



From the Desk of Mary Jo Taylor, Administrator

Happy New Year to everyone and us at MediLodge of Hillman hope that your holidays were festive and bright.

Here at MediLodge of Hillman the holidays were wonderful. Thank you to Prestige Corporation for the ability to have an awesome employee Christmas party. The residents Christmas party provided enjoyment for residents, family members and staff as Christmas stockings were passed out to all residents. The smiles and togetherness of staff, residents and families was heartwarming.

As we moved into the New Year we are making some exciting changes. As of February 1st, 2019 we will become a thirty-nine bed facility with all private rooms for our residents. Having private rooms will allow residents to have their own space and enhance their quality of life. Residents and staff are excited for this change for our facility as it will enhance the positive experience and care provided to residents and their families.

We look forward to continuing to provide the exceptional care at our facility for the residents, families and the community. Again we wish everyone happiness and good health in the New Year.

Sincerely,

Mary Jo Taylor RN, BSN, NHA

Testimonials from residents who have already made the move to their new private room:

Resident:

"I've had several great roommates but I like my new room and how big it is. Now I can bring in more things to make it "home".

Resident:

"I'm really enjoying room". Likes having the room to himself. "Thank you for giving it to me".

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!

11 Years

Joanne James-Schalk 2/06
RN

9 Years

Corinne Hanna 2/24
LPN

8 Years

Maria Kline 2/23
RN

2 Years

Jacob Brown 2/13
CNA

Johnathan Woods 2/20
Maintenance Director

1 Year

Shane Holford 2/14
Dietary Aide

Jessiaca Schoville 2/14
CNA

Breonna Chartrand 2/14
CNA

Resident of the Month

Nancy was born in Lupton Michigan and moved to Hillman when she was 8 years old. She graduated from Hillman High school, in 1964 and then graduated from Eastern Michigan University, in 1980. Nancy then became a teacher in Texas for 30 years.



She retired and moved back to Hillman in 2009. In Nancy's spare time she enjoys baking, quilting, reading, and sewing. She use to make prom dresses and her own clothing. **If you see Nancy, be sure to congratulate her.**

Random Act of Kindness Day is February 17

Kindness is a generosity of spirit. It comes to life when we give of ourselves and our time to help others, without expecting anything in return. When you show kindness to someone, you bring out the best in yourself.

Pay attention to the impact your behavior has on others, and notice your own feelings in association to their reactions. Think about how you feel when somebody else shows you kindness. What you give may come back to you in even greater quantity.

It is so easy to find ways to be kind to others: say something supportive when you feel someone needs to hear it; offer help without being asked for it; smile encouragingly; swallow your criticisms; listen without judgement;

let mistakes slide instead of assigning blame; make small sacrifices for the benefit of somebody in greater need.

Don't forget to be kind to yourself as well. You may run out of steam and feel less able to show kindness to others if you don't replenish your own mind, body and spirit on a regular basis.

Being kind to yourself means getting your needs met; being gentle with yourself instead of critical when you feel you're not performing at your best; and forgiving yourself when the need arises instead of beating yourself up.

When you get into the habit of treating yourself with kindness, it becomes much easier to extend that consideration and behavior to others.

Go Red For Women – February is American Heart Month, and the American Heart Association's signature women's program, Go Red for Women, is designed to increase women's heart health awareness and help improve the lives of women around the world. Learn more about how you can help raise awareness at www.goredforwomen.org.

Black History Month

The month of February is a time to honor the achievements of African-Americans in U.S. history. Since its first observance at Kent State University in February 1970, Black History Month (also referred to as African-American History Month) has evolved into a country-wide celebration.

Did you know:

- *Thomas L. Jennings was the first African-American to receive a patent for his discovery of a process called dry-scouring (later known as dry-cleaning) in 1821.*
- *Along with being a powerful anti-slavery organizer, James McCune Smith was the first African-American to achieve a Medical Degree in 1837.*
- *In 1988 Oprah Winfrey founded Harpo Productions, which made her the first woman in history to own and produce her own talk show. She was also the first African-American (man or woman) to own an entertainment production company.*

President Gerald Ford, the first president to recognize Black History Month in 1976, urged us all to “seize the opportunity” to honor African-American accomplishments “in every area of endeavor throughout our history.”

Employee of the Month

Angie Page has been a Physical Therapist Assistant for 7 years and at MediLodge of Hillman for 5 years. As a Physical



Therapist Assistant Angie works with residents to increase strength, and mobility to improve their quality of life and help them to return home. Angie’s hobbies include golf, camping, softball, hunting, and spending quality time with her family. Angie is the oldest of 4 girls and has a loving 10 year old 65 pound plot hound mix who thinks he is a lap dog. **Congratulations Angie and thank-you for all that you do!**

Dietary Delight

With winter in motion, there’s nothing better than a warm crock pot meal. Here is a recipe from my book called “*Slow Cooker Cookbook.*”

Tropical Pork Dinner

- 2 LB Pork Tenderloin
- 1/4 Cup Apple Cider Vinegar
- 1 (20 oz) Can Crushed Pineapple
- 1/4 Cup Dark Brown Sugar
- 1/4 Cup Honey

4 LG Yams, washed
(or 4 lg sweet potatoes)

Spray a slow cooker with nonfat cooking spray.

Place the pork tenderloin in the cooker

In a bowl mix together the crushed pineapple, honey, vinegar and brown sugar and pour over the pork.

Place the yams on top of the meat mixture.

Cover and cook on high for 4 1/2 to 5 1/2 hours or on low for 9 to 10 hours.

Cut the yams in half before serving.

If desired, pour a little sauce over the cut yams and meat.

Yield: 8 servings
(4 oz pork and 1/2 yam with 3 oz pineapple sauce)

Tropical Chicken Dinner:

Substitute 8 (3 oz) boneless, skinless chicken breasts for the pork.

ENJOY!!

Sandra Wiley, *Dietary Manager*



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

February – 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!

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

Word List

- ACHIEVE
- CARDIAC
- CHOCOLATE
- EDISON
- GENEROUS
- HEALTH
- HEART
- HISTORY
- HONOR
- INNOVATION
- INVENT
- KINDNESS
- PIG
- RED
- VALENTINE



Michigan
Made