



MEDILODGE  
OF MILFORD

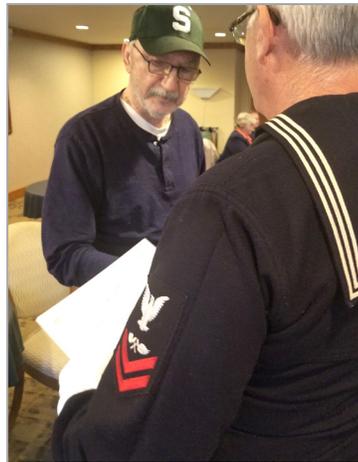
# NEWSLETTER

555 Highland Ave, Milford, MI 48381 • P: 248.685.1460 • [www.medilodgeofmilford.com](http://www.medilodgeofmilford.com) • December 2018



## Veterans Day Celebration

We had a wonderful Veterans Day Celebration.



Mike on Veterans Day



Veterans Day 2018

## General Store Donations

We have the general store December 14th. Donations are always welcome!

## 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.



Nick and his daughter

## Reminder

Please remember when decorating your loved ones room to make sure that you do not use extension cords. All Holiday décor must have a URL label.

# Holiday Crafts

## Whimsical Light bulb Reindeer Ornament

*You will need:*

- One used light bulb
- Brown felt cloth or fun foam
- Acrylic paints and brushes
- Ribbon
- 1 small red pom-pom
- Glue

First, paint the light bulb brown. Set aside and let dry. Once the brown paint on the light bulb has dried completely, use a paint brush to paint eyes and a mouth on your reindeer. When the paint has dried, begin to glue the red pom-pom nose onto the end of the light bulb, just above the mouth. Next, use the brown cloth or foam to fashion a pair of antlers for your reindeer. Glue these to the side of the light bulb. Finally, cut a small piece ribbon, loop and tie into a knot, and glue it to the top of your reindeer light bulb ornament.

## Greeting Card Ornaments

Cut out your favorite Christmas card images and mount them onto wooden craft shapes with glue. For an older finish, varnish them, drill a small hole at the top, and then tie ribbons at the tops. You can also cut out your favorite images from cards, laminate them, punch a hole at the top, and use a piece of ribbon as the hanger. If you don't want to cut anything out, an even simpler approach is to glue the front and back of the card together. Punch a hole at the top of the card, loop a piece of ribbon and it's ready to hang.

# Halloween Highlights

Our management team had some spirit for Halloween.



*Halloween Mangement Team*



*Winnie and John Deer*

# The Beauty of the Holidays

*The beauty of the holidays is the gift to slow down, reflect on what's important, and remember that our lives are valuable and worth being fully enjoyed.*

So, before the next holiday approaches, plan a party, and gather friends and family. Carve out time for a totally relaxing and fun day together. Organize a game-night, a trip to the movies, or stay in to watch your favorites at home. Even a dinner with some close friends can be enough to warm the spirit on a cold winter night. Make a commitment now and embrace your winter holidays. You won't be sorry, and you just might make a tradition of it!



## Tips for Keeping Active in the Winter

With winter approaching, there may be many upcoming cold days that simply make us want to stay inside and keep warm. All those days spent indoors can sometimes be accompanied by the winter blues. Fortunately, there are a lot of things we can do to liven things up and stay active in the winter even if it is a bit chilly outside.

**Yoga or Pilates:** Taking a yoga or pilates class will help you get out and about, meet new people, and even tone up your muscles! This is great way to stay active and in shape over the winter.

**Start or Join Book Club:** Are you an avid reader? Do you want to read more? A book club is a great way to socialize and become exposed to new books and genres. Start one of your own with a group of friends who like to read; that way, you can decide when and where to meet and what to read.

**Go for a Walk:** Going for a walk is always a great way to get yourself in motion. It doesn't matter if it is a slow leisurely walk or a brisk one; you will get physical benefits from walking and being active.

**Weekly Meeting with Friends:** Scheduling a weekly meeting with friends is a great way to stay active in winter and have a lot of fun as well. You should find yourself looking forward to each meeting with your friends.



### Plant a Winter Garden:

If you like to be active in the garden in the spring and summer, there is no reason to stop just because the temperature drops. With a little research on winter gardens, you can find plenty of things to plant, no matter what your region.

## Prepare Your Skin For Winter

Dry, itchy and cracked skin goes hand-in-hand with the winter season. Changes in temperatures and humidity, indoor heating, hot showers and baths remove important oils and moisture from the skin causing dryness, flakiness and cracking of the skin. Read on for some TLC for your winter-weary skin.

**Bathing.** Hot water bathing breaks body oil that is easily washable. If you cannot avoid hot bathing, add oils like almond, sesame or other bath oils to your water.

**Cleanse & Exfoliate.** Before you begin your bath, exfoliate your skin with loofah. Avoid strong base ingredients and anti-bacterial products; opt for gentle moisturizing or revitalizing products.

**Drink at least 8-10 glasses of water every day.** By keeping your skin well hydrated, your skin is protected from dryness, rashes and itchiness. Avoid excessive usage of caffeine beverages that strips moisture from the skin.

**Moisturize properly and your skin can remain soft and supple all through winter.** Use moisturizer that has the necessary vitamins and hydration properties for your skin.

**Use sunscreen** in winter as you would in summer. Ideal sunscreen is one which is light, oil free and has SPF 15.



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

## Your Friendly Staff

- Laura Goluban *Administrator*
- Amy Wilson-Gilinski *Director of Nursing*
- Tamarra Moore *Assistant Director Nursing*
- Ann Nykiel *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*
- Kurt Thompson *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!*



# December – 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!

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

See solution in the January newsletter!

NOVEMBER SOLUTION PUZZLE

## Word List

- CHEER
- COCOA
- COLD
- COMMUNITY
- CRAFTS
- FAMILY
- HOLIDAY
- PILATES
- RESOLUTIONS
- SKIN
- SLEEP
- SOAP
- WASH
- WINTER
- YOGA