

*Wishing you a
Happy Passover,
and Easter!*

Passover Begins
April 11th

Easter Sunday
April 16th



A Note from the Administrator:

At this time, I would like to introduce myself as the new Administrator here at MediLodge of Hillman. I am very happy to be a part of the wonderful team here! I started my career with MediLodge in 2011 at our Sterling location as the Admissions Director. I served in that position for a little under two years and moved to the Human Resources/Payroll Coordinator position. In 2015, I decided to take the Nursing Home Administrator course at Michigan State University. I completed that course in March of 2016 and received my license in June of 2016. I then entered the Administrator

in Training program in July. In October 2016, I transferred to Hillman as the Admissions/AIT and have enjoyed my time getting to know the residents and the area. When Michael Maddox received a promotion within the company at the end of February, I was promoted to Administrator. I would like to take this time to also wish Michael all the best on his new position. I look forward to working with our residents, their families, and the community.

Heather Gildner
A.B.A., N.H.A.
Administrator

ZENSATIONAL

WELLNESS AT MEDILODGE OF HILLMAN

zen+sa+tion+al noun /zen'sāSHənl/

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.

MediLodge of Hillman's Annual Easter Egg Hunt

Saturday, April 15th
12:00 Noon



Maintenance News:

My name is Johnathan Woods and I am the new Maintenance Director here at MediLodge of Hillman. I look forward to taking over for Bill as he did a great job. I just got out of the Air Force last year and moved back to the area. While in the Air Force I was a Security Force Officer guarding nuclear missiles. Since I got back last year I was working at The Home Depot as a Sales Associate. I have a wife and a baby on the way, so I am excited about that! Once again, I am glad to be taking over for Bill as the new Maintenance Director and getting the chance to contribute to the MediLodge of Hillman team.

Johnathan Woods,
Maintenance Director



Happy Anniversary to Our MediLodge Staff!

Thank you for your dedication!

23 Years

Jeff Gowing, CNA 4/04

2 Years

Velinda Perkins, RN 4/30

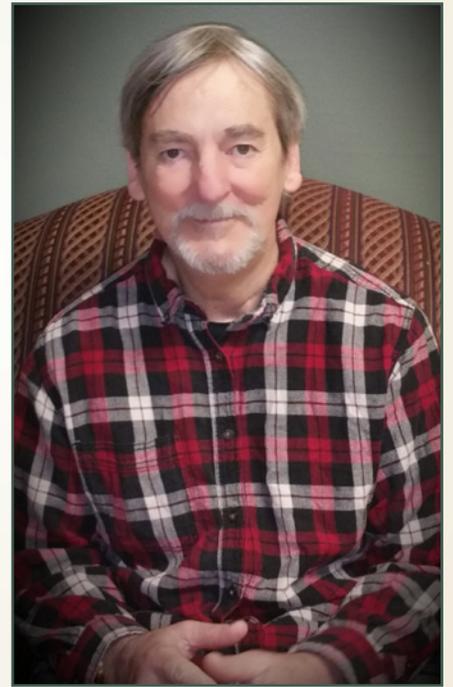
1 Year

Kelley Lozen, LPN 4/28

Kurt Pokorzynski, RN 4/20

Resident of the Month: Patrick F.

Patrick F. was born in Detroit, MI. and moved a lot growing up because his father was in the Navy. Pat was also in the Navy and was a Vietnam Veteran. He has traveled all over the world doing missionary work. Some of the areas he has been in is Mexico, Cuba, Nicaragua, Brazil, Honduras, and Korea. He has two daughters; Melissa and Jeanette. He also has two dogs; Rita and Popcorn. He enjoys hunting, fishing, and dancing. Congratulations Pat!



Therapy Update

Hello MediLodge family!!! I really want to say Happy Spring, but I don't want to be pushing it!

It seems like only a year ago that my article in this very newsletter was about our Therapy Department going through some changes and one of the big things was that we were moving into a new Therapy gym. Well, I want to warn you that you are not reading an old newsletter, I have some more new news... We have moved again. Hopefully this is our last move and I for one think it is the GREATEST move yet!! I would like to thank MediLodge so much for making this happen. We are located in what used to be the Front Lounge where the fireplace is located. It is so wonderful, we have so much more room now to do even more of the highest quality of Therapy that we are so proud to say we deliver!

As much as I would like to just make this article about how I think our

Therapy Department is the Greatest, I figured maybe I would write a little about how Spring is coming (think positive) and maybe some of you are lucky enough to be going on a Spring Break. This is a good time to get out there and get started on some light exercises to ease your body into all of the fun stuff you are going to be doing for the summer! Walking for most people is one of the easiest exercises that you can do that gets you outside to enjoy the weather and maybe even see some flowers in bloom. I'm sure there are some people out there that enjoy doing yardwork and are just itching to get started on it, if you are one of them, (if you can tell...I'm not) Spring is the time! Just remember to take it easy at first and don't overdo it!

That's all from me for this time. Please remember to stop in and say Hi, and see our newest Therapy Gym! Remember to keep smiling!!

Kasey Shiffer, TPM

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.



The Benefits of Laughter

Is it a funny coincidence that April is both National Humor Month and Stress Awareness Month? Perhaps, but like the old phrase states: laughter is the best medicine, and it's true. Laughter has many positive health benefits, which can counteract the negative affects of stress.

Laughter increases the functioning of the immune system, helping the body to fight off illness and disease. Studies have demonstrated that laughter causes the increased production of catecholamines and endorphins. These chemicals, when released by the brain into the blood stream during laughter, increase feelings of happiness and well-being. Laughter also decreases the secretion of cortisol as well as the sedimentation rate, and therefore is beneficial in stimulating the body's immune system.

During laughter, the flow of oxygen in the blood increases. Arteries relax, heart rate and blood temperature are lowered, circulation increases and the skin temperature rises. All of these physical responses have a beneficial effect on both cardiovascular and respiratory health. Laughter has the potential to help speed healing, and increase overall health and well-being, when its benefits are fully realized as a part of a stress management plan.



Employee of the Month: *Jamie Klimczak*

Jamie has been a wonderful addition to our midnight shift and she is always a good sport about picking up extra time as well. Jamie is always pleasant and outgoing with the residents and staff and she

makes every effort to make our resident's nights comfortable. Jamie is attending Alpena Community College and working on her Pre-Nursing classes so that she may apply for the Nursing Program in the fall. When she is not in school, Jamie spends her time with her husband, Steve, and son, Cayden. We are very happy to have Jamie with us, congratulations!!



MEDILODGE OF HILLMAN

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www.facebook.com/medilodge

Your Friendly Staff

Administrator	Heather Gildner
Activity Dir.	Krista Weiland
Admissions	Chaley Crawford
DON	Teresa Schram
ADON	Karen Zolnierok
Dietary	Brett Anderson
Hskg./Laundry	Jeff Burger
Maintenance	Johnathan Woods
MDS	Karen Fields
Accounts Receivable	Valerie High
SSD	Joanne James-Schalk
Therapy	Kasey Shiffer
Nurse Manager	Ken Krauss
Nurse Manager	Connie Wolfe

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!



Word List

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

