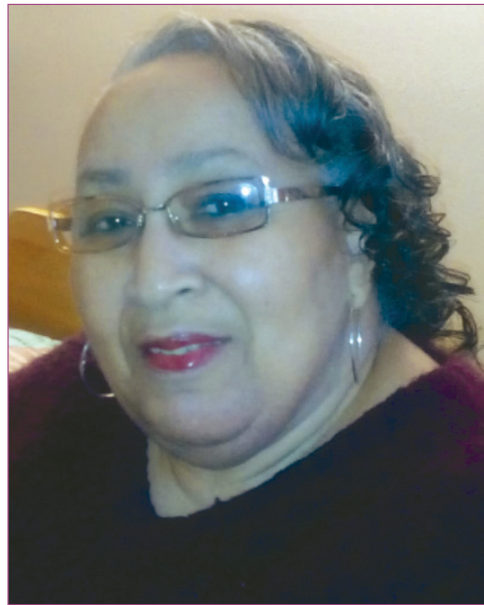




Peggy's Words Worth Reading

So the beginning of a new year wow how quickly 2018 disappeared. The

first of the year brings us New Years days, MLK day and the excitement of the new beginnings.



In the Georgian calendar the name January came from a Roman god Janus. January was known as the wolf month to the Anglo-Saxons because in winter wolves came in other villages to search for food. It is the coldest month in the northern half of the world , nature is quiet and the birds travel less and hibernation begins for bears and woodchucks. So as always give thanks to our Lord and for his son Jesus Christ. Please continue to pray for our country and remember to show up for bible study at 10 am on Sundays in the east dining room.

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

God Bless, Peggy

Peggy's Tidbits

- ♦ National blood donor month
- ♦ January birthstone is garnet
- ♦ January 8 is Elvis birthday
- ♦ January flower Dianthus
- ♦ Martin Luther king jr. day is on the 3rd Monday of the month
- ♦ Oatmeal month

Activity Professionals Week – We would like to Thank our Activity Department for all they do and wish them a Happy Activity Professionals Week celebrated on January 20-26th. Please thank these wonderful staff members - Teri Chomontowski –Activity Director and Beverly Floyd- Assistant Activity Director. –Activity Aides- Pam Marsili, Darrin Greene, Paulette Osboka, Sandra Donahue, Monica Andrews, Trisha Kisor, and Mike Thompson.

ZENSATIONAL

WELLNESS AT MEDILODGE OF STERLING HEIGHTS

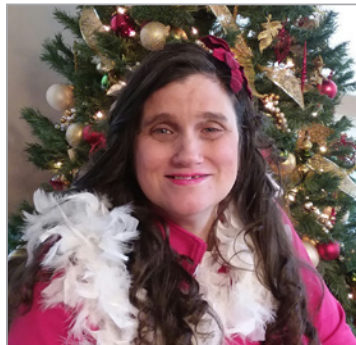
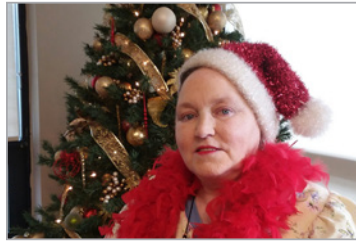
zen+sa+tion+al noun /zen'sāSH n/

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.

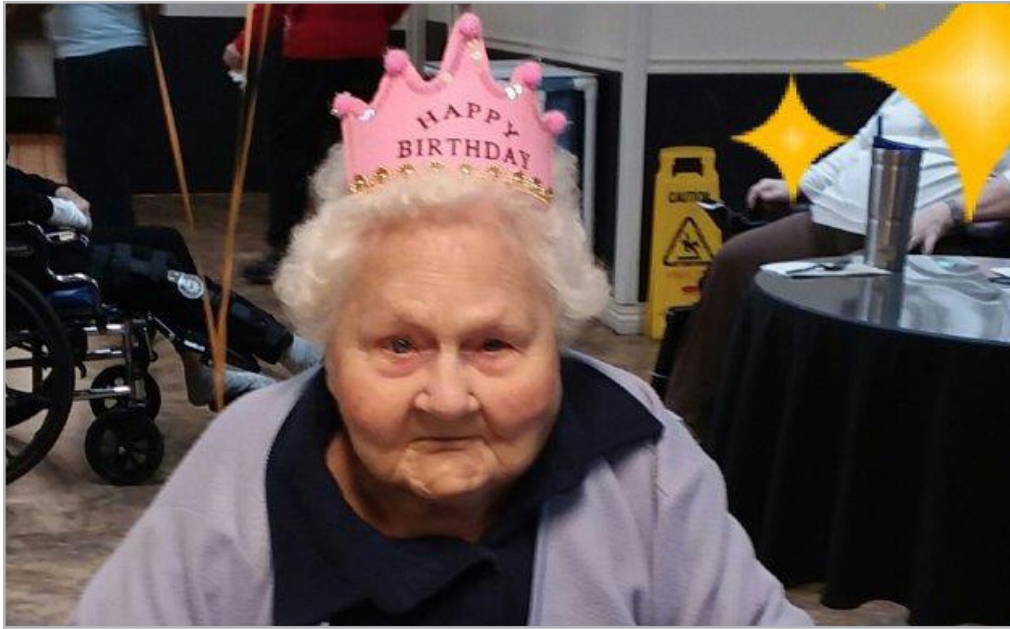
“Life does not hurry, yet everything is accomplished.”

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.

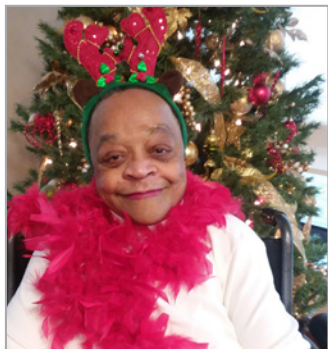
Holiday Glamour Shots



Celebrating 100 Mabel turned 100 years old on December 3rd and celebrates with her family and peers.



Glamour Shots...continued



Santa's Shop

A Big Thank you to everyone who participated in our Annual Santa Shop the donations were greatly appreciated and all funds raised will be used for future activities for our lodgers.

National Volunteer Blood Donor Month

This January, the American Red Cross celebrates National Blood Donor Month and recognizes the life-saving contribution from blood and platelet donors. As we begin the New Year, the Red Cross encourages individuals to resolve to roll up a sleeve to give this month and throughout 2019.

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.

Blood donation appointments can be made by downloading the American Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767). All blood types are needed to ensure a reliable supply for patients.

Info taken from redcross.org.



MEDILODGE OF STERLING HEIGHTS

14151 E. 15 Mile Road
Sterling Heights, MI 48312
P: 586.939.0200

www.medilodgeofsterlingheights.com



www.facebook.com/medilodge

January – 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!

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

Your Friendly Staff

- Administrator Leigh McLeod
- Dir. of Nursing Caroline Williams
- Admissions Courtney McGee
- Activity Director Teri Chomontowski
- 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.



See solution in the February newsletter!

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

DECEMBER SOLUTION PUZZLE

Word List

- ACTIVITY
- AGING
- BLOOD
- CONFIDENCE
- DONOR
- ENGAGE
- EYES
- GLAUCOMA
- JANUARY
- MIND
- RESOLUTION
- SMART
- SOUP
- VISION
- WARM