



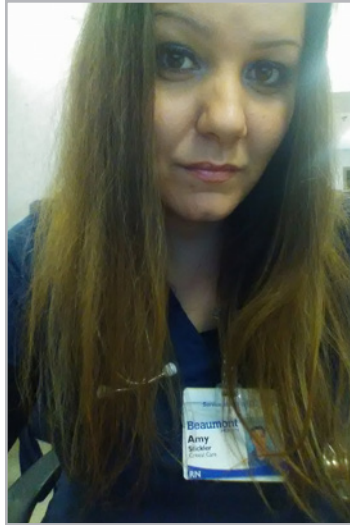
THE LODGE
AT TAYLOR

NEWSLETTER

22950 Northline Road, Taylor, MI 48180 • P: 734.287.1230 • thelodgeattaylor.com.com • January 2019



HAPPY NEW YEAR!



Welcome Amy!

We would like to introduce our new Assistant Director of Nursing: Amy Stickler! Amy comes to the Lodge with over 10 years of nursing experience, working primarily in the Intensive Care Unit. Amy is a sharp thinker, positive in attitude and makes a great addition to our team at The Lodge! Welcome Amy!



Featured Resident: Scott G.

We want to acknowledge Scott at the Lodge for being a stand out resident. Scott is always so kind, considerate and thoughtful of staff and especially other Lodgers. Scott is noted to always assist peers and goes the extra mile to make others happy! Scott made tremendous strides in therapy, is independent with activities and continues to soar! Kudos to Scott!



Short-Term Therapy Success

Donald W. has set the bar high! He has made great improvements in Physical therapy. Donald was determined to increase strength and endurance in therapy and is now ambulating independently! Donald is noted in the milieu with peers, participating in more activities and is more confident than ever! Great Job Donald!

ZENSATIONAL

WELLNESS AT THE LODGE AT TAYLOR

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.



Happy Birthday!

Michael C.	1/05
Luella S.	1/07
Zane C.	1/20
Annette N.	1/22
Shirley L.	1/30

Activity Highlights

Our Holiday parties, special events and community outings at the Lodge have been fantastic! We are looking ahead to a New Year at the Lodge at Taylor and Making 2019 even more spectacular for our Lodgers, families and staff!!!! Happy New Year!!!!



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.



National Activities Professional Week

January 20-26, 2019 is National Activities Professional Week, where we recognize our Activity Directors who plan and schedule a variety of fun and engaging events, outings, activities and entertainment. Please take a moment during this week to let our Activities Professionals know how much we appreciate them!



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.

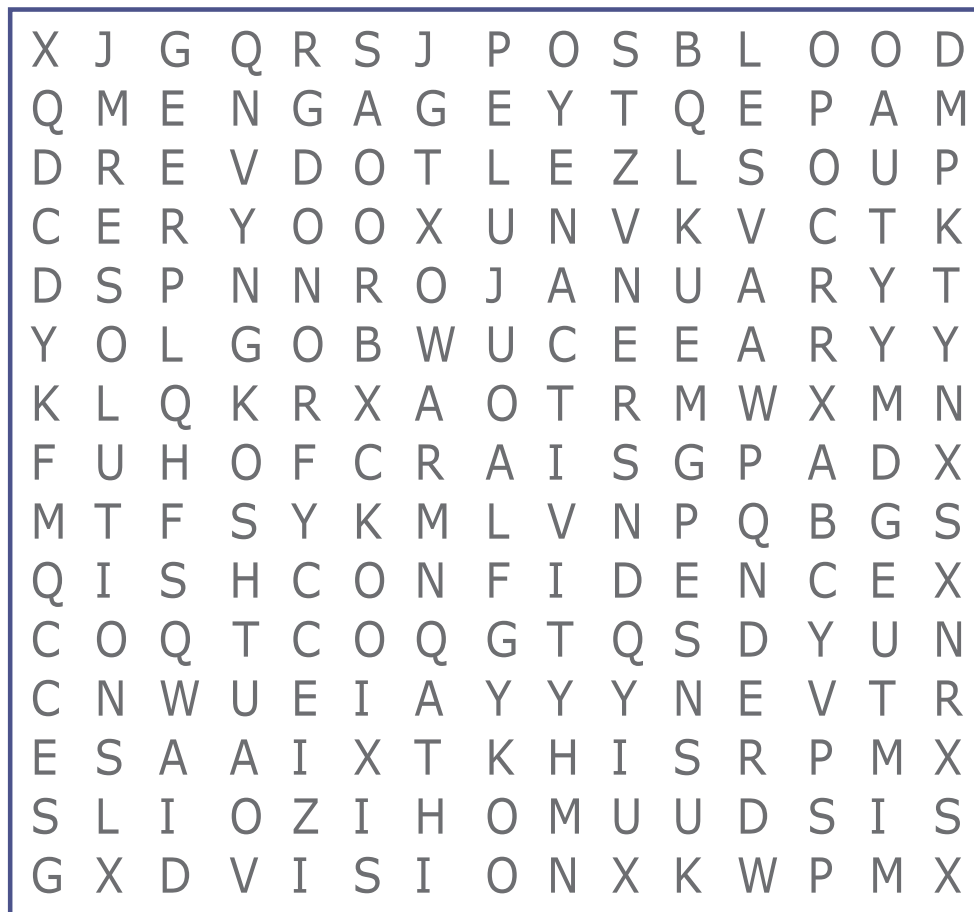
Seniors are especially at risk for glaucoma, along with anyone who has a family history of the disease.

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.

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!



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www.facebook.com/medilodge

Your Friendly Staff

Administrator *Kristine Gillenkirk*

Ass. Administrator *Krysten Overbee*

DON *Lisa Bolitho*

ADON *Amy Stickler*

MDS Coordinator
Sharon Quinn-Chambers

Wound Care Nurse *Julie Rodgers*

Northside Nursing Mgr.
Christine Graham

Southside Nursing Man. *Aneisha Yates*

Dietary Manager *Angela Pickens*

Maintenance Dir. *Greg Ketterer*

Housekeeping Dir. *Chris Alexander*

Activity Director *Kay Raynor*

Marketing Dir. *Liz Malkowski*

Admissions Dir. *Mary Thullen*

Social Services *Ayana Sharpe*

BOM *Barbra Claybaugh*

Therapy Dir. *Janna Ball*

Human Resources *Jennifer Somes*

Accounts Payable *Elizabeth Haase*

Staffing Coordinator *Thomas Little*

Visiting Hours

Monday-Sunday – 24 hours a day



Newsletter Production by PorterOneDesign.com

See solution in the February newsletter!



DECEMBER SOLUTION PUZZLE

Word List

- ACTIVITY
- AGING
- BLOOD
- CONFIDENCE
- DONOR
- ENGAGE
- EYES
- GLAUCOMA
- JANUARY
- MIND
- RESOLUTION
- SMART
- SOUP
- NOISIA
- WARM