



From the Desk of Mary Jo Taylor, Administrator

My name is Mary Jo Taylor and I am ecstatic to be a part of the MediLodge, Hillman team. I began this venture on October 1, 2018 and was met by a warm welcome not only from the team at this facility but also the community.

A little about me. I have been a registered nurse since 1986, received my Bachelor of Science degree in 2016 and obtained my Nursing Home Administrator license in 2014. I have been married to my childhood sweetheart for 38 years and we have three grown children with six wonderful grandkids. Of course the grandkids, five boys and one girl are grandma's world.

In my work experience I have done a variety of different jobs that have only enhanced my career. I have been a Director of Nursing in a 50 bed facility with 30 employees assuring that State and Federal regulations were met. I learned the importance of Therapy working at Rogers City Rehabilitation Hospital for 15 years. At the Rehab facility there were many areas I worked that assisted me in the understanding of teamwork. As a Charge Nurse, it is the working alongside your colleagues in providing the quality of care every resident deserves. As a Discharge Planner, it is working with the resident and families on their needs to achieve "their" goals. In Marketing and Community Liaison I learned the importance of teaching and listening. Finally, in my previous job I worked as a Clinical Manager for McLaren Home Care and Hospice with the responsibility of 33 employees, 55 to 60 field Hospice patients and a 7-bed Hospice residence for end of life residents.

I look forward to working with the team here and the community.

Sincerely,

Mary Jo Taylor RN, BSN, NHA

ZENSATIONAL

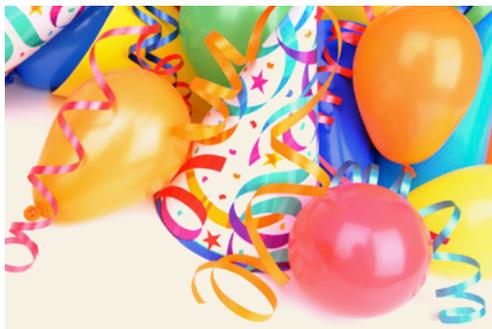
WELLNESS AT MEDILODGE OF HILLMAN

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!

15 Years

Donna Cuykendall 12/15
CNA

14 Years

Dana Moore 12/01
Housekeeping Aide

2 Year

Carol Hahn 12/28
LPN

Resident of the Month

Owen “Mick” K. was born and raised in Rust Township. He went to school at Klein Settlement School until the 7th grade, then he graduated from Hillman High School. He was a carpenter ever since he could hold a hammer. He worked for Devere Construction as a Supervisor. He and his wife, Pat, have been married 59 years.



They have 1 girl and 4 boys. They also have 11 grandchildren and 7 great grandchildren. Mick was very active in his community. He volunteered his time to help build the saw mill, he was a fire fighter for 17 years, he taught 4-H wood working for years, and he was an elder at St. John’s Lutheran Church, he was also on the original planning board for the Hillman Community Center. In his spare time he enjoyed camping, hunting, and spending time with family and friends.

Keep Your New Year Resolutions

What makes January 1st such a special time to make a change in our lives, and why can it be so *difficult* to maintain that change?

There are a number of key reasons that apply to some, if not all, of the broken resolutions.

- We are not being realistic when we make the commitment.
- Everyone breaks New Year’s Resolutions, so why shouldn’t we?
- January is wet, miserable and cold (or hot and sunny depending on where you live) and the weather can affect our mood and desire to achieve.

- The friends we tell our resolutions to on New Year’s either can’t remember or are too busy breaking their own resolutions to help motivate us.

So how can we make changes that are lasting in our lives? Here are a few positive steps we can all take to help us make permanent changes:

- Choose a day and time in the very near future and make that your ‘change my life plan’ day – don’t wait for New Year’s.
- Tell as many people as you can about your plan and tell them you want to stick to it. It is much easier keeping a commitment you have made

- to others than just to yourself.
- Set your goal or plan in achievable, measurable steps – try and change the world in a day and you are destined to fail!
- Choose a ‘looking forward’ plan where you focus on what you want to achieve, not what you want to avoid.

As we head towards the New Year, let’s enjoy the celebrations and make lasting change in our lives!



Veteran's Day Celebration at MediLodge of Hillman



Ideas to Keep You 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. Fortunately, there are a lot of things we can do to liven things up:

Yoga or Pilates: Taking a yoga or pilates class will help you get out, new people, and even tone up your muscles!

Join Book Club: A book club is a great way to socialize and become exposed to new books and genres.

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 or a brisk.

Employee of the Month

Deb Barker is a member of the Activity Department and a great asset to our team. She is a hard worker and a friend to everyone. In her spare time, she enjoys spending time with her three sons, two grandsons, husband, and new puppy. Her hobbies include shooting sporting clays, arts and crafts, and gardening. **Congratulations Deb, we are lucky to have you!**





MEDILODGE
OF HILLMAN

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Your Friendly Staff

Administrator Mary Jo Taylor

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

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 |

Word List

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



Michigan
Made