



MEDILODGE
OF MILFORD

NEWSLETTER

555 Highland Ave, Milford, MI 48381 • P: 248.685.1460 • www.medilodgeofmilford.com • February 2019



*Happy
Valentine's Day
February 14th*

Photo Highlights



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.

Meet Harley

We had a visit from a very special Draft Horse named Harley. What an amazing experience.



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:

- 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, 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.
- 6. Successful inventors take responsibility for their results.** They do not blame internal problems, the economy, tough competitors, or anything else if they fail to meet their goals.

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!



Black History Month

The month of February is a time to honor the achievements of African-Americans in U.S. history. Since its first observance at Kent State University in February 1970, Black History Month (also referred to as African-American History Month) has evolved into a country-wide celebration.

Did you know:

- *Thomas L. Jennings was the first African-American to receive a patent for his discovery of a process called dry-scouring (later dry-cleaning) in 1821.*
- *Along with being a powerful anti-slavery organizer, James McCune Smith was the first African-American to achieve a Medical Degree in 1837.*

Friendly Reminders

- Just a friendly reminder to our Lodger's family members. Family is no longer allowed to earn funny money at games. The funny money is a reward for our Lodgers for attending and winning a game.
- Families please remember to take your holiday décor down.
- As always we are in need of donations for our General Store. Health and beauty Items, fuzzy socks and room decorations are always a crowd please bring donations to the activity department.



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Your Friendly Staff

- Laura Goluban *Administrator*
- Sarah Charnesky *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*
- Nick Papas *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!



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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

See solution in the March newsletter!

Word List

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

JANUARY SOLUTION PUZZLE