



## Happy Retirement to Lisa Comer

Happy Retirement to Lisa Comer our Quality Assurance Coordinator otherwise known as “Jack of all Trades” or “the Bird Lady“. Lisa has been employed since July 31, 1978. Lisa’s charismatic personality and love for others has been a cornerstone of our facility. Lisa is always willing to help any department and if you didn’t know any better you would have thought she worked in Activities with her numerous costume changes, famous characters, Miss Priscilla tea parties, weddings, etc. She has brought joy to our lodgers with her witty conversations, jokes, light hearted stories, her birds and her dog Lola who will also be also retiring this month. Lisa will be greatly missed not only as an employee but as a good friend. Thank you for all the wonderful memories, We Love You. Please wish Lisa the best as she enters this new chapter in her life.



## 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.

## Dear Staff and Our Family Members

The Activity Department is hosting a Santa Shop for the Lodgers 12/13/18 and 12/14/18 where lodgers can purchase inexpensive Christmas gifts for their loved ones. We are in need of of gently used items or new items to make this event successful. Some items needed – perfume, cologne, candy, Christmas knick-knacks, body wash, jewelry, purses, coloring books, crayons, stationary, stuffed animals, ornaments, hair accessories, \$1.00 dollar store items, non-skid socks etc.

Please drop off your donations to the Activity Room



# Peggy's Words Worth Reading

One Christmas my younger sister, brother and I woke up to sneak a peek at what Santa had brought us hoping it was Hop a long Cassidy outfits, my brother accidentally stepped on the train track and before you knew it...smoke, lights and whistles were coming from the train! My sister and I ran back to our rooms so fast as my baby brother sat there watching the train!

As I grew older realized the true meaning of Christmas...Jesus, Jesus, Jesus what a beautiful sound! How brave of Mary to except such a wonderful thing being so young and unsure to give birth to our Savior. Christmas ,the mass of Christ is held on December 25th and commemorates the birth of Jesus Christ 2000 years ago. December is known around the world as a family time of celebration, honoring cultures, traditions and religions for hundreds of years.

Decembers plant is Poinsettia and the Gemstone is Turquoise  
Everyone please have safe and Happy Holidays and Please continue to pray for our country!

God Bless, Peggy

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

December one of the most beautiful months of the year! One of my fondest memories as a child at Christmas time was the smells coming from the kitchen of my mom baking lemon and cherry pies and her famous coconut cake on Christmas eve, eagerly waiting for Santa is was always hard to fall asleep but I knew when I heard jingle bells that Santa was near.

## Peggy's Tidbits

- ♦ Saint Nickolas was originally the patron saint of children, thieves and pawnbrokers.
- ♦ December 12th is Poinsettia
- ♦ The first artificial Christmas tree was made in Germany, fashioned out of goose feather that are dyed green.
- ♦ Spiders and spiders webs are considered good luck
- ♦ Common decorations on Christmas tree have specific meanings...Candles the light of the world, Star-The first Christmas night Candy canes-The Shepherds cane.
- ♦ Jingle Bells was meant to be a Thanksgiving song.

## Special Events for December

**12/01:** Higher Faith Choir in the Main dining Room at 3:15pm

**12/02:** Mary Ellen School of Dance Christmas Show in the Main dining room at 2:15pm

**12/03:** Monthly Birthday Party with Bobby T. in the Main dining room at 2:15pm

**12/04:** Christmas music, card writing, cookies and cocoa in Main dining room at 2:15pm

**12/05:** Lunch Out to Vik's Diner at 11:30am meet in the front Lobby

**12/06:** Lifepointe Baptist Service in Main dining room at 7:00pm

**12/07:** Entertainment - Christmas

music with Sandra V. in the Main Dining Room at 2:15pm

**12/10:** Catholic Mass in the Eastside Dining Room at 2:15pm

**12/12:** Glamour Shots for Christmas in the Activity Room at 10:00am

**12/12:** Outing to the Dollar Store meet in the front lobby at 1:30pm

**12/12:** Christmas Art and Craft in the Eastside Dining Room at 2:15pm

**12/13:** Lunch in Subway at 12pm noon in the Activity Room or your room

**12/13 and 12/14:** Santa Shop 1:00-4:00pm in the remote PT room

**12/14:** Decorating Christmas Cookies in Main Dining Room at 2:15pm

**12/18:** Christmas Dice Game in Main Dining Room at 2:15pm

**12/19:** Lodger's Christmas Party with Bobby T. in the Main Dining Room at 2:15pm

**12/21:** Christmas Craft in the Activity Room at 2:15pm

**12/24:** Christmas reminiscing / Social Hour with Snacks in the Eastside Dining Room at 2:15pm

**12/25:** Christmas Movie, cookies and cocoa in the Main Dining Room at 2:15pm

**12/31:** New Year's Eve Party with Mike Cusenza in the Main Dining Room at 2:15pm

# Winter Showcase

A Big Thank you to Sandy Donahue, Activity aide, for her beautiful showcase displays. The lodgers, staff and family members have enjoyed her Holiday themed showcases they are very creative and impressive. If you get a chance, take a look they are located by the East side dining room.



## Holiday Crafts Whimsical Light bulb Reindeer Ornament

*You will need:*

- One used light bulb
- Brown felt cloth or fun foam
- Acrylic paints and brushes
- Ribbon
- 1 small red pom-pom
- Glue

First, paint the light bulb brown. Set aside and let dry. Once the brown paint on the light bulb has dried completely, use a paint brush to paint eyes and a mouth on your reindeer. When the paint has dried, begin to glue the red pom-pom nose onto the end of the light bulb, just above the mouth. Next, use the brown cloth or foam to fashion a pair of antlers for your reindeer. Glue these to the side of the light bulb. Finally, cut a small piece ribbon, loop and tie into a knot, and glue it to the top of your reindeer light bulb ornament.

## Greeting Card Ornaments

Cut out your favorite Christmas card images and mount them onto wooden craft shapes with glue. For an older finish, varnish them, drill a small hole at the top, and then tie ribbons at the tops. You can also cut out your favorite images from cards, laminate them, punch a hole at the top, and use a piece of ribbon as the hanger. If you don't want to cut anything out, an even simpler approach is to glue the front and back of the card together. Punch a hole at the top of the card, loop a piece of ribbon and it's ready to hang.



# MEDILODGE OF STERLING HEIGHTS

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[www.medilodgeofsterlingheights.com](http://www.medilodgeofsterlingheights.com)



[www.facebook.com/medilodge](http://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

# December – 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!

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

See solution in the January newsletter!

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

NOVEMBER SOLUTION PUZZLE

## Word List

- CHEER
- COCOA
- COLD
- COMMUNITY
- CRAFTS
- FAMILY
- HOLIDAY
- PILATES
- RESOLUTIONS
- SKIN
- SLEEP
- SOAP
- WASH
- WINTER
- YOGA