



Wishing you a
Happy Passover,
and Easter!

Passover Begins
April 11th

Easter Sunday
April 16th



Spring has Sprung!

As the weather warms up we are all eager to go outside and enjoy the warmth and sunshine. There are several benefits both mental and physical for older adults enjoying the outside. As it warms up, it is important to spend some time outside and breathe in fresh air and feel the warmth of the sun.

The following benefits to spending time outside are:

- ♦ Being Outdoors Increases Your Vitamin D Levels
- ♦ Spending Time In Green Spaces Has Been Linked to an Improved Immunity System
- ♦ Being Outdoors is Great for Improving Your Mood
- ♦ Spending Time Outdoors Can Energize You

- ♦ Being Outdoors Helps You Achieve a More Restful Sleep
- ♦ The outdoors can improve your attention levels

The outdoors helps you to recover from injury and illness more quickly. As a reminder, please be careful when spending time outside as the ground can be uneven and there are many different types of surfaces outside. Watch your step and make sure to pick up your feet and not shuffle. Another friendly tip is to be mindful when taking pets for walks, make sure to keep your pet and their leash in front of you and in your sight line as to prevent from tripping. If you have any questions or would like your loved one to spend some of their time in therapy outside, please come visit us in the therapy gym.

ZENSATIONAL

WELLNESS AT MEDILODGE OF TAYLOR

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.

Community Event - Easter Egg Hunt: April 14th at 3:00pm

The Hunt is on! That silly rabbit thinks that he can hide eggs from the kids in our community, help us prove him wrong. Invite your family, invite your friends, invite your neighbors to come help us find those eggs.

Our Community Easter Egg hunt is not just about eggs!

There will be games, arts & crafts, and candy.

Don't miss the event of the year!





Birthdays are celebrated at Medilodge of Taylor with a big piece of cake!

This month's Birthday Bash will be held at 3:30 on April 20th. Come and celebrate all of our April birthdays.

Food Committee Meeting

Last month was the beginning of our new Spring Summer menu cycle. If you have any suggestions please join me for our monthly Resident Food Committee Meeting on April 5th at 10:00am in the Main Dining Room located across from the Therapy department. We would really like to have resident involvement when planning alternates and monthly events/resident choice meal. We have not had turnout in several months. Everyone has a voice when it comes to their food and I would like you to share them with me to continue to improve our service.



Special Bingo Event!!!

Summit Academy is hosting their annual "Titan Bingo" on April 15th at 1:30 pm in the Lotus Lounge.

This is an event that residents look forward to every year. We would like to invite our Lodgers and their families to participate. Also, a GREAT BIG THANKS to Summit Academy for hosting the event.



The Benefits of Laughter

Is it a funny coincidence that April is both National Humor Month and Stress Awareness Month? Perhaps, but like the old phrase states: laughter is the best medicine, and it's true. Laughter has many positive health benefits, which can counteract the negative affects of stress.

Laughter increases the functioning of the immune system, helping the body to fight off illness and disease. Studies have demonstrated that laughter causes the increased production of catecholamines and endorphins. These chemicals, when released by the brain into the blood stream during laughter, increase feelings of happiness and well-being.

Laughter also decreases the secretion of cortisol as well as the sedimentation rate, and therefore is beneficial in stimulating the body's immune system.

During laughter, the flow of oxygen in the blood increases. Arteries relax, heart rate and blood temperature are lowered, circulation increases and the skin temperature rises. All of these physical responses have a beneficial effect on both cardiovascular and respiratory health.

Laughter has the potential to help speed healing, and increase overall health and well-being, when its benefits are fully realized as a part of a stress management plan.

While the average human being laughs approximately 8 to 10 times daily, a stress management plan which includes laughter as a part of the daily program would include rigorous "laughing" as an exercise to be performed several times throughout the day.

Full belly laughter, which is an involuntary response of the human brain, can be triggered by watching comedies, listening to comedians, telling jokes or just allowing oneself to participate in fun and silly activities.



Earth Day: Reduce, Recycle, Reuse

Earth Day, April 22nd, is dedicated to educating people across the world about the benefits of reducing, recycling, and reusing to save our planet.

- Bring your own bag. Reuse bags and containers. Keep a supply of bags on hand for future shopping trips, or take your own canvas tote bag to the grocery store.
- Choose to reuse. Reach for reusable products such as cloth napkins, sponges or dishcloths instead of paper towels.
- Recharge and renew. Use rechargeable batteries and recycle old batteries to help reduce garbage and keep toxic metals out of the environment.
- Buy smart. Look for long-lasting, energy-saving appliances with the Energy Star label and electronic equipment with good warranties.
- Get crafty. Reuse scrap paper and envelopes. Save and reuse ribbons, tissue paper, gift boxes and even wrapping paper. Save cardboard boxes, colored paper, egg cartons and other items for arts and crafts projects.
- Think thrifty. Donate clothing to charity organizations or sell the items in consignment shops, fairs, bazaars or tag sales. Share hand-me-down clothes with family members and neighbors.



April is Stress Awareness Month

Learning to cope with stress is important for all of us. Here are a few ways to deal with the stress that you might be experiencing.

Try giving whatever is bothering you a number on a scale from one to ten, where one is a minor bump and ten is the end of the world. You'll probably find that most of your daily problems are no more than a five. In other words, they're not worth getting upset about.

Laugh. Laughter is one of the top stress busters. Adults on average laugh less than 20 times a day; children, on the other hand, laugh hundreds of times a day. Is it surprising that adults are more stressed? Watch your favorite comedies, laugh at your pet, and laugh with your children. You'll notice that you don't feel as stressed.

If you feel that you are being overwhelmed with stress and anxiety you should **take some deep breaths**. Deep breathing has been shown to reduce anxiety. It causes you to focus on the way that you are breathing rather than on what's causing you so much anxiety.

Consuming water throughout your day will keep you feeling full, flush your body of harmful toxins, allow your body to focus and concentrate in trying times and lead to you feeling less stressed overall. Aim to drink at least one liter of water each day to maximize your results and to feel less stressed.

Welcome New Residents!

Meet and Greet is planned for April 17th at 3:30pm.

We would like to take this time to welcome all of our new residents. This is a wonderful opportunity to make some new friends, enjoy some comradery, and find out what is happening around Medilodge of Taylor.

Medilodge of Taylor promotes growth!

Not just our community but our administrative staff. Some may be familiar with this friendly face and I introduce to others, Antoinette Rogers our new Admissions Assistant! She is better known as Toni, the receptionist. Toni's determination, commitment, humble and teachable spirit provided her an opportunity to fill an integral role in the growth of our Medilodge community. Not to mention her friendly and hospitable attitude is most pleasant to our family and friends!

A renewal and all As the winter vanishes and the spring awakens the earth, let's welcome the new season as its' glory! Let's welcome the April showers to usher in the May flowers!



MEDILODGE OF TAYLOR

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Your Friendly Staff

- Administrator Karen Schalte
- Interim D.O.N. Tiffany Wilson
- Inservice Coordinator Susan Ferguson
- Wound Care Nurse Crystal Neumann
- Admission Dir Roni Butler
- Social Service Dir Jennifer Williams
- Social Worker Kristina Lewis
- Discharge Planner Chrissy Harwood
- Case Manager Mekia Gaddy
- Therapy Dir. Monica Sarkar
- Dietitian Kathy Kadau
- Dietary Manager Stacy Rasnick
- Maintenance Sup. Ondin Roman
- Activity Director Teresa Bartow
- Housekeeping Sup. Michelle Marotich
- Respiratory Therapist Mandy Murdock
- Accounts Rec. Brenda Rader
- Accounts Pay. Maria Heggie

Visiting Hours

Monday – Sunday 24 hours a day



April – 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!

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

Word List

- ACTIVITIES
- EARTH
- EASTER
- ENGAGED
- FUNNY
- HAPPINESS
- HEALTH
- JELLYBEAN
- JOKES
- LAUGHTER
- PASSOVER
- RECYCLE
- REUSE
- STRESS
- TREES