



MEDILODGE OF  
SHORELINE

# NEWSLETTER

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## ZENSATIONAL

WELLNESS AT MEDILODGE OF SHORELINE

**zen•sa•tion•al** noun /zen'sāSHənl/

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.

## Resident of the Month: Joanna S.



Joanna was born on June 30th, 1942 in Southfield, Michigan. She is the oldest of three children, and was very close to her younger siblings, Chuck and Mary. Joanna graduated from Southfield High School in 1962, and soon after married her first love, Jack Roberts. Jack served in the United States Navy and later worked for the United States government while Joanna stayed home to raise their three children, Lewis, Carla, and Paul.

When her children were older, Joanna began working for the government making burning bars, and continued this work until she retired. She was thrilled to have more

time to spend with her children and 6 grandchildren! In her retirement, she developed a closer relationship with God and strengthened her Catholic faith. Joanna says her greatest accomplishment is raising her three children, and taking care of her family. She exclaimed, "They are the best thing I've ever done in my life!" Since moving to Medilodge of Shoreline, Joanna has made many friends. She is often found in the hallways socializing with other residents and staff. Joanna is a vocal member of the Resident Council, and she enjoys attending the weekly outings with our Activities Team. She especially loves when musical guests come to perform and she can show off her awesome dance moves!

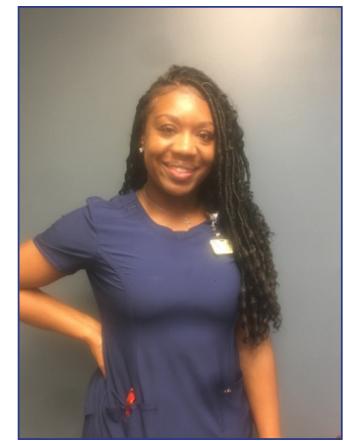
When asked what her favorite part about living at Medilodge of Shoreline is, Joanna said, "THE PEOPLE!" Joanna says she is grateful for the friendships she's made with other residents, and the strong bond she's formed with the Medilodge of Shoreline staff members.

# Happy Birthday!

Frank C.	June 05
Christine L.	June 06
Leona B.	June 06
Josephine S.	June 10
Michael G.	June 14
Will B.	June 21
Virginia K.	June 25
Mary Lou H.	June 25
Joanna S.	June 30

## Employee of the Month

Congrats to our May Employee of the Month, Ami Brown. Ami has been working at this facility for three years. She began as an afternoons CNA, as she worked her way through nursing school. Ami chose to be a nurse because she is a very caring and has a strong passion for helping people. She always has a big smile on her face exuding happiness and joy, especially when she's around our residents. Ami loves our residents and says forming bonds with them and taking care of them is her favorite part about working at Medilodge of Shoreline. When Ami isn't working, she enjoys writing poetry and working out. Her favorite food is lasagna, and her favorite color is red, which goes hand in hand with her passionate heart for people. Ami loves to travel and hopes to go on a cruise to Jamaica and the Bahamas someday. Ami was nominated by our Resident Council members and feels very honored by the nomination.



## 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 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.

## 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.



# Living Soulfully Highlights



## 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.

## 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.



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# 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!

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

See solution in the July newsletter!



## Word List

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

May Solution Puzzle