters, emergency medical technicians, and members of the military. Please join us in honoring them on April 28!



MEDILODGE OF HOWELL

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www.facebook.com/medilodge

Your Friendly Staff

<i>Administrator</i>	Ruth Higgins
<i>Co-Administrators</i>	Cindy Kemeter
<i>Director of Nursing</i>	Jennifer Larner
<i>Social Services</i>	Emily O'Brian
<i>Admissions</i>	Natasha Cook
<i>Accounts Receivable</i>	Marge Boss
<i>Director of Dietary</i>	Carol Dorr
<i>MDS Coordinator</i>	Kristie Kissel
<i>Activity Director</i>	Eric Snyder
<i>Staff Development</i>	Darren Frakes
<i>ReVitaLodge Salon</i>	Shelly Fulton Tammy Sorby
<i>Therapy Director</i>	Lindsay Desmet
<i>Environmental Services & Laundry Dir.</i>	Rich Wallace
<i>Maintenance</i>	Jim Badami



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



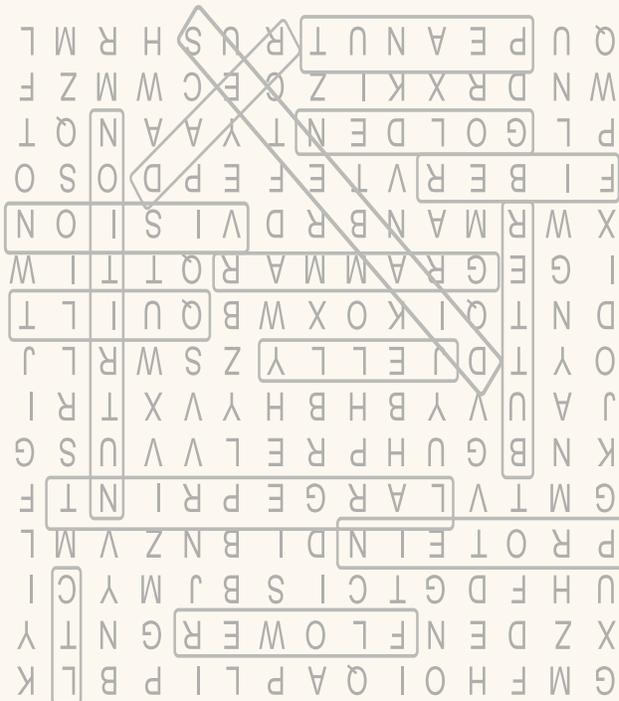
Newsletter Production by PorterOneDesign.com

April – 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!

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

See solution in the May newsletter!



MARCH SOLUTION PUZZLE

Word List

- CHEESE
- COURAGE
- DETERMINATION
- EASTER
- EGGS
- LILY
- MEMORY
- OPTIMISM
- RELIEF
- SCRABBLE
- STORY
- STRESS
- SUPERHERO
- THERAPY
- VOLUNTEER