



MEDILODGE OF  
STERLING

Recover · Revitalize · Rejuvenate · Return Home  
**NEWSLETTER**

500 School Road, Sterling, MI 48659 ▪ P: 989.654.2496 ▪ [www.medilodgeofsterling.com](http://www.medilodgeofsterling.com) ▪ July 2017



## Celebrating Independence Day

*On the 4th of July, we traditionally celebrate the anniversary of the declaration of the United States' independence, but did you know that is not when Independence Day celebrations first began? Even though the U.S. celebrates its independence from England on that day, the holiday itself is largely based on English traditions.*

When the Declaration of Independence was signed, a staged party was planned to celebrate independence from England, though nothing official was ever done for the day to become a holiday. Because the crowds were so large, it was assumed that the colonizers were interested in separating from the English and the holiday continued.

While the celebrations of the eighteenth century were essentially a political movement, today's Independence Day celebrations are based on the actual freedom the U.S. gained from England. In the last two hundred plus years, the celebration has been about our own independence as the United States of America.

Modern day 4th of July festivities now include parades, feasts, festivals, and other large gatherings of people. Many festivals and parades are held in town parks.



Popular foods to be served on the holiday include hamburgers, hotdogs, corn on the cob, and macaroni or potato salads.

In addition to family gatherings, many people associate the 4th of July with fireworks. While fireworks are largely a Chinese tradition, they are popular with millions of Americans to help celebrate the day with brilliant colorful displays sometimes set to music.

## 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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# Great Things are Happening!!

If you have been in MediLodge of Sterling recently you may have noticed that we are making many positive changes throughout the facility!

We have been busy updating rooms adding fresh paint and wall décor, creating home like sitting areas and adding fresh flowers and plants to our outdoor areas. As updates continue we encourage you to stop in and see our new look!!



# A Brief History of Cheesecake

You'd have to search back pretty far to find a time when the Earth was without cheesecake.

In fact, back in 776 BC, the Greeks are said to have served cheesecake to the athletes at the first Olympic games. The Romans soon caught on and spread the divine taste of cheesecake throughout Europe. From there it was only a matter of time before European immigrants brought their cherished cheesecake recipes to America.



It seems that every region of the globe has embraced cheesecake in one form or another, adapting the recipe to local tastes and adding local flavors.

In America, cheesecakes are typically made with a cream cheese base, but we even vary the recipe by region. New York cheesecake is famous for its ultra-smooth texture and decadently rich flavor—achieved by adding extra egg yolks and a hint of lemon. Other regional variations include Chicago-style and Pennsylvania Dutch. Many American bakers add sour cream for a creamy cheesecake that can be frozen without compromising taste or texture.

*With every imaginable flavor and topping, you'd be hard pressed to find a culture that doesn't – or didn't – enjoy a good cheesecake!*



## Three Ways To Drink More Water

Water does wonders for your body and your brain. Water is known to cleanse your body of harmful chemicals through your intestines and also throughout your urine tract. Without proper water intake, our bodies break down very quickly, in a matter of days. Without food, however, some people can live for a week or two.

1. **Always have water available.** Before a trip that will be 30 minutes or longer, grab a bottle. When you watch a movie, grab a bottle. Whenever you are sitting watching TV or a movie, keep the bottle in your hand with the lid off. Take a lot of little sips until the bottle is gone. A great way of making sure you drink more water is to make sure it is easily accessible.
2. **Keep it cold.** If you keep your water cold, you may drink more. Make sure there is always ice in your freezer, this make it very easy to have a cold glass of water anytime.
3. **Chose water over sugary drinks.** If you need flavor, drink water with lemon. The lemon adds a little spunk to the taste and the water is always nice, cold and refreshing. After a short time you may stop craving your old drink of choice and will begin to appreciate the benefits that water provides.



## Red, White and Blue Cheesecake

Celebrate National Cheesecake Day on July 30!

### Ingredients:

- + Crust
- + 28 chocolate wafers
- + 1/2 cup (1 stick) unsalted butter, melted

### Filling:

- + 32 ounces cream cheese, softened
- + 1 1/2 cups granulated sugar
- + 2 tablespoons all-purpose flour
- + 5 large eggs
- + 1/2 cup sour cream
- + 1 teaspoon freshly grated orange zest
- + 1 teaspoon freshly grated lemon zest
- + 1/2 teaspoon salt
- + 1 1/2 teaspoons vanilla extract
- + About 1 1/2 cups raspberries
- + About 1 1/2 cups blueberries

### Directions:

1. Grind wafers fine in a blender or food processor (about 1 1/2 cups crumbs).
2. Stir together cookie crumbs and butter. Pat the mixture onto the bottom and 1/2 inch up the side of a 9 1/2-inch pan. Chill the crust for 30 minutes.
3. Preheat the oven to 325°.
4. Beat cream cheese until it is light and fluffy. Add sugar gradually.
5. Beat in flour; add eggs, beating well after each addition. Beat in sour cream, zests, salt and vanilla extract.
6. Pour the filling into the crust and bake the cheesecake in a foil-lined shallow baking pan in the middle of the oven for 1 hour and 10 minutes.
7. Turn the oven off and let the cheesecake stand in the oven with the oven door propped until it is cooled completely.
8. Arrange the raspberries on top of the cheesecake in a star shape and arrange the blueberries around the star to cover the top of the cheesecake.



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## Your Friendly Staff

### Administrator

*Catherine Clark, B.S., RN, NHA*

### Medical Director

*Naeem Ahmed, MD*

### Attending Physician

*Walter Lang, MD*

### Director of Nursing

*Rbonda Filcek, 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

*Lyndsay Soule, RN*

### Unit Manager ST1

*Val Savino*

### Unit Manager ST2

*Dawn Szymanski, RN*

## Office Hours

Monday – Friday 8:00 am – 4:30 pm.



Michigan  
Made

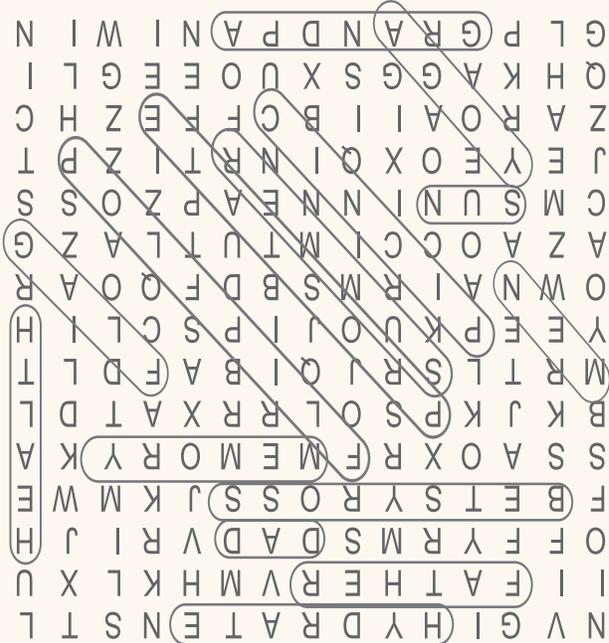
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# July – Word Search

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!



See solution in the August newsletter!



JUNE SOLUTION PUZZLE

## Word List

- CELEBRATE
- CHEESECAKE
- FIREWORKS
- FLAG
- FOURTH OF JULY
- FREEDOM
- GAMES
- HOT DOGS
- HYDRATION
- INDEPENDENCE
- KETCHUP
- MUSTARD
- PICNIC
- RELISH
- WATER