



MEDILODGE OF ROCHESTER HILLS

# NEWSLETTER

1480 Walton Boulevard, Rochester Hills, MI 48309 • P: 248.651.4422 • [www.medilodgeofrochesterhills.com](http://www.medilodgeofrochesterhills.com) • June 2019



## Nursing Home Week



## ZENSATIONAL

WELLNESS AT MEDILODGE OF ROCHESTER HILLS

zen•sa•tion•al noun /zen'sāSH nl/

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 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.*

## 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.



## National Safety Month: Medication Safety

Medication errors can occur in a medical center, senior living facility, or at home. Hospitals, pharmacies, and facilities have checks in place to minimize medication errors. When getting a refill or a new prescription, be sure to verify:

- **Your name is on the bottle.**
- **The name of the doctor.**
- **The name of the medication, since there are lots of look-alike/sound-alike drug names.**
- **The dose; a dose for a child is different than for an adult.**
- **The route; for example, eye drops prescribed for the eyes and not the ear.**
- **The expiration date (Expired medicine should be thrown out.)**

Medications need to be organized.

It is important that you have a system so that you know when to take each medicine. One example would be a pill storage container with individual slots. These can be organized by week, Monday-Friday, or have days broken down into AM and PM slots. By having a system, you can help prevent missing your medication.

Medication safety is not limited to the patient. It is important to store medications in places where children can't reach them. After taking the medicine, make sure the child-lock is secure. It is important to be smart about your medication so that you and those around you stay safe.



# 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.

## 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, pronounced tī-chē, 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.

The history stems from Chinese legend. Over 800 years ago, Zhang Sanfeng had a dream of a crane and a snake in battle. As the battle went on neither one could gain the upper hand. This stalemate intrigued him. From this dream, he created the 13 postures of tai chi to represent the techniques of the creatures.

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 Birthdays to our Residents!

|            |        |
|------------|--------|
| B. Gerald  | Jun 06 |
| K. Mary    | Jun 07 |
| B. Ann     | Jun 07 |
| H. De      | Jun 14 |
| G. Michael | Jun 17 |
| L. Richard | Jun 17 |
| H. Asmar   | Jun 22 |
| P. Dorothy | Jun 20 |
| F. Dorothy | Jun 29 |

## June Activities

June 10th Charlene

June 13th Bobby T.

June 14th Father's Day Party

Ongoing Therapy Dog Visits

Ongoing Massage

Therapist Visits



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## Your Friendly Staff

|                     |                     |
|---------------------|---------------------|
| Administrator       | Colette Belcourt    |
| Dir. of Nursing     | Suzanne Brown       |
| Admissions Director | Miranda Proffitt    |
| Social Services     | Holly Geottes       |
| Activity Director   | Sherry Watt         |
| Maintenance Dir.    | Chet Mazzoni        |
| Therapy Manager     | Shannon Lloyd       |
| Billing             | Bokeba "Bo" Johnson |

## Office Hours

Weekdays 7:30 a.m. – 7:00 p.m.

## Visiting Hours

Monday – Sunday 24 hours a day  
Preferred visiting hours 8:00 a.m. – 9:00 p.m.



Michigan  
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# 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!



See solution in the July newsletter!



MAY SOLUTION PUZZLE

## Word List

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