



Upcoming in October

Breast Cancer Awareness Month

Sweetest Day
OCTOBER 20TH

Halloween
OCTOBER 31ST

The TOPS of Taylor

Hard work and dedication should always be recognized. So each month, the Lodgers of Taylor can vote on a CNA or Nurse of the month!

CNA of the Month: Anita Jacobs

Anita was chosen by our lodgers for her hard work, loyalty to the job, and sense of fun and humor.

How long have you worked for MediLodge?

Since 1999. I started in Housekeeping, but became a CNA in 2010.



What is your favorite thing about working here?

Joking and playing around with the patients.

Any advice for other staff?

I've been here for years, and I enjoy my work more and more the longer I'm here. To all the new CNA's, know the longer you're here the more you'll love it!

Excellent job Anita. Know that you are appreciated by us all!

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.

A New Hairstylist Coming Soon!



On Wednesdays, we will be adding an additional hairstylist to our beauty shop team! Her name is Inger and she specializes in hairstyles for African-American clients. She enjoys working on all hair types, so whether you're a man who needs a cut and shave, or a gal looking for a cut, a set, a press, or braids, Inger is happy to help. See reception for prices and available appointments.

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.

A Note from Housekeeping

Hello Lodgers, Families and Visitors,

Once again a warm welcome to our facility. I am extending a warm welcome to any new staff as well and we are happy to have you on our team.

The season has changed, so please make sure your family member has had their clothing switched out for warmer articles. Also, make sure that any new items are labeled by the laundry staff. We have a hot pressing system that applies labels to all fabric articles and insures items are not lost and can be delivered back to the correct resident.

We have begun our yearly resident inventory updates. Every resident in the facility will be completed and updated to reflect what is currently in their room. If at any time you bring in additional items please see laundry and have it added to their inventory.

With the holidays approaching, please have any clothing gifts labeled. You can have them done prior to wrapping as gifts and we will place into inventory. It will also relieve any stress during the holiday rush for yourself, as well.

In regards to housekeeping, please remove seasonal decorations as they end. We cannot store items and too much clutter in a room makes it difficult for your housekeeper to maintain. Again, no notes or papers of any kind can be placed on walls or furniture. The housekeeping staff will take it down and place it on the dresser for you to pick up or place properly. Also, no items on top of the closets. This is a fire/safety regulation.

If you have any questions or concerns, feel free to stop by my office on the 100 hall or I can be reached at ext. 1050.

Michelle Marotich, Housekeeping Supervisor



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.

October 14th is National Dessert Day!

A "dessert" is a meal course that usually comes after dinner. Most often dessert foods are of sweet food but can also be of a strongly flavored food, such as cheese cake. The word dessert comes from the Old French word "*desservir*", which means 'to clear the table'. Often times in the English language dessert is confused with the word desert (note only one "s"). A simple way to remember the difference in spelling is: *Dessert has an extra S, because everyone always wants an extra slice of cake.*

It wasn't until after the 19th-century when the rise of the middle class, and the mechanization of the sugar industry, brought the privilege of sweets into the general public. This was because sugar became cheaper

and more readily available to the general public. As sugar was widely spread, so was the development and popularity of desserts.

In today's culture, dessert recipes have become a popular item for discussion, as they are a way to win people over at the end of any meal. This is partly because if you serve a mediocre meal but with an excellent dessert, people will remember you for the dessert and may forget about the meal.



Tips for a Better Nights Sleep

- 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.
- 5. Go to bed at around the same time every day.** Don't change your bedtime back and forth. Having a certain schedule developed will make it easier to fall asleep pretty much at the same time every day. A recurring schedule will help your body to get into a sleep pattern and make it easier to fall asleep.
- 6. Remove the alarm clock from your view.** Staring at the time will only create the feeling that you have to sleep, but you are not. Losing track of time and how long you have been awake has shown to improve healthy sleep.



MEDILODGE OF TAYLOR

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Your Friendly Staff

- Administrator Charlotte Antic
- Asst. Administrator Krysten Overbee
- D.O.N. Michelle Peace, RN
- Wound Care Nurse Crystal Neumann
- Admission Dir. Roni Butler
- Social Service Dir. Jennifer Williams
- Social Worker Kristina Lewis
- Activities Director Joanna LoBuono
- Case Manager Elizabeth Mattson
- Dietitian Kathy Kadau
- Dietary Manager Stacy Rasnick
- Maintenance Sup. Ondin Roman
- Housekeeping Sup. Michelle Marotich
- Accounts Rec. Jackie Yelinek
- Accounts Pay. Maria Heggie
- 300 Unit Manager Joanne Pemberton
- 400 Unit Manager LaToya Shade

Visiting Hours

Monday – Sunday 24 hours a day



Newsletter Production by PorterOneDesign.com

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

Word List

- BRAIN
- CANCER
- DESSERT
- FIRE
- HALLOWEEN
- PREVENTION
- PUMPKIN
- PUZZLE
- SLEEP
- SPIDER
- STRETCH
- SUDOKU
- SUGAR
- THERAPY
- WALK