



MEDILODGE OF  
LIVINGSTON

# NEWSLETTER

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



*Happy  
Valentine's Day  
February 14<sup>th</sup>*

*Medilodge Rehabilitation & Wellness Centers*

## NOW HIRING

*JOB FAIR / Sign-on Bonus*

**Jan 28- Feb 1**  
**10am - 5pm**

**New Wage Scale Based on Experience!!**

- CNA's starting at \$14/hr (full time)
- LPN's starting at \$23.50/hr (full time)
- RN's starting at \$31/hr (full time)
- **Part Time/Full Time** Needed now!
- **ALL Departments ...** Respiratory Therapy, Activities, Dietary, Housekeeping ... are hiring NOW

***Recover . Rejuvenate . Revitalize . Return Home .***

### 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.



MediLodge of  
Livingston  
3003 W. Grand River  
Rd. Howell, MI 48843



Nancy Meade  
w/questions  
517-546-4210

Submit resume online or in person.  
[www.MediLodgeofLivingston.com](http://www.MediLodgeofLivingston.com)



## Happy Birthday!

### Residents

Nancy M Feb 2

Diana W Feb 6

Melvin S Feb 19

Zadra R Feb 20

### Staff

Caleigh B Feb 5

Kristen L Feb 16

Amanda H Feb 18

## 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.*

Kathleen Henry  
Feb 2 – 14 years

Amanda Hallbert  
Feb 12 – 3 years

Kalvin Bruner  
Feb 13 – 1 year

Chelsea Lakatos  
Feb 13 – 1 year

Hailey Sewell  
Feb 13 – 2 years

Kathleen Brough  
Feb 17 – 3 years

**Go Red For Women** – February is American Heart Month, and the American Heart Association’s signature women’s program, Go Red for Women, is designed to increase women’s heart health awareness and help improve the lives of women around the world. Learn more about how you can help raise awareness at [www.goredforwomen.org](http://www.goredforwomen.org).

## Random Act of Kindness Day is February 17

Kindness is a generosity of spirit. It comes to life when we give of ourselves and our time to help others, without expecting anything in return. When you show kindness to someone, you bring out the best in yourself.

**Pay attention to the impact your behavior has on others, and notice your own feelings in association to their reactions.** Think about how you feel when somebody else shows you kindness. What you give may come back to you in even greater quantity.

**It is so easy to find ways to be kind to others: say something supportive when you feel someone needs to hear it; offer help without being asked for it; smile encouragingly; swallow your criticisms; listen without judgement;**

**let mistakes slide instead of assigning blame; make small sacrifices for the benefit of somebody in greater need.**

Don’t forget to be kind to yourself as well. You may run out of steam and feel less able to show kindness to others if you don’t replenish your own mind, body and spirit on a regular basis.

Being kind to yourself means getting your needs met; being gentle with yourself instead of critical when you feel you’re not performing at your best; and forgiving yourself when the need arises instead of beating yourself up.

**When you get into the habit of treating yourself with kindness, it becomes much easier to extend that consideration and behavior to others.**

## Chocolate and Heart Health: Fact or Fallacy?

Wouldn’t it be wonderful if chocolate and heart health went hand-in-hand? You might be surprised to find out that chocolate isn’t as bad as it was once thought. The fat content in chocolate, derived from cocoa butter contained in premium grade dark chocolate, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. But, stearic and palmitic acids are forms of saturated fat – not so good. Saturated fats are linked to increases in LDL-cholesterol and risk of developing heart disease.

Whether chocolate and heart health do walk hand in hand is still an open topic. In moderation it may not do your heart any harm for a special occasion; however, be sure to watch those calories. But most of all, enjoy it because it tastes so good!



# *National Heart Health Month: Know Your Heart Health*

We all know that keeping up with our heart health is important. We also know that there are a wide variety of factors that cause heart problems, and there are some basic ways to help protect the health of our hearts. What many people do not realize, however, is that key to their heart health may be different than the key to the heart health of others.

It is important that each of us takes the time to learn about our own heart health and to learn about the possible methods of ensuring our heart health in the future.

One of the best ways to become familiar with the needs of your heart is to see a physician. A physician can help you determine not only the current health of your heart, but also give you a better understanding of specific things you can do to help prevent heart attack or heart disease.

For some people, the most significant factor in achieving and maintaining heart health is to change their diet. The foods we choose to put into our bodies affect our heart health in more ways than we know. Eating large amounts of sugar, carbohydrates or processed foods will eventually take a toll on our heart health.

For others, a physician may address exercise and physical fitness habits. Heart health can be significantly altered based upon a person's level of exercise and personal fitness.

**It is never too late to take your heart health seriously. Make an appointment to see your physician today!**

## **Activities Planned for February 2019!**

Feb 11 – Pop-up Library  
& Home Depot

Feb 14 – Valentine's  
Day – special treats

Feb 15 – Mark the Magician

Feb 25 – Dollar Tree  
Store (display in center)

Feb 28 – Chico's Store  
(display in center)

## *Getting to the Heart of the Matter on Health*

Here's some news you can take to heart: Experts say more than 70 million Americans currently live with a cardiovascular disease.

Fortunately, there are practical steps you can take to reduce the health threat posed by heart disease.

According to the Centers for Disease Control and Prevention, much of the burden of heart disease and stroke could be eliminated by reducing major risk factors: high blood pressure, high blood cholesterol, tobacco use, diabetes, physical inactivity and poor nutrition.

For example, studies suggest a 10 percent decrease in total cholesterol levels may reduce the development of coronary heart disease by as much as 30 percent.

Twenty-five years ago, the treatment for heart attacks was simply bed rest. Today, doctors have medicines that can stop a heart attack in midstream as well as other high-tech treatments. Talk to your physician for more information.





MEDILODGE OF  
LIVINGSTON

3003 W. Grand River Ave  
Howell, MI 48843  
P: 517.546.4210

[www.medilodgeoflivingston.com](http://www.medilodgeoflivingston.com)



[www.facebook.com/medilodge](http://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>
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)

## February – 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!

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

### Word List

ACHIEVE  
CARDIAC  
CHOCOLATE  
EDISON  
GENEROUS  
HEALTH  
HEART  
HISTORY  
HONOR  
INNOVATION  
INVENT  
KINDNESS  
PIG  
RED  
VALENTINE