



## Activity Update

I would like to thank everyone who either donated or filled Christmas stockings for our residents so all of them had something to open for Christmas. The kindness everyone showed is much appreciated. I hope everyone enjoyed the holiday season and were blessed to spend time with loved ones.

**Looking forward to the New Year, here are some healthy tips from CDC.gov to help boost your health this year:**

- Make healthy food choices. Grab a healthy snack on the go. Eat more fruits and vegetables.
- Be active. Take the stairs instead of the elevator. Park farther away and walk.
- Protect yourself from injury and disease. Put on a helmet, sunscreen, or insect repellent. Wash your hands for 20 seconds.
- Manage stress. Don't overschedule or overcommit. Take short breaks throughout the day.
- Make an appointment for a check-up, vaccination, or screening.
- Quit smoking. Call 1-800-QUIT-NOW for free counseling on how to quit smoking for good.

That's all from me for now, I'll leave you with this quote:

**"What the new year brings to you will depend a great deal on what you bring to the new year." – Vern McLellan**

***Krista Weiland, Activity Director***

## 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!**

## 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!

### 30 Years

Jeffrey Burger 1/05  
Housekeeping &  
Laundry Manager

### 19 Years

Jody Saddler 1/29  
Receptionist

### 15 Years

Christy Mamp 1/28  
Housekeeping

### Heather Schalk 1/05

CNA

### 6 Years

Amy Smith 1/04  
CNA

### 5 Years

Toni Blandford 1/15  
CNA

### 1 Year

Meagan Coombs 1/25  
CNA

## Resident of the Month

Eleanor M. was born in Atlanta, Michigan but was raised in Hillman, Michigan. She graduated from Hillman schools in 1954 and then she attended Country Normal for one year before she went to school to become



a teacher. She was a substitute teacher at a Catholic school, a librarian for twelve years and she also sold Avon products for thirty years. She married Marv in 1957 who is still the love of her life. Their 61st anniversary was December 28th. They have four kids; one girl and three boys. They have ten grandchildren. She enjoyed going to Florida with her family. Her husband stated that he wants everyone to know that “she is the best wife”. Congratulations Eleanor for being our Resident of the Month!

## January 11<sup>th</sup> is National Milk Day

A big shout out to Northern Michigan Milk Producers! If it weren't for you we wouldn't have the wonderful things that cow's milk provides for our world.

I remember the milk man coming to our house weekly and providing with us Milk, Butter, etc. Yes, I am that old ☺

On January 11, 1878, milk was delivered to customers in bottles for the first time. Somewhere along the line, the momentous occasion was honored with an unofficial holiday, which we celebrate each year on the 11th of January.

Everyone reading this, please enjoy a glass of milk or perhaps ice cream (my favorite) on January 11, 2019!

*Joanne James-Schalk RN, SST*





# Nursing News: Dry Skin

Dry skin is evidenced by red, flaky skin in patches that itches and may also have areas of cracking noted especially around the fingertips/nails, become split and painful to the touch.

Dry skin is prevalent among the elderly especially in the winter when the air is cold and dry. Our Elderly do not have the fat stores in their skin that helps to prevent the dryness.

The dry patches are itchy and scratching is hard to prevent and this places our Elderly at risk for open skin and infection. Observe for gray, ashy skin color.

**To reduce the incidence of dry skin:**

- Take lukewarm/cool showers, not hot

- Bathe every other day and if you bathe daily, do not bathe more than once a day.
- Utilize soaps, detergents and shampoos that add Moisturizer to your skin and scalp not strip the moisturizer from your skin and scalp.
- Apply lotion to your skin at least twice daily to reduce dryness and to reduce the risk of skin tears from scratching. Apply lotion especially following bathing when skin is damp for maximum absorption
- Wear rubber gloves for doing dishes or cleaning with harsh chemicals.
- Keep as much of your skin and your Loved Ones skin covered when going outside in the winter.



- Observe for infection in open areas: scratches that are not healing, have drainage present, increasing pain, or large flaking areas of skin. Call your Physician if noting any of these above.

Have a wonderful January!!

**Connie Wolfe, RN**

*Source: Mayo Clinic*

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## Add Significance to Your Resolutions

The start of a new year is traditionally a time to reflect on the previous year and plan out resolutions for the year ahead. Popular resolutions include losing weight, getting more fit, getting out of debt, and making more money.

While these types of self-improvement goals make for admirable resolutions, striving to become more selfless and generous can have a surprisingly significant impact. What are some resolutions related to giving that you can consider as you pursue your own? Consider the following examples:

- Increase your financial giving to church and charities.
- Increase your time donated to important causes.

- Write and send an encouraging note at least weekly.
- Smile and greet the first people you meet every morning.
- Perform an act of kindness at least weekly.
- Increase the number of people you share your faith with.
- Donate blood multiple times during the year.

Be sure to set resolutions for yourself for the upcoming year that will help make a difference in the world. This can provide a special significance throughout the new year as you fulfill these important resolutions.

## Employee of the Month

Jacob Brown is a Certified Nurse's Assistant on the afternoon shift here at MediLodge of Hillman, and is well-deserving of the Employee of the Month title. He is a very dependable employee and will cover extra shifts when needed and do it with a positive attitude. Jacob has a great sense of humor and our residents adore him. Please take the time to congratulate Jacob when you see him on a job well done!



# MEDILODGE OF HILLMAN

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



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

## 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

## 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!

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

### Word List

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

