



MEDILODGE OF
LIVINGSTON

NEWSLETTER

3003 W. Grand River Ave. Howell, MI 48843 ▪ P: 517.546.4210 ▪ www.medilodgeoflivingston.com ▪ December 2018



K-Night visits Medilodge of Livingston

The Prestige K-Night visited the Livingston vent unit. He was introduced to our Respiratory Unit Director, Bobbi Pearce, and the new Executive Director of the Howell Chamber, Janelle Best.



ZENSATIONAL

WELLNESS AT MEDILODGE OF LIVINGSTON

zen•sa•tion•al noun /zen'sāSHən/

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.

Christmas is Coming !

We will be having our annual Christmas Party on December 14th at 2 pm. Family is welcomed to come. We are asking that family and/ or guardians please provide at least 2 prewrapped gifts with their lodger's name on them(*these gifts are for your own resident*).

They need to be at the Medilodge no later than December 7th, a friendly reminder will be coming in the mail to you! Any questions please contact Bronwyn Kershaw in the Activity Department.





Happy Birthday!

Residents

Doris G	Dec 7
Cheryl J.	Dec 10
Charles S.	Dec 21
Cedrick B.	Dec 29

Staff

Ashley McNutt	Dec 21
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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.

Jacqueline Huff, LPN	Dec 2 – 33 years
George Urbin, Maintenance	Dec 8 – 3 years
Catherine Dingman, RT	Dec 22 – 3 years
Bronwyn Kershaw, Activities	Dec 27 – 2 years

Be Sure To Wash Your Hands!

December 3-7, 2018 is National Hand Washing Awareness Week and, according to the Centers for Disease (CDC), “the most important thing you can do to keep from getting sick is to wash your hands.”

Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry)

you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

The CDC recommends you should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet waste, food or treats
- After touching garbage



PALM TO PALM



FINGERS INTERLACED



BACK OF HANDS



BACK OF FINGERS



BASE OF THUMBS



FINGERNAILS



WRISTS

Info taken from cdc.gov

Red Cross Blood Drive

December 28 – come and join us for our blood drive. All donors will receive a thank you from the Red Cross and a special gift from us. We all know the urgent need for blood in our community. The Red Cross is always looking for donors and volunteers to help with blood drives. Find out all the ways you can help at www.redcross.org

Keep Your New Year Resolutions

What makes January 1st such a special time to make a change in our lives, and why can it be so *difficult* to maintain that change?

There are a number of key reasons that apply to some, if not all, of the broken resolutions.

- We are not being realistic when we make the commitment.
- Everyone breaks New Year's Resolutions, so why shouldn't we?
- January is wet, miserable and cold (or hot and sunny depending on where you live) and the weather can affect our mood and desire to achieve.
- The friends we tell our resolutions to on New Year's either can't remember or are too busy breaking their own resolutions to help motivate us.

So how can we make changes that are lasting in our lives? Here are a few positive steps we can all take to help us make permanent changes:

- Choose a day and time in the very near future and make that your 'change my life plan' day – don't wait for New Year's.
- Tell as many people as you can about your plan and tell them you want to stick to it. It is much easier keeping a commitment you have made to others than just to yourself.
- Set your goal or plan in achievable, measurable steps – try and change the world in a day and you are destined to fail!
- Choose a 'looking forward' plan where you focus on what you want to achieve, not what you want to avoid.

As we head towards the New Year, let's enjoy the celebrations and make lasting change in our lives!



Holiday Activities Planned for December

Dec 4 – Ice cream social for staff and lodgers

Dec 7 – Our lodgers' monthly birthday party

Dec 8 – Scrapbooking with Tina

Dec 10 – Howell Public Library – Pop-up Library

Dec 14 – Lodger Christmas Party with the Oak Grove United Methodist Church Bell Choir ... and Santa!!

Dec 16 – the "Poured Out" Christmas Carolers

Dec 31 – New Year's Eve Party with ... ELVIS!!!

The Beauty of the Holidays

The beauty of the holidays is the gift to slow down, reflect on what's important, and remember that our lives are valuable and worth being fully enjoyed.

So, before the next holiday approaches, plan a party, and gather friends and family. Carve out time for a totally relaxing and fun day together. Organize a game-night, a trip to the movies, or stay in to watch your favorites at home. Even a dinner with some close friends can be enough to warm the spirit on a cold winter night. Make a commitment now and embrace your winter holidays. You won't be sorry, and you just might make a tradition of it!





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www.facebook.com/medilodge

Your Friendly Staff

Administrator	Michael Maddox
Director of Nursing	Kari Burrows
Asst. Director of Nursing	Sarah Harris
BOM	Shawn Schnitker
HR Manager	Nancy Meade
Social Worker	Hailey Sewell Siobhan Click
Admissions	Inetta Smith
Case Manager	Chelsea Parks
Dietary Manager	Tiffany Price
Dietician	Tara Cook
MDS Coordinator	Debra Brown
Activity Director	Bronwyn Kershaw
Staff Development	Kelly Kotecki
Respiratory Therapy Dir.	Bobbi Pearce
Medical Records	Deborah Potter
Physical Therapy Dir.	Christine Wedeskye
Maintenance	George Urbin
Housekeeping Director	Matt Greider
Central Supply	Michelle Liddell
Unit Manager	Andrea Robinson



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December – 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

- CHEER
- COCOA
- COLD
- COMMUNITY
- CRAFTS
- FAMILY
- HOLIDAY
- PILATES
- RESOLUTIONS
- SKIN
- SLEEP
- SOAP
- WASH
- WINTER
- YOGA