



MEDILODGE
OF MILFORD

NEWSLETTER

555 Highland Ave, Milford, MI 48381 • P: 248.685.1460 • www.medilodgeofmilford.com • October 2018



Resident Birthdays!

Nanette K.	October 05
Shirley L.	October 10
Marion G.	October 22
Angeline C.	October 22
Shirley B.	October 23

Senior Olympics Medilodge of Milford Won 5th place at our Annual Medilodge Olympics! This was our 18th Olympic event, this year 19 other Medilodge facilities competed against one another in games such as basketball, horse shoes, bean bag, kick ball and shot-put.



Olympic Team 2018



Handing out medals



Estelle Basketballs



Mary Lou gets a double ringer!



Barb and Jean score card



Mary Lou score card

ZENSATIONAL

WELLNESS AT MEDILODGE OF MILFORD

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.

October is Breast Cancer Awareness Month

What is breast cancer? Breast cancer occurs when cells in our breast grow out of control creating tumors that cause damage to the nearby tissues. The tumors which are cancerous are known as malignant tumors and can cause a lot of damage to the body.

Breast cancer has always been a dreaded disease, but in recent years things have changed. With the increasing knowledge about cures and treatment, breast cancer can usually be easily treated, but early detection is key to prevention. Research has shown by the age of 20 everyone should start doing Breast Self Examination (BSE). This method is one of easiest and earliest ways of detection. Doctors usually recommended to check yourself at least once a month. A clinical breast exam by your physician should be done at least once a year. Depending on the age of the patient or results from your physician, they may recommend or require mammogram.

Some of the signs to look for while doing BSE:

- A lump found in and around the nipple or underarm
- Change in size or shape
- Nipple discharge or nipple turning inward
- Redness of skin or warmth
- Formation of dimple or change in skin texture

When in doubt, schedule a visit with your physician.

More...Senior Olympics



Jim and horseshoes



Marj playing horse shoes

Photo Highlights



Dorothy memorial plaque



Doris is taking a break from walking with the restorative program.



Gerri and pet therapy

Animal Adoption Event at Medilodge of Milford October 7th from 1-4pm

Free Admission

55 Highland Ave, Milford, MI 48381
phone: 248-685-1460

Adopt. Don't Shop.

Refreshments will be provided, along with a private, convenient space to get to know your new furry friend!



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.

TRICK OR TREATING

We will be trick or treating on Halloween this year

October 31
10:30 to 11:30

Please bring in little ones to trick or treat the hall ways.

ALSO WE NEED
CANDY DONATIONS!



Tips for a Better Nights Sleep ^{ZZZ} ^{ZZZ} ^{ZZZ}

1. **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.
2. **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.
3. **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.
4. **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.



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 www.facebook.com/medilodge

Your Friendly Staff

- Tunya Washington *Administrator*
- Amy Wilson-Gilinski *Director of Nursing*
- Tamarra Moore *Assistant Director Nursing*
- Jessica Russell *Unit Manager*
- Kalie Smith *Reservation Coordinator*
- Nancy Price *Human Resources*
- Heather Rodgers *Business Office*
- Amanda Hammond *Social Services Director*
- Brenna Lyscas *Social Work*
- Rachel Bachor *Social Work*
- Samantha Jablonski *Social Work*
- Angela Schultz *Dietician*
- Jack Irwin *Maintenance Director*
- Larry Beattie *Education Coordinator*
- Barbara Beeman *Fitness Coordinator*
- Monee Phipps *Activity Director*
- Gary Gibbons *Dietary Director*
- Lisa Love *Hair Tech*
- Isaac Hood *Environmental Services Director*

Office Hours

Weekdays 9:00 a.m. – 5:00 p.m.

Interested in sharing your talents as a volunteer? Stop in or call us today!



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!

O	I	S	C	Y	L	V	O	J	S	Q	P	K	S	N
P	W	Z	N	C	M	X	R	B	U	W	R	C	Q	H
U	Q	G	T	S	L	E	E	P	D	D	E	J	C	R
M	O	V	H	G	D	A	A	U	O	U	V	T	E	W
P	Y	L	C	I	X	V	L	C	K	M	E	C	P	A
K	A	W	P	F	N	T	R	B	U	R	N	O	E	L
I	X	S	L	A	I	D	W	P	T	A	T	L	K	K
N	R	R	P	Z	S	R	G	S	C	Y	I	Y	D	L
S	T	D	B	J	U	J	E	E	E	O	O	K	U	A
U	H	E	J	Y	O	J	K	F	Y	Y	N	J	M	Q
G	E	S	V	B	R	A	I	N	P	R	B	E	B	P
A	R	S	B	K	Y	E	U	B	P	U	Z	Z	L	E
R	A	E	E	Y	H	A	L	L	O	W	E	E	N	K
J	P	R	A	H	M	O	S	C	A	F	T	W	O	J
U	Y	T	C	M	O	A	E	S	B	I	S	I	N	Q

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