



Celebrating Independence Day

On the 4th of July, we traditionally celebrate the anniversary of the declaration of the United States' independence, but did you know that is not when Independence Day celebrations first began? Even though the U.S. celebrates its independence from England on that day, the holiday itself is largely based on English traditions.



When the Declaration of Independence was signed, a staged party was planned to celebrate independence from England, though nothing official was ever done for the day to become a holiday. Because the crowds were so large, it was assumed that the colonizers were interested in separating from the English and the holiday continued.

While the celebrations of the eighteenth century were essentially a political movement, today's Independence Day celebrations are based on the actual freedom the U.S. gained from England. In the last two hundred plus years, the celebration has been about our own independence as the United States of America.

Modern day 4th of July festivities now include parades, feasts, festivals, and other large gatherings of people. Many festivals and parades are held in town parks.

Popular foods to be served on the holiday include hamburgers, hotdogs, corn on the cob, and macaroni or potato salads.

In addition to family gatherings, many people associate the 4th of July with fireworks. While fireworks are largely a Chinese tradition, they are popular with millions of Americans to help celebrate the day with brilliant colorful displays sometimes set to music.

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.



*Happy
Birthday!*

Be there or be square.....

Don't miss our monthly birthday bash. Our birthday bash is known for great music, awesome cake and lots of laughs.

Are you new to Medilodge of Taylor?

We would like to extend a warm welcome to all of our new Lodgers, and invite you to attend this month's "Meet and Greet". Consult the monthly calendar for day and time. The meet and greet is a great opportunity to meet some new people, and find out about everything happening at Medilodge of Taylor. That is also a great time to let us know if there is anything we can do to make your stay more comfortable.

July Special Events

July is set to be a real blast... Nothing says summer and fun like a night sky lit up bright with fireworks while great music plays in the background.

We are not only celebrating Freedom in July, we are also celebrating Spam... Yes, I said Spam. Join the activity department for cooking club on July 5 at 3:30 to celebrate the birth of Spam. If you have had spam sometime in your life you will want to come swap stories over the sound and smell of cooking spam. If you haven't had spam – you have got to come try it!

We are also planning a scavenger hunt for July. I would love to tell you when, but here is where the hunt begins...find the start day, time and place on the July Calendar. At that time you will receive all the exciting details.

MediLodge of Taylor Garden Committe

If gardening is your passion, it is not too late to participate. Our flowers are planted and our veggies and herbs too, but now we need to nurture them and for that we need you. If you are interested in helping out in the garden just jump right in. No rules or regulations just grab the hose and water or pull a weed or two.

A Brief History of Cheesecake

You'd have to search back pretty far to find a time when the Earth was without cheesecake.

In fact, back in 776 BC, the Greeks are said to have served cheesecake to the athletes at the first Olympic games. The Romans soon caught on and spread the divine taste of cheesecake throughout Europe. From there it was only a matter of time before European immigrants brought their cherished cheesecake recipes to America.

It seems that every region of the globe has embraced cheesecake in one form or another, adapting the recipe to local tastes and adding local flavors.

In America, cheesecakes are typically made with a cream cheese base, but we even vary the recipe by region. New York cheesecake is famous for its ultra-smooth texture and decadently rich flavor– achieved by adding extra egg yolks and a hint of lemon. Other regional variations include Chicago-style and Pennsylvania Dutch. Many American bakers add sour cream for a creamy cheesecake that can be frozen without compromising taste or texture.



With every imaginable flavor and topping, you'd be hard pressed to find a culture that doesn't – or didn't – enjoy a good cheesecake!



Preparing The Perfect Frank

July 19 is National Hot Dog Day

Let's be frank: Americans love hot dogs. In the U.S., people eat 70 franks on average each year. Although consumers do "relish" their dogs at certain events—baseball games, barbecues, and picnics—hot dogs are also a favorite dinnertime meal for families or a quick convenient snack on the go. Quite simply, hot dogs are a staple of the American diet.

When it comes to preparing a great-tasting hot dog, how you cook and dress it isn't as important as the frank you choose. Besides the traditional all-beef variety, there are hot dogs for every taste bud, including turkey for the health conscious or ones with robust flavors that are perfect for the grill.

Speaking of the grill, while microwaved and boiled hot dogs are popular, 60 percent of Americans prefer their hot dogs grilled, according to the National Hot Dog and Sausage Council. Brian Aversa, Executive Chef at Sara Lee, is a self-proclaimed "foodie" and has perfected the art of grilling hot dogs with these tips:

- ✦ Prepare the grill by coating the rack with vegetable oil or cooking spray. This will prevent food from sticking and will ease cleanup.
- ✦ Use tongs to gently turn hot dogs to avoid accidental cuts or holes that would cause natural juices and flavors to seep out.
- ✦ Use pure and clean lump charcoal to prevent foreign substances or impurities from altering the flavor of your franks. Also, allow at least 30 minutes for the coals to reach the proper glowing white-ash stage before you begin grilling.
- ✦ Use mesquite chips and keep the grill covered while cooking if you like the "smoky" flavor.

Once your hot dog is ready, pile on the toppings. Remember, dress the dog, not the bun. Condiments should be applied in the following order: wet condiments (mustard, chili), followed by chunky condiments (relish, onions, sauerkraut), then shredded cheese and, finally, spices such as celery salt or pepper. Different regions of the country have different variations of their favorite hot dog topping recipe, but there is no right or wrong way to top a hot dog.

Junk Food Fundraiser

A HUGE Thanks goes out to residents, family, friends and staff members who supported our junk food fundraiser the last few times. Thanks to your generosity and sweet tooth we have been able to purchase 3 new Kindles for our residents to use. Speaking of Kindles... If you Lodge with us you are eligible to checkout a Kindle. To do so just ask one of the activity staff members, or call extension 4060 and leave us a message. The Kindles can be checked out for a few hours at a time. Even better than that is our tutoring service. If you would like to use a Kindle, but don't know anything about them we can help with that too. We are happy to spend some one on one time showing you all the fun things you can do with the Kindle. We have games, books, audiobooks, internet availability, speech translation software, movies and music on our Kindle Fires. They are easier to use then you think, so don't be shy try something new.

On the Flip Side

Because the activity calendar is limited on space, we ask that you "Flip It". When you are searching for details or an explanation about something on the calendar, flip it..... you just might find the information you seek.



MEDILODGE OF TAYLOR

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Your Friendly Staff

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- Assistant Admin. Kristine Gillenkirk
- D.O.N. Talisha Ross, RN
- Inservice Coordinator Susan Ferguson
- Wound Care Nurse Nakisha Battles
- Admission Dir Roni Butler
- Social Service Dir Jennifer Williams
- Social Worker Kristina Lewis
- Discharge Planner Chrissy Harwood
- Case Manager Elizabeth Mattson
- 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. Latrice Dunn
- Accounts Pay. Maria Heggie
- Unit 200/400 Mngr. Crystal Neumann

Visiting Hours

Monday – Sunday 24 hours a day



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

Word List

- CELEBRATE
- CHEESECAKE
- FIREWORKS
- FLAG
- FOURTH OF JULY
- FREEDOM
- GAMES
- HOT DOGS
- HYDRATION
- INDEPENDENCE
- KETCHUP
- MUSTARD
- PICNIC
- RELISH
- WATER