



Celebrating Independence Day

On the 4th of July, we traditionally celebrate the anniversary of the declaration of the United States' independence, but did you know that is not when Independence Day celebrations first began? Even though the U.S. celebrates its independence from England on that day, the holiday itself is largely based on English traditions.



When the Declaration of Independence was signed, a staged party was planned to celebrate independence from England, though nothing official was ever done for the day to become a holiday. Because the crowds were so large, it was assumed that the colonizers were interested in separating from the English and the holiday continued.

While the celebrations of the eighteenth century were essentially a political movement, today's Independence Day celebrations are based on the actual freedom the U.S. gained from England. In the last two hundred plus years, the celebration has been about our own independence as the United States of America.

Modern day 4th of July festivities now include parades, feasts, festivals, and other large gatherings of people. Many festivals and parades are held in town parks.

Popular foods to be served on the holiday include hamburgers, hotdogs, corn on the cob, and macaroni or potato salads.

In addition to family gatherings, many people associate the 4th of July with fireworks. While fireworks are largely a Chinese tradition, they are popular with millions of Americans to help celebrate the day with brilliant colorful displays sometimes set to music.

ZENSATIONAL WELLNESS AT MEDILODGE OF STERLING HEIGHTS

zen+sa+tion+al noun /zen'sāSH n/

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.

Peggy's Tidbits

- ◆ Congress had made this day an official holiday for the federal employees in 1880.
- ◆ The only person who signed the Declaration of Independence of 4th of July 1776 was John Hancock. The other people signed the Declaration of Independence later.
- ◆ Thomas Lynch was the youngest person (27 years) who signed the Declaration of Independence. The average was 45 years old.
- ◆ The oldest person who signed the Declaration of Independence was Benjamin Franklin at 70 years old.
- ◆ The two signers who became the President of the United States were John Adams and Thomas Jefferson.
- ◆ The stars of the national flag were in a shape of a circle which states that all the colonies were equal.
- ◆ The Presidents John Adams, Thomas Jefferson and James Monroe died on the 4th of July.

Resident Council Projects

The Council worked hard earlier this year making plastic yarn for mats. A picture of part of the group was featured in last month's newsletter. We would also like to thank Sally C., Patricia M. and Brian R. for their hard work on that project. Thank you again for everyone's diligence and hard work.

The Council spent the last month collecting toiletries for Turning Point, a shelter for battered women. Many folks donated a variety of items that should make these women more comfortable. A sincere thank you to those that participated.

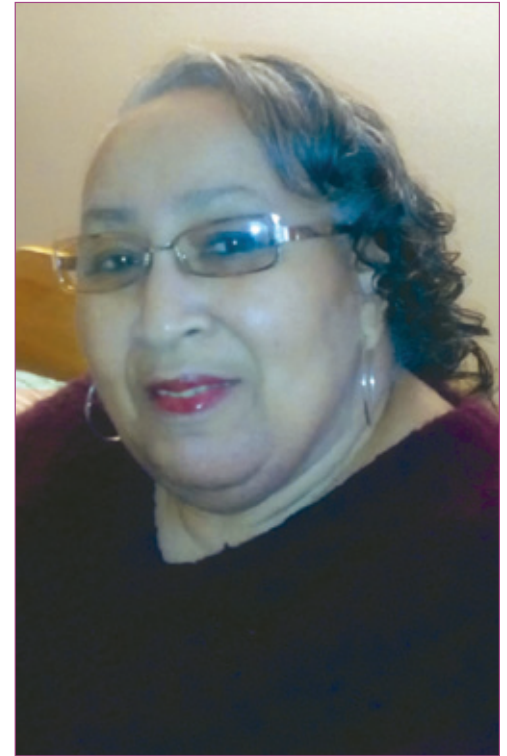
Peggy's Words Worth Reading

We are pleased to have a new Administrator on the first day of summer. Happy 4th of July to Dave – Welcome to MediLodge.

The independence of America is celebrated on the Fourth of July. It's a day you probably know well. So as many of us will be barbecuing, watching fireworks and/or eating hot dogs. Don't forget the real reason for celebrating the day. We are celebrating our Freedom. Enjoy this American Day with your families remembering Fourth of July's past. So enjoy the festivities and when Detroit shoots off their fireworks, hopefully Canada will get to enjoy them as well.

Forty eight years ago, I missed out on the barbecues, fireworks, festivities and of course my favorite; watermelon. I was bringing life into the world. Happy Birthday, Andre – don't forget that your mom loves you and so does God.

We hope that you have been



*“Life is a gift,
take it not for granted.”*

enjoying all of the pictures from activities. We have had some fun over the last few months.

Blessings upon the United States of America. Please continue to pray for our country to protect and serve. So let's practice what we preach, love and keep the ill will at bay.

Introducing... Dave Hautamaki

Dave Hautamaki, our new Administrator. Dave comes to Sterling Heights with many years of nursing home experience. He is looking forward to meeting and working with residents and staff. Please stop by the Administrator's office to introduce yourself and welcome Dave to Sterling Heights.



Olympics are Right around the Corner!!!

Our lodgers will be competing in their 17th annual Olympics on September 13, 2017 at the Armada Fair Grounds. The team consists of 5 lodgers from each MediLodge facilities and two cheerleaders. The six Olympic events include: basketball, kickball, horseshoes, target toss, discus throw and shot put. The 1st Official MediLodge Senior Olympics was on September 11, 2001 – a day that will live on in our hearts forever. MediLodge lodgers and staff started this tradition of patriotism with the 1st Senior Olympics and that continues to this day.

September was the month chosen for the Olympics for several reasons – to honor Grandparents in conjunction with Grandparents Day and the International Council of Active Aging Week. This year we have expanded our Olympics to include many different ages embracing the cultural change we are seeing in our communities. The Olympics will begin with opening ceremonies at 11:00am,

followed by the introduction of each facilities team and the Pledge of Allegiance. The torch will be lit by the oldest participating lodger, games will begin at 11:30am and upon completion of the games the Chefs from MediLodge will treat everyone to an outstanding barbeque while the officials tally the scores.

Closing ceremonies will begin at 2:30pm when each team member will receive an Olympic medallion. The winning Olympic team is announced and presented with the official Loving Cup to display at their facility throughout the following year. Ceremonies will end with the song “God Bless America” and the winning team blowing out the Olympic torch. Tryouts were every Monday in June and we will announce our team this month. Invitations will be sent out to those family members whose loved one has made the team. Good luck to our Olympic Team the Sterling Heights Cruisers who will be practicing in the next few months.

Meet Lola

Lola is a brindle/parti colored standard poodle that was born in Grand Rapids, Michigan. As a young pup she was leased to a breeder in Delaware. Lola whelped two litters of puppies during her stay. The last

litter of nine pups was born March 15, 2017. Lola was just short of three when she was put up for adoption. That is when Lisa and her husband came onto the scene.

They adopted Lola sight unseen and drove to Indiana to meet the owner and pick up their newest family member. Lola acclimated quickly and was ready to visit our residents within the first week. Boy weren't we lucky! Lola waits by the door in the morning

to go to work and loves all of the attention that she receives throughout the day. She has brought great joy and fond memories to many people. Pets are good for everybody and Lola has managed to soften up even a few of the non-dog lover sorts.

By the way Lola enjoys hearing any of the Lola songs. “Whatever Lola wants, Lola gets...”, “L-O-L-A Lola ...”, “Lola she was a show girl...”





MEDILODGE OF STERLING HEIGHTS

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July – 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!



Your Friendly Staff

- Administrator Dave Hautamaki
- Asst. Administrator Colette Belcourt
- Dir. of Nursing Damita Ferguson
- Admissions Jessica Ward
- Activity Director Teri Vultaggio
- Dietary Manager Tyron Ellis
- Maintenance George Fulghum

Social Work

- Resident Care Conference Coordinator
- Volunteer Services Bev Floyd
- Housekeeping/Laundry Director Pat Turkin

Any of these individuals would be happy to assist you with your concerns.

Office Hours

- Weekdays 9 a.m. – 7 p.m.
- Saturday 10 a.m. – 6 p.m.
- Sunday 10 a.m. – 6 p.m.

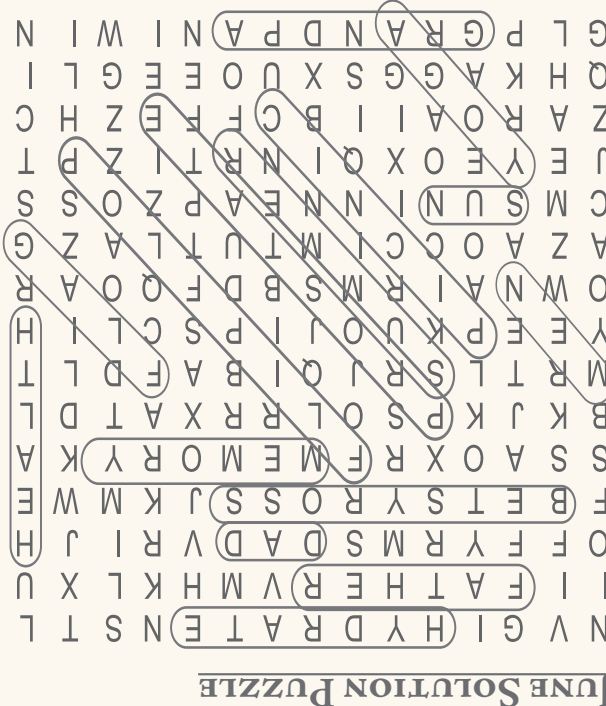


No Smoking Notice

Please do not supply cigarettes, lighters, or matches to any resident.



See solution in the August newsletter!



Word List

- CELEBRATE
- CHEESECAKE
- FIREWORKS
- FLAG
- FOURTH OF JULY
- FREEDOM
- GAMES
- HOT DOGS
- HYDRATION
- INDEPENDENCE
- KETCHUP
- MUSTARD
- PICNIC
- RELISH
- WATER