

*Wishing you a
Happy Passover,
and Easter!*

*Passover Begins
April 11th*

*Easter Sunday
April 16th*




Letter from the Administrator

Spring is the season of new beginnings! It brings transformation and change; from darkness to light, from cold to warmth, from grey to bursts of color. It is a time for cleaning house, new growth in gardens, and baby animals. As have many homes across the United States, we have begun spring cleaning here at Medilodge of Plymouth. We have been working hard deep cleaning, painting, updating, and re-arranging many areas of the facility.

A letter has been sent to families asking to assist with removing some

personal resident items. We are asking that you limit clothing in the closets to five seasonal outfits. Replace the outfits as the seasons change. The bedside drawers need to be cleaned out of items that are not being used. We understand change can be upsetting and appreciate everyone's cooperation. **A suggestion box has been placed in the lobby to facilitate comments and suggestions. We would love to hear your thoughts.**

Ruth Higgins
Administrator

ZENSATIONAL

WELLNESS AT MEDILODGE OF PLYMOUTH

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.

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.



Happy Birthday!

Residents

Pauline M.	April 01
Carol K.	April 17
Jeannette B.	April 20
Shu .	April 26

Staff

Charlin E.	April 03
Audrea M.	April 06
Trenton W.	April 12
LaDawn J.	April 18
Debra D.	April 30
Karen W.	April 30

Employee Anniversaries

Evelyn K.	April 02
Manveen O.	April 20
Amanda M.	April 23
Ruth H.	April 30

April Flower of the Month:

Daisy and The Sweet Pea

April Birthstone:

Diamond

April Zodiacs:

Aries (The Ram) April 1-19

Taurus (The Bull) April 19-31

"April Showers Bring May Flowers"

We have all been waiting for spring to bring us sunny, warm days. There's a newness in the air and the days are longer. It's time to put away our winter clothes and bring out our "springy" wardrobe.

Events for April 2017

April Fools' Day is April 1st - so watch out and don't get fooled! Laugh at work week is 4/1-4/7. We will tell jokes with plenty of laughter throughout the week. They say the more you laugh, the longer you live. It's the best medicine for the heart. Share one of your favorite jokes, quotes and/or facts throughout the month.

April will be filled with fun activities for everyone. April brings our Easter holidays. Palm Sunday is April 9th followed by Good Friday on April 14th and Easter on April 16th. We will celebrate the season with our church programs.

Friday, April 7th is Detroit Tiger's Home Opening Day! Boston Red Sox vs Detroit Tigers at 1:10pm. For all our baseball fans, the game will be on for those who would like to watch it. There will be treats and refreshments served. Come join us and cheer on the Tiger's! "Take me out to the Ballgame"

Wednesday, April 12th is Pink Shirt Day! The original Pink Shirt Day was organized by David Shephard and Travis Price of Berwick, Nova Scotia, who in 2007 bought and distributed 50 pink shirts after male Grade 9 student, Charles McNeill, was bullied for wearing a pink shirt during the first day of school. Dress in a pink shirt or all pink today.

Saturday April 22nd is Earth Day: We will reminisce about Earth Day.

Sunday, April 23-29th is National Volunteer Week: On Saturday April 29th, we will honor all our volunteers with a Thank-you Brunch from 10-11am. Our volunteers are much appreciated!

Saturday, April 29th is our April Residents' Birthday Party. We will have cake and ice cream at 3:30pm and celebrate all our April birthdays. Family and friends are welcome to join your loved ones in celebrating their special day.

A Note from the Business Office

As requested, there is now a box located next to the door labeled "HR Offices". This box can be used to quickly drop off payments or leave information that

you would only like the Business Office to see. Be sure to clearly mark who the payment is from and which resident the payment is for. If you have any questions I will give you a call. This box will be checked daily. Thank you.

Jackie Gibbons, Business Office Manager

Congratulations to Medilodge of Plymouth for 100% completion of Pharmacy Recommendations!
Keep up the good work!

Highlights from our 2016 Volunteer Appreciation Brunch



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 PLYMOUTH

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Your Friendly Staff

Administrator

Ruth Higgins, L.P.N., NHA

Director of Nursing

LaKesia Thompson R.N.

Social Service Designee

Cheryl Leino, R.N.

Dietary Director

Martina Fair

Activity Director

Nicole Couchman

Maintenance Director

Jason Rieck

Business Office

Jackie Gibbons

Admissions Director

Ann Marie Silva

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!

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

See solution in the May newsletter!

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

MARCH SOLUTION PUZZLE

Word List

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

