



MEDILODGE OF
PORT HURON

NEWSLETTER

5635 Lakeshore Road, Fort Gratiot, MI 48059 • P: 810.385.7447 • www.medilodgeofporthuron.com • February 2019



*Happy
Valentine's Day
February 14th*

Couples Retreat

This year, the flu took out Joan and Jerald M. They both ended up with pneumonia and in the hospital. When they found themselves both in need of nursing care at a wellness center, they were very concerned how they were going to be able to be with each other. Even at the hospital, they were in different areas and it was distressing to them. However, the MediLodge liaison at the hospital was able to talk with them and work with the facility

to get them both placed together at MediLodge of Port Huron. "Mary did a fantastic job at helping us with our insurance and getting us into room's right across the hall from each other," said Jerald. "Belinda and Kylie are wonderful and the whole staff is great" said Joan. During their recovery, they were able to visit each other and watch some favorite movies together. They were even able to hold hands while enjoying their meals together! The stress levels were gone knowing that they could "keep an eye" on each other so much easier. The couple would like to thank everyone at MediLodge of Port Huron for doing such a great job helping them stay together and getting them back on their feet so they could return home together safer and healthier. From the hospital, to therapy, to nursing and discharging home, the whole process was done in a way that cared for them as people and took their wishes into consideration.



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.

Go Red For Women – February is American Heart Month, and the American Heart Association's signature women's program, **Go Red for Women**, is designed to increase women's heart health awareness and help improve the lives of women around the world. Learn more about how you can help raise awareness at www.goredforwomen.org.

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.”

Random Act of Kindness Day is February 17

Kindness is a generosity of spirit. It comes to life when we give of ourselves and our time to help others, without expecting anything in return. When you show kindness to someone, you bring out the best in yourself.

Pay attention to the impact your behavior has on others, and notice your own feelings in association to their reactions. Think about how you feel when somebody else shows you kindness. What you give may come back to you in even greater quantity.

It is so easy to find ways to be kind to others: say something supportive when you feel someone needs to hear it; offer help without being asked for it; smile encouragingly; swallow your criticisms; listen without judgement;

let mistakes slide instead of assigning blame; make small sacrifices for the benefit of somebody in greater need.

Don't forget to be kind to yourself as well. You may run out of steam and feel less able to show kindness to others if you don't replenish your own mind, body and spirit on a regular basis.

Being kind to yourself means getting your needs met; being gentle with yourself instead of critical when you feel you're not performing at your best; and forgiving yourself when the need arises instead of beating yourself up.

When you get into the habit of treating yourself with kindness, it becomes much easier to extend that consideration and behavior to others.

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!



Celebrating National Inventor Day: February 11

What makes a successful inventor?



What separates successful inventors like Thomas Edison from everyone else? History has shown that the most successful inventors possess the following characteristics:

- 1. They are persistent.** Obstacles loom in front of us on a regular basis. But it's what you do when faced with these barriers that will determine your level of success.
- 2. Successful inventors are avid goal setters.** They make sure their goals are specific, motivational, achievable yet challenging, relevant to their personal situation, and time-framed.
- 3. Great inventors ask quality questions.** The most effective way to present their product is to uncover their customer's goals, objectives, concerns and hesitations.
- 4. Successful inventors listen.** Great inventors ask questions and listen carefully to the responses, often taking notes and summarizing their understanding of the comments.
- 5. Successful inventors are passionate.** The more passionate you are about your product/idea, the greater the chance you will succeed. The reason for this is simple—when you love what you do, you are going to put more effort into your product/idea.
- 6. Successful inventors take responsibility for their results.** They do not blame internal problems, the economy, tough competitors, or anything else if they fail to meet their goals.

Getting to the Heart of the Matter on Health

Here's some news you can take to heart: Experts say more than 70 million Americans currently live with a cardiovascular disease.

Fortunately, there are practical steps you can take to reduce the health threat posed by heart disease.

According to the Centers for Disease Control and Prevention, much of the burden of heart disease and stroke could be eliminated by reducing major risk factors: high blood pressure, high blood cholesterol, tobacco use, diabetes, physical inactivity and poor nutrition.

For example, studies suggest a 10 percent decrease in total cholesterol levels may reduce the development of coronary heart disease by as much as 30 percent.

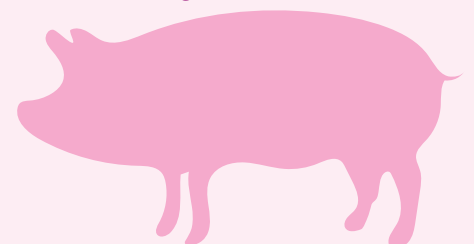
Twenty-five years ago, the treatment for heart attacks was simply bed rest. Today, doctors have medicines that can stop a heart attack in midstream as well as other high-tech treatments. Talk to your physician for more information.

Chinese New Year, February 5th: Year of the Pig

The Pig may be the most generous and honorable sign of the Chinese Zodiac. People born in a Year of the Pig (1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019) are thought to be nice to a fault and possess impeccable manners and taste. They can be perfectionists and may be perceived as snobs, but this is a misconception.

Pigs are simply possessed of a truly luxurious nature, one that delights in finery and nice things (in surroundings, food, lovemaking and otherwise). This Sign believes in the best qualities of mankind and certainly doesn't consider itself to be superior. Pigs also care a great deal about friends and family and work hard to keep everyone in their life happy. Helping others is a true pleasure for the Pig, who feels best when everyone else is smiling.

Pigs are highly intelligent creatures, forever studying, playing and probing in their quest for greater knowledge. This Sign could happily spend hours on end making friends, napping, taking a long bubble bath or dallying over an incredible spread of rich foods. Pigs tend to make wonderful life partners due to their hearts of gold and their love of family.



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



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Your Friendly Staff

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Karlene Sheridan, RN *Unit Three Manager*

Tyler Martin

Dementia Unit Coordinator

Kellie Reno *Therapy Manager*

Jessica Jones *Marketing Director*

Mary Repinski *Admissions*

Andrea Wilton *Social Work Director*

Michael Repinski *Activity Director*

Tammy Sanchez *Director of Dietary*

Kelly Moore *Registered Dietician*

Steve Morris *Maintenance Director*

Rick Heacock

Director of Housekeeping and Laundry

Allison Brynaert, RN

Staff Development Coordinator

Susanne Bohm

Business Office Manager/Bookkeeper

See solution in the March newsletter!



JANUARY SOLUTION PUZZLE

Word List

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



Michigan
Made