



MEDILODGE OF  
SOUTHFIELD

# NEWSLETTER

26715 Greenfield Road, Southfield, MI 48076 • P: 248.557.0050 • [www.medilodgeofsouthfield.com](http://www.medilodgeofsouthfield.com) • January 2019



## Holiday Highlights



## 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.

## National Volunteer Blood Donor Month

This January, the American Red Cross celebrates National Blood Donor Month and recognizes the life-saving contribution from blood and platelet donors. As we begin the New Year, the Red Cross encourages individuals to resolve to roll up a sleeve to give this month and throughout 2019.

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.

Blood donation appointments can be made by downloading the American Red Cross Blood Donor App, visiting [redcrossblood.org](http://redcrossblood.org) or calling 1-800-RED CROSS (1-800-733-2767). All blood types are needed to ensure a reliable supply for patients.

*Info taken from [redcross.org](http://redcross.org).*

## *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.

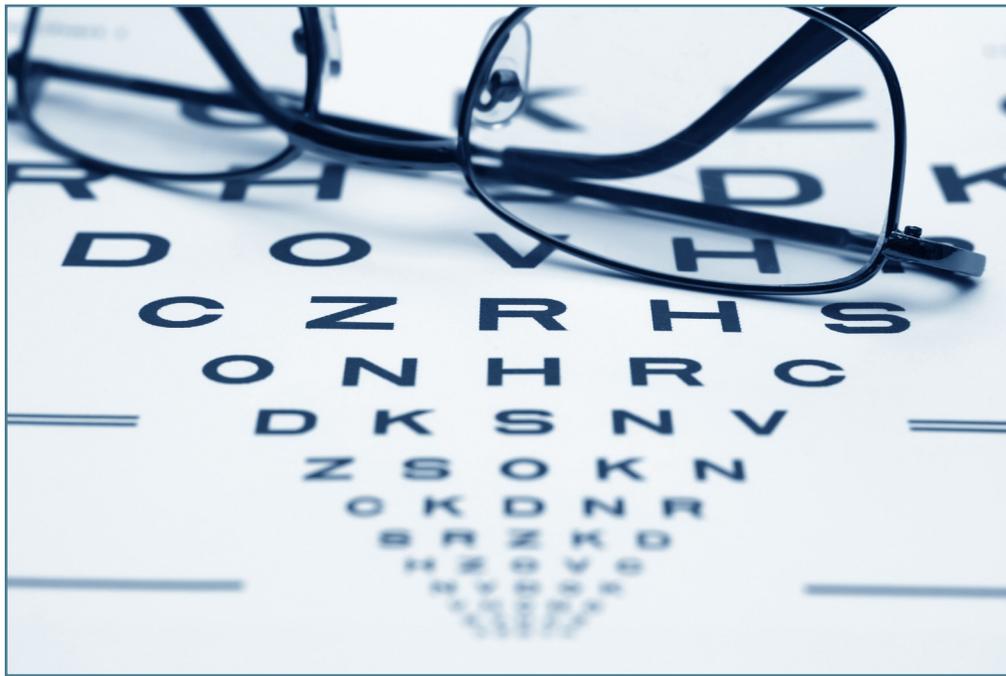
**HOW CAN THE FAMILY COUNCIL HELP ME?** Families of skilled nursing/rehabilitation and long-term care centers often find the placement of a loved one in a center to be difficult. Guilt, confusion about the home's policies and procedures, and financial worries are only a few of the concerns families' 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*

### **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.

## 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.

## National Glaucoma Awareness Month

January is National Glaucoma Awareness Month, but what is glaucoma?

Glaucoma is an eye disease that causes people to gradually lose their sight. There is no cure and vision loss is permanent. Over 3 million people in the United States currently suffer from glaucoma – it is a leading cause of vision loss in the U.S.

Seniors are especially at risk for glaucoma, along with anyone who has a family history of the disease.

Early detection is important for slowing the progress of glaucoma, along with medication or surgery.

For more information about glaucoma awareness, please visit [glaucoma.org](http://glaucoma.org).



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[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:*

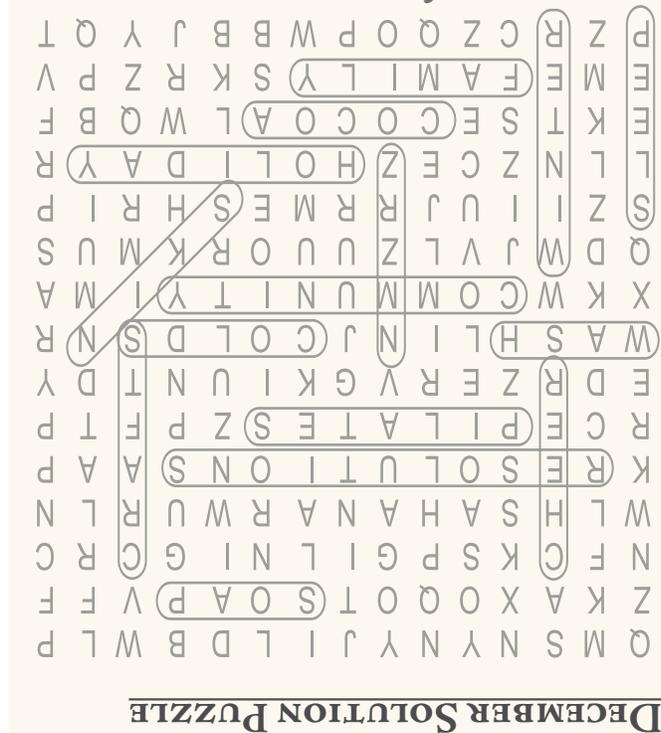
The Public Posting books are located in the front lobby and 2 north unit.

# 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!



See solution in the February newsletter!



## Word List

- ACTIVITY
- AGING
- BLOOD
- CONFIDENCE
- DONOR
- ENGAGE
- EYES
- GLAUCOMA
- JANUARY
- MIND
- RESOLUTION
- SMART
- SOUP
- VISION
- WARM

