



MEDILODGE OF  
LIVINGSTON

# NEWSLETTER

3003 W. Grand River Ave. Howell, MI 48843 ▪ P: 517.546.4210 ▪ [www.medilodgeoflivingston.com](http://www.medilodgeoflivingston.com) ▪ January 2019



## Holiday Celebrations

A special thank you to all staff, lodgers, friends and families who helped and participated in our Family Holiday Dinner and our Christmas party. We welcomed Santa and had great fun with our lodgers and presents.



## 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 New Year



*Happy New Year from the Management Team! We thank our lodgers and family and friends for helping us have a great year at Medilodge of Livingston. Through a year of construction and changes, we have all enjoyed great care and great teamwork. We are looking forward to a wonderful 2019!!*



## Happy Birthday!

### Residents

Emma K	Jan 02
Walter P	Jan 03
Donna C	Jan 04
Dixie B	Jan 04
Raymond R	Jan 05
Randy H	Jan 13
Fred F	Jan 15
William H	Jan 23

### Staff

Eliza Pelep	Jan 04
Maree Craine	Jan 06
Kalvin Bruner	Jan 14
Shannon Zinkel	Jan 24

## 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.*

Claire Campbell, CNA	Jan 16 – 1 year
Ashly McNutt, CNA	Jan 16 – 1 year
Kristine Spisz, CNA	Jan 16 – 1 year
Alexandra Wiles, Receptionist	Jan 29 – 4 years
Sarah Harris, ADON	Jan 30 – 1 year

# How to Fight the Effects of Aging

Like any battle, the fight against aging is best fought on several fronts simultaneously.

## Get Up and Get Moving

Exercise is the key to a healthy life if you're eight or 80. A brisk 30-minute walk every day is a step in the right direction. Take friends along or bring a dog for company. It also may help with motivation. Even those unable to walk may still get some exercise while stationary through repetitive movement exercises.

## Eat Smart

The right kind of foods in the right quantities may do wonders to stave off the aging process. Plenty of fruits and vegetables, particularly the most colorful ones, which tend to be rich in nutrients, are important. Keeping your total fat intake down is important too; saturated fats in particular. Read food labels and substitute saturated fat in the diet for complex carbohydrates like starch and fiber.

## Busy Body, Busy Mind

Exercise keeps the body working, but a flexible mind is just as important. The more occupied the mind stays, the more its cells are stretched, and the better shape it stays in. Start tackling the daily crossword and read the rest of the newspaper while you're at it. Take up a hobby, keep busy and give

yourself things to look forward to.

## Laugh Loud, Live Long

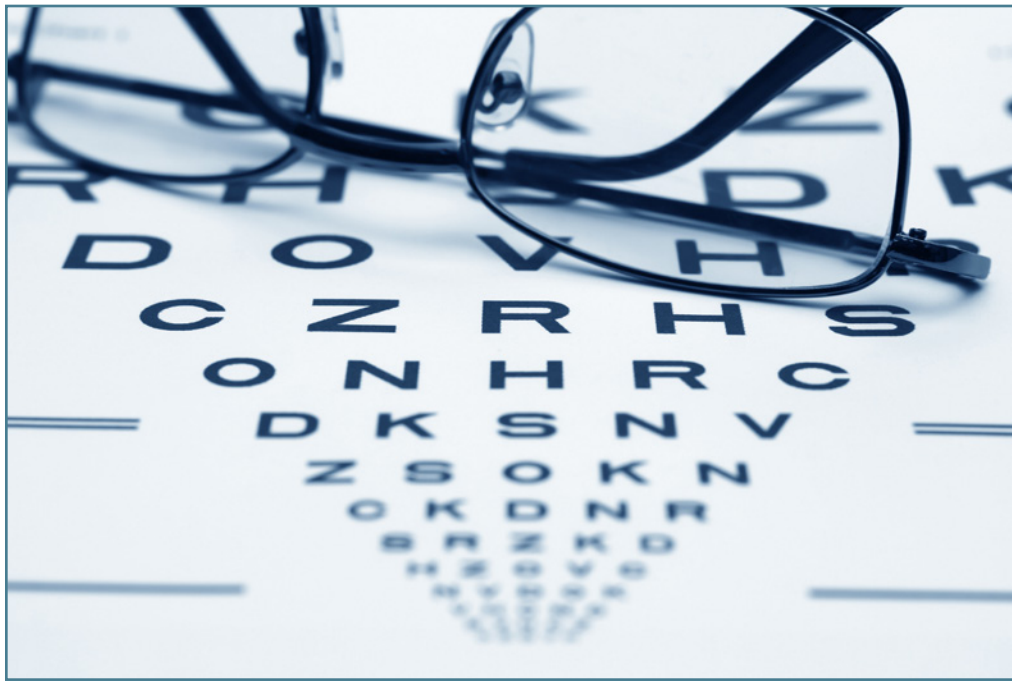
It's the best medicine, it keeps you young, it's birthed a thousand clichés, but there's no getting around it – laughing feels good and that can't be bad. Watch a comedy, read a book of humorous fiction, share some jokes, get together with friends and reminisce about the good old days. Whatever gets you laughing keeps you young at heart, which is a good thing physically and emotionally. Smiling makes you look younger, too.



## National Activities Professional Week

**January 20-26, 2019 is National Activities Professional Week, where we recognize our Activity Directors who plan and schedule a variety of fun and engaging events, outings, activities and entertainment. Please take a moment during this week to let our Activities Professionals know how much we appreciate them!**





## Keeping an Eye on Vision Health

Doctors say maintaining vision health can be especially important as you age. Fortunately there are multiple ways to keep your eyes healthy. Try these tips:

1. **Quit smoking.** If you smoke, you're much more likely to develop age-related macular degeneration, or AMD, than nonsmokers. AMD is one of the most common causes of blindness in those over 65. While there are some ways to slow its progression, there is no cure.
2. **Wear sunglasses and a wide-brimmed hat when you're in the sun.** These two simple steps can reduce your exposure to eye-damaging UV rays.
3. **Watch your weight.** Being overweight is a major risk factor for developing Type 2 diabetes. Diabetic retinopathy is one of the leading causes of blindness in those under 65.
4. **Eat your spinach.** Spinach is a rich source of lutein and zeaxanthin, powerful antioxidants that can reduce the risk of certain eye diseases, like AMD. Other good sources include any kind of leafy green vegetable such as collards and kale, as well as eggs and orange-colored fruits.
5. **See your eye care professional for a full vision examination at least once every two years.** Go more often if you have diabetes or any other eye-related condition.
6. **Change your eye makeup every three to six months.** It becomes contaminated with bacteria and can infect your eye.
7. **Don't fall asleep in your daily wear contact lenses.** In fact, don't ever wear them longer than they're designed to be worn.

## Activities Planned for January 2019!

Jan 12 – Maria's Dance Studio coming to entertain our Lodgers

Jan 19 – Scrapbooking w/ Tina

Jan 28 – Dollar Tree bringing in their portable store

Jan 31 – Chico's visit



## National Glaucoma Awareness Month

January is National Glaucoma Awareness Month, but what is glaucoma?

Glaucoma is an eye disease that causes people to gradually lose their sight. There is no cure and vision loss is permanent. Over 3 million people in the United States currently suffer from glaucoma – it is a leading cause of vision loss in the U.S.

Seniors are especially at risk for glaucoma, along with anyone who has a family history of the disease.

Early detection is important for slowing the progress of glaucoma, along with medication or surgery.

For more information about glaucoma awareness, please visit [glaucoma.org](http://glaucoma.org).



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## Your Friendly Staff

Administrator	<i>Michael Maddox</i>
Director of Nursing	<i>Kari Burrows</i>
Asst Director of Nursing	<i>Sarah Harris</i>
Business Office Manager	<i>Shawn Schnitker</i>
Human Resources Manager	<i>Nancy Meade</i>
Social Worker	<i>Hailey Sewell</i>
Social Worker	<i>Siobhan Click</i>
Case Manager	<i>Chelsea Parks</i>
Admissions Director	<i>Inetta Smith</i>
Physical Therapy Dir.	<i>Christine Wedesky</i>
Respiratory Therapy Dir.	<i>Bobbi Pearce</i>
Dietary Manager	<i>Tiffany Price</i>
Dietician	<i>Tara Cook</i>
Maintenance Director	<i>George Urbin</i>
Housekeeping Director	<i>Matt Greider</i>
Staff Development	<i>Kelly Kotecki</i>
Unit Manager	<i>Jackie Cool</i>
Unit Manager	<i>Kim Milanowski</i>
MDS Coordinator	<i>Kim Banchoff</i>
Activities Director	<i>Bronwyn Kershaw</i>
Medical Records	<i>Deborah Potter</i>
Central Supply	<i>Michelle Liddell</i>



Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)

## January – 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

- ACTIVITY
- AGING
- BLOOD
- CONFIDENCE
- DONOR
- ENGAGE
- EYES
- GLAUCOMA
- JANUARY
- MIND
- RESOLUTION
- SMART
- SOUP
- VISION
- WARM