

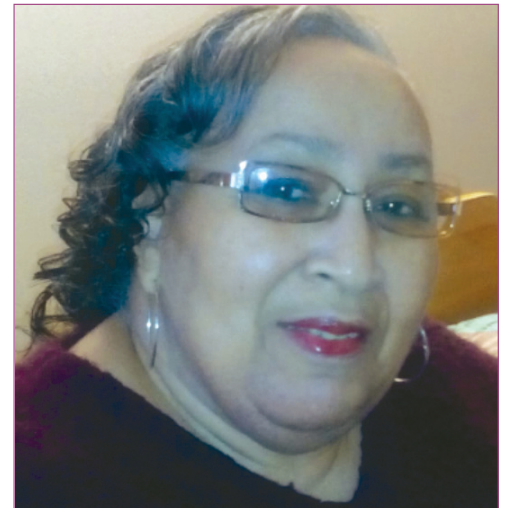


## Peggy's Words Worth Reading

Wow, wow, wow February 2019!  
As usual I'll give praise to God and am very thankful for him and our weather we've been having. It matter not the religion but as long as we are thankful to the all mighty. As most of you know Valentine's day is approaching. A time for diamonds, pearls, candy and flowers for all the guys and gals in love! So look out because cupid is on his way with his arrow drawn. Hugs and kisses to everyone on Valentines day!  
Julius Caesar gave February a 29 and 30 day every four years. This was because Roman emperor Augustus took one day from February and added to to August because August was named after him. February birthstone is Amethyst and birth flower is Viola.  
I received a very special package in

February... on February 3 my beautiful little bundle of joy my daughter Andrea celebrates her birthday!  
Everyone have a wonderful month and Continue to pray for our country!

**God Bless, Peggy**



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

## Peggy's Tidbits

- ♦ Black History month is celebrated in Canada and United states
- ♦ February 6,1952 Princess Elizabeth became Queen Elizabeth II of Great Britain
- ♦ February 14 is Valentines Day
- ♦ A person born on February 29 during leap year is called leaping they usually celebrate their birthday the day before or after on non leap years.
- ♦ Leap year occurs every four years and the odds of being born on February 29 are 1 in 1,461 according to the Honor Society of Leap year babies.
- ♦ February is the shortest month of the year in the Julian and Gregorian calendars.
- ♦ Four of our presidents share birthdays in February- George Washington, William Henry Harrison, Abraham Lincoln and Ronald Reagan.

## ZENSATIONAL

WELLNESS AT MEDILODGE OF STERLING HEIGHTS

zen+sa+tion+al noun /zen'sāSH nI/

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 burry, 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.

## Black History Month

The month of February is a time to honor the achievements of African-Americans in U.S. history. Since its first observance at Kent State University in February 1970, Black History Month (also referred to as African-American History Month) has evolved into a country-wide celebration.

### *Did you know:*

- *Thomas L. Jennings was the first African-American to receive a patent for his discovery of a process called dry-scouring (later dry-cleaning) in 1821.*
- *Along with being a powerful anti-slavery organizer, James McCune Smith was the first African-American to achieve a Medical Degree in 1837.*
- *In 1988 Oprah Winfrey founded Harpo Productions, which made her the first woman in history to own and produce her own talk show. She was also the first African-American (man or woman) to own an entertainment production company.*

President Gerald Ford, the first president to recognize Black History Month in 1976, urged us all to “seize the opportunity” to honor African-American accomplishments “in every area of endeavor throughout our history.”

## The Activity Department

The Activity Department will be selling Valentine suckers for \$1.00 on February 14th at 10am in the front lobby. At 2:15pm we will be playing Valentine Bingo and at 7:00 pm in the evening you are invited to join your loved one for entertainment with Daniel Beaubien who will be playing all of the old time favorites and snacks will be provided.

## Random Act of Kindness Day is February 17

Kindness is a generosity of spirit. It comes to life when we give of ourselves and our time to help others, without expecting anything in return. When you show kindness to someone, you bring out the best in yourself.

**Pay attention to the impact your behavior has on others, and notice your own feelings in association to their reactions.** Think about how you feel when somebody else shows you kindness. What you give may come back to you in even greater quantity.

**It is so easy to find ways to be kind to others: say something supportive when you feel someone needs to hear it; offer help without being asked for**

**it; smile encouragingly; swallow your criticisms; listen without judgement; let mistakes slide instead of assigning blame; make small sacrifices for the benefit of somebody in greater need.**

Don't forget to be kind to yourself as well. You may run out of steam and feel less able to show kindness to others if you don't replenish your own mind, body and spirit on a regular basis.

**Being kind to yourself means getting your needs met; being gentle with yourself instead of critical when you feel you're not performing at your best; and forgiving yourself when the need arises instead of beating yourself up.**

## *Chocolate and Heart Health: Fact or Fallacy?*

Wouldn't it be wonderful if chocolate and heart health went hand-in-hand? You might be surprised to find out that chocolate isn't as bad as it was once thought. The fat content in chocolate, derived from cocoa butter contained in premium grade dark chocolate, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. But, stearic and palmitic acids are forms of saturated fat – not so good. Saturated fats are linked to increases in LDL-cholesterol and risk of developing heart disease.

Whether chocolate and heart health do walk hand in hand is still an open topic. In moderation it may not do your heart any harm for a special occasion; however, be sure to watch those calories. But most of all, enjoy it because it tastes so good!



# Celebrating National Inventor Day: February 11

## What makes a successful inventor?



What separates successful inventors like Thomas Edison from everyone else? History has shown that the most successful inventors possess the following characteristics:

- 1. They are persistent.** Obstacles loom in front of us on a regular basis. But it's what you do when faced with these barriers that will determine your level of success.
- 2. Successful inventors are avid goal setters.** They make sure their goals are specific, motivational, achievable yet challenging, relevant to their personal situation, and time-framed.
- 3. Great inventors ask quality questions.** The most effective way to present their product is to uncover their customer's goals, objectives, concerns and hesitations.
- 4. Successful inventors listen.** Great inventors ask questions and listen carefully to the responses, often taking notes and summarizing their understanding of the comments.
- 5. Successful inventors are passionate.** The more passionate you are about your product/idea, the greater the chance you will succeed. The reason for this is simple—when you love what you do, you are going to put more effort into your product/idea.
- 6. Successful inventors take responsibility for their results.** They do not blame internal problems, the economy, tough competitors, or anything else if they fail to meet their goals.

## Getting to the Heart of the Matter on Health

Here's some news you can take to heart: Experts say more than 70 million Americans currently live with a cardiovascular disease.

Fortunately, there are practical steps you can take to reduce the health threat posed by heart disease.

According to the Centers for Disease Control and Prevention, much of the burden of heart disease and stroke could be eliminated by reducing major risk factors: high blood pressure, high blood cholesterol, tobacco use, diabetes, physical inactivity and poor nutrition.

For example, studies suggest a 10 percent decrease in total cholesterol levels may reduce the development of coronary heart disease by as much as 30 percent.

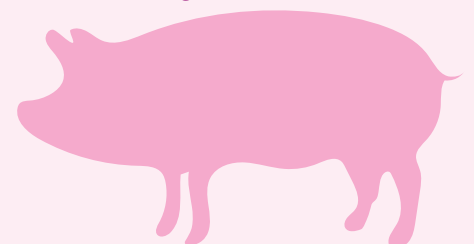
Twenty-five years ago, the treatment for heart attacks was simply bed rest. Today, doctors have medicines that can stop a heart attack in midstream as well as other high-tech treatments. Talk to your physician for more information.

## Chinese New Year, February 5th: Year of the Pig

The Pig may be the most generous and honorable sign of the Chinese Zodiac. People born in a Year of the Pig (1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019) are thought to be nice to a fault and possess impeccable manners and taste. They can be perfectionists and may be perceived as snobs, but this is a misconception.

Pigs are simply possessed of a truly luxurious nature, one that delights in finery and nice things (in surroundings, food, lovemaking and otherwise). This Sign believes in the best qualities of mankind and certainly doesn't consider itself to be superior. Pigs also care a great deal about friends and family and work hard to keep everyone in their life happy. Helping others is a true pleasure for the Pig, who feels best when everyone else is smiling.

Pigs are highly intelligent creatures, forever studying, playing and probing in their quest for greater knowledge. This Sign could happily spend hours on end making friends, napping, taking a long bubble bath or dallying over an incredible spread of rich foods. Pigs tend to make wonderful life partners due to their hearts of gold and their love of family.



# February – 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!



**MEDILODGE OF  
STERLING HEIGHTS**

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 Sterling Heights, MI 48312  
 P: 586.939.0200

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



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

## 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.



Michigan  
Made

See solution in the March newsletter!



JANUARY SOLUTION PUZZLE

## Word List

- ACHIEVE
- CARDIAC
- CHOCOLATE
- EDISON
- GENEROUS
- HEALTH
- HEART
- HISTORY
- HONOR
- INNOVATION
- INVENT
- KINDNESS
- PIG
- RED
- VALENTINE