




Upcoming in October

**Breast Cancer
Awareness Month**

Sweetest Day
OCTOBER 20TH

Halloween
OCTOBER 31ST

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.

Second Chances

When **John W.** had a stroke at home, he found himself in the hospital. He also ended up with pneumonia. His family knew he was going to need help getting back on his feet and healthy again, so they chose a skilled nursing center in the area to take him to. John was a bit nervous and scared. After being in the hospital for many weeks, he was afraid he was never going to leave the nursing home. He was in a lot of pain. This made him even more anxious and afraid. As an advocate for him, his daughter started looking for a different place to take him. MediLodge of Port Huron was closer to where she lived so she could visit him more, and so she decided to see about a tour. It was a Sunday afternoon, pouring down rain, and when his daughter came in and asked for a tour, she got one on the spot. She liked what she saw and put in for the transfer to MediLodge of Port Huron.



He also ended up with an infection of the blood. He was bed ridden for 6 weeks. Finally, the doctors were able to find out the source of his pain and infection. Treatment started and he began to get better, but he still couldn't get out of a wheelchair. After some time, he was able to stand up with the help of therapy. He took it day by day. The staff in the therapy room was very motivating and flexible with him. They would push him to his limits, but never forced him. They gave him a rest when needed, but helped him every step of the way. After the 3rd day, he was able to stand up. Then a few days later, he took a step. Then, John "took off like a rocket", he declared. In a few weeks, he was able to walk all over. John stopped at this point in the interview to reflect a moment on how far he has come since his first days here. "It really is a second chance. I credit this place for getting me back on my feet. Overall, it was a good experience and I would say if anyone needs help like I did, MediLodge of Port Huron is the place to come to."

It's hard to find yourself in a situation when you have to rely on others to do everyday tasks for you. It tears away your dignity, and self-reliance, "but MediLodge staff was caring, courteous, never complained about any of the tasks I needed done. They treated me with respect and dignity right from the start," he explained.

John still has some goals he is working on with therapy. He is taking it day by day. He is not done yet, but he is so grateful for the second chance that he has been given in his life to learn better ways to take care of himself, get up and make a difference!

- Congratulations John on your comeback!

October is Breast Cancer Awareness Month

What is breast cancer? Breast cancer occurs when cells in our breast grow out of control creating tumors that cause damage to the nearby tissues. The tumors which are cancerous are known as malignant tumors and can cause a lot of damage to the body.

Breast cancer has always been a dreaded disease, but in recent years things have changed. With the increasing knowledge about cures and treatment, breast cancer can usually be easily treated, but early detection is key to prevention. Research has shown by the age of 20 everyone should start doing Breast Self Examination (BSE). This method is one of easiest and earliest ways of detection. Doctors usually recommended to check yourself at least once a month. A clinical breast exam by your physician should be done at least once a year. Depending on the age of the patient or results from your physician, they may recommend or require mammogram.

Some of the signs to look for while doing BSE:

- A lump found in and around the nipple or underarm
- Change in size or shape
- Nipple discharge or nipple turning inward
- Redness of skin or warmth
- Formation of dimple or change in skin texture

When in doubt, schedule a visit with your physician.

MediLodge of Port Huron 1st Annual Back to School Drive

MediLodge of Port Huron held our 1st Annual Back to School Drive in August. For a month, we collected donations of backpacks and school supplies for our Staffs' family members. We had a lot of fun doing this for our staff whom we appreciate very much! We were able to collect and donate 23 backpacks filled with all kinds of school supplies. Our residents' helped us in filling all of the backpacks. They had a lot of fun doing this and it brought back a lot of memories and lots of laughs! They are already looking forward to doing this again next year.

We would like to thank all of those who donated to our Back to School Drive and to the residents that helped put them all together for us. Good luck to all of the Students! Have a safe and happy school year.

Pictured above are 3 of the happy recipients of the back packs! Our Unit Manger – Merle Waibel's grandchildren were surprised with these by Merle.



October 14th is National Dessert Day!

A "dessert" is a meal course that usually comes after dinner. Most often dessert foods are of sweet food but can also be of a strongly flavored food, such as cheese cake. The world dessert comes from the Old French word "desservir", which means 'to clear the table'. Often times in the English language dessert is confused with the word desert (note only one "s"). A simple way to remember the difference in spelling is: **Dessert has an extra S, because everyone always wants an extra slice of cake.**

It wasn't until after the 19th-century when the rise of the middle class, and the mechanization of the sugar industry, brought the privilege of sweets into the general public. This was because sugar became cheaper

and more readily available to the general public. As sugar was widely spread, so was the development and popularity of desserts.



In today's culture, dessert recipes have become a popular item for discussion, as they are a way to win people over at the end of any meal. This is partly because if you serve a mediocre meal but with an excellent dessert, people will remember you for the dessert and may forget about the meal.



October is Physical Therapy Month: At-Home Physical Therapy Exercises

Physical therapy exercises are intended to restore strength and endurance, increase range of movement, and also improve balance and coordination. To increase the effectiveness, physical therapists use physical therapy exercises treatment along with external stimulations such as heat, coldness, ultrasound, electricity, infrared or UV light, traction, water, and massage. All are applied externally to a specific area, or internally, in order to relieve pain or reducing swelling.

A major factor to assure the success of the exercise methods is to consistently perform them correctly. As long as properly prescribed, physical therapy exercises are the most effective method for treating certain injuries or restoring basic functions.

Physical therapy exercises performed during office visits alone is inadequate. For quick recovery, physical therapists also teach patients how to exercise at home. Here are some examples of physical therapy exercises to do at home:

Sitting Stretch: Sit on the floor

with a towel around one of your outstretched feet (or around one bent knee.) Pull the foot towards your body (or the knee upwards) to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Standing Wall Push: Position your body against/ facing a wall with one foot behind slightly lunging. Hold the heel down while gently pushing your hands towards the wall to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Tightening Legs Over a Ball: With one knee bent over a ball, straighten the knee by trying to tighten the muscle on your upper thigh. Be sure to keep the bottom of your knee on the ball. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Note that the repetitions and frequency of the exercises may be modified by you or your physical therapist. If you are ever unsure of a movement above be sure to ask your PT to ensure the movement is safe and works for you!

Tips for a Better Nights Sleep

- 1. Room temperature:** Keeping the temperature in your bedroom at 70 degrees Fahrenheit or below is recommended. Studies show that the body can better relax with temperatures at 70 degrees or slightly below.
- 2. Reduce caffeine.** The effects of caffeine last much longer than most people expect. The result is difficulty falling asleep. Studies have shown better sleeping patterns if no more caffeine is consumed after 6.00 PM.
- 3. Avoid alcohol.** Alcohol will keep the body from reaching the deeper stages of sleep, where the body does most of its healing and resting. The result of drinking can be a very light sleep or difficulty falling asleep in general.
- 4. Beds are for sleeping.** If you are used to watch TV in bed or even work while being in bed, you may find it much harder to relax and to fall asleep. Sleep requires your brain to slowly shutdown and any distraction will cause sleeping problems.
- 5. Go to bed at around the same time every day.** Don't change your bedtime back and forth. Having a certain schedule developed will make it easier to fall asleep pretty much at the same time every day. A recurring schedule will help your body to get into a sleep pattern and make it easier to fall asleep.
- 6. Remove the alarm clock from your view.** Staring at the time will only create the feeling that you have to sleep, but you are not. Losing track of time and how long you have been awake has shown to improve healthy sleep.



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Kellie Reno *Therapy Manager*

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Kelly Moore *Registered Dietician*

Steve Morris *Maintenance Director*

Alyssa Irvine
Director of Housekeeping and Laundry

Susanne Bohm
Business Office Manager/Bookkeeper

October – 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!

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

See solution in the September newsletter!

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

SEPTEMBER SOLUTION PUZZLE

Word List

- BRAIN
- CANCER
- DESSERT
- FIRE
- HALLOWEEN
- PREVENTION
- PUMPKIN
- PUZZLE
- SLEEP
- SPIDER
- STRETCH
- SUDOKU
- SUGAR
- THERAPY
- WALK



Michigan Made