



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: Nicole Arnold

Nicole was chosen for her consistent hard work and fabulous care. She was nominated month after month by the 200 hall patients. This honor is well deserved!

How long have you worked for Medilodge?
7 1/2 years.

What is your favorite thing about working here? “The residents and their families. I enjoy getting to know them on a more personal level. Also, I love seeing the joy in my patient’s eyes as I walk into the room and they are happy to see me and my smiling face.”

Any advice for other staff? “Always treat the patients as if they were your own family. A positive attitude, a kind heart and a smile go a long way. Be willing to lend a helping hand and always give 100% in all you do!”

Beautiful words, Nicole. Congratulations on being a Taylor TOPS!

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.

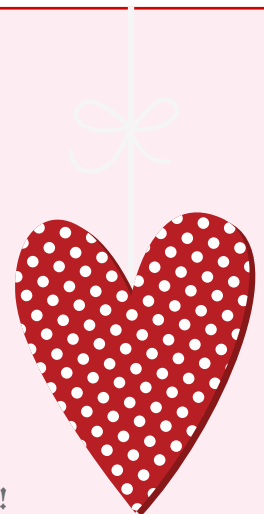
“Life does not hurry, yet everything is accomplished.”

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.

February Meet and Treat

We are “Sweet” on you. The Admissions department would like to show our appreciation by hosting a “Meet and Treat” for the whole month of February! Stop by our office and grab a cup of specialty coffee and a sweet treat on us. Whether you are touring our beautiful facility for the first time or visiting your loved one, we want to express our gratitude for the connection!

– *Roni Elliott-Butler, Admissions Director & Lori Balerczak, Admissions Coordinator*



Chocolate and Heart Health: Fact or Fallacy?

Wouldn't it be wonderful if chocolate and heart health went hand-in-hand? You might be surprised to find out that chocolate isn't as bad as it was once thought. The fat content in chocolate, derived from cocoa butter contained in premium grade dark chocolate, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. But, stearic and palmitic acids are forms of saturated fat – not so good. Saturated fats are linked to increases in LDL-cholesterol and risk of developing heart disease. Whether chocolate and heart health do walk hand in hand is still an open topic. In moderation it may not do your heart any harm for a special occasion; however, be sure to watch those calories. But most of all, enjoy it because it tastes so good!



FROM THE ADMINISTRATOR

Help our Seniors Avoid the Holiday Blues

The winter blues are tough for most of us. There is less sunshine and more darkness. This time of the year can make us tired, lethargic and lacking our normal enthusiasm for life.

Seniors can be particularly vulnerable to the winter blues because they are usually less active and often times incapable of doing many things on their own.

There are many ways you can help your loved one during these long winter months.

- ♦ **Get moving** – Exercise can be a big help in improving mood, overall health, mental sharpness and susceptibility to illness. Be sure to check with the nurse to ensure you are moving within your capabilities.
- ♦ **Let the sunshine in** – Daily doses of sunshine help to counteract these long days of darkness. Open the blinds and visit by the window when the sun is shining.
- ♦ **Maintain an active social calendar** – Visit, this helps pass the time. Social engagement is so important and spices up the normal routine. Encourage your loved one to attend activities and outings.
- ♦ **Be positive**
– Winter won't last forever. Talk about positive things going on right now. Remember Spring is right around the corner.



*Charlotte Antic,
Administrator*

Prevent the Spread of Norovirus

Millions of people get sick from norovirus each year. If you think you have norovirus, stay hydrated and take steps to keep it from spreading.

Norovirus is very contagious. When you are sick with norovirus, you can shed billions of virus particles in vomit and fecal waste. It only takes a few of these particles to make someone sick.

You are most contagious when you have the symptoms of norovirus illness, especially vomiting. Norovirus and flu may share some symptoms, but the flu is a respiratory illness caused by influenza virus, not norovirus.

You may still be able to spread norovirus for two weeks or more, even after you feel better. Most people sick with norovirus get better in 1 to 3 days.

Norovirus Symptoms

- + Diarrhea
- + Vomiting
- + Nausea
- + Stomach Pain

Some people may also have a fever, headache, or body aches. Norovirus can be more serious for young children, the elderly, and people with other health conditions. It can lead to severe dehydration, hospitalization and even death.

Spreading the Norovirus in Many Ways

If you are sick with norovirus, you can spread it to other people by having close contact, such as providing personal care, preparing food, or sharing food or eating utensils with them. You can also spread norovirus to others by contaminating surfaces.

Keep the Norovirus from Spreading

Wash your hands! Wash thoroughly with soap and water, especially after using the toilet and changing diapers, and always before eating or preparing food.

Michelle Peace, DON

Source: CDC.gov

Hello Lodgers, Visitors and Families

I am extending a very warm welcome to everyone, including the new staff in all departments. We have a few additional employees, as well, welcome aboard! The curtain sweep has begun. The housekeeping staff are removing, inspecting, washing and re hanging all cubicle curtains in the resident rooms. If you notice any area that needs to be addressed, please let me know and they will take care of it. The laundry department also has a new hot pressing system for resident clothing. The labels are larger so you will notice a difference in them. To any new family or resident, I always recommend to have your clothing labeled whether the facility or family does laundry and update the resident inventory. This helps prevent items on our no name racks. If you think you may have items missing please go to the laundry department to claim. They will be happy to assist you. Please remember, no extension cords, fans, heaters, plug in air fresheners, just to name a few. Every room is equipped with a heating/ac unit for the residents use and comfort. As well, no open windows. We ask again, no paper items to be hung on the walls or furniture and no items on top of any closet. The staff will remove. These are fire/safety regulations. If you have any questions don't hesitate to ask. With all holidays over, please remove all decorations and take home. We cannot store these items. Spring is right around the corner and I recommend changing out your family members clothes for the warmer weather that will be coming too and taking the extra home. The rooms become cluttered and difficult for the laundry and housekeeping aids to maintain. My office is located on 100 hall or I can be reached at ext. 1050 or 3070 with any questions. – *Thank You, Michelle Marotich*

Black History Month

The month of February is a time to honor the achievements of African-Americans in U.S. history. Since its first observance at Kent State University in February 1970, Black History Month (also referred to as African-American History Month) has evolved into a country-wide celebration.

Did you know:

- *Thomas L. Jennings was the first African-American to receive a patent for his discovery of a process called dry-scouring (later dry-cleaning) in 1821.*
- *Along with being a powerful anti-slavery organizer, James McCune Smith was the first African-American to achieve a Medical Degree in 1837.*
- *In 1988 Oprah Winfrey founded Harpo Productions, which made her the first woman in history to own and produce her own talk show. She was also the first African-American (man or woman) to own an entertainment production company.*

President Gerald Ford, the first president to recognize Black History Month in 1976, urged us all to “seize the opportunity” to honor African-American accomplishments “in every area of endeavor throughout our history.”



MEDILODGE OF TAYLOR

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Your Friendly Staff

- Administrator Charlotte Antic
- D.O.N. Michelle Peace, RN
- A.D.O.N. Rachel Green
- 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 Brian Brickner
- Maintenance Sup. Ondin Roman
- Housekeeping Sup. Michelle Marotich
- Accounts Rec. Jackie Yelinek
- Accounts Pay. Maria Heggie
- 100 Unit Manager Joanne Pemberton
- 200 Unit Manager Katrina Duby
- 400 Unit Manager LaToya Shade

Visiting Hours

Monday – Sunday 24 hours a day



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February – 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!

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

Word List

- ACHIEVE
- CARDIAC
- CHOCOLATE
- EDISON
- GENEROUS
- HEALTH
- HEART
- HISTORY
- HONOR
- INNOVATION
- INVENT
- KINDNESS
- PIG
- RED
- VALENTINE