



MEDILODGE OF
RICHMOND

NEWSLETTER

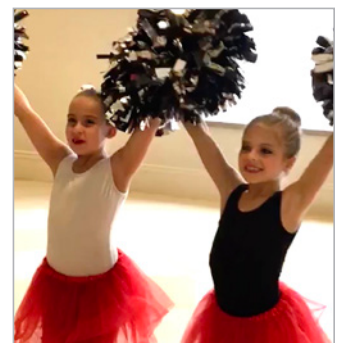
34901 Division Road, Richmond, MI 48062 • P: 586.727.7562 • www.medilodgeofrichmond.com • January 2019



Holiday Highlights

We were very blessed this holiday season with amazing volunteers and members of the community who came in to spread cheer to our residents. Many thanks go out to Greater New Hope Church, Marine City Dance Company, Leap Of Faith Dance Company, Lions Club, Richmond Police Officers Association, Richmond Community Choir, The Moose Lodge, The Salvation Army, Tivoli's Pizza, Women's Life Group, Delta Omniron and Girl Scout troops just to name a few. From caroling, dancing and giving special gifts to individual residents in need or supplies to the memory care

unit - the residents and staff here at MediLodge Richmond saw that there are so many good people in our community - we are forever grateful.



ZENSATIONAL

WELLNESS AT MEDILODGE OF RICHMOND

zen+sa+tion+al noun /zen'sāSH nəl/

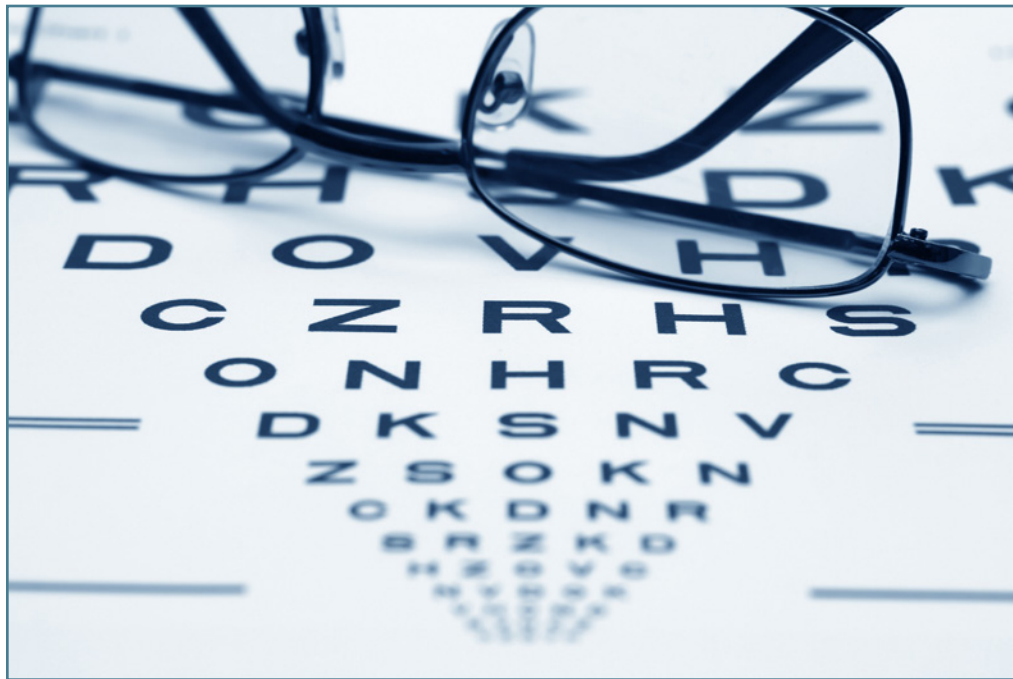
1. A state of mind and an active process where you join with MediLodge on your journey to Recover, Rejuvenate, Revitalize and Return Home.
2. A whole person wellness centered philosophy, experienced in a relaxed and soothing environment.

"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.

Holiday Highlights...continued





Keeping an Eye on Vision Health

Doctors say maintaining vision health can be especially important as you age. Fortunately there are multiple ways to keep your eyes healthy. Try these tips:

1. **Quit smoking.** If you smoke, you're much more likely to develop age-related macular degeneration, or AMD, than nonsmokers. AMD is one of the most common causes of blindness in those over 65. While there are some ways to slow its progression, there is no cure.
2. **Wear sunglasses and a wide-brimmed hat when you're in the sun.** These two simple steps can reduce your exposure to eye-damaging UV rays.
3. **Watch your weight.** Being overweight is a major risk factor for developing Type 2 diabetes. Diabetic retinopathy is one of the leading causes of blindness in those under 65.
4. **Eat your spinach.** Spinach is a rich source of lutein and zeaxanthin, powerful antioxidants that can reduce the risk of certain eye diseases, like AMD. Other good sources include any kind of leafy green vegetable such as collards and kale, as well as eggs and orange-colored fruits.
5. **See your eye care professional for a full vision examination at least once every two years.** Go more often if you have diabetes or any other eye-related condition.
6. **Change your eye makeup every three to six months.** It becomes contaminated with bacteria and can infect your eye.
7. **Don't fall asleep in your daily wear contact lenses.** In fact, don't ever wear them longer than they're designed to be worn.

Resident Birthdays!

1/03	Robert B.
1/04	Thomas B.
1/06	Marcel R.
1/20	Hiroko G.
1/20	Louis H.
1/23	Edna H.
1/23	Marlene S.
1/25	Margaret S.
1/29	Harvey G.

Staff Birthdays!

1/04	Jennifer B.
1/06	Tina F.
1/13	Elizabeth S.
1/15	Angel R.
1/22	Maria H.
1/29	Michelle p.
1/29	Matt G.
1/30	Lacey S.

Staff Anniversaries

1/02	Maggie R.	27 Years
1/04	Colleen F.	1 Year
1/04	John D.	1 Year
1/11	Beverly P.	20 Years
1/11	Shannon K.	1 Year
1/16	Tanisha W.	2 Years
1/16	Cleo R.	1 Year
1/16	Darlene R.	1 Year
1/17	Angie H.	8 Years
1/20	Bonnie K.	24 Years
1/21	Maria H.	19 Years
1/21	ReVonda R.	15 Years
1/23	Beth B.	1 Year
1/26	Patty S.	14 Years
1/28	Shaylee T.	5 Years

January – 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!



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RICHMOND**

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Richmond, MI 48062

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www.medilodgeofrichmond.com



www.facebook.com/medilodge

Your Friendly Staff

Administrator Shaylee Tobaben, BS, NHA

Activities Carolyn French, ADC, MC

Admissions Judy Wells

Billing Lisa Carrow

Dietary Manager Chef Kevin Saracino

Dietitian Chrissy Abuan, RD

Director of Nursing

Alyson Valentine-Schade, RN

Infection Control, Staff Development

Eric Reitzloff, RN

Laundry/Housekeeping Aimee Ketchum

Maintenance Director Lloyd Meyers

Memory Care Coordinator C.N.A.

Davon Morris, CNA

Restorative Therapy, Wound Care Nurse:

Carol Lang, LPN

Social Services Connie Owens, LMSW

Social Services/Discharge Planning

Beth Burdeaux

Therapy Kim Durst Nim, MS, CCC-SLP

Unit 1 & 2 Manager

Nicole Williams, RN, Michelle Heskert, LPN

Volunteer Coordinator Margaret Doll

Office Hours

Monday – Friday 8:00a.m.–8:30p.m.

Saturday & Sunday 10:00am – 2:00pm

Resident Email Program

M = MediLodge

O = Of

R = Richmond

E = Email Program

moreprogram@gmail.com



Newsletter Production by PorterOneDesign.com

See solution in the February newsletter!



DECEMBER SOLUTION PUZZLE

Word List

ACTIVITY

AGING

BLOOD

CONFIDENCE

DONOR

ENGAGE

EYES

GLAUCOMA

JANUARY

MIND

RESOLUTION

SMART

SOUP

VISION

WARM