



MEDILODGE OF
STERLING

Recover · Revitalize · Rejuvenate · Return Home
NEWSLETTER

500 School Road, Sterling, MI 48659 ▪ P: 989.654.2496 ▪ www.medilodgeofsterling.com ▪ **October 2018**

**TRUNK
OR
TREAT**



MediLodge of Sterling

**October 30th
4:30 to 6:30pm**

500 S. School Rd.
Sterling, MI 48659
(989) 654-2496

Join us for Cider, Candy and
Treats. Come dressed in your
costume. *(First come first serve.)*

Mio Pond Trip

Mio Lions Club Annual Senior Fishing day was such a great outing. When we arrived the water was glistening as if thousands of diamonds were floating on the surface. Tents were set up, grills were smoking, and we were greeted with warm welcomes.

Those attending were very excited.

With smiling faces they waited patiently for others to arrive, reminiscing of days past and telling of fish stories of when they were young.

When all had arrived the fun began. We headed down to the dock with poles in hand. The residents, cast out their lines into the water in hopes of catching big walleye.

After fishing for about an hour, the air began to fill with the smells of the grill. It was time for lunch. We put away our poles and headed up to the picnic tables. We filled our stomachs with hamburgers, hot dogs, coleslaw, muffins, and cookies.

After the great meal we finished our adventure with a ride around the large pond on a pontoon boat that held us all. The breeze from the pond cooled us down and provided fresh air as we looked at the beauty surrounding us. It made for a really nice ride.

When we returned to the docks it was time to head back. We left with memories of a wonderful time and smile on our faces. This was a trip that will not be forgotten.



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.

HOME SENIOR SAFETY TIPS



As we age we are presented with new challenges around our home and environment that become

safety concerns. Here are a few tips to prevent injury:

1. Declutter your house to ensure plenty of space to walk around safely.
2. Pick up throw rugs or make sure they have anti-slipping pads.
3. Cover furniture edges to prevent injury should you accidentally bump them.
4. Make sure every room has proper lighting. Use a nightlight to make it easier to see at night.
5. Make sure smoke detectors and carbon monoxide testers are properly working and have good batteries. If you are hard of hearing install a smoke detector that has a light.
6. Have all items that you use frequently within easy reach in the kitchen- don't place them on high or low shelves where you have to reach.
7. Wear anti-slip socks, slippers or shoes while walking around your home.
8. Use rubber mats in the shower/bathtub to prevent slipping.
9. Consider a medical alert system.

Danette Yenior-Jenkins,
Therapy Program Manager

Olympics 2018

Our Olympics was a huge success and our residents did a wonderful job!! Everyone had a great time. On our teams this year was Ed Bristow, Jeff McLain, Phil Fultz, Betty Engerer, Marlene Miller, Diane Chapin, Shirley Wuebben and Connie Andrei who was given the honors of lighting the torch as our senior resident in participation. It truly was a day full of wonderful memories for everyone in attendance!





Shopping and Lunch Outing

On September 13th we took off to West Branch for a day of thrift shopping and lunch at McDonald's. It was a great outing with lots of laughs.



Tips for a Better Nights Sleep ^{ZZZ} ZZZ

1. **Room temperature:** Keeping the temperature in your bedroom at 70 degrees Fahrenheit or below is recommended. Studies show that the body can better relax with temperatures at 70 degrees or slightly below.
2. **Reduce caffeine.** The effects of caffeine last much longer than most people expect. The result is difficulty falling asleep. Studies have shown better sleeping patterns if no more caffeine is consumed after 6.00 PM.
3. **Avoid alcohol.** Alcohol will keep the body from reaching the deeper stages of sleep, where the body does most of its healing and resting. The result of drinking can be a very light sleep or difficulty falling asleep in general.
4. **Beds are for sleeping.** If you are used to watch TV in bed or even work while being in bed, you may find it much harder to relax and to fall asleep. Sleep requires your brain to slowly shutdown and any distraction will cause sleeping problems.
5. **Go to bed at around the same time every day.** Don't change your bedtime back and forth. Having a certain schedule developed will make it easier to fall asleep pretty much at the same time every day. A recurring schedule will help your body to get into a sleep pattern and make it easier to fall asleep.
6. **Remove the alarm clock from your view.** Staring at the time will only create the feeling that you have to sleep, but you are not. Losing track of time and how long you have been awake has shown to improve healthy sleep.



MEDILODGE OF STERLING

500 School Road
Sterling, MI 48659
P: 989.654.2496

www.meditodgeofsterling.com

www.facebook.com/medilodge

Your Friendly Staff

- Administrator *Heather Gildner*
- Director of Nursing *Bonita Mattson, RN*
- Nurse Practitioner *Jodie Kelly, NP*
- Activity Director *Pam O'Neal*
- Admission Director *Karin O'Brien*
- Business Office Manager *Mariann Herek*
- Dietary Manager *Tricia Goretski*
- Environmental Services *Jeanette Lemmer*
- Payroll Benefits Coordinator *Meredith Schleicher*
- Maintenance Director *Dan Stepaniak*
- MDS Coordinator/Case Manager *Kathy Neubecker, LPN*
- Social Services *Lyndsay Soule, RN*
- Therapy Manager *Danette Jenkins, LPTA*
- Unit Manager *Val Savino, RN*
- Medical Director *Naeem Ahmed, MD*
- Attending Physician *Lakshmi Arekapudi, MD*
- Attending Physician *Praveen Kamaraju, MD*

Office Hours

Monday – Friday 8:00 am – 4:30 pm.



October – 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!

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

See solution in the September newsletter!

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

SEPTEMBER SOLUTION PUZZLE

Word List

- BRAIN
- CANCER
- DESSERT
- FIRE
- HALLOWEEN
- PREVENTION
- PUMPKIN
- PUZZLE
- SLEEP
- SPIDER
- STRETCH
- SUDOKU
- SUGAR
- THERAPY
- WALK