



MEDILODGE OF  
PORT HURON

# NEWSLETTER

5635 Lakeshore Road, Fort Gratiot, MI 48059 • P: 810.385.7447 • [www.medilodgeofporthuron.com](http://www.medilodgeofporthuron.com) • July 2017



## Congratulations

For achieving the AHCA/NCAL  
National Commitment to  
Quality Bronze Award in 2017!

*Demonstrating a strong commitment  
to quality improvement.*

*Read about our award on page 3!*

## 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.

## Celebrating Independence Day

*On the 4th of July, we traditionally celebrate the anniversary of the declaration of the United States' independence, but did you know that is not when Independence Day celebrations first began? Even though the U.S. celebrates its independence from England on that day, the holiday itself is largely based on English traditions.*

When the Declaration of Independence was signed, a staged party was planned to celebrate independence from England, though nothing official was ever done for the day to become a holiday. Because the crowds were so large, it was assumed that the colonizers were interested in separating from the English and the holiday continued.

While the celebrations of the eighteenth century were essentially a political movement, today's Independence Day celebrations are based on the actual freedom the U.S. gained from England. In the last two hundred plus years, the celebration has been about our own independence as the United States of America.

Modern day 4th of July festivities now include parades, feasts, festivals, and other large gatherings of people. Many festivals and parades are held in town parks.



Popular foods to be served on the holiday include hamburgers, hotdogs, corn on the cob, and macaroni or potato salads.

In addition to family gatherings, many people associate the 4th of July with fireworks. While fireworks are largely a Chinese tradition, they are popular with millions of Americans to help celebrate the day with brilliant colorful displays sometimes set to music.

## Types of Fireworks

Ever since fireworks were invented by the Chinese, there have been a multitude of varieties created by pyrotechnics experts throughout the years. *Below are some of the most common fireworks:*

**Firecrackers** are basically a fused black powder packed in a tube. When lit, it produces loud noise.

**Sparklers** burn brightly for 30 seconds to a minute and give off sparks of light.

**Cake** is a type of firework which produces different sound and visual effects.

**Fountains** are a type of firework which shoots sparks several meters into the air.

**Waterfalls** are suspended and held by a rope and when lit, produce a big wall of light that resembles a waterfall.

**Roman candles** are a smaller version of the cake; the roman candle shoots balls of light in succession.

**Aerial shells** are shot in the air and bursts mid-flight. Patterns of colors are then created.

*Safety notice: Fireworks should not be lit indoors, especially sparklers. A responsible adult should be present when handling and lighting fireworks.*



## Preparing The Perfect Frank

### July 19 is National Hot Dog Day

*Let's be frank: Americans love hot dogs. In the U.S., people eat 70 franks on average each year. Although consumers do "relish" their dogs at certain events—baseball games, barbecues, and picnics—hot dogs are also a favorite dinnertime meal for families or a quick convenient snack on the go. Quite simply, hot dogs are a staple of the American diet.*

When it comes to preparing a great-tasting hot dog, how you cook and dress it isn't as important as the frank you choose. Besides the traditional all-beef variety, there are hot dogs for every taste bud, including turkey for the health conscious or ones with robust flavors that are perfect for the grill.

Speaking of the grill, while microwaved and boiled hot dogs are popular, 60 percent of Americans prefer their hot dogs grilled, according to the National Hot Dog and Sausage Council. Brian Aversa, Executive Chef at Sara Lee, is a self-proclaimed "foodie" and has perfected the art of grilling hot dogs with these tips:

- ✦ Prepare the grill by coating the rack with vegetable oil or cooking spray. This will prevent food from sticking and will ease cleanup.
- ✦ Use tongs to gently turn hot dogs to avoid accidental cuts or holes that would cause natural juices and flavors to seep out.
- ✦ Use pure and clean lump charcoal to prevent foreign substances or impurities from altering the flavor of your franks. Also, allow at least 30 minutes for the coals to reach the proper glowing white-ash stage before you begin grilling.
- ✦ Use mesquite chips and keep the grill covered while cooking if you like the "smoky" flavor.

Once your hot dog is ready, pile on the toppings. Remember, dress the dog, not the bun. Condiments should be applied in the following order: wet condiments (mustard, chili), followed by chunky condiments (relish, onions, sauerkraut), then shredded cheese and, finally, spices such as celery salt or pepper. Different regions of the country have different variations of their favorite hot dog topping recipe, but there is no right or wrong way to top a hot dog.



# MediLodge of Port Huron Earns 2017 Bronze National Quality Award

FORT GRATIOT, MI – MediLodge of Port Huron has been recognized as a 2017 recipient of the Bronze – *Commitment to Quality Award* for its dedication to improving the lives of residents through quality care.

The distinction is one of three progressive award levels through the National Quality Award Program, presented by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL), the leading association for long term and post-acute care. The program honors association members across the nation that have demonstrated their commitment to improving quality of care for seniors and persons with disabilities.

“It’s an honor to be recognized for our commitment to delivering quality care,” said Shay Lieber, Administrator of MediLodge of Port Huron. “Going through the process of achieving the Bronze award has made our organization stronger.”

The National Quality Award Program, which AHCA/NCAL established in 1996, is based on the core values and criteria of the Baldrige Performance Excellence Program, which is also the foundation of the metric-based AHCA/NCAL Quality Initiative. The Baldrige program helps organizations in different business sectors improve and achieve performance excellence.

**The Award Program has three levels: Bronze, Silver, and Gold.** Providers begin the quality improvement process at the Bronze level, where they develop an organizational profile with essential performance elements such as vision, mission statement, and key strengths and challenges. Bronze applicants must also demonstrate their ability to implement a performance improvement system. Trained Examiners review each Bronze application to determine if the center has met the demands of the criteria. **As a recipient of the Bronze – Commitment to Quality Award, MediLodge of Port Huron may now move forward in developing approaches and achieving performance levels that meet the Silver – Achievement in Quality Award criteria.**

“I commend MediLodge of Port Huron for embarking on the journey to quality improvement,” said the AHCA/NCAL National Quality Award Board of Overseers Chair Alana Wolfe. “I encourage MediLodge of Port Huron to continue to build on the strong foundation it has created.”

The awards will be presented during AHCA/NCAL’s 86th Annual Convention and Exposition in Las Vegas, Nevada, October 15-18, 2017.

## ABOUT AHCA/NCAL

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL) represent more than 13,000 non-profit and proprietary skilled nursing centers, assisted living communities, sub-acute centers and homes for individuals with intellectual and developmental disabilities. By delivering solutions for quality care, AHCA/NCAL aims to improve the lives of the millions of frail, elderly and individuals with disabilities who receive long term or post-acute care in our member facilities each day. For more information, please visit [www.ahca.org](http://www.ahca.org) or [www.ncal.org](http://www.ncal.org).

## Red, White and Blue Cheesecake

Celebrate National Cheesecake Day on July 30!

### Ingredients:

- Crust
- 28 chocolate wafers
- 1/2 cup (1 stick) unsalted butter, melted

### Filling:

- 32 ounces cream cheese, softened
- 1 1/2 cups granulated sugar
- 2 tablespoons all-purpose flour
- 5 large eggs
- 1/2 cup sour cream
- 1 teaspoon freshly grated orange zest
- 1 teaspoon freshly grated lemon zest
- 1/2 teaspoon salt
- 1 1/2 teaspoons vanilla extract
- About 1 1/2 cups raspberries
- About 1 1/2 cups blueberries

### Directions:

1. Grind wafers fine in a blender or food processor (about 1 1/2 cups crumbs).
2. Stir together cookie crumbs and butter. Pat the mixture onto the bottom and 1/2 inch up the side of a 9 1/2-inch pan. Chill the crust for 30 minutes.
3. Preheat the oven to 325°.
4. Beat cream cheese until it is light and fluffy. Add sugar gradually.
5. Beat in flour; add eggs, beating well after each addition. Beat in sour cream, zests, salt and vanilla extract.
6. Pour the filling into the crust and bake the cheesecake in a foil-lined shallow baking pan in the middle of the oven for 1 hour and 10 minutes.
7. Turn the oven off and let the cheesecake stand in the oven with the oven door propped until it is cooled completely.
8. Arrange the raspberries on top of the cheesecake in a star shape and arrange the blueberries around the star to cover the top of the cheesecake.



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[www.facebook.com/mediLodge](http://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*

# July – 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!

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

See solution in the August newsletter!

JUNE SOLUTION PUZZLE

### Word List

- CELEBRATE
- CHEESECAKE
- FIREWORKS
- FLAG
- FOURTH OF JULY
- FREEDOM
- GAMES
- HOT DOGS
- HYDRATION
- INDEPENDENCE
- KETCHUP
- MUSTARD
- PICNIC
- RELISH
- WATER

