



MEDILODGE OF
PORT HURON

NEWSLETTER

5635 Lakeshore Road, Fort Gratiot, MI 48059 • P: 810.385.7447 • www.medilodgeofporthuron.com • June 2017



Celebrating Fathers Everywhere On Sunday, June 18th

The worldwide celebration of Father's Day is made to honor all the fathers who have given strength, support, and love to their children. This informal holiday complements Mother's Day, and is celebrated on the third Sunday of June.

It is also a special day of the year where paternal bonds, fatherhood, and their influence in society are recognized. This special occasion is a way to show gratitude to fathers for all their support and love.



Different countries have different ways to celebrate Father's Day. In Australia, the special day is celebrated on the first day of September instead of the usual third Sunday of June. New Zealand marks the occasion with enthusiasm and charm during the first Sunday of September. In Ireland, Father's Day happens on the third Sunday of June, the same as the date of celebration in several countries. People in South Africa honor their fathers on this occasion, which is celebrated on the third Sunday of June, by presenting their fathers with gifts.

It is remarkable to know that despite being a relatively new holiday, the observance of Father's Day in India has been largely acknowledged. Some cultural societies and schools in the country organize a program for the

occasion in order to inspire children to respect their fathers. On the other hand, the British make the special day memorable by giving handmade gifts to their fathers. In addition, Canada celebrates the occasion on the third Sunday of June by having lots of fanfare. Canadians also use roses to show their gratitude to their fathers.

In the U.S., the occasion is celebrated on the third Sunday of June. Americans reflect on the significant contribution of fathers in shaping the character of their children, as well as to the whole development of the nation. Americans also appreciate their foster fathers, uncles, and stepfathers on this day. The commercialization has a positive side such as raising awareness about the need to motivate children to appreciate their father on this day.

ZENSATIONAL

WELLNESS AT MEDILODGE OF PORT HURON

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.

Flag Day

The historic tale of Betsy Ross painstakingly sewing the first American flag is widely known. However, many of the details of that extraordinary event along with the circumstances leading up to it are not as well known. The colonies had adopted several flags as a representation of their new American beliefs. The "Don't Tread on Me" version incorporated red and white stripes with a snake across it. Washington raised this at Prospect Hill. The Loyalists misinterpreted the emblem as a sign of defeat.

The confusion prompted General George Washington, Colonel George Ross, and Robert Morris, along with other key members of the Congressional Committee, to enlist the aid of Mrs. Ross. At the time Betsy Ross was running an upholstery business. She had completed several assignments for General Washington, and he was familiar with her work, as well as being a personal friend. They provided her with a crude drawing of the appointed American flag and commissioned her to complete the work. She began the assignment in early May and completed the job in late May or early June.



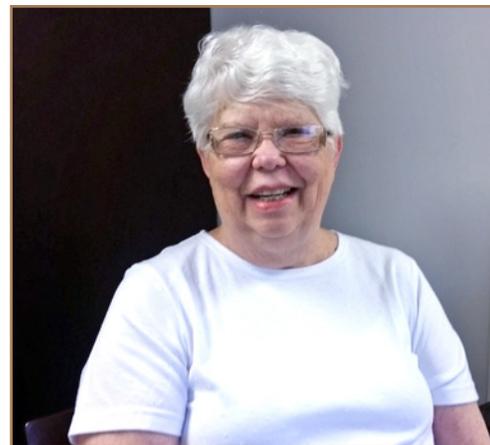
Lodger Success Story: Glenda J.

A Breath of Fresh Air

Glenda J. came to MediLodge of Port Huron on the recommendation of her physician, Dr. Elsafy. She came here from McLaren Port Huron because of a blood pressure problem. She also had some weakness with her leg and was still recovering from a previous broken arm. Glenda describes her stay, "Everyone has been great with follow through. Nursing staff and students that were here were helpful and kind. They have all been wonderful. I had therapy every day. The therapists were great at getting me moving, motivated and back up to par. They were great and helped make it fun while I was in there."

Glenda describes her room; "The building was very clean. The room was nice and I liked that the bedding was changed often. I always had clean towels and bathrooms too."

"I chose MediLodge of Port Huron at the recommendation of my doctor. He felt this would be the best place for me to go. I trust my doctor very much after he found that I had Kidney cancer a year ago. He always has my best interest in mind." She continues. "I felt I was treated with respect and dignity. No one was ever abrupt or had a bad attitude with me. The girls even took me out to enjoy the nice spring weather with the walker. It was so nice."



Glenda says she would recommend Medilodge of Port Huron to others. "I would like to say that the service was very fine and cannot complain about anything. Nursing staff was very good at explaining procedures, plans and my medications. Communication of my plans here were done well. I felt like I was a part of everything."

She continues, "What I liked the best was that MediLodge of Port Huron was close to home, everyone was kind and nice to me. I also liked that they made sure I had all the equipment I would need for my stay and to go home safely." Glenda had a great stay at MediLodge and we are glad to see her returning home with more confidence and joy now that she had a chance to recover, rejuvenate, revitalize and now return home.

**- Glenda J.
A therapy graduate- May 2017**

International Picnic Day

International Picnic Day is on June 18. Summertime and picnics are meant to go together. Having a picnic doesn't have to be reserved for a day out at the beach or park. If you are going to have a picnic during an outing, be sure to practice food safety and have ice packs in with the food or cooler.

Picnics can be as simple and easy as peanut butter and jam sandwiches with

apples, to more complex cuisine such as fried chicken and potato salad.

It all depends on how much time you have and the preferences of those you will be serving.



Lodger Success Story: Kathy N.

Out of the Storm

When Kathy N. had a routine total hip replacement in January 2017, she developed multiple complications following the procedure. It was a perfect storm of maladies converging on her. As a result, her hip replacement had to be removed and she was put on IV antibiotics and faced with the fact that she could not go home by herself at this time. She had not planned for this turn of events. She was facing the fact that she had much healing and recuperation to do before she would be safe and healthy enough to go back home and care for herself. Kathy made the choice to come to MLPH for her rehabilitation and medical treatment. "I was hesitant to go to a nursing home center due to being relatively young and active and in my mid-60's. I had some preconceived notions of nursing homes from past experiences and I didn't know what to expect in my situation. I was afraid I was never going to be able to leave or I would get sicker. When I first left the Hospital, I was unable to basically do anything for myself. I needed help to roll over, get up into a standing position. I needed people to help me move to a wheelchair and to go to the bathroom. I had a lot of anxiety about my physical dependence on others. I was very used to being very independent. However, what I found out was that the staff was

extremely competent, compassionate, caring and went out of their way to make me comfortable, reassure me every day that I was improving every day and cheer me on. I know without the care and support of the nursing staff and therapy department of MediLodge of Port Huron, I wouldn't be going home today after over 9 weeks of medical care here. I was really sick, and MediLodge helped me get better."

Kathy goes on to say: "My room was very spacious, I appreciated the private room, bath and shower within my room...it was a big plus. It helped add to my sense of dignity. The center is clean and attractive. I especially loved the new Java Lodge. I loved the atmosphere as a place where I could meet my visitors outside of my room and I felt like we were more relaxed and comfortable, like being in a nice coffee house. I liked that my visitors and I could enjoy a cup of flavored coffee or a special treat. The food in the Java Lodge is really good too."

Kathy was able to enjoy the new Revitalodge beauty and barber salon. "Joanne in the beauty salon was always willing to make time to fit me into her schedule to get my hair washed and curled. It helped me feel like a new woman every time! Which helps my self-esteem recovery and positive attitude during my stay."



Kathy will be facing more surgery in the future. "When I am able to have my final hip replacement surgery, I would not hesitate to come back to MediLodge of Port Huron for rehabilitation and nursing again. I am now able to transfer from my chair to the bathroom, bed, a vehicle on my own. I am very confident in the abilities that I have acquired since I have been a Lodger here. I especially felt treated with dignity and respect at all times. My needs were met in a very timely manner. I would highly recommend MediLodge of Port Huron to anyone who is facing similar challenges; that they would find great care and committed staff to ensure that that you are on your way to recovery. I feel MediLodge of Port Huron truly encompasses their tagline of Recover, Rejuvenate, Revitalize and Return Home. Thank you to all the staff for helping to make my time here enjoyable and go by quickly. Your compassionate and caring attention made all the difference."

- Kathy N.
Therapy graduate

Summer Memory Jars

Instead of keeping a journal or starting a scrap book, a memory jar is an alternative way to record summer nostalgia. If all the memories will not fit into one jar, you may want to make several for special days or outings that happened during the summer.

You will need a large clear glass jar

with a lid. This can be used from an empty pickle jar or other food container that is empty and has been cleaned out.

Collect small mementos or other meaningful objects that will fit inside a jar. They can be photographs, a special rock found, something you made, a friendship bracelet, the options are really only limited to your imagination. A good example for a day trip memory jar is one from the beach.

Fill the bottom part of the jar with sand or pebbles that were collected from the beach, add in some shells and other interesting finds.

Put up a shelf in your room and you can have a collection of memory jars. Put a label on the top of the jar with the date or date range and the location of where the items were collected. These can be kept for years as a lasting reminder of the fun you had going to special places.



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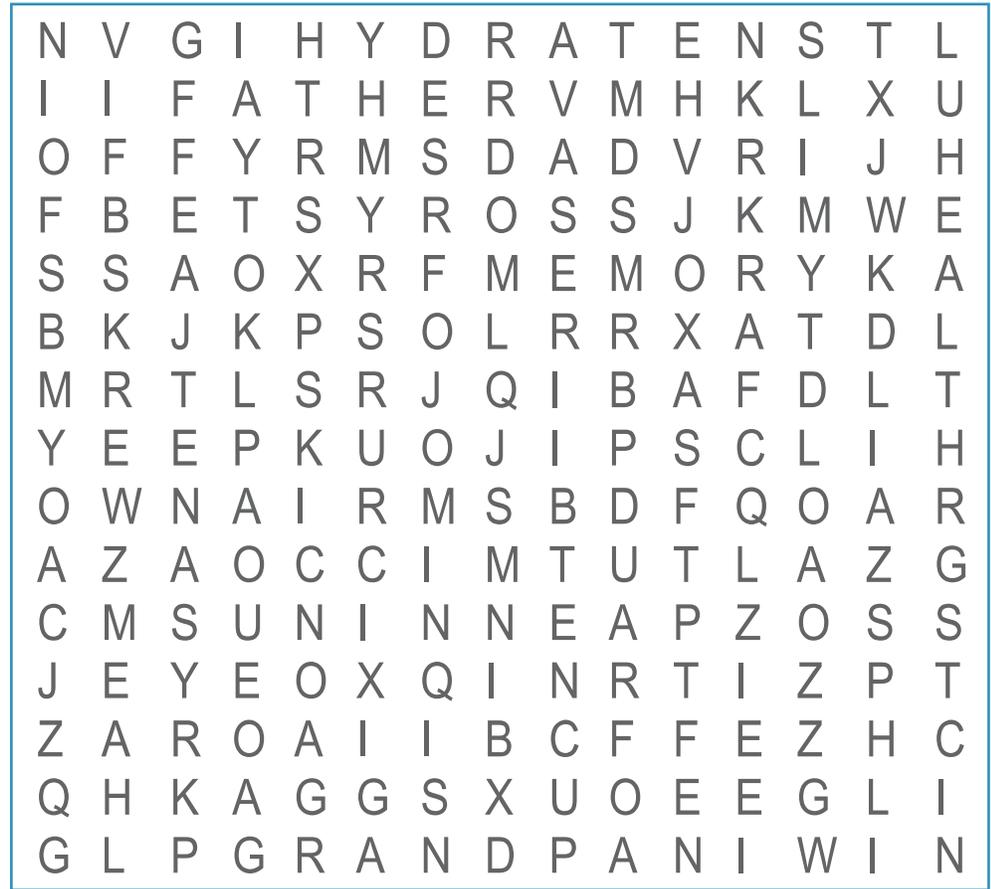
www.facebook.com/mediLodge

Your Friendly Staff

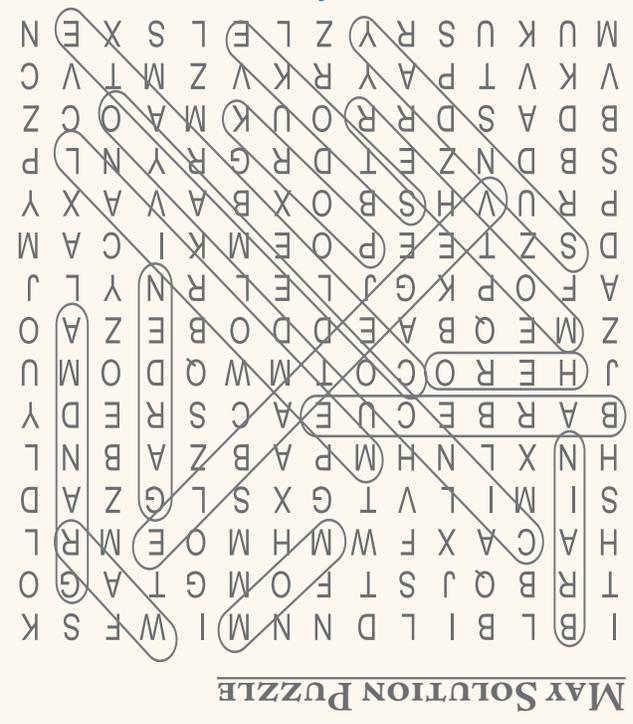
- Shay Lieber *Administrator*
- Darlene Walters, RN *Director of Nursing*
- Mary Repinski *Admissions*
- Jessica Jones *Marketing Director*
- Andrea Wilton *Social Work Director*
- Dr. Daniel Souphis, DO *Medical Director*
- Kellie Reno *Therapy Manager*
- Susanne Bohm *Business Office Manager/Bookkeeper*
- Jeannie Kartes, RN *Unit One Manager*
- Jeanne Ford, RN *Unit Two Manager*
- Karlene Sheridan, RN *Unit Three Manager*
- Kris Martin *Director of Dietary*
- Kelly Moore *Registered Dietician*
- Steve Morris *Maintenance Director*
- Rachel Pincomb *Deer View Haven Unit Coordinator*
- Chris Westphal *Director of Housekeeping and Laundry*

June – 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!



See solution in the July newsletter!



Word List

- BETSY ROSS
- DAD
- FATHER
- FLAG
- FLIP FLOP
- GRANDPA
- HEALTH
- HYDRATE
- MEMORY
- MEN
- PICNIC
- PROSTATE
- SUMMER
- SUN
- YOGA

