



MEDILODGE OF
FARMINGTON

NEWSLETTER

34225 Grand River Ave, Farmington, MI 48335 • P: 248.477.7373 • www.medilodgeoffarmington.com • October 2018



Photo Highlights:

- ◀ Practicing for the Senior Olympics
- ▼ Employee Hot Christmas in August



ZENsational

WELLNESS AT MEDILODGE OF FARMINGTON

zen•sa•tion•al noun /zen'sāSHənl/

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

Staff

10-19	Tia B.
10-14	Kenyatta C.
10-10	Angelica R.
10-6	Rene P.
10-25	Lori B.
10-11	Emily S.

Residents

10-1	Carol G.
10-3	Rutha H.
10-9	Duane E.
10-9	Wanda M.
10-9	Donald W.
10-13	Angelo D.
10-15	Jimmy M.
10-15	June S.
10-20	Diane B.
10-22	Paul S.
10-25	Julia C.



October is Physical Therapy Month: At-Home Physical Therapy Exercises

Physical therapy exercises are intended to restore strength and endurance, increase range of movement, and also improve balance and coordination. To increase the effectiveness, physical therapists use physical therapy exercises treatment along with external stimulations such as heat, coldness, ultrasound, electricity, infrared or UV light, traction, water, and massage. All are applied externally to a specific area, or internally, in order to relieve pain or reducing swelling.

A major factor to assure the success of the exercise methods is to consistently perform them correctly. As long as properly prescribed, physical therapy exercises are the most effective method for treating certain injuries or restoring basic functions.

Physical therapy exercises performed during office visits alone is inadequate. For quick recovery, physical therapists also teach patients how to exercise at home. Here are some examples of physical therapy exercises to do at home:

Sitting Stretch: Sit on the floor

with a towel around one of your outstretched feet (or around one bent knee.) Pull the foot towards your body (or the knee upwards) to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Standing Wall Push: Position your body against/ facing a wall with one foot behind slightly lunging. Hold the heel down while gently pushing your hands towards the wall to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Tightening Legs Over a Ball: With one knee bent over a ball, straighten the knee by trying to tighten the muscle on your upper thigh. Be sure to keep the bottom of your knee on the ball. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Note that the repetitions and frequency of the exercises may be modified by you or your physical therapist. If you are ever unsure of a movement above be sure to ask your PT to ensure the movement is safe and works for you!

National Fire Prevention Week

October 7– 13th

In the U.S. alone, there are more than 500,000 residential fires every year that are serious enough to require a call to the fire department. Stay safe with these fire safety tips:

Plan an Escape Route – If a fire does break out, you must get out fast. Being awakened by a smoke alarm at 2:00 a.m. is not the time to have to think through how to get to safety. You must plan ahead.

Beware of Smoking – The leading cause of fire deaths is careless smoking. Cigarettes can smolder under and around upholstered furniture unnoticed only to ignite into a full blaze minutes later.

Take Care Cooking – Never leave your cooking unattended. To avoid accidental spills of hot oil or boiling water, be sure

the handles of pots and pans are turned inward on the stove so they can't be bumped or grabbed by anyone.

Space for Space Heaters – Whether electric, kerosene or some other fuel, space heaters need *space*. They should be kept at least three feet away from anything that can burn. Never leave them unattended when you leave home.

Use Electricity Carefully – Promptly replace cracked or frayed cords on appliances. If an appliance sparks, smells or smokes, unplug it immediately and have it repaired or replaced. An all-too-common cause of electrical fires is the improper use of extension cords. Never run extension cords under rugs and never use an extension cord to overload a circuit.

October 14th is National Dessert Day!

A "dessert" is a meal course that usually comes after dinner. Most often dessert foods are of sweet food but can also be of a strongly flavored food, such as cheese cake. The word dessert comes from the Old French word "*desservir*", which means 'to clear the table'. Often times in the English language dessert is confused with the word desert (note only one "s"). A simple way to remember the difference in spelling is: *Dessert has an extra S, because everyone always wants an extra slice of cake.*

It wasn't until after the 19th-century when the rise of the middle class, and the mechanization of the sugar industry, brought the privilege of sweets into the general public. This was because sugar became cheaper and more readily available to the general public. As sugar was widely spread, so was the development and popularity of desserts.

In today's culture, dessert recipes have become a popular item for discussion, as they are a way to win people over at the end of any meal. This is partly because if you serve a mediocre meal but with an excellent dessert, people will remember you for the dessert and may forget about the meal.



Tips for a Better Nights Sleep ZZZ

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.



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Your Friendly Staff

Administrator	Brian Peruski
Asst. Administrator	Brandon Woodward
Director of Nursing	Julie Helka
Admission Director	Skyhler Carr
Activities Director	Dale Clawson
Therapy Director	Aaron Myers
Dietary Director	Scott Newell
Dietitian	Miranda Schulte
Respiratory Dir.	Krystle Russow
Social Work Dir.	Elizabeth Grayson

Housekeeping & Laundry Director	Wardell Landers
Maintenance Director	Doug McCann
MDS	Natalie Eichenhorn
1st Fl. Unit Manager	Dolores Smith
Business Office	Kristyn Stress
Receptionist	Alexis Dykes

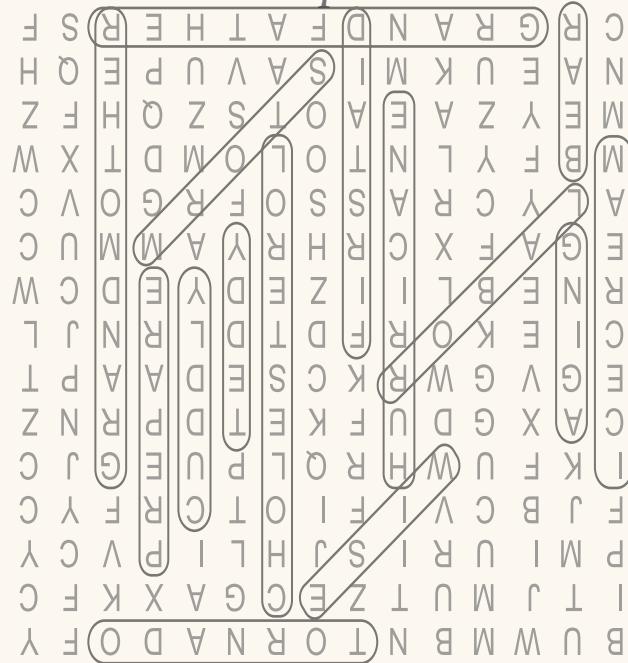


October – Word Search

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!



See solution in the September newsletter!



SEPTEMBER SOLUTION PUZZLE

Word List

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