



## *You're invited to attend* **Medilodge of Southfield's Organizing of Family Council Meeting Wednesday, January 9th 2019 at 6:00p.m.**

**WHAT IS A FAMILY COUNCIL?** A Family Council is families working together! Family Council is an organization run by and for families and friends of our residents. A typical council meets monthly. Officers are elected to plan and chair meetings, take minutes and, in general, direct the ongoing activity of the group. Our centers staff and administration will lend support and assistance as the council requests. A family council is at its best when it works as a partner with the nursing home staff. An effective council is self-determining and organized to meet the particular needs and interests of that family group.

**WHAT DOES A FAMILY COUNCIL DO?** At Family Council meetings, families decide what their needs and interests are, what they want to accomplish, and how they plan to accomplish it. For example, families may decide that they wish to know more about the regulations that govern nursing homes. One way to accomplish this is to invite speakers from government regulatory agencies to their meetings.

**HOW CAN THE FAMILY COUNCIL HELP ME?** Families of skilled nursing/rehabilitation and long-term care centers often find the placement of a loved one in a center to be difficult. Guilt, confusion about the home's policies and procedures, and financial worries are only a few of the concerns families' experience. Even after a relative has moved into a center, problems and concerns may continue and new ones occasionally arise. Families working together can provide each other with support, share their experiences, and seek solutions to their common problems.

Our first meeting will be an informal meet and greet, information/idea sharing and agenda planning for the next meeting. Desserts and beverages will be served. We look forward to seeing you!

*Call Heather Walters, Activity Director to RSVP (248) 557-0050 X152*

## ZENSATIONAL

WELLNESS AT MEDILODGE OF SOUTHFIELD

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.

# Holiday Crafts

## Whimsical Light bulb Reindeer Ornament

*You will need:*

- One used light bulb
- Brown felt cloth or fun foam
- Acrylic paints and brushes
- Ribbon
- 1 small red pom-pom
- Glue

First, paint the light bulb brown. Set aside and let dry. Once the brown paint on the light bulb has dried completely, use a paint brush to paint eyes and a mouth on your reindeer. When the paint has dried, begin to glue the red pom-pom nose onto the end of the light bulb, just above the mouth. Next, use the brown cloth or foam to fashion a pair of antlers for your reindeer. Glue these to the side of the light bulb. Finally, cut a small piece ribbon, loop and tie into a knot, and glue it to the top of your reindeer light bulb ornament.

## Greeting Card Ornaments

Cut out your favorite Christmas card images and mount them onto wooden craft shapes with glue. For an older finish, varnish them, drill a small hole at the top, and then tie ribbons at the tops. You can also cut out your favorite images from cards, laminate them, punch a hole at the top, and use a piece of ribbon as the hanger. If you don't want to cut anything out, an even simpler approach is to glue the front and back of the card together. Punch a hole at the top of the card, loop a piece of ribbon and it's ready to hang.

# Be Sure To Wash Your Hands!

December 3-7, 2018 is National Hand Washing Awareness Week and, according to the Centers for Disease (CDC), "the most important thing you can do to keep from getting sick is to wash your hands."

Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

The CDC recommends you should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet waste, food or treats
- After touching garbage



PALM TO PALM



FINGERS INTERLACED



BACK OF HANDS



BACK OF FINGERS



BASE OF THUMBS



FINGERNAILS



WRISTS

*Info taken from cdc.gov*

# Veteran's Day Highlights



## Tips for Keeping Active in the Winter

With winter approaching, there may be many upcoming cold days that simply make us want to stay inside and keep warm. All those days spent indoors can sometimes be accompanied by the winter blues. Fortunately, there are a lot of things we can do to liven things up and stay active in the winter even if it is a bit chilly outside.

**Yoga or Pilates:** Taking a yoga or pilates class will help you get out and about, meet new people, and even tone up your muscles! This is great way to stay active and in shape over the winter.

**Start or Join Book Club:** Are you an avid reader? Do you want to read more? A book club is a great way to socialize and become exposed to new books and genres. Start one of your own with a group of friends who like to read; that way, you can



decide when and where to meet and what to read.

**Go for a Walk:** Going for a walk is always a great way to get yourself in motion. It doesn't matter if it is a slow leisurely walk or a brisk one; you will get physical benefits from walking and being active.

## Prepare Your Skin For Winter

Dry, itchy and cracked skin goes hand-in-hand with the winter season. Changes in temperatures and humidity, indoor heating, hot showers and baths remove important oils and moisture from the skin causing dryness, flakiness and cracking of the skin. Read on for some TLC for your winter-weary skin.

**Bathing.** Hot water bathing breaks body oil that is easily washable. If you cannot avoid hot bathing, add oils like almond, sesame or other bath oils to your water.

**Cleanse & Exfoliate.** Before you begin your bath, exfoliate your skin with loofah. Avoid strong base ingredients and anti-bacterial products; opt for gentle moisturizing or revitalizing products.

**Drink at least 8-10 glasses of water every day.** By keeping your skin well hydrated, your skin is protected from dryness, rashes and itchiness. Avoid excessive usage of caffeine beverages that strips moisture from the skin.

**Moisturize properly and your skin can remain soft and supple all through winter.** Use moisturizer that has the necessary vitamins and hydration properties for your skin.

**Use sunscreen** in winter as you would in summer. Ideal sunscreen is one which is light, oil free and has SPF 15.



# MEDILODGE OF SOUTHFIELD

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



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

## Your Friendly Staff

*Administrator*

*Paige VanTiem*

*Assistant Administrator*

*Valerie Brandal*

*Admissions*

*Michelle Hairston*

*Director of Nursing*

*Charisse Dansby*

*\*Please note:*

The Public Posting books are located in the front lobby and 2 north unit.

# December – 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!

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

See solution in the January newsletter!

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

NOVEMBER SOLUTION PUZZLE

## Word List

- CHEER
- COCOA
- COLD
- COMMUNITY
- CRAFTS
- FAMILY
- HOLIDAY
- PILATES
- RESOLUTIONS
- SKIN
- SLEEP
- SOAP
- WASH
- WINTER
- YOGA



Michigan Made