



## Add Significance to Your New Year's Resolutions

The start of a new year is traditionally a time to reflect on the previous year and plan out resolutions for the year ahead. Popular resolutions include losing weight, getting more fit, getting out of debt, and making more money.

While these types of self-improvement goals make for admirable resolutions, striving to become more selfless and generous can have a surprisingly significant impact.

What are some resolutions related to giving that you can consider as you pursue your own? Consider the following examples:

- ✦ Increase your financial giving to church and charities.
- ✦ Increase your time donated to important causes.
- ✦ Write and send an encouraging note at least weekly.
- ✦ Smile and greet the first people you meet every morning.
- ✦ Perform an act of kindness at least weekly.
- ✦ Increase the number of people you share your faith with.
- ✦ Donate blood multiple times during the year.

## ZENSATIONAL

WELLNESS AT MEDILODGE OF FARMINGTON

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.



Be sure to set resolutions for yourself for the upcoming year that will help make a difference in the world. This can provide a special significance throughout the new year as you fulfill these important resolutions.



## Happy Birthday

### Residents

Alena Z.	Jan 02
Walter J.	Jan 03
Colleen M.	Jan 04
Leroy T.	Jan 04
Gerald T.	Jan 04
Jackie M.	Jan 08
Raephala G.	Jan 13
Crystal D.	Jan 13
Margaret M.	Jan 20
Cornel D.	Jan 23
LaJuan J.	Jan 26
Raven G.	Jan 28
Jeanette P.	Jan 28

### Employees

Sheila King	Jan 03
Jessica Robinson	Jan 09
Yolanda Jones	Jan 10
Dolores Smith	Jan 10
Candle Meyers	Jan 11
Trista Grandberry	Jan 12
Cierra Harrell	Jan 12
Monay Williams	Jan 13
Haley Jones	Jan 15
Tomika Williams	Jan 15
Andrea Corbin	Jan 17
Latroya Harris	Jan 17
Lawanda Fogle	Jan 21
Mary Gardner	Jan 21
Michaelene Williams	Jan 23
Suzette Colucci	Jan 25
Vanita Thompson	Jan 26
Brittany Williams	Jan 31

# 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

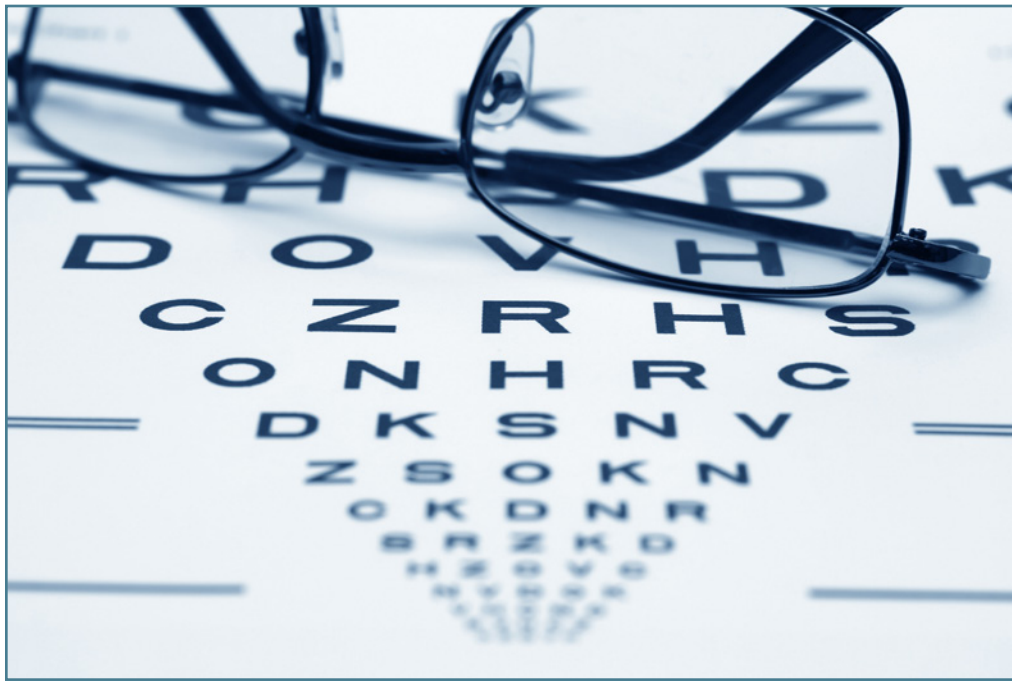
It's the best medicine, it keeps you young, it's birthed a thousand clichés, but there's no getting around it – laughing feels good and that can't be bad. Watch a comedy, read a book of humorous fiction, share some jokes, get together with friends and reminisce about the good old days. Whatever gets 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.

## 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](http://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](http://redcross.org).*



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### Your Friendly Staff

Administrator Brian Peruski

Asst. Administrator Brandon Woodward

Director of Nursing Julie Helka

Asst. Director of Nursing/SDC  
Christine Tyson RN

Wound Care/Infection  
Control Coordinator  
Danielle Dreamer RN

Admission Director Skyhler Carr

Activities Director Sara Moore

Therapy Director Aaron Myers

Dietary Director Scott Newell

Dietitian Miranda Schulte

Respiratory Dir. Krystle Russow

Social Work Dir. Elizabeth Grayson

Housekeeping & Laundry Director

Maintenance Director Doug McCann

MDS Natalie Eichenhorn

1st Fl. Unit Manager Dolores Smith

Business Office Manager Kristyn Stress

Receptionist Alexis Dykes

Human Resources Dir. Candle Meyers



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# 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!



See solution in the February newsletter!



DECEMBER SOLUTION PUZZLE

### Word List

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