



Senior Olympics Highlights

On Wednesday September 19th, our “Plymouth Patriots” Robert Skibinski, Robert Beck, Thomas Denno, Jane Freeman and Debbie Yaremchuk competed in the 18th Annual MediLodge Senior Olympics. Seventeen MediLodge facilities also attended this event at the Armada Fairgrounds. Staff members attending were Laura Goluban, Jennifer Haynes, Nicole Couchman, Lisa Lindeman, Amy Racho, Jason Rieck, Tanisha Polk and Ann Johnson. Family members cheering us on included Debbie Yaremchuk’s brother Harry and his significant other Nancy, Betty Jane Freeman’s daughter Mary, and Thomas Denno’s daughter Jodi and granddaughter Kayla. Nicole Couchman’s sister Tiffany also attended she was a big help with decorating and assisting with the kickball event. The event started with an opening ceremony. Residents, staff, and family members had plenty of enthusiasm to share! The residents then competed in the six events which included kickball, horseshoes, target toss, discus, basketball, and shot put. Everyone enjoyed a wonderful lunch while we waited for the scores to be tallied. The closing ceremony awarded each participant with an Olympic medallion and announced our standings. We are proud that our “Plymouth Patriots” came in 13th place. Everyone had a really great time and ate lots of yummy food. Meanwhile, back at Plymouth, the rest of our residents had our own Olympics with ribbons awarded and a social to celebrate! We welcomed back our Olympic team and heard their news. Just wait until the summer of 2019 when our residents begin practice for our 19th Annual Senior Olympics. Congratulations on a job well-done, Patriots!

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.



Happy Birthday!

Staff

Jasbir K.	10/2
Laura G.	10/10
Janet C.	10/18
Tiffany D.	10/22
Sabrina H.	10/30

Resident

Laura W.	10/1
Mary G.	10/13
Joanne G.	10/15
Bill M.	10/22
Jim G.	10/29

Employee Anniversaries

Jason R.	10/10/16
Lisa L.	10/12/17

Flower of the Month:

Pot Marigold

Birthstone: Opal

Zodiacs:

Libra (The Scales)

October 1-22

Scorpio (The Scorpion)

October 23-31

October Events

Monday, 10/8 - Columbus Day. What do you know about Columbus Day? Enjoy some trivia!

Saturday, 10/20 - Sweetest Day Social at 3:30pm. Come join us for a lovely sweet red ice cream float!

Saturday, 10/27 is our October Residents' Birthday Party. We will have cake and ice cream at 3:30pm and celebrate all our October birthdays. Family and friends are welcome to join your loved ones in celebrating their special day.

Sunday, 10/28 - 8th Annual Pumpkin Palooza in Downtown Plymouth from Noon until 3:00pm. Games and prizes, Kids & Pets Costume Contests, Lots of Entertainment and Candy and much more will delight every one of all ages!! Your loved one may enjoy watching all the action if you would like to go for a walk. Come to Downtown Plymouth and enjoy a Safe & Haunted Afternoon!

Scarecrows in the Park - Check out the decorated scarecrows near Kellogg Park until 10/31!

Wednesday, 10/31 - Halloween Social at 3:30pm. Come join this spooky celebration! Sweet treats and witches brew will be served.

Music in the Park



Friendly Reminder

1. Family, friends, and visitors if you are sick or have flu like symptoms please stay home. Our residents are very fragile. Thank you for your cooperation.

2. We would like to remind families if you would like your loved ones hair done by the beautician you must sign them up on the board located on the beauty shop door and payment for the beautician goes into the locked box on the wall near the business offices. Don't forget to put your loved ones name on the envelope before you drop it in the box. Payment is required in order to get your loved ones hair done. Thank you for your cooperation.

More... Senior Olympics Highlights



Candy Donations

We will be accepting candy donations throughout the month of October. There will be a box by the courtyard door. Bring your children and grandchildren during the week of Halloween (10/24-10/31). Our residents would enjoy visiting with your little trick-or-treaters and giving them some sweet treats!



MEDILODGE OF PLYMOUTH

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www.facebook.com/medilodge

Your Friendly Staff

Administrator

Laura L. Goluban, MPA, LNHA

Director of Nursing

Jennifer Haynes, R.N.

Social Service Designee

Cheryl Leino, R.N.

Dietary Director

Martina Fair

Activity Director

Nicole Couchman

Maintenance Director

Jason Rieck

Business Office Director

Lechelle Crisp

Admissions Director

Nikiesha Bunton

October – 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!

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

See solution in the September newsletter!

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

SEPTEMBER SOLUTION PUZZLE

Word List

- BRAIN
- CANCER
- DESSERT
- FIRE
- HALLOWEEN
- PREVENTION
- PUMPKIN
- PUZZLE
- SLEEP
- SPIDER
- STRETCH
- SUDOKU
- SUGAR
- THERAPY
- WALK

