



MEDILODGE OF  
FARMINGTON

# NEWSLETTER

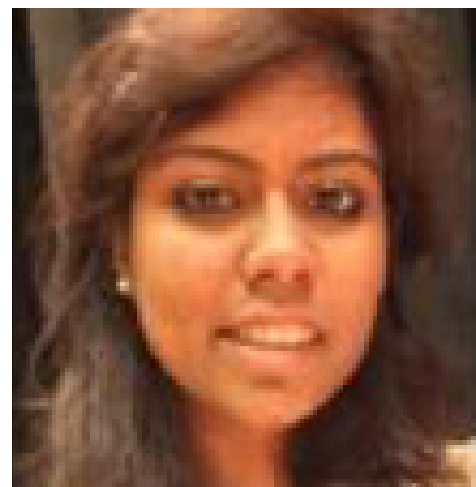
34225 Grand River Ave, Farmington, MI 48335 ▪ P: 248.477.7373 ▪ [www.medilodgeoffarmington.com](http://www.medilodgeoffarmington.com) ▪ February 2019



*Happy  
Valentine's Day  
February 14<sup>th</sup>*

## Welcome Lekah is our Newest Volunteer!

As a recent graduate who has acquired a major in biology and minors in both psychology and business at Nova Southeastern University, I have immersed myself more into the field of medicine through shadowing doctors and working at an endocrinology department as a scribe in order to gain more clinical exposures and to gain deeper insights of doctor-patient relationships. I am a dynamic individual and a constant learner who is devoted to put in energy to acquire results, and I have participated and volunteered extensively in different areas related to medicine and non-medicine. During my downtime, I enjoy singing, playing chess, and reading about the mysteries of the world. I believe that my character



and my credentials in research, shadowing, extracurricular activities, and leadership have placed me at an extensive edge, and I hope to utilize my skillset to improve the lives of the senior citizens at MediLodge as I work alongside and contribute to the ideas of the phenomenal staff members.

## 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.

## Chocolate and Heart Health: Fact or Fallacy?

Wouldn't it be wonderful if chocolate and heart health went hand-in-hand? You might be surprised to find out that chocolate isn't as bad as it was once thought. The fat content in chocolate, derived from cocoa butter contained in premium grade dark chocolate, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. But, stearic and palmitic acids are forms of saturated fat – not so good. Saturated fats are linked to increases in LDL-cholesterol and risk of developing heart disease. Whether chocolate and heart health do walk hand in hand is still an open topic. In moderation it may not do your heart any harm for a special occasion; however, be sure to watch those calories. But most of all, enjoy it because it tastes so good!





## Residents

2/1	Lillian J.
2/6	Andrew V.
2/7	Amjad A.
2/13	Charleen E.
2/16	Jemiah W.
2/23	Charles K.
2/26	Sonya S.
2/28	Mark L.

## Employees

2/2	Anoma Jayalath
2/6	Kayla Felch
2/7	Rhonda Boyd
2/9	Sedale L Squalls
2/9	Mo'Nika Jones
2/14	Ericha Johnson-Sims
2/18	Tina Simes
2/21	Sarah Butts
2/23	Camile Finn
2/23	Ayasha Tate
2/26	Melanie S Dunlap
2/26	Donaretha Lewis

## Special Events:

- 2/1 – Tailgating Party
- 2/3 – Super bowl Sunday
- 2/5 – Chinese New Year lunch-in
- 2/14 – Valentine's Day Party
- 2/18 – Presidents Day Celebration
- 2/20 – Oscar Night Premier Party
- 2/28 – African American History Month Celebration
- 2/27 – Februarys Birthday Party

# 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.

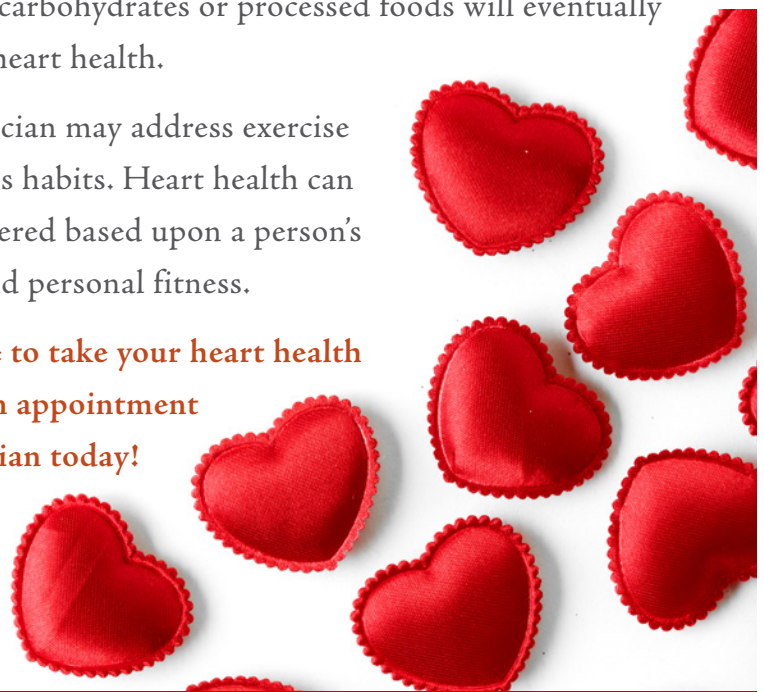
It is important that each of us takes the time to learn about our own heart health and to learn about the possible methods of ensuring our heart health in the future.

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](http://www.goredforwomen.org).

**Pet Therapy** 1st Wednesday of the Month with Pet-a-Pet  
Every Tuesday at 6:30 with Gibson.

## 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:

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.

**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,

## Special Guests:

2/2 – Amber M (Flute)

2/4 – Durwood

2/6 – DJ Rob

2/9 – Birmingham Dance Academy Performance

2/13 – Disability Network-Recreation and Leisure

2/13 – The 154 Project Performance

2/14 – Mia

2/18 – Durwood

2/18 – Tom B

2/20 – Rick & Golden Davis

2/27 – Greg G

2/28 – Garvin F

## Outing Information:

2/7 – Dublin Elementary School Valentine Exchange

2/21 – Museum of African American History

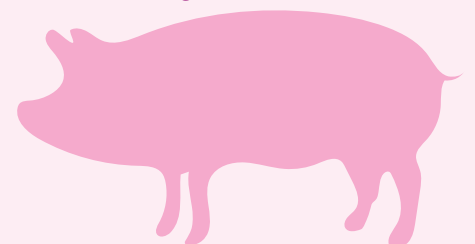
2/26 – Applebee's

## Chinese New Year, February 5th: Year of the Pig

The Pig may be the most generous and honorable sign of the Chinese Zodiac. People born in a Year of the Pig (1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019) are thought to be nice to a fault and possess impeccable manners and taste. They can be perfectionists and may be perceived as snobs, but this is a misconception.

Pigs are simply possessed of a truly luxurious nature, one that delights in finery and nice things (in surroundings, food, lovemaking and otherwise). This Sign believes in the best qualities of mankind and certainly doesn't consider itself to be superior. Pigs also care a great deal about friends and family and work hard to keep everyone in their life happy. Helping others is a true pleasure for the Pig, who feels best when everyone else is smiling.

Pigs are highly intelligent creatures, forever studying, playing and probing in their quest for greater knowledge. This Sign could happily spend hours on end making friends, napping, taking a long bubble bath or dallying over an incredible spread of rich foods. Pigs tend to make wonderful life partners due to their hearts of gold and their love of family.







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[www.facebook.com/medilodge](http://www.facebook.com/medilodge)

## 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

2nd Fl. Unit Manager Candice Fowlkes

Business Office Manager Kristyn Stress

Receptionist Alexis Dykes

Human Resources Dir. Candle Meyers



Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)

## 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

### Word List

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