




Upcoming in October

**Breast Cancer
Awareness Month**

Sweetest Day
OCTOBER 20TH

Halloween
OCTOBER 31ST

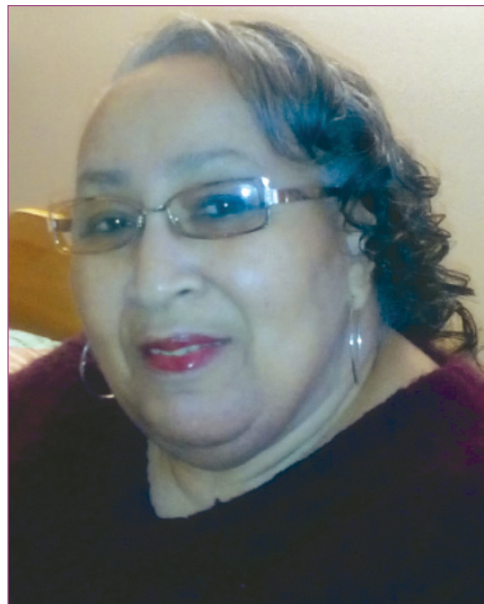
Peggy's Words Worth Reading

October the 10th month of the year, the Anglo-Saxons called October "Wintirfylith" meaning fullness of winter because of the first full moon in winter season. The flower

of October is Calendula and the birthstone is Opal.

The holiday of Halloween celebrated in October, comes from "All Hallow's Eve" the day before All Saints Day means to Sanctify.

Gee Wix October and fall weather already! So much has gone on in this world this year alone. Im so thankful for the beautiful and lovely weather We have been very blessed and need to pray for those in other states and countries that are less fortunate.



We must not take the all Mighty word for granted as it is he who wakes us. There should be no complaints, give thanks for today, yesterday has passed. Remember once milk is spilt on the floor you can't put it back into the container.

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

God Bless, Peggy

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."

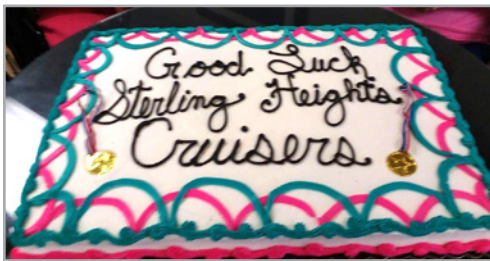
MediLodge's approach to zensational wellness is an active process in which each Lodger and employee are encouraged to make choices toward personal growth in seven dimensions of zensational wellness: physical, social, emotional, spiritual, intellectual, occupational and vocational. The goal of our whole person wellness program is to recognize the unique individuality of every person at our Haven for Healing.

Peggy's Tidbits

- ♦ **October 1st** -the first model T Ford was introduced in 1908
- ♦ **October 3rd** - S.O.S was established as an international distress signal in 1906
- ♦ **October 4th** - Orville Wright became the first to fly an aircraft for over 33 minutes in 1905
- ♦ **October 8th** - The post office tower in Maple street was first opened up in 1965
- ♦ **October 14th** - Photographic film patented in 1884
- ♦ **October 14th**- Sony invents the first Walkman in 1979
- ♦ **October 24th** United Nations Day

2018 Senior Olympics Highlights

September 19th marked our 18th Annual Olympics. This year's Olympians representing our facility were John G., Brian R., Pam W., Robert J. and Sally W. Our cheerleader Halina Lytle did a great job cheering for the team. To kick off this event, we celebrated with a Pre-Olympic party for our Olympians on Sept. 14th with entertainment Bobby T. delighted us with 50's music, cake, and punch were served as we honored all of our participants. We are very PROUD of our team as they took 5th place out of 18 Medilodge facilities. GREAT JOB and thank you so much for participating and all of your dedication. A special thank you to Paulette Osobka, Activity Aide for being a Great Coach!!!



National Fire Prevention Week: Oct. 7– 13th

In the U.S. alone, there are more than 500,000 residential fires every year that are serious enough to require a call to the fire department. Stay safe with these fire safety tips:

Plan an Escape Route – If a fire does break out, you must get out fast. Being awakened by a smoke alarm at 2:00 a.m. is not the time to have to think through how to get to safety. You must plan ahead.

Beware of Smoking – The leading cause of fire deaths is careless smoking. Cigarettes can smolder under and around upholstered furniture unnoticed only to ignite into a full blaze minutes later.

Take Care Cooking – Never leave your cooking unattended. To avoid accidental spills of hot oil or boiling water, be sure the handles of pots and pans are turned inward on the stove so they can't be bumped or grabbed by anyone.

Space for Space Heaters – Whether electric, kerosene or some other fuel, space heaters need *space*. They should be kept at least three feet away from anything that can burn. Never leave them unattended when you leave home.

HALLOWEEN EVENTS

TRICK OR TREATING

On Saturday October 27, 2018 at 1:30pm the Activity Department will be hosting Trick or treating for all lodger's grandchildren, great grandchildren, and staff's children. They are invited to come trick or treat throughout the hallways 1:30-2:30pm. After Trick or treating the children can come to the Main dining room for arts and crafts, donuts, cider and music.

CANDY DONATIONS

The Activity Department is in need of CANDY DONATIONS for Trick or Treating. If your family member would like to participate in passing out candy to the children, please bring in store bought candy, chips, pretzels, fruit roll ups NO PEANUTS and all must be wrapped. Each lodger will need enough candy for at least 50+ kids. Donations may be dropped off in the Activity room before October 27th. Thank you for your donation in advance.

HALLOWEEN COSTUME PARTY

Our Halloween Costume Party will be held on Wed. October 31, 2018 in the Main dining room at 2:15pm. All Lodgers are encouraged to dress up for the party. Families are welcome to supply a costume for their loved one and join in the fun. Prizes will be awarded for the BEST costume.



October is Breast Cancer Awareness Month

What is breast cancer? Breast cancer occurs when cells in our breast grow out of control creating tumors that cause damage to the nearby tissues. The tumors which are cancerous are known as malignant tumors and can cause a lot of damage to the body.

Breast cancer has always been a dreaded disease, but in recent years things have changed. With the increasing knowledge about cures and treatment, breast cancer can usually be easily treated, but early detection is key to prevention. Research has shown by the age of 20 everyone should start doing Breast Self Examination (BSE). This method is one of easiest and earliest ways of detection. Doctors usually recommended to check yourself at least once a month. A clinical breast exam by your physician should be done at least once a year. Depending on the age of the patient or results from your physician, they may recommend or require mammogram.

Some of the signs to look for while doing BSE:

- A lump found in and around the nipple or underarm
- Change in size or shape
- Nipple discharge or nipple turning inward
- Redness of skin or warmth
- Formation of dimple or change in skin texture

When in doubt, schedule a visit with your physician.



MEDILODGE OF STERLING HEIGHTS

14151 E. 15 Mile Road

Sterling Heights, MI 48312

P: 586.939.0200

www.medilodgeofsterlingheights.com



www.facebook.com/medilodge

Your Friendly Staff

Administrator Leigh McLeod

Asst. Administrator Mary Martin

Dir. of Nursing Caroline Williams

Admissions Courtney McGee

Activity Director Teri Vultaggio

Dietary Manager Tyron Ellis

Maintenance Pat Turkin

Social Work Nadja Putters

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.



Michigan Made

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October – 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!

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

See solution in the September newsletter!

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

SEPTEMBER SOLUTION PUZZLE

Word List

- BRAIN
- CANCER
- DESSERT
- FIRE
- HALLOWEEN
- PREVENTION
- PUMPKIN
- PUZZLE
- SLEEP
- SPIDER
- STRETCH
- SUDOKU
- SUGAR
- THERAPY
- WALK