



THE LODGE
AT TAYLOR

NEWSLETTER

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



*Happy
Valentine's Day
February 14th*



Thank You Julie!

The Lodge at Taylor would like to acknowledge our Wound Care Nurse Julie Rogers! Julie has been a LTC nurse for 12 years and dedicated 3 to the Wound Care. Julie is noted to build excellent rapport with our Lodgers and family members making her a GO-TO-PERSON! She is dedicated to healing and education here at The Lodge...what a value is to have her!

Random Act of Kindness Day is February 17

Kindness is a generosity of spirit. It comes to life when we give of ourselves and our time to help others, without expecting anything in return. When you show kindness to someone, you bring out the best in yourself.

Pay attention to the impact your behavior has on others, and notice your own feelings in association to their reactions. Think about how you feel when somebody else shows you kindness. What you give may come back to you in even greater quantity.

It is so easy to find ways to be kind to others: say something supportive when you feel someone needs to hear it; offer help without being asked for it; smile encouragingly; swallow your criticisms; listen without judgement;

let mistakes slide instead of assigning blame; make small sacrifices for the benefit of somebody in greater need.

Don't forget to be kind to yourself as well. You may run out of steam and feel less able to show kindness to others if you don't replenish your own mind, body and spirit on a regular basis.

Being kind to yourself means getting your needs met; being gentle with yourself instead of critical when you feel you're not performing at your best; and forgiving yourself when the need arises instead of beating yourself up.

When you get into the habit of treating yourself with kindness, it becomes much easier to extend that consideration and behavior to others.

ZENSATIONAL

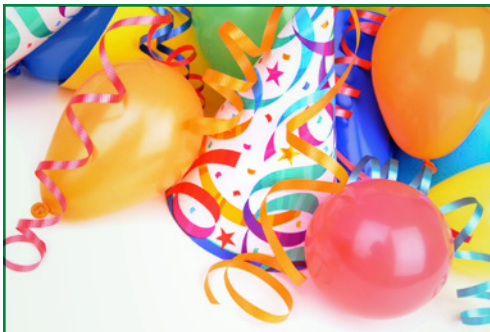
WELLNESS AT THE LODGE AT TAYLOR

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!

Maha E.	2/01
Pamela D.	2/02
Thelma K.	2/03
Assunda D.	2/08
Kathleen M.	2/14
James M.	2/14
Joanne T.	2/15
Bessie M.	2/21

Short-Term Therapy Success

Luella S. was admitted to rehab unable to transfer herself and carry out ADL's independently. Via her journey in therapy, Luella is now able to care for herself and transfer independently! She returned to her Assisted Living Facility and is partaking in her favorite activities and community outings! Go Luella!!!



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.

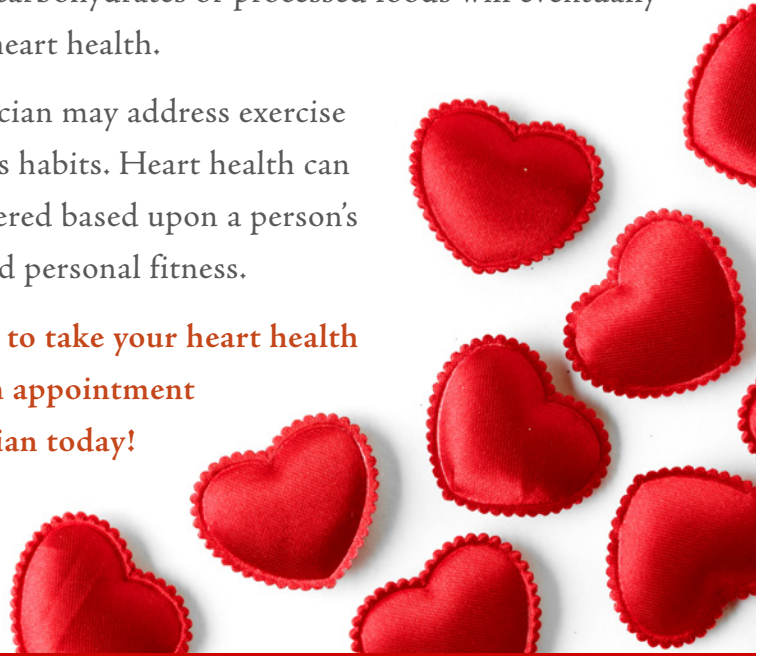
It is important that each of us takes the time to learn about our own heart health and to learn about the possible methods of ensuring our heart health in the future.

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.

Celebrating National Inventor Day: February 11

What makes a successful inventor?



What separates successful inventors like Thomas Edison from everyone else?

History has shown that the most successful inventors possess the following characteristics:

- 1. They are persistent.** Obstacles loom in front of us on a regular basis. But it's what you do when faced with these barriers that will determine your level of success.
- 2. Successful inventors are avid goal setters.** They make sure their goals are specific, motivational, achievable yet challenging, relevant to their personal situation, and time-framed.
- 3. Great inventors ask quality questions.** The most effective way to present their product is to uncover their customer's goals, objectives, concerns and hesitations.
- 4. Successful inventors listen.** Great inventors ask questions and listen carefully to the responses, often taking notes and summarizing their understanding of the comments.
- 5. Successful inventors are passionate.** The more passionate you are about your product/idea, the greater the chance you will succeed. The reason for this is simple—when you love what you do, you are going to put more effort into your product/idea.
- 6. Successful inventors take responsibility for their results.** They do not blame internal problems, the economy, tough competitors, or anything else if they fail to meet their goals.



Featured Resident: Donna M.

We want to acknowledge Donna M. for being a RockStar! Donna wanted to raise money to buy other Lodgers Christmas gifts. Donna who is an avid Crocheter, organized a Bake and Crochet sale for Christmas 2018! Donna started to crochet months in advance for the sale and raised \$315 for Christmas gifts! We thank Donna for having a heart of gold!!

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.

Activity Highlights

Families please join us for our Annual Valentine's Day Brunch at the Lodge! Brunch Date TBA on February Activity Calendar!



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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.
Matt Honaker

Southside Nursing Man.
Christine Graham

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



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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