



MEDILODGE OF
STERLING

Recover · Revitalize · Rejuvenate · Return Home
NEWSLETTER

500 School Road, Sterling, MI 48659 ▪ P: 989.654.2496 ▪ www.medilodgeofsterling.com ▪ April 2017



LETTER FROM THE ADMINISTRATOR

Dear Family Member,

We are writing you to inform you of some changes that are taking place here at Medilodge of Sterling. As most of you know we have had the honor of working with Dr. Walter Lang and our Nurse Practitioner Lauren as our in house physicians. They both have done such a wonderful job. Effective 3/17/17 Dr. Lang and Lauren NP will be refocusing their efforts in the metropolitan areas. They have been such a wonderful addition to our Medilodge family and we are grateful to them for the time they have served here in our facility.

With that being said, we are pleased to share with you news about our new physician group that will be serving the residents here at MediLodge of Sterling.

Please join us in warmly welcoming our new team of caring professionals, **The Bay Area Health Clinic Providers.**

- ♦ **Medical Director- Naeem Ahmed, MBBS, MD, FCCP, BS**
- ♦ **Dr. Arekapudi**
- ♦ **Dr. Kamaraju**
- ♦ **Physicians Assistant- Andrew Willson, PA**
- ♦ **Nurse Practioner- Jodie Kelly**

We thank you for this opportunity to share with you these changes. Please contact us with any questions or concerns regarding this information.

Sincerely, *MediLodge of Sterling*

ZENSATIONAL

WELLNESS AT MEDILODGE OF STERLING

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.



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Silly Jokes to Make You Laugh



Knock, knock.
Who's there?
Little old lady.
Little old lady who?
Wow, I didn't know
you could yodel!

**Why did the girl smear
peanut butter on the road?**
A: To go with the traffic jam!

**Why do bananas put on lotion
before they go to the beach?**
A: Because they might peel!

**Did you hear about the
new corduroy pillows?**
A: They're making headlines!

What do you call a fake noodle?
A: An Impasta

**What do you call a pile
of kittens?**
A: A meowtain



What kind of bagel can fly?
A: A Plain Bagel

**What is brown and has a
head and a tail but no legs?**
A: A penny.

**Where do snowmen keep
their money?**
A: In snowbanks!

**What did the triangle
say to the circle?**
A: You're pointless!



The Benefits of Laughter

Is it a funny coincidence that April is both National Humor Month and Stress Awareness Month? Perhaps, but like the old phrase states: laughter is the best medicine, and it's true. Laughter has many positive health benefits, which can counteract the negative affects of stress.

Laughter increases the functioning of the immune system, helping the body to fight off illness and disease. Studies have demonstrated that laughter causes the increased production of catecholamines and endorphins. These chemicals, when released by the brain into the blood stream during laughter, increase feelings of happiness and well-being.

Laughter also decreases the secretion of cortisol as well as the sedimentation rate, and therefore is beneficial in stimulating the body's immune system.

During laughter, the flow of oxygen in the blood increases. Arteries relax, heart rate and blood temperature are lowered, circulation increases and the skin temperature rises. All of these physical responses have a beneficial effect on both cardiovascular and respiratory health.

Laughter has the potential to help speed healing, and increase overall health and well-being, when its benefits are fully realized as a part of a stress management plan.

While the average human being laughs approximately 8 to 10 times daily, a stress management plan which includes laughter as a part of the daily program would include rigorous "laughing" as an exercise to be performed several times throughout the day.

Full belly laughter, which is an involuntary response of the human brain, can be triggered by watching comedies, listening to comedians, telling jokes or just allowing oneself to participate in fun and silly activities.



Earth Day: Reduce, Recycle, Reuse

Earth Day, April 22nd, is dedicated to educating people across the world about the benefits of reducing, recycling, and reusing to save our planet.

- Bring your own bag. Reuse bags and containers. Keep a supply of bags on hand for future shopping trips, or take your own canvas tote bag to the grocery store.
- Choose to reuse. Reach for reusable products such as cloth napkins, sponges or dishcloths instead of paper towels.
- Recharge and renew. Use rechargeable batteries and recycle old batteries to help reduce garbage and keep toxic metals out of the environment.
- Buy smart. Look for long-lasting, energy-saving appliances with the Energy Star label and electronic equipment with good warranties.
- Get crafty. Reuse scrap paper and envelopes. Save and reuse ribbons, tissue paper, gift boxes and even wrapping paper. Save cardboard boxes, colored paper, egg cartons and other items for arts and crafts projects.
- Think thrifty. Donate clothing to charity organizations or sell the items in consignment shops, fairs, bazaars or tag sales. Share hand-me-down clothes with family members and neighbors.



April is Stress Awareness Month

Learning to cope with stress is important for all of us. Here are a few ways to deal with the stress that you might be experiencing.

Try giving whatever is bothering you a number on a scale from one to ten, where one is a minor bump and ten is the end of the world. You'll probably find that most of your daily problems are no more than a five. In other words, they're not worth getting upset about.

Laugh. Laughter is one of the top stress busters. Adults on average laugh less than 20 times a day; children, on the other hand, laugh hundreds of times a day. Is it surprising that adults are more stressed? Watch your favorite comedies, laugh at your pet, and laugh with your children. You'll notice that you don't feel as stressed.

If you feel that you are being overwhelmed with stress and anxiety you should **take some deep breaths**. Deep breathing has been shown to reduce anxiety. It causes you to focus on the way that you are breathing rather than on what's causing you so much anxiety.

Consuming water throughout your day will keep you feeling full, flush your body of harmful toxins, allow your body to focus and concentrate in trying times and lead to you feeling less stressed overall. Aim to drink at least one liter of water each day to maximize your results and to feel less stressed.

Jelly Bean Confetti Cake

Ingredients:

- 3/4 cup jelly beans, cut in half
- 2 cups all-purpose flour, divided
- 1 1/4 cups granulated sugar
- 1 cup butter, softened
- 8 ounces cream cheese, softened
- 1 teaspoon vanilla extract
- 3 eggs
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- Confectioners' sugar
- Vanilla frosting (or your choice)

Directions

Preheat oven to 325°F. Generously grease and flour a 12-cup fluted tube pan.

Lightly spoon flour into measuring cup and level off.

In small bowl, toss jelly beans with 2 tablespoons of the flour; set aside.

In large bowl, beat sugar, butter, cream cheese and vanilla extract until well blended. Add eggs, 1 at a time, beating well after each addition. Add remaining flour, baking powder and salt; blend well. Spoon 1 cup of the batter evenly over bottom of prepared pan. Stir jelly beans into remaining batter, and spoon into prepared pan. Bake for 50 to 60 minutes or until a wooden pick inserted in center comes out clean. Cool in upright pan for 10 minutes. Invert onto serving platter. Cool completely. Top with your favorite frosting and add more jelly beans to decorate!





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Your Friendly Staff

Administrator

Catherine Clark, B.S., RN, NHA

Medical Director

Nacem Ahmed, MD

Attending Physician

Walter Lang, MD

Director of Nursing

Bonita Mattson, RN

Nurse Practitioner

Lauren Kartes, NP

Activity Director

Beth Sanow

Admissions

A-Team

Bookkeeper

Mariann Herek

Dietary Manager

Bob Craig

Environmental Services

Jeanette Lemmer

Payroll Benefits Coordinator

Ashelee Miller

Maintenance Director

Brandon Bausell

MDS Coordinator/Case Manager

Kathy Neubecker, LPN

Social Services

Lyndsay Soule, RN

Therapy Manager

Danette Jenkins, LPTA

Unit Manager ST1

Val Savino

Unit Manager ST2

Dawn Szymanski, RN

Office Hours

Monday – Friday 8:00 am – 4:30 pm.



Michigan
Made

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!

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

See solution in the May newsletter!

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

MARCH SOLUTION PUZZLE

Word List

- ACTIVITIES
- EARTH
- EASTER
- ENGAGED
- FUNNY
- HAPPINESS
- HEALTH
- JELLYBEAN
- JOKES
- LAUGHTER
- PASSOVER
- RECYCLE
- REUSE
- STRESS
- TREES