



MEDILODGE OF
PORT HURON

NEWSLETTER

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



Mia the Weimaraner

June 13-19 + National Nursing Assistants Week

Nursing Assistants have a rewarding profession; they can help patients and residents improve quality of life! Whether you are recovering from a hospital stay or living in a nursing facility nursing assistants are there to make a difference!

Nursing Assistants report vital signs, check on patients, help set up medical equipment, and transfer patients as necessary. They also help with daily tasks such as bathing, eating, and dressing patients.

The duties of a nursing assistant require dedication and a sincere desire to help others. It is important to recognize the time and effort nursing assistants put into their job.

To show your appreciation for a nursing assistant in your life, consider giving a thank you note or a letter. A simple gift such as candy, flowers, or a gift card can be a thoughtful gesture that shows that you care.



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.

JUNE 16: FATHER'S DAY



Celebrate dads, grandfathers, uncles, and father-figures who have made a positive impact on a child's life. Studies show that men who play an active role in their children's lives stimulate all aspects of development: emotional, academic, behavioral, and social, even when those men don't live in the same home as their children. This Father's Day, let us remember the father's role. Let us celebrate our fathers and honor them for making a difference in our world.

You don't have to be a dad to tell a "Dad joke."

How does a penguin build its house? – A: *Igloos it together.*

I had a really great boomerang joke. – A: *It'll come back to me.*

What did the shy pebble wish? A: *That she was a little boulder.*

What did the hat say to the hat rack? – A: *You stay here. I'll go on a head.*

The past, the present, and the future walk into a bar at the same time. – A: *It was tense.*

What did one wall say to the other wall? – A: *Let's meet up at the corner.*

June 10 is Iced Tea Day

There is nothing like a cold drink on a hot day. For about 2 billion people, iced tea is their drink of choice. Tea is a very versatile drink, being able to be served hot and cold. It's also healthy for you as well!

Tea is rich in antioxidants. Antioxidants rid your body of harmful free radicals, which could damage your cells. These may help increase your metabolism, potentially helping you lose weight. Antioxidants found in oolong tea, may remove the free radicals responsible for aging the skin and creating dark spots.

While making tea, remember that if the directions say "teaspoon," they are not talking about a measuring teaspoon. A measuring teaspoon holds about 5 mL and has a round head. A teaspoon has an oval head, like the one in your cutlery drawer. The British figured out that a teaspoon held the right amount of tea leaves for a cup of tea.



National Safety Month: Medication Safety

Medication errors can occur in a medical center, senior living facility, or at home. Hospitals, pharmacies, and facilities have checks in place to minimize medication errors. When getting a refill or a new prescription, be sure to verify:

- **Your name is on the bottle.**
- **The name of the doctor.**
- **The name of the medication, since there are lots of look-alike/sound-alike drug names.**
- **The dose; a dose for a child is different than for an adult.**
- **The route; for example, eye drops prescribed for the eyes and not the ear.**
- **The expiration date (Expired medicine should be thrown out.)**

Medications need to be organized.

It is important that you have a system so that you know when to take each medicine. One example would be a pill storage container with individual slots. These can be organized by week, Monday-Friday, or have days broken down into AM and PM slots. By having a system, you can help prevent missing your medication.

Medication safety is not limited to the patient. It is important to store medications in places where children can't reach them. After taking the medicine, make sure the child-lock is secure. It is important to be smart about your medication so that you and those around you stay safe.



MEN'S HEALTH MONTH



Some men may experience prostate problems as they age, so it's important to maximize the life of the prostate gland. Some symptoms indicate there may be a bigger problem and shouldn't be ignored.

Common Symptoms:

- ✦ Problems urinating: too often, unable to, weak, or interrupted flow, pain or burning while urinating.
- ✦ Blood in urine.
- ✦ Pain or stiffness in the lower back, hips, or upper thighs.

Only a doctor can confirm if any of your symptoms are a minor infection or something more serious.

How can you protect yourself?

- ✦ Be active: not only does exercise benefit your prostate, but it's great for your body.
- ✦ Eat healthy: foods such as nuts, seafood, turkey, and raw onions can keep your prostate in good health.
- ✦ Zinc: helps create male hormones. Zinc can be found in pumpkin, sesame, and sunflower seeds.

An adjustment in your diet might help keep your prostate healthy, but before changing your diet, it's important to consult a physician.

What is Tai Chi?

It can be hard to fit exercise into your daily routine, but simple exercises such as tai chi can be both beneficial to your health and easy to do.

Tai chi, pronounced tī-chē, is a low intensity exercise that promotes flexibility and balance. The joints are often where aches and pains first begin and because tai chi isn't a high impact exercise, the joints health and function are protected.

The history stems from Chinese legend. Over 800 years ago, Zhang Sanfeng had a dream of a crane and a snake in battle. As the battle went on neither one could gain the upper hand. This stalemate intrigued him. From this dream, he created the 13 postures of tai chi to represent the techniques of the creatures.

Tai chi employs slow tempo maneuvers, distributing weight between each limb; to enhance one's balance and strengthen the limbs. It is designed to relieve tension and stress. As a result of this exercise, the brain receives more oxygenated blood as you breathe, thus making you feel calmer.

June 27- Sunglasses Day

In the summer months, we



pull out our sunglasses to protect our eyes from those harmful ultraviolet (UV) rays. However, sunglasses didn't begin their life to protect us from UV rays.

Early "sunglasses" were nothing more than polished gems. Nero, a Roman emperor, watched gladiator fights through these gems.

Early models of sunglasses can be traced back to twelfth century China. They were made out of flat panes of smoky quartz. These sunglasses weren't used to protect from UV rays, instead they helped reduce glare.

During the eighteen century, James Ayscough modified sunglasses by using colored lenses in an attempt to correct vision. He thought blue and green tints would help the eyes see better. Ayscough's sunglasses didn't protect the wearer from UV rays. At the time, it was not common knowledge that the sun's ray could be harmful.

In 1929, Sam Foster would design sunglasses to protect the wearer from UV rays. He sold his new design on the beaches in Atlantic City, New Jersey.

Edwin H. Land improved Foster's lenses by making them polarized in 1936. Polarized lenses help to reduce glare. Polarized lenses are used in sunglasses today which help eliminate the reflection off water, the hood of a car, and liquid crystal displays (LCD) as found on ATMs. However, polarized lens can make it hard to read certain LCD displays such as the one on your phone.



MEDILODGE OF PORT HURON

5635 Lakeshore Road
Fort Gratiot, MI 48059
P: 810.385.7447

www.medilodgeofporthuron.com



www.facebook.com/mediLodge

Your Friendly Staff

Shay Lieber *Administrator*

Dr. Daniel Souphis, DO
Medical Director

Darlene Walters, RN *Director of Nursing*

Paula Buske, RN *Unit One Manager*

Brownyn Porter, RN *Unit Two Manager*

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*

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

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!



MAY SOLUTION PUZZLE

Word List

- BRAIN
- CNA
- ERROR
- FATHER
- GLANDS
- GRANDPA
- JOKE
- MEN
- PRESCRIPTION
- PUZZLE
- SAFETY
- SUN
- TAI CHI
- WATER
- WISDOM

