




Upcoming in October

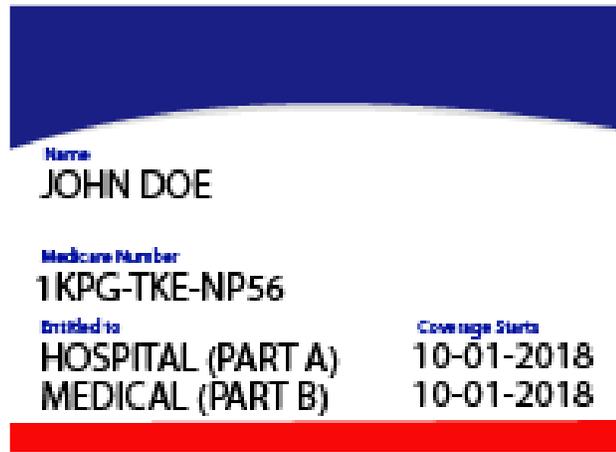
**Breast Cancer
Awareness Month**

Sweetest Day
OCTOBER 20TH

Halloween
OCTOBER 31ST

Open Enrollment

Medicare Open Enrollment is October 15 through December 7. Medicare health and drug plans can make changes each year – things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. (www.cms.gov)



Name
JOHN DOE

Medicare Number
1KPG-TKE-NP56

Entitled to	Coverage Starts
HOSPITAL (PART A)	10-01-2018
MEDICAL (PART B)	10-01-2018

New Medicare Cards

All Medicare recipients should be receiving new Medicare cards (with a new Medicare number).

If you received a new

card for one of our residents – please bring in the new card so we can make a copy for our records. We need the new card to put the new number in our computer system. If you have any questions about your Medicare card, please contact our Business Office Manager, Shawn Schnitker (*ext 214*).

ZENSATIONAL

WELLNESS AT MEDILODGE OF LIVINGSTON

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.



Happy Birthday

Esther G turned 102 on September 22. We had a special recognition of her birthday on that day and had friends and family stop by and wish her a very Happy Birthday.



Happy Birthday!

Residents

Robert P	Oct. 05
Ann D	Oct. 07
Keith C	Oct. 08
Barbara L	Oct. 10
Lewis W	Oct. 10
Jennifer R	Oct. 13
Jack G	Oct. 18
Gilbert M	Oct. 21
Susan D	Oct. 22
Davette L	Oct. 23
Shirley S	Oct. 26
Sally M	Oct. 31

Staff

Kari Burrows	Oct. 8
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Staff Anniversaries

We are excited to celebrate anniversaries with all our staff. Each day we are together is special – our staff works together to take great care of our staff.

Darlene C., CNA	Oct 4 – 17 years
Earline H., CNA	Oct 5 – 31 years
Marine C., RT	Oct 20 – 3 years
Kelly S., RT	Oct 20 – 3 years



October is Physical Therapy Month: At-Home Physical Therapy Exercises

Physical therapy exercises are intended to restore strength and endurance, increase range of movement, and also improve balance and coordination. To increase the effectiveness, physical therapists use physical therapy exercises treatment along with external stimulations such as heat, coldness, ultrasound, electricity, infrared or UV light, traction, water, and massage. All are applied externally to a specific area, or internally, in order to relieve pain or reducing swelling.

A major factor to assure the success of the exercise methods is to consistently perform them correctly. As long as properly prescribed, physical therapy exercises are the most effective method for treating certain injuries or restoring basic functions.

Physical therapy exercises performed during office visits alone is inadequate. For quick recovery, physical therapists also teach patients how to exercise at home. Here are some examples of physical therapy exercises to do at home:

Sitting Stretch: Sit on the floor

with a towel around one of your outstretched feet (or around one bent knee.) Pull the foot towards your body (or the knee upwards) to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Standing Wall Push: Position your body against/ facing a wall with one foot behind slightly lunging. Hold the heel down while gently pushing your hands towards the wall to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Tightening Legs Over a Ball: With one knee bent over a ball, straighten the knee by trying to tighten the muscle on your upper thigh. Be sure to keep the bottom of your knee on the ball. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Note that the repetitions and frequency of the exercises may be modified by you or your physical therapist. If you are ever unsure of a movement above be sure to ask your PT to ensure the movement is safe and works for you!

National Fire Prevention Week

October 7– 13th

In the U.S. alone, there are more than 500,000 residential fires every year that are serious enough to require a call to the fire department. Stay safe with these fire safety tips:

Plan an Escape Route – If a fire does break out, you must get out fast. Being awakened by a smoke alarm at 2:00 a.m. is not the time to have to think through how to get to safety. You must plan ahead.

Beware of Smoking – The leading cause of fire deaths is careless smoking. Cigarettes can smolder under and around upholstered furniture unnoticed only to ignite into a full blaze minutes later.

Take Care Cooking – Never leave your cooking unattended. To avoid accidental spills of hot oil or boiling water, be sure

the handles of pots and pans are turned inward on the stove so they can't be bumped or grabbed by anyone.

Space for Space Heaters – Whether electric, kerosene or some other fuel, space heaters need *space*. They should be kept at least three feet away from anything that can burn. Never leave them unattended when you leave home.

Use Electricity Carefully – Promptly replace cracked or frayed cords on appliances. If an appliance sparks, smells or smokes, unplug it immediately and have it repaired or replaced. An all-too-common cause of electrical fires is the improper use of extension cords. Never run extension cords under rugs and never use an extension cord to overload a circuit.

October 14th is National Dessert Day!

A "dessert" is a meal course that usually comes after dinner. Most often dessert foods are of sweet food but can also be of a strongly flavored food, such as cheese cake. The world dessert comes from the Old French word "*desservir*", which means 'to clear the table'. Often times in the English language dessert is confused with the word desert (note only one "s"). A simple way to remember the difference in spelling is: *Dessert has an extra S, because everyone always wants an extra slice of cake.*

It wasn't until after the 19th-century when the rise of the middle class, and the mechanization of the sugar industry, brought the privilege of sweets into the general public. This was because sugar became cheaper

and more readily available to the general public. As sugar was widely spread, so was the development and popularity of desserts.

In today's culture, dessert recipes have become a popular item for discussion, as they are a way to win people over at the end of any meal. This is partly because if you serve a mediocre meal but with an excellent dessert, people will remember you for the dessert and may forget about the meal.



October is Breast Cancer Awareness Month

What is breast cancer? Breast cancer occurs when cells in our breast grow out of control creating tumors that cause damage to the nearby tissues. The tumors which are cancerous are known as malignant tumors and can cause a lot of damage to the body.

Breast cancer has always been a dreaded disease, but in recent years things have changed. With the increasing knowledge about cures and treatment, breast cancer can usually be easily treated, but early detection is key to prevention. Research has shown by the age of 20 everyone should start doing Breast Self Examination (BSE). This method is one of easiest and earliest ways of detection. Doctors usually recommended to check yourself at least once a month. A clinical breast exam by your physician should be done at least once a year. Depending on the age of the patient or results from your physician, they may recommend or require mammogram.

Some of the signs to look for while doing BSE:

- A lump found in and around the nipple or underarm
- Change in size or shape
- Nipple discharge or nipple turning inward
- Redness of skin or warmth
- Formation of dimple or change in skin texture

When in doubt, schedule a visit with your physician.



MEDILODGE OF
LIVINGSTON

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www.facebook.com/medilodge

Your Friendly Staff

Administrator	<i>Michael Maddox</i>
Director of Nursing	<i>Kari Burrows</i>
Asst. Director of Nursing	<i>Sarah Harris</i>
BOM	<i>Shawn Schnitker</i>
HR Manager	<i>Nancy Meade</i>
Social Worker	<i>Hailey Sewell</i> <i>Siobhan Click</i>
Admissions	<i>Inetta Smith</i>
Case Manager	<i>Chelsea Parks</i>
Dietary Manager	<i>Tiffany Price</i>
Dietician	<i>Tara Cook</i>
MDS Coordinator	<i>Debra Brown</i>
Activity Director	<i>Bronwyn Kershaw</i>
Staff Development	<i>Kelli Williams</i>
Respiratory Therapy Dir.	<i>Bobbi Pearce</i>
Medical Records	<i>Deborah Potter</i>
Physical Therapy Director	<i>Allen Zirkle</i>
Maintenance	<i>George Urbin</i>
Housekeeping Director	<i>Jennifer Parker</i>
Central Supply	<i>Michelle Liddell</i>



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October – 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!



Word List

- BRAIN
- CANCER
- DESSERT
- FIRE
- HALLOWEEN
- PREVENTION
- PUMPKIN
- PUZZLE
- SLEEP
- SPIDER
- STRETCH
- SUDOKU
- SUGAR
- THERAPY
- WALK