



Wishing you a
Happy Passover,
and Easter!

Passover Begins
April 11th

Easter Sunday
April 16th



Welcome Vienna Tong, Our New Director Of Nursing



Hello my name is Vienna Tong! I am the new Director of Nursing for Medilodge of Richmond. I have been in the nursing field for 10 plus years with a background in home care, hospital step down unit, and long term care. I feel my calling is in long term care and I find joy in working with my residents on a daily basis. As the Director of Nursing my passion is to

empower my nursing staff to provide quality care above and beyond the standards to all of our residents. As a new team member to Medilodge of Richmond, the staff here has welcomed me with open arms, embraced my visions, and given me the support needed to begin this new chapter in my nursing career. I look forward to this new adventure in my nursing career and embrace all it has to offer in helping me to grow professionally.

ZENSATIONAL

WELLNESS AT MEDILODGE OF RICHMOND

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.

Heartfelt Thanks

To all the staff at MediLodge of Richmond,

Words cannot express how grateful we are that Todd had all of you to care for him. You took exceptional care of him and treated him with dignity and respect. Todd is a special man who has finally found peace.

Thank you for all of your support over the past year. Thank you for keeping Todd in your thoughts and prayers. All of you have touched our lives.

A friendly smile, a casual touch, these are the things that mean so much to know you are with us in our time of sorrow, sharing our prayer, today and tomorrow, God gives us comfort in the form of good friends, may His peace be with you, His love never ends.

—John and Sandy M.



Staff Birthdays!

| | |
|----------|--------------|
| April 02 | Mia K. |
| April 03 | Yvette P. |
| April 05 | Ann Marie C. |
| April 07 | Yanyan S. |
| April 10 | Terra W. |
| April 17 | Renee S. |
| April 18 | Vienna T. |
| April 23 | Aaron A. |
| April 27 | Paige M. |
| April 30 | Talisha N. |

Resident Birthdays!

| | |
|----------|-------------|
| April 02 | Delores M. |
| April 02 | Carol E. |
| April 03 | Nieves N. |
| April 07 | Generose S. |
| April 08 | John B. |
| April 09 | Omar T. |
| April 14 | Mary M. |
| April 18 | Gerald C. |
| April 19 | Ruth B. |
| April 22 | Mary K. |
| April 22 | William S. |
| April 23 | Susan M. |

Staff Anniversaries

| | | |
|----------|------------|----------|
| April 03 | Martha B. | 2 Years |
| April 04 | Karri S. | 4 Years |
| April 04 | Carol L. | 10 Years |
| April 10 | Jodie S. | 22 Years |
| April 14 | Merissa S. | 3 Years |
| April 24 | Franki W. | 3 Years |
| April 27 | Melissa C. | 7 Years |
| April 28 | Dayana M. | 7 Years |

Wheel of Fortune

Here at MediLodge of Richmond we try to come up with as many programs as we can – and we developed Wheel of Fortune many years ago and adapted the beloved game to our facility! The Activity Department comes up with the monthly puzzles and the residents love guessing the letters and solving the puzzles! Pictured here, Patty and Anne-Marie are working on an Irish Puzzle for March! Great Job!



Mardi Gras Fun with June, Kim and Ed!



April is Stress Awareness Month

Learning to cope with stress is important for all of us. Here are a few ways to deal with the stress that you might be experiencing.

Try giving whatever is bothering you a number on a scale from one to ten, where one is a minor bump and ten is the end of the world. You'll probably find that most of your daily problems are no more than a five. In other words, they're not worth getting upset about.

Laugh. Laughter is one of the top stress busters. Adults on average laugh less than 20 times a day; children, on the other hand, laugh hundreds of times a day. Is it surprising that adults are more stressed? Watch your favorite comedies, laugh at

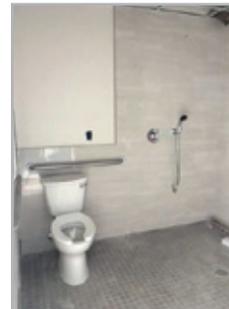
your pet, and laugh with your children. You'll notice that you don't feel as stressed.

If you feel that you are being overwhelmed with stress and anxiety you should **take some deep breaths.** Deep breathing has been shown to reduce anxiety. It causes you to focus on the way that you are breathing rather than on what's causing you so much anxiety.

Consuming water throughout your day will keep you feeling full, flush your body of harmful toxins, allow your body to focus and concentrate in trying times and lead to you feeling less stressed overall. Aim to drink at least one liter of water each day to maximize your results and to feel less stressed.



Another Month Closer to Moving In



Earth Day: Reduce, Recycle, Reuse

Earth Day, April 22nd, is dedicated to educating people across the world about the benefits of reducing, recycling, and reusing to save our planet.

- Bring your own bag. Reuse bags and containers. Keep a supply of bags on hand for future shopping trips, or take your own canvas tote bag to the grocery store.
- Choose to reuse. Reach for reusable products such as cloth napkins, sponges or dishcloths instead of paper towels.
- Recharge and renew. Use rechargeable batteries and recycle old batteries to help reduce garbage and keep toxic

metals out of the environment.

- Buy smart. Look for long-lasting, energy-saving appliances with the Energy Star label and electronic equipment with good warranties.
- Get crafty. Reuse scrap paper and envelopes. Save and reuse ribbons, tissue paper, gift boxes and even wrapping paper. Save cardboard boxes, colored paper, egg cartons and other items for arts and crafts projects.
- Think thrifty. Donate clothing to charity organizations or sell the items in consignment shops, fairs, bazaars or tag sales. Share hand-me-down clothes with family members and neighbors.



Jelly Bean Confetti Cake

Ingredients:

- 3/4 cup jelly beans, cut in half
- 2 cups all-purpose flour, divided
- 1 1/4 cups granulated sugar
- 1 cup butter, softened
- 8 ounces cream cheese, softened
- 1 teaspoon vanilla extract
- 3 eggs
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- Confectioners' sugar
- Vanilla frosting (or your choice)

Directions

Preheat oven to 325°F. Generously grease and flour a 12-cup fluted tube pan.

Lightly spoon flour into measuring cup and level off.

In small bowl, toss jelly beans with 2 tablespoons of the flour; set aside.

In large bowl, beat sugar, butter, cream cheese and vanilla extract until well blended. Add eggs, 1 at a time, beating well after each addition. Add remaining flour, baking powder and salt; blend well. Spoon 1 cup of the batter evenly over bottom of prepared pan. Stir jelly beans into remaining batter, and spoon into prepared pan. Bake for 50 to 60 minutes or until a wooden pick inserted in center comes out clean. Cool in upright pan for 10 minutes. Invert onto serving platter. Cool completely. Top with your favorite frosting and add more jelly beans to decorate!





MEDILODGE OF RICHMOND

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Your Friendly Staff

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Billing Elizabeth Bretz

Dietary Manager Tammy Sanchez

Dietitian Janice Moore, RD

Director of Nursing Vienna Tong, RN

Laundry/Housekeeping Terri Taylor

Social Services Andrea Sargente, MSW

Ann Marie Carufel, BSW

Therapy Kim Durst Nim, MA CCC-SLP

Unit 1 Manager Neva Devantier-Rhein, RN

Unit 2 Manager Tammy Poisson, RN

Office Hours

Monday – Friday 8:00am - 5:00pm

Resident Email Program

M = MediLodge

O = Of

R = Richmond

E = Email Program

moreprogram@gmail.com

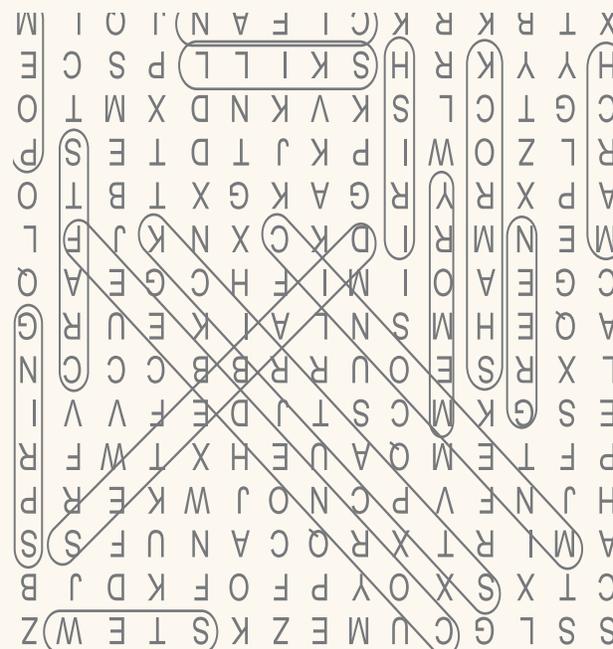


April – Word Search

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 May newsletter!



MARCH SOLUTION PUZZLE

Word List

- ACTIVITIES
- EARTH
- EASTER
- ENGAGED
- FUNNY
- HAPPINESS
- HEALTH
- JELLYBEAN
- JOKES
- LAUGHTER
- PASSOVER
- RECYCLE
- REUSE
- STRESS
- TREES