



## National Fishing Week June 1<sup>st</sup> – 9<sup>th</sup>

Each year the state of Michigan has two Free Fishing Weekends. One is in the winter and one is in the summer. **This year's Free Fishing Weekend for the summer is June 8th & 9th.**



This means that you do not need to have a fishing license to fish on these two days. But of course you still need to obey all other fishing regulations.

June is one of my favorite months for not only fishing but also catching. If you can get out on this weekend, take someone fishing with you to your favorite lake and enjoy the great Michigan outdoors!

*Jeff Burger, Housekeeping & Laundry Supervisor*

## 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.

## June 13-19 • National Nursing Asst. Week

Nursing Assistants have a rewarding profession; they can help patients and residents improve quality of life! Whether you are recovering from a hospital stay or living in a nursing facility nursing assistants are there to make a difference!

Nursing Assistants report vital signs, check on patients, help set up medical equipment, and transfer patients as necessary. They also help with daily tasks such as bathing, eating, and dressing patients. The duties of a nursing assistant require dedication and a sincere desire to help others. It is important to recognize the time and effort nursing assistants put into their job.

To show your appreciation for a nursing assistant in your life, consider giving a thank you note or a letter. A simple gift such as candy, flowers, or a gift card can be a thoughtful gesture that shows that you care.

# What is Tai Chi?

It can be hard to fit exercise into your daily routine, but simple exercises such as tai chi can be both beneficial to your health and easy to do.

Tai chi is a low intensity exercise that promotes flexibility and balance. The joints are often where aches and pains first begin and because tai chi isn't a high impact exercise, the joints health and function are protected.

Tai chi employs slow tempo maneuvers, distributing weight between each limb; to enhance one's balance and strengthen the limbs. It is designed to relieve tension and stress. As a result of this exercise, the brain receives more oxygenated blood as you breathe, thus making you feel calmer.



*Happy Anniversary  
to Our MediLodge Staff!*

Thank you for your dedication!

## 18 Years

Alan Noggle                      6/19  
*Housekeeping*

## 14 Years

Krista Weiland                      6/6  
*Activity Director*

## 4 Years

Theresa Herman                      6/11  
*Dietary Manager*

## 1 Year

Loni Schroeder                      6/21  
*CNA*

# Resident of the Month

**Joanne L.** was born and raised in East Detroit, which is now known as Eastpointe. After she graduated from East Detroit high school she took some courses at the Detroit business institute. Later she went to Macomb College, then she attended Phoenix College where she studied computer science and music history. Joanne married her first husband Clarence Russell in 1953. They had five children, four boys and one girl. She was a secretary for Wayne State Dept. of pharmacology. She was a music teacher for most of her life. After her husband passed away in 1988 Joanne's children and her ran the tool business that he had owned, and later they sold it. Joanne remarried in 1990 to Joseph E. Lewis. She has nine grandchildren, nine great grandchildren, and one on the way. In her spare time she played piano for St. Augustine church and Jesus the Good Shepherd church until December 2018. She wants to give a big thank you out to Kris and Cheryl Russell her two children. She wants everybody to know that she will be going home soon and that hard work pays off. She plays the piano here almost daily and the residents love to hear her play. She will be missed when she returns home, but plans to come in and play some music when she can.



# June 10 is Iced Tea Day

There is nothing like a cold drink on a hot day. For about 2 billion people, iced tea is their drink of choice. Tea is a very versatile drink, being able to be served hot and cold. It's also healthy for you as well!

**Tea is rich in antioxidants.** Antioxidants rid your body of harmful free radicals, which could damage your cells. These may help increase your metabolism, potentially helping you lose weight. Antioxidants found in oolong tea, may remove the free radicals responsible for aging the skin and creating dark spots.

While making tea, remember that if the directions say "teaspoon," they are not talking about a measuring teaspoon. A measuring teaspoon holds about 5 mL and has a round head. A teaspoon has an oval head, like the one in your cutlery drawer. The British figured out that a teaspoon held the right amount of tea leaves for a cup of tea.



# MEN'S HEALTH MONTH



Some men may experience prostate problems as they age, so it's important to maximize the life of the prostate gland. Some symptoms indicate there may be a bigger problem and shouldn't be ignored.

## Common Symptoms:

- ✦ Problems urinating: too often, unable to, weak, or interrupted flow, pain or burning while urinating.
- ✦ Blood in urine.
- ✦ Pain or stiffness in the lower back, hips, or upper thighs.

Only a doctor can confirm if any of your symptoms are a minor infection or something more serious.

## How can you protect yourself?

- ✦ Be active: not only does exercise benefit your prostate, but it's great for your body.
- ✦ Eat healthy: foods such as nuts, seafood, turkey, and raw onions can keep your prostate in good health.
- ✦ Zinc: helps create male hormones. Zinc can be found in pumpkin, sesame, and sunflower seeds.

An adjustment in your diet might help keep your prostate healthy, but before changing your diet, it's important to consult a physician.

## Employee of the Month



**Mary Marthaler** is one of our CNA's who is also a Transportation Specialist. She has worked at MediLodge of Hillman since 2006.

Mary has a grandson who is her whole world! He keeps her busy by going to watch him play baseball, soccer, wrestling and swimming.

Recently Mary has been nominated for Employee of the Month by her peers and this is what they had to say, "She is a go-getter who never slows down or says no. Mary gives 110% each and every day at work and does so with a smile. She is awesome with our residents! Calm, Cool and Collective...that's Mary".

**Keep up the good work, Mary, and thank-you for all that you do!**

## JUNE 16: FATHER'S DAY



Celebrate dads, grandfathers, uncles, and father-figures who have made a positive impact on a child's life. Studies show that men who play an active role in their children's lives stimulate all aspects of development: emotional, academic, behavioral, and social, even when those men don't live in the same home as their children. This Father's Day, let us remember the father's role. Let us celebrate our fathers and honor them for making a difference in our world.

**You don't have to be a dad to tell a "Dad joke."**

How does a penguin build its house? – A: *Igloos it together.*

I had a really great boomerang joke. – A: *It'll come back to me.*

What did the shy pebble wish? A: *That she was a little boulder.*

What did the hat say to the hat rack? – A: *You stay here. I'll go on a head.*

The past, the present, and the future walk into a bar at the same time. – A: *It was tense.*

What did one wall say to the other wall? – A: *Let's meet up at the corner.*



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## Your Friendly Staff

*Administrator* Bobbie Sherlock  
*Activity Dir.* Krista Weiland  
*Admissions* Chaley Crawford  
*Dietary Manager* Sandra Wiley  
*Director of Nursing* Teresa Schram  
*Hskg./Laundry* Jeff Burger  
*Maintenance* Bill O'Neil  
*MDS/ Infection Preventionist*  
Karen Fields  
*Office Manager* Heather Burr  
*Payroll Benefit Coordinator*  
Robin Chinavare  
*Social Service Dir.* Joanne James-Schalk  
*Therapy* Ellen Stewart  
*Unit Manager* Stefanie Funk

## June – 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!

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

### Word List

BRAIN  
CNA  
ERROR  
FATHER  
GLANDS  
GRANDPA  
JOKE  
MEN  
PRESCRIPTION  
PUZZLE  
SAFETY  
SUN  
TAI CHI  
WATER  
WISDOM



Michigan  
Made