



MEDILODGE OF
STERLING

Recover • Revitalize • Rejuvenate • Return Home
NEWSLETTER

500 School Road, Sterling, MI 48659 ▪ P: 989.654.2496 ▪ www.medilodgeofsterling.com ▪ February 2019



*Happy
Valentine's Day
February 14th*

Join us for an..

OPEN HOUSE

Medilodge of Sterling



Thursday
February 28



500 South School Rd
Sterling, MI 48659



From
3PM TO 6PM

Join us as we welcome our new administrator, Heather Kay Gildner, and take a tour of our 5-Star Facility, including our 39 private resident rooms.

You'll have the opportunity to meet our Encore Therapy Team and enjoy refreshments & snacks.

You'll also have a chance to win some fun door prizes!

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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

989.654.2496 989.654.3297

www.MediLodgeofSterling.com

Monthly Educational Class for Residents and Family Members

Heartland Hospice Educational Class 2/8/19 @ 9:30 am our topic will be "Pain Management" We'd like to invite our family members to join us for this special informational class.

Black History Month

The month of February is a time to honor the achievements of African-Americans in U.S. history. Since its first observance at Kent State University in February 1970, Black History Month (also referred to as African-American History Month) has evolved into a country-wide celebration.

Did you know:

- *Thomas L. Jennings was the first African-American to receive a patent for his discovery of a process called dry-scouring (later dry-cleaning) in 1821.*
- *Along with being a powerful anti-slavery organizer, James McCune Smith was the first African-American to achieve a Medical Degree in 1837.*
- *In 1988 Oprah Winfrey founded Harpo Productions, which made her the first woman in history to own and produce her own talk show. She was also the first African-American (man or woman) to own an entertainment production company.*

President Gerald Ford, the first president to recognize Black History Month in 1976, urged us all to “seize the opportunity” to honor African-American accomplishments “in every area of endeavor throughout our history.”

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!



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.

Photo Highlights



January Highlights

Shopping Day- Great Day Shopping with Joe and his son Joe Jr. thanks to the generosity of Prestige and our MediLodge family.

National Bird Day- We celebrated National Bird Day on January 5th. Our Residents had a good time helping make a yummy snack for the local birds during this cold winter season.

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.

Sweetheart Social February 14th at 4pm

Please join us for light refreshments
and special music.





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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.



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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

See solution in the March newsletter!

JANUARY SOLUTION PUZZLE

Word List

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