



MEDILODGE OF
STERLING

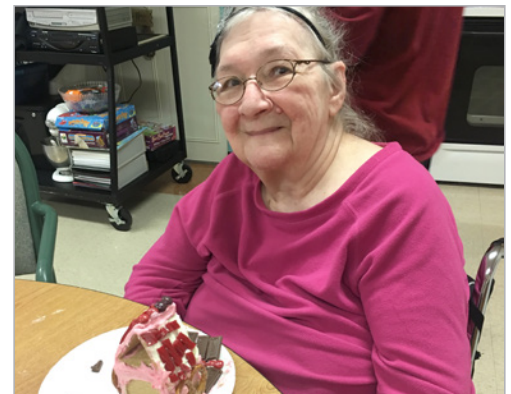
Recover · Revitalize · Rejuvenate · Return Home
NEWSLETTER

500 School Road, Sterling, MI 48659 · P: 989.654.2496 · www.medilodgeofsterling.com · January 2019



WHAT A MERRY CHRISTMAS!

The residents enjoyed a very merry Christmas on December 7th when we held our annual family Christmas Party. Residents, family and staff enjoyed a meal of roast beef, garlic roasted potatoes. Our live music was by Lon Cook from Compassus, his music filled the room and put us all in the Holiday spirit! Old St. Nick even stopped by to pass out gifts to every resident and visit with our families. Everyone had a wonderful time and memories were made. Thank you all who were able to make it out and brighten our holiday season.



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.

www.facebook.com/medilodge

National Volunteer Blood Donor Month

This January, the American Red Cross celebrates National Blood Donor Month and recognizes the life-saving contribution from blood and platelet donors. As we begin the New Year, the Red Cross encourages individuals to resolve to roll up a sleeve to give this month and throughout 2019.

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.

Blood donation appointments can be made by downloading the American Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767). All blood types are needed to ensure a reliable supply for patients.

Info taken from redcross.org.

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.

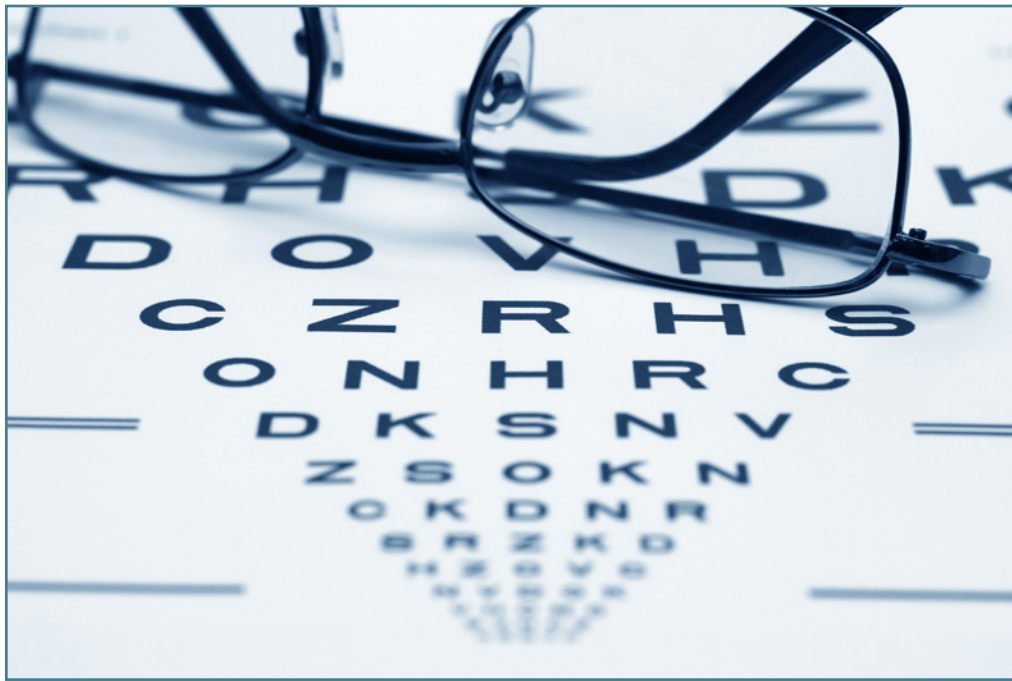
Laugh Loud, Live Long

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.



THANK YOU

We would like to thank all of those that took the time out of this busy holiday season to come in and help us celebrate the holidays with our residents. We were blessed with many carolers, and family members. The residents truly enjoyed each and every one of you and we all appreciate your time. You truly have brightened our holiday season!!



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.

Jump Start Your Self-Confidence

To begin feeling a fresh spark of self-confidence within you, try as many of these as you like!

1. Open up your cookbook to a completely new recipe and learn to cook it well.
2. Learn how to say "I love you" in two different languages.
3. Look inside a thesaurus to find new ways to say the same old things.
4. Find three funny jokes and learn to tell them really well.
5. Get a makeover, new hairstyle, or all new socks and underwear.

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.



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Your Friendly Staff

- Administrator *Heather Gildner*
- Director of Nursing *Bonita Mattson, RN*
- Nurse Practitioner *Jodie Kelly, NP*
- Activity Director *Pam O'Neal*
- Admission Director *Brittany Cline*
- 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.



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

See solution in the February newsletter!



DECEMBER SOLUTION PUZZLE