



## Events for January 2019

**“Be On-Purpose Month”** - January is the month we are encouraged to start the New Year off right by putting our good intentions into action and living our lives with more meaning and purpose. Let's enjoy life!

**Tuesday, January 1st at 10am** is our New Years Resolution Social. Snacks will be served. Make some resolutions with us and we'll see how well we follow them throughout 2019.

**Tuesday, January 1st** is also Bowl Day. The Rose Bowl parade “The Melody of Life” is at 8am, pre-game activities begin at 1pm, The 105th Rose Bowl Game “Ohio State Buckeyes vs. Washington Huskies” is at 5pm. Football fans everywhere, rejoice.

During the weekend of **January 11-13th** is the Plymouth Ice Festival in Downtown Plymouth. Families are encouraged to take their loved one downtown to enjoy the festivities (dress warm!).

The North American International Auto Show will be held **Saturday, January 12th through Sunday, January 27th**. The Activity Department would like to have brochures, flyers, or other handouts for use in our activities. If you are attending the show, please gather some information for us and drop off to the Activity Department! Thank you so much.

**National Activity Professionals Week** begins January 20-26th Theme: “Activity Professionals Brighten Each Day”.

**Monday, January 21st** is Martin Luther King Day. Join us for a discussion of his life and achievements.

**Saturday, January 19th** is our January Residents' Birthday Party. We will have cake and ice cream at 3:30pm and celebrate all our January birthdays. Family and friends are welcome to join your loved ones in celebrating their special day.

We will reminisce about Michigan on Michigan Day – **Saturday, January 26th**. Michigan became the 26th state on this day in 1837. Michigan is a great state!

## 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

1/04	Yolanda S. Dietary
1/10	Anisa S. LPN
1/16	Monique H. Dietary
1/18	Jason R. Plant Manager
1/20	Nicole C. A. Director
1/29	Dominique I. CNA
1/31	Norma P. Medical Records Clerk CNA

## Resident

1/05	Patricia S.
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## Employee Anniversaries

Jasbir K., R.N.	1/10/95
Cheryl L., R.N.	1/6/98
Elizabeth J., R.N.	1/11/18

### Flower of the Month:

Carnation

### Birthstone:

Garnet

### Zodiacs:

Capricorn (The Sea Goat)  
January 1-19

Aquarius (The Water  
Bearer) January 20-21

*The Sea Goat symbolizes Capricorns, and an apt mascot it is. Goats love to climb to the top of the mountain. In much the same way, Capricorns want to get to the top of their chosen field, where they can reap the benefits of success.*

*The sign of Aquarius is symbolized by the Water Bearer. In much the same way that the Water Bearer brings precious liquid as a gift, Aquarians shower the world with their thoughts and new ideas.*

# How to Fight the Effects of Aging

Like any battle, the fight against aging is best fought on several fronts simultaneously.

## Get Up and Get Moving

Exercise is the key to a healthy life if you're eight or 80. A brisk 30-minute walk every day is a step in the right direction. Take friends along or bring a dog for company. It also may help with motivation. Even those unable to walk may still get some exercise while stationary through repetitive movement exercises.

## Eat Smart

The right kind of foods in the right quantities may do wonders to stave off the aging process. Plenty of fruits and vegetables, particularly the most colorful ones, which tend to be rich in nutrients, are important. Keeping your total fat intake down is important too; saturated fats in particular. Read food labels and substitute saturated fat in the diet for complex carbohydrates like starch and fiber.

## Busy Body, Busy Mind

Exercise keeps the body working, but a flexible mind is just as important. The more occupied the mind stays, the more its cells are stretched, and the better shape it stays in. Start tackling the daily crossword and read the rest of the newspaper while you're at it. Take up a hobby, keep busy and give

yourself things to look forward to.

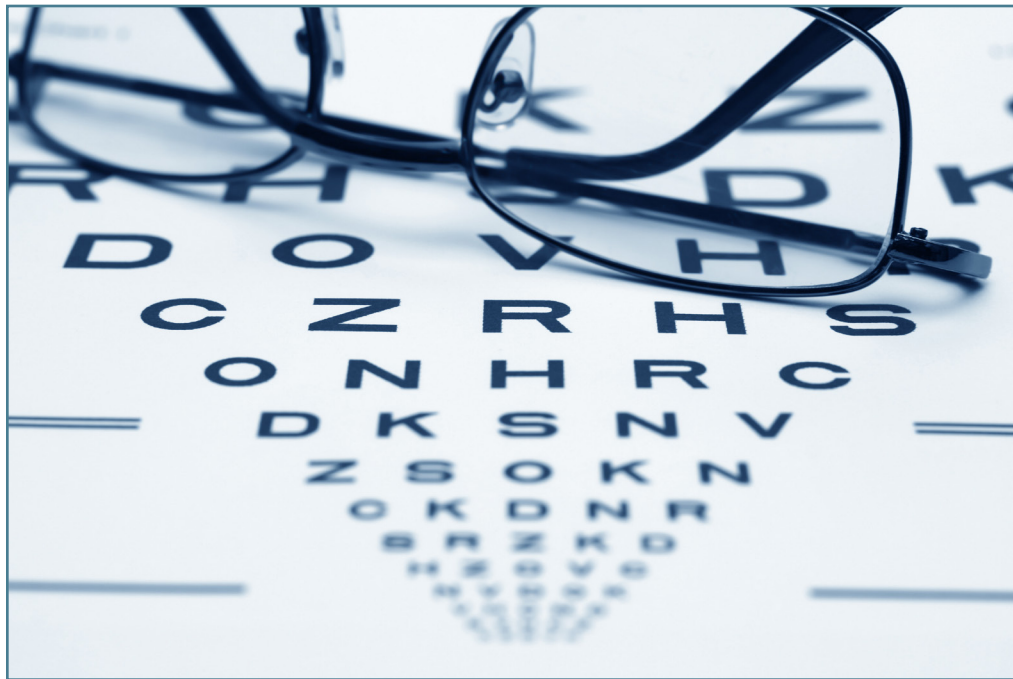
## Laugh Loud, Live Long

It's the best medicine, it keeps you young, it's birthed a thousand clichés, but there's no getting around it – laughing feels good and that can't be bad. Watch a comedy, read a book of humorous fiction, share some jokes, get together with friends and reminisce about the good old days. Whatever gets you laughing keeps you young at heart, which is a good thing physically and emotionally. Smiling makes you look younger, too.



## 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!



## Keeping an Eye on Vision Health

Doctors say maintaining vision health can be especially important as you age. Fortunately there are multiple ways to keep your eyes healthy. Try these tips:

1. **Quit smoking.** If you smoke, you're much more likely to develop age-related macular degeneration, or AMD, than nonsmokers. AMD is one of the most common causes of blindness in those over 65. While there are some ways to slow its progression, there is no cure.
2. **Wear sunglasses and a wide-brimmed hat when you're in the sun.** These two simple steps can reduce your exposure to eye-damaging UV rays.
3. **Watch your weight.** Being overweight is a major risk factor for developing Type 2 diabetes. Diabetic retinopathy is one of the leading causes of blindness in those under 65.
4. **Eat your spinach.** Spinach is a rich source of lutein and zeaxanthin, powerful antioxidants that can reduce the risk of certain eye diseases, like AMD. Other good sources include any kind of leafy green vegetable such as collards and kale, as well as eggs and orange-colored fruits.
5. **See your eye care professional for a full vision examination at least once every two years.** Go more often if you have diabetes or any other eye-related condition.
6. **Change your eye makeup every three to six months.** It becomes contaminated with bacteria and can infect your eye.
7. **Don't fall asleep in your daily wear contact lenses.** In fact, don't ever wear them longer than they're designed to be worn.

## Activity Department

The Activity Department would like to thank all family, friends, staff and volunteers for all your generous help throughout the year. You are VERY much appreciated and your generosity means a lot to us.

We would like to ask family and friends to please remove any holiday decorations that were displayed in your loved ones' rooms during the holiday season.

We would also like to remind 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. May your new year "2019" be filled with much happiness and peace!

## Jump Start Your Self-Confidence

To begin feeling a fresh spark of self-confidence within you, try as many of these as you like!

1. Open up your cookbook to a completely new recipe and learn to cook it well.
2. Learn how to say "I love you" in two different languages.
3. Look inside a thesaurus to find new ways to say the same old things.
4. Find three funny jokes and learn to tell them really well.
5. Get a makeover, new hairstyle, or all new socks and underwear.





**MEDILODGE OF  
PLYMOUTH**

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[www.medilodgeofplymouth.com](http://www.medilodgeofplymouth.com)



[www.facebook.com/medilodge](http://www.facebook.com/medilodge)

## Your Friendly Staff

### Administrator

Judy Piccininni LPN, NHA

### Admissions Director

Nikiesha Bunton

### MDS Coordinator

Ronda Kelley, RN, MDS

### Director of Nursing

Jennifer Haynes, R.N.

### Housekeeping/Laundry Director

Chimyra Taylor

### Social Service Designee

Cheryl Leino, R.N.

### Dietary Director

Martina Fair

### Activity Director

Nicole Couchman

### Maintenance Director

Jason Rieck

### Business Office Director

Lechelle Crisp



Michigan  
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# January – 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!

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

See solution in the February newsletter!

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

DECEMBER SOLUTION PUZZLE

## Word List

ACTIVITY

AGING

BLOOD

CONFIDENCE

DONOR

ENGAGE

EYES

GLAUCOMA

JANUARY

MIND

RESOLUTION

SMART

SOUP

VISION

WARM