



## 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!*

### **Nurse of the Month: Jacquie Miller**

Jacquie was chosen for her excellent care and positive attitude. The Lodgers feel she is always there for them, not only as a nurse but as a trusted friend.

### **How long have you worked for Medilodge?**

Ugh, I don't know...100 years! I just age well! Seriously though, I've been a nurse for 6 years and I've been at Medilodge for 5 years.

**What is your favorite thing about working here?** The residents and their families. I also enjoy sharing jokes and laughing with the residents. I love hearing their stories! It seems once you hit a certain age you have no filter, and I love it!!

**Any advice for other staff?** A warm smile is the universal language of kindness. So before walking through the Medilodge doors, take a moment to push aside any issues and begin each shift with a smile and a positive attitude. Always treat the residents how you would want your relatives or yourself to be treated in the same setting.

*Great advice, Jacquie. You're amazing, and a fabulous asset to our Medilodge family!*

## Ideas to Keep You 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. Fortunately, there are a lot of things we can do to stay active:

**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!

**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 be exposed to new books and genres.

**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 or a brisk.

**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.

**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.

## ZENSATIONAL

WELLNESS AT MEDILODGE OF TAYLOR

zen•sa•tion•al noun /zen'sāSHən/

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 Note from Housekeeping

Hello again to lodgers,  
families and visitors,

We want to welcome all new residents and staff to our facility. Just the monthly reminders, no electrical cords, power strips or surge protectors can be used in the facility. I wanted to make sure this reminder was sent out again with the holidays approaching quickly.

Please limit the decorations in rooms, it restricts the housekeepers from doing their cleaning rounds. Do not hang papers, cards or notes on the walls or furniture. No additional heaters or fans can be used as well. Every room is equipped with its own a/c and heat unit. These are fire regulations.

Remember, if you're buying new articles of clothing, please have them labeled with the laundry department and the inventory updated. This includes having any holiday gifts that you may want labeled prior to wrapping. Let us know, we will gladly take care of it.

If you have any questions or concerns, please don't hesitate to stop by my office on 100 hall or I can be reached at ext 1050.

Warmest regards,  
*Michelle Marotich*



## A Note from Jenn, the ADON

Restorative nursing is when nurses and restorative CNA's begin working with residents, often when they have reached their max potential with therapy. When a resident stops working with physical, occupational or speech therapy, the nursing department is given a recommendation to begin Restorative. Its essential purpose is to maintain the progress the resident has made during therapy.

The average length of time a resident spends in Restorative is 8 weeks, and after that, the resident begins a maintenance program to maintain their level of function. If a decline is seen, the resident is referred to therapy for an evaluation and recommendation.

Restorative may include range of motion exercises, assistance with meals, ambulation, bed mobility and working with prosthetics. Guidelines for the restorative program encourage at least 15 minutes of resident participation, 5 days per week. A resident may choose not to participate and Restorative would end. Also know that we will be beginning a restorative-style "Better Breathers Club" soon, so join us for all kinds of health and wellness fun!

If you have any questions regarding our Restorative program, feel free to contact me at x2070 or email me at [jgebhardt@medilodgeoftaylor.com](mailto:jgebhardt@medilodgeoftaylor.com).

– *Jennifer Gebhardt, ADON*

## Let's Get Moving and Breathing with the Better Breather's Club!

Cardiopulmonary exercise is an essential function to keep our lungs healthy. It improves our endurance of physical activities while conditioning our airways.

The more we move and groove, the better breathers we will be. Exercising also helps to keep our body trimmed and toned.

**Some other benefits include:**

1. A better overall sense of well-being
2. You get to move and groove with others

3. You can listen to some cool music
4. It helps you sleep better during the night
5. You meet new people ...and all of us can use motivational support!

So come join the Respiratory, Activities and Restorative Departments in the Lotus Lounge after lunch on Mondays and Wednesdays. The Better Breather's Club is sure to be a great time and a great success!

– *Trish Kuhlman, RT*

# Be Sure To Wash Your Hands!

December 3-7, 2018 is National Hand Washing Awareness Week and, according to the Centers for Disease (CDC), “the most important thing you can do to keep from getting sick is to wash your hands.”

Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

The CDC recommends you should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet waste, food or treats
- After touching garbage



PALM TO PALM



FINGERS INTERLACED



BACK OF HANDS



BACK OF FINGERS



BASE OF THUMBS



FINGERNAILS



WRISTS

## 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.



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
- 100 Unit Manager Joanne Pemberton
- 300 Unit Manager Jennifer Gebhardt
- 400 Unit Manager LaToya Shade

### Visiting Hours

Monday – Sunday 24 hours a day



Michigan Made

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## 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 |
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| 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 |

### Word List

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