



## Cheers to the New Year

It's 2019! I hope you had a wonderful Christmas. It's officially a new year. You all should have your New Year's Resolutions together by now. If not, I'm here to help. Grab a pen, some paper and a comfortable seat. Draw a circle and write the 7 dimensions of wellness. The seven dimensions of wellness are social, emotional, spiritual, environmental, occupational, intellectual and physical. Social Wellness is the ability to relate to, establish and maintain positive relationships with family or friends. Emotional wellness is the ability to understand ourselves and cope with the challenges life can bring. Spiritual wellness is the ability to establish peace and recognize our values. Environmental wellness is to understand your impact on the earth and world around you. Occupational wellness is the ability to get fulfillment out of making a contribution to society or fulfillment through our careers. Intellectual wellness is to feel mentally stimulated, to feel challenged and having the opportunity to learn new things. It's easy to become a life-long learner. Pick up a new hobby or try a new class. Physical wellness is making good to choices that can improve your physical health. Do you exercise? Do you eat the right foods and practice good hygiene. All of these components contribute to your quality of life. Choose an area you can improve on for the new year and decide how you can accomplish that goal.

### ZENSATIONAL

WELLNESS AT MEDILODGE OF SHORELINE

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.

### National Activities Professional Week

January 20-26, 2019 is National Activities Professional Week, where we recognize our Activity Directors who plan and schedule a variety of fun and engaging events, outings, activities and entertainment. Please take a moment during this week to let our Activities Professionals know how much we appreciate them!



# Happy Birthday!

- Sharon P. Jan. 4
- Shirley L. Jan. 7
- Anna G. Jan. 9th
- Marilyn P. Jan. 20th
- Francis M. Jan. 21st
- Micki J. Jan. 21st
- Mary O. Jan. 22nd
- Mary J. Jan. 22nd
- Stella S. Jan. 26th
- Carol F. Jan. 29th
- Robert Z. Jan. 29th

## December's Holiday Open House was a Blast!

On December 8th we gathered for our annual open house. I want to say thank you to all the staff who helped make this event possible. It was a wonderful night. Thank you for all the residents and families who came out and shared the Christmas spirit. *Take a look at the photos below:*



Sandra and Salina



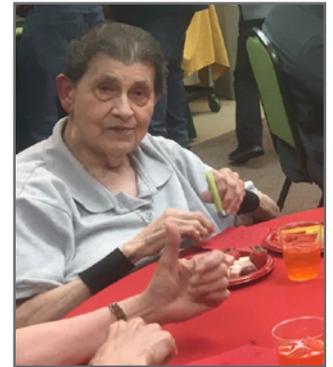
Shontae and Kellie



Willie R with Sandra



Leona



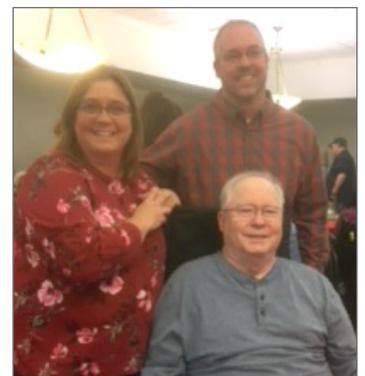
Gloria



Frank M



Mary Ann and her daughter



John T with son and daughter



Entertainer Ella



Ms. K.

## Activity Highlights

Music Therapy w/Charlene  
January 16th @ 10:00 AM

Music w/Marie Kravitz  
(vocals) January 18th  
@ 2:30-3:30 PM

Music Therapy w/Sandy  
January 15th @ 2:00PM

Food Council January  
4th, 11th, 18th, &  
25th @ 10:00 AM

Resident Council  
January 11th @ 2PM

Walmart Outing January  
8th & 15th @ 2:00 PM

Golden Corral January  
22nd & 29th @ 2:00 PM

# How to Beat the Winter Woes

The sun is gone and the winter is really here. Studies have shown that when winter comes people experience a decrease in mood. Some may know it as the winter blues. It's darker and it's colder, but you can still have fun.

Here's 5 ways to beat the winter blues:

1. Stay active: When you exercise your body releases a chemical called endorphins in the brain which triggers a positive mood.
2. Pick up a new hobby. Feeling challenge and learning something new is exciting and brings satisfaction to your life.
3. Socialize more. Surrounding yourself with others and having a good time will elevate your mood.
4. Turn on the music! You ever here that kind of music that makes you want to get up and dance or gets you motivated? You don't have to wait for music therapy to feel this way.
5. Lastly, don't forget to smile! Smiling release the hormones dopamine and serotonin in the brain. The dopamine increases our feelings of happiness and serotonin reduces our stress.

## Jan. 21<sup>st</sup> is Martin Luther King, Jr. Day

Jan. 21st is Martin Luther King Jr. Day. It's one of America's federal holidays. Let us think about him on his special day. Martin Luther King, Jr. was a Baptist minister civil rights activist in the 1950s and 1960s. He led non-violent protests to fight for the rights of all people including African Americans. His goal was for America to become a place where race doesn't effects a person's civil rights. He is considered one of the great orators of modern times. We all know him for his I have a dream speech, but do we know any other famous quotes by Martin Luther king?

### Quotes:

*"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."*

*"Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others."*

*"We must live together as brothers or perish together as fools."*

*"Faith is taking the first step even when you can't see the whole staircase."*

*"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies."*

## Homemade Hot Chocolate Recipe

### You'll need:

- ♦ 1 1/2 cups of cold water
- ♦ 1/2 cup of white sugar
- ♦ 1/4 cup of unsweetened cocoa powder
- ♦ 2 tablespoons of all-purpose flour
- ♦ 1 teaspoon of ground cinnamon
- ♦ 1/4 teaspoon of ground cloves
- ♦ 1/4 teaspoon of salt
- ♦ 6 cups of whole milk
- ♦ 1 tablespoon of pure vanilla extract

### Directions:

Whisk cold water, sugar, cocoa powder, flour, cinnamon, cloves, and salt in a saucepan until smooth. Place over low heat; bring to a simmer, whisking constantly, until mixture is thickened and hot, about 4 minutes. Stir in milk; heat until hot chocolate just forms bubbles around the edge. Mix vanilla extract into hot chocolate. Blend until smooth with an immersion blender to make drink slightly frothy.

## Employee of the Month: Day Shift Nurse, Bijou



