



*Happy
Valentine's Day
February 14th*

Puppy Love For Everyone

We are very blessed to have our 4 legged friends who come in with their humans and spend time with our residents. It is unbelievable to see how someone can just light right up when they look in to their tender eyes and feel their soft fur! Here you can see "Shadow" and "Nicole" spreading cheer to our residents! Thank you to all of our volunteers who give so much!



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.

Chocolate Lovers Bake Sale

February 13th and 14th from 11:00am-3:00pm

If you would like to share your favorite chocolate treats for the sale. Please contact the activity department or bring them in for the sale.

Puppy Love For Everyone... continued



Donation Items

Donation Items the Activity Department and Memory Care Unit are looking for:

- ✦ Fabric
- ✦ Table Cloth
- ✦ Mason Jars
- ✦ Washed Glass Baby Food Jars
- ✦ Portable Keyboard
- ✦ Magazines of any kind that are 6 months or younger
- ✦ Crafting supplies

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.

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!



Resident Birthdays!

| | |
|------|-------------|
| 2/02 | Trudy F. |
| 2/04 | Daniel K. |
| 2/05 | Leland T. |
| 2/11 | George S. |
| 2/11 | Mary M. |
| 2/13 | Virginia R. |

Staff Birthdays!

| | |
|------|--------------|
| 2/10 | Briana H. |
| 2/18 | Patty S. |
| 2/26 | Shaylee T. |
| 2/19 | Carrie A. |
| 2/02 | Shayln D. |
| 2/08 | Christina G. |
| 2/25 | Nancy S. |
| 2/19 | Nancy W. |
| 2/18 | Jolena G. |
| 2/18 | Angela H. |
| 2/18 | Michelle H. |
| 2/25 | Maxine M. |

Staff Anniversaries

| | |
|------|------------------------|
| 2/27 | Matt G. 1 Year |
| 2/05 | Vaitoa T. 1 Year |
| 2/18 | Heather B. 16 Years |
| 2/03 | Crystal M. 5 Years |
| 2/13 | Alexandra S. 1 Year |
| 2/06 | Eric R. 1 Year |



MEDILODGE OF RICHMOND

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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

Michelle Heskett, LPN, Nicole Williams, RN

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



Michigan Made

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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 |

See solution in the March newsletter!

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

Word List

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

JANUARY SOLUTION PUZZLE