



Therapy Update: Home Senior Safety Tips

As we age we are presented with new challenges around our home and environment that become safety concerns.

Here are a few tips to prevent injury:

1. Declutter your house to ensure plenty of space to walk around safely.
2. Pick up throw rugs or make sure they have anti-slipping pads.
3. Cover furniture edges to prevent injury should you accidentally bump them.
4. Make sure every room has proper lighting. Use a nightlight to make it easier to see at night.
5. Make sure smoke detectors and carbon monoxide testers are properly working and have good batteries. If you are hard of hearing install a smoke detector that has a light.
6. Have all items that you use frequently within easy reach in the kitchen don't place them on high or low shelves where you have to reach.
7. Wear anti-slip socks, slippers or shoes while walking around your home.
8. Use rubber mats in the shower/bathtub to prevent slipping.
9. Consider a medical alert system.

Danette Yenior-Jenkins, Therapy Program Manager

Fall Home Maintenance Checklist

- #1: Seal up Cracks and Gaps.
- #2: Applying Weather Stripping.
- #3: Inspect Your Roof.
- #4: Clean and Repair Gutters.
- #5: Trim Back Trees and Bushes.
- #6: Fertilize Your Lawn.
- #7: Winterize Lawnmower.

Johnathon Woods, Maintenance Department

ZENSATIONAL

WELLNESS AT MEDILODGE OF HILLMAN

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 Anniversary to Our MediLodge Staff!

Thank you for your dedication!

3 Years

Cheryl Bradley, CNA 10/14

1 Year

Jamie Klimczak, CNA 10/26

Maintenance News

With the feel of fall in the air, it's time to think about getting you home ready for the cold weather. Much of the routine maintenance that needs to be done this time of year will not only keep you cozy this winter, it will also save money on your heating bill and protect your biggest investment, your home.

Employee of the Month: *Lora D.*

Lora D. has been working in the Housekeeping/Laundry Department for five years. She performs her job at a high level and manages to do it with a smile and a great attitude. Lora likes camping and loves spending time with her grandkids. **Thanks, Lora, for everything you do. You are greatly appreciated!**



October is Physical Therapy Month: At-Home Physical Therapy Exercises

Physical therapy exercises are intended to restore strength and endurance, increase range of movement, and also improve balance and coordination. To increase the effectiveness, physical therapists use physical therapy exercises treatment along with external stimulations such as heat, coldness, ultrasound, electricity, infrared or UV light, traction, water, and massage. All are applied externally to a specific area, or internally, in order to relieve pain or reducing swelling.

A major factor to assure the success of the exercise methods is to consistently perform them correctly. As long as properly prescribed, physical therapy exercises are the most effective method for treating certain injuries or restoring basic functions.

Physical therapy exercises performed during office visits alone is inadequate. For quick recovery, physical therapists also teach patients how to exercise at home. Here are some examples of physical therapy exercises to do at home:

Sitting Stretch: Sit on the floor

with a towel around one of your outstretched feet (or around one bent knee.) Pull the foot towards your body (or the knee upwards) to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Standing Wall Push: Position your body against/ facing a wall with one foot behind slightly lunging. Hold the heel down while gently pushing your hands towards the wall to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Tightening Legs Over a Ball: With one knee bent over a ball, straighten the knee by trying to tighten the muscle on your upper thigh. Be sure to keep the bottom of your knee on the ball. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Note that the repetitions and frequency of the exercises may be modified by you or your physical therapist. If you are ever unsure of a movement above be sure to ask your PT to ensure the movement is safe and works for you!

October 14th is National Dessert Day!

A "dessert" is a meal course that usually comes after dinner. Most often dessert foods are of sweet food but can also be of a strongly flavored food, such as cheese cake. The world dessert comes from the Old French word "desservir", which means 'to clear the table'. Often times in the English language dessert is confused with the word desert (note only one "s"). A simple way to remember the difference in spelling is: *Dessert has an extra S, because everyone always wants an extra slice of cake.*

It wasn't until after the 19th-century when the rise of the middle class, and the mechanization of the sugar industry, brought the privilege of sweets into the general public. This was because sugar became cheaper and more readily available to the general public. As sugar was widely spread, so was the development and popularity of desserts.



In today's culture, dessert recipes have become a popular item for discussion, as they are a way to win people over at the end of any meal. This is partly because if you serve a mediocre meal but with an excellent dessert, people will remember you for the dessert and may forget about the meal.

Resident of the Month: *Louis M.*



Louis M. lived most of his life in Cheboygan, Michigan. He was in the Army infantry during WW11. His company walked from Italy to Germany, there was only him and one other guy that made it out alive. He was married to his lovely wife, Esther, for 72 years. They had 5 boys and 3 girls. Louis did Mason work. In his spare time

he liked hunting for bear and deer. He loved fishing, winter and summer. He was even Sturgis king a couple of times. So when you see Louis congratulate him for being Resident of the Month and thank him for his service!

Tips for a Better Nights Sleep ^Z_Z ^Z_Z

1. **Room temperature:** Keeping the temperature in your bedroom at 70 degrees Fahrenheit or below is recommended. Studies show that the body can better relax with temperatures at 70 degrees or slightly below.
2. **Reduce caffeine.** The effects of caffeine last much longer than most people expect. The result is difficulty falling asleep. Studies have shown better sleeping patterns if no more caffeine is consumed after 6.00 PM.
3. **Avoid alcohol.** Alcohol will keep the body from reaching the deeper stages of sleep, where the body does most of its healing and resting. The result of drinking can be a very light sleep or difficulty falling asleep in general.
4. **Beds are for sleeping.** If you are used to watch TV in bed or even work while being in bed, you may find it much harder to relax and to fall asleep. Sleep requires your brain to slowly shutdown and any distraction will cause sleeping problems.
5. **Go to bed at around the same time every day.** Don't change your bedtime back and forth. Having a certain schedule developed will make it easier to fall asleep pretty much at the same time every day. A recurring schedule will help your body to get into a sleep pattern and make it easier to fall asleep.
6. **Remove the alarm clock from your view.** Staring at the time will only create the feeling that you have to sleep, but you are not. Losing track of time and how long you have been awake has shown to improve healthy sleep.



MEDILODGE OF HILLMAN

631 Caring Street
Hillman, MI 49746
P: 989.742.4581

www.medilodgeofhillman.com



www.facebook.com/medilodge

Your Friendly Staff

Administrator	Heather Gildner
Accounts Receivable	Valerie High
Activity Dir.	Krista Weiland
Admissions	Chaley Crawford
Dietary Manager	Sandra Wiley
Director of Nursing	Teresa Schram
Hskg./Laundry	Jeff Burger
Maintenance	Johnathan Woods
MDS	Karen Fields
Office Manager	Robin Chinavare
SDC/Infection Preventionist	Connie Wolfe
Social Service Dir.	Joanne James-Schalk
Therapy	Danette Yenior-Jenkins
Unit Manager	Stefanie Funk

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

Word List

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

