



## 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: Wayne Byers**

Wayne was chosen for his great care and funny personality. The Lodgers feel Wayne is dependable and every day he's working is a great day!

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

"About a year and a half. I stay because of my wonderful residents and co-workers."

**What is your favorite thing about working here?** "I see the residents as my family, and it makes my day to make them smile and laugh!"

**Any advice for other staff?** "Put yourself in the position of your residents. What if that was you? Are you treating them how you would want to be treated? What if that was your family member? These questions help me to focus on what's important, and what I'm doing here. Why I do this job. And that is to care for this Medilodge family. So, remember WHY you're here every day."

## Hello Lodgers, Visitors and Families

It looks like we made it through the holiday seasons, taking down lights and decorations, as well as heading into winter. Brrrrr! Just a reminder to make sure you've switched out your loved ones clothes for warmer attire and take home seasonal clothing and decorations too.

I wanted to inform you that February is one of our curtain sweep months. You will notice the housekeeping staff taking down all curtains throughout the month, inspecting, washing, drying and rehangng all the curtains in resident rooms. After this, we will roll into our spring cleaning in March. If you notice any area of concern please let my staff or myself know so it can be addressed immediately. I'm also reminding you that there are items that are not to be used in the facility. If you have questions in regard to those items please do not hesitate to ask. As always, no items can be stored on top of the closets.

Also, please have any clothing labeled and the resident inventory updated to reflect new items to avoid items winding up on the no name racks. If family does laundry, let us know... that way we can hang a sign on the inside of the closets and the staff are aware to leave items in the room for pick up. I recommend at least 7 day's worth of clothing too. Any questions, my office is located on the 100 hall or I can be reached at extension 1050. – Warmest Regards, Michelle Marotich

## 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.

## National Volunteer Blood Donor Month

This January, the American Red Cross celebrates National Blood Donor Month and recognizes the life-saving contribution from blood and platelet donors. As we begin the New Year, the Red Cross encourages individuals to resolve to roll up a sleeve to give this month and throughout 2019.

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.

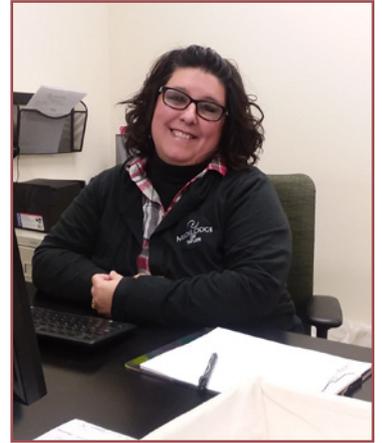
Blood donation appointments can be made by downloading the American Red Cross Blood Donor App, visiting [redcrossblood.org](http://redcrossblood.org) or calling 1-800-RED CROSS (1-800-733-2767). All blood types are needed to ensure a reliable supply for patients.

*Info taken from [redcross.org](http://redcross.org).*

## A Note from Admissions

Happy New Year all!

I would like to introduce the new addition to our team, Lori Balerczak. She is our Admissions Coordinator/Evening receptionist. Kicking off the New Year, Lori is here to assist with updating our records with any change of information such as address, phone numbers, emails, and new ID and insurance cards. Aside from that, just stop by and say Hi and introduce yourself!



If you have Gmail addresses, please do a google review for our facility. Your feedback is greatly appreciated. If you need instructions on how to do a google review, drop by the admissions office anytime and we will be more than happy to assist you.

Lastly, some fun observance days for January:

8th - Clean off Your Desk Day

20th - World Day of Social Justice

21st - National Hug Day

24th - National Compliments day

26th - National Fun at Work Day

– *Ronell Butler, Admissions Director*

### Happy Activity Professionals Week: January 20-26<sup>th</sup>

Activity professionals are a vital and integral part of every nursing facility. They encourage fun and meaningful activities for all to enjoy! The desire to care for an elder's mind, body and spirit is an awesome responsibility. They are the heart and soul of every facility, and this week we have the opportunity to celebrate these very special people.

As the Activities Director, I am truly proud of the team we have. I have been blown away by the dedication, extra hours, and above and beyond care that each of my staff demonstrate. I'd like to take this opportunity to say to Marcella, Brittany, Briaunne and Paige...You are amazing! Keep on rocking!

Love, Joanna LoBuono, CTRS

# The Right Care at the Right Time: Navigating Chronic & Advanced Illness with Your Loved One



What's the Plan? Who's in Charge?

We plan vacations and baby showers. We make shopping lists and keep detailed calendars to make sure we don't forget anything. Unfortunately, we often

forget that we need to plan and specify **IN WRITING** our preferences and hopes in case of serious illness or accident.

We need to identify someone to make decisions for us when we can't speak for ourselves. Our wishes should be spelled out in Advance Directives. As spouses, partners and parents age or battle illness, we are often called upon to make decisions about their care. Your wishes, and theirs, can be spelled out in the Medical Durable Power of Attorney (MDPOA).

In Michigan, anyone over 18 who has decision-making capacity can complete the MDPOA form that indicates his/her wishes and appoints a Patient Advocate (legal decision-maker). This form is free and does not require an attorney or notary to complete, but must be witnessed by 2 non-relative witnesses. This form is not effective until 2 physicians assess you or your loved one as being unable to make decisions. Unfortunately, this form cannot be completed if your loved one is already considered non-decisional.

It's important to remember that medical decision-making should include consideration of medical procedures and hospitalizations **AND** quality of life, comfort and support. Families often are only informed of medical options but aren't told about life expectancy or choices related to opting out of hospitalizations and artificial, aggressive treatments. Palliative Care and Hospice teams such as Seasons can help families look at options that maximize support, comfort and quality of life while minimizing re-hospitalizations and invasive, overly aggressive care.

## Jump Start Your Self-Confidence

To begin feeling a fresh spark of self-confidence within you, try as many of these as you like!

1. Open up your cookbook to a completely new recipe and learn to cook it well.
2. Learn how to say "I love you" in two different languages.
3. Look inside a thesaurus to find new ways to say the same old things.
4. Find three funny jokes and learn to tell them really well.
5. Get a makeover, new hairstyle, or all new socks and underwear.

## National Glaucoma Awareness Month

January is National Glaucoma Awareness Month, but what is glaucoma?

Glaucoma is an eye disease that causes people to gradually lose their sight. There is no cure and vision loss is permanent. Over 3 million people in the United States currently suffer from glaucoma – it is a leading cause of vision loss in the U.S.

Seniors are especially at risk for glaucoma, along with anyone who has a family history of the disease.

Early detection is important for slowing the progress of glaucoma, along with medication or surgery.

For more information about glaucoma awareness, please visit [glaucoma.org](http://glaucoma.org).



# MEDILODGE OF TAYLOR

23600 Northline Road

Taylor, MI 48180

P: 734.287.8580

[www.medilodgeoftaylor.com](http://www.medilodgeoftaylor.com)



[www.facebook.com/medilodge](http://www.facebook.com/medilodge)

## 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
400 Unit Manager	LaToya Shade

## Visiting Hours

Monday – Sunday 24 hours a day



Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)

## January – 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!

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

### Word List

- ACTIVITY
- AGING
- BLOOD
- CONFIDENCE
- DONOR
- ENGAGE
- EYES
- GLAUCOMA
- JANUARY
- MIND
- RESOLUTION
- SMART
- SOUP
- VISION
- WARM