



## Celebrating Fathers Everywhere On Sunday, June 18<sup>th</sup>

*The worldwide celebration of Father's Day is made to honor all the fathers who have given strength, support, and love to their children. This informal holiday complements Mother's Day, and is celebrated on the third Sunday of June.*

It is also a special day of the year where paternal bonds, fatherhood, and their influence in society are recognized. This special occasion is a way to show gratitude to fathers for all their support and love.



Different countries have different ways to celebrate Father's Day. In Australia, the special day is celebrated on the first day of September instead of the usual third Sunday of June. New Zealand marks the occasion with enthusiasm and charm during the first Sunday of September. In Ireland, Father's Day happens on the third Sunday of June, the same as the date of celebration in several countries. People in South Africa honor their fathers on this occasion, which is celebrated on the third Sunday of June, by presenting their fathers with gifts.

It is remarkable to know that despite being a relatively new holiday, the observance of Father's Day in India has been largely acknowledged. Some cultural societies and schools in the country organize a program for the

occasion in order to inspire children to respect their fathers. On the other hand, the British make the special day memorable by giving handmade gifts to their fathers. In addition, Canada celebrates the occasion on the third Sunday of June by having lots of fanfare. Canadians also use roses to show their gratitude to their fathers.

In the U.S., the occasion is celebrated on the third Sunday of June. Americans reflect on the significant contribution of fathers in shaping the character of their children, as well as to the whole development of the nation. Americans also appreciate their foster fathers, uncles, and stepfathers on this day. The commercialization has a positive side such as raising awareness about the need to motivate children to appreciate their father on this day.

## ZENSATIONAL

WELLNESS AT MEDILODGE OF MONTROSE

zen•sa•tion•al noun /zen'sāSHənəl/

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.

## Happy Birthday!

### Residents

Alvin M. June 01

### Staff

Sheretta T. June 01

Joanna B. June 01

Carrie R. June 05

Laquinda C. June 05

Rebecca T. June 05

Trisha S. June 06

Gina H. June 06

Justin M. June 07

Cassey W. June 17

Whitney B. June 24

Carrie B. June 20

Robert F. June 19

Kimberly K. June 29

## June is Men's Health Month



**There are common men's health problems that are treatable if caught early enough, but can be permanently debilitating or even fatal if they are not detected until after symptoms make themselves known.**

Common issues of this type include heart disease, prostate problems, and hypertension. These are all potentially silent killers that can be prevented or treated if detected early enough.

Heart disease is the most common killer of both men and women in America. The sad fact is that most Americans eat high fat diets and do not exercise much, if at all. Fortunately, if heart disease is detected before major damage to the heart muscle has occurred, then treatments are available. Lifestyle changes are the first line of defense in prevention and treatment of cardiovascular disease. Taking medication and following a physician approved program of diet and exercise means that men can live a long and full life, even with heart disease.

The statistics on prostate cancer can be scary. Prostate cancer is the most common cancer, excluding skin cancers,

in American men. As Americans continue to live longer lives, the overall impact of prostate cancer is becoming more prevalent. Fortunately, prostate cancer is easily treated if it is detected early in the disease's progression. For this reason, it is very important that men over the age of forty receive annual prostate examinations.

### Some prostate cancer symptoms:

- ♦ Increase in urination frequency, especially at night
- ♦ Difficulty in starting urination, with painful or burning sensation
- ♦ Painful emission
- ♦ Blood in urine
- ♦ Pain or stiffness in the back, hips, or upper thighs

Hypertension, or high blood pressure, is often called "the silent killer" because it is usually asymptomatic until a heart attack or stroke occurs. For this reason, everyone should receive regular blood pressure screenings regardless of age or sex. If caught early enough, hypertension can be treated via medication and/or by change in lifestyle.

## National Nursing Home Week

Medilodge of Montrose celebrated National Nursing Home Week which started on Sunday May 14th. The week was filled with activity and fun for staff, Lodgers and families.

**Sunday, May 14th** – Mother's Day Strawberry Shortcake Social

**Monday May 15th** – Years of Service Ceremony

**Tuesday May 16th** – Hawaiian Theme with Limbo and Hula hoop Contest

**Wednesday May 17th** – Silly Fashion Show and a Photo Booth

**Thursday May 18th** – Carnival Day / Dunk Tank

**Friday May 19th** – Patriot Day – Cookout / Minute to Win It Games

# International Picnic Day is June 18

Summertime and picnics are meant to go together. Having a picnic doesn't have to be reserved for a day out at the beach or park. If you are going to have a picnic during an outing, be sure to practice food safety and have ice packs in with the food or cooler.

Picnics can be as simple and easy as peanut butter and jam sandwiches with apples, to more complex cuisine such as fried chicken and potato salad. It all depends on how much time you have and the preferences of those you will be serving.



Some easy finger foods for a picnic include:

- Cheese and crackers
- Vegetable sticks (carrots, tomatoes, and cucumber)
- Ants and dirt (fill celery sticks with peanut butter and top with raisins)
- Fruit
- Deli meat
- Hard boiled eggs

Having wet wipes or extra napkins on hand after a picnic is necessary. They help with clean up before and after eating. Paper plates are practical but if you use them a lot they are an added expense – you can pick up a plastic picnic set that is easy to wash and can be used over and over throughout the summer.

Not nice enough outside for a picnic?  
Who says you can't have one indoors too!

## Summer Memory Jars

Instead of keeping a journal or starting a scrap book, a memory jar is an alternative way to record summer nostalgia. If all the memories will not fit into one jar, you may want to make several for special days or outings that happened during the summer.

You will need a large clear glass jar with a lid. This can be used from an empty pickle jar or other food container that is empty and has been cleaned out. If you are having trouble getting the entire label off, you can use nail polish remover to dissolve the glue and paper that is still stuck.

Collect small mementos or other meaningful objects that will fit inside a jar. They can be photographs, a special rock found, something you made, a friendship bracelet, the options are really only limited to your imagination. A good example for a day trip memory jar is one from the beach. Fill the bottom part of the jar with sand or pebbles that were collected from the beach, add in some shells and other interesting finds. Take a picture at the beach and you can use it as a backdrop for the items.

Put up a shelf in your room and you can have a collection of memory jars. Put a label on the top of the jar with the date or date range and the location of where the items were collected. These can be kept for years as a lasting reminder of the fun you had going to special places.

## Fun Fruit Kabobs

### Ingredients:

- 1 apple
- 1 banana
- 1/3 cup red seedless grapes
- 1/3 cup green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/4 cup dried coconut, shredded



### Utensils:

- knife
- 2 wooden skewer sticks
- large plate

### Directions:

1. Prepare the fruit by washing the grapes and apples. Peel the bananas. Cut all fruit into small chunks. Put the fruit onto a large plate.
2. Spread coconut onto another large plate.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
5. Repeat these steps with another skewer.



# MEDILODGE OF MONTROSE

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Andrea Hubbard  
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Donna Bullen  
Greg Hath  
Susan Sakofske  
*Nurse Manager*

Shelby McPherson  
*Education Coordinator*

Melissa Nagel  
*MDS Coordinator*

Alaina Miller  
*Reservations Coordinator*

Alicia Spencer  
*Afternoon Coordinator*

Jocelyn Shaw  
*Registered Dietitian*

Brandon Maas  
*Certified Dietary Manager*

Sarah Ragan  
Rachel Woods  
*Life & Leisure Coordinators, Social Services*

Marilou Perkins  
*Life & Leisure Coordinator, Activities*

Gail Sweers  
*Finance Coordinator*

Tonya Barger  
*Therapy Program Manager*

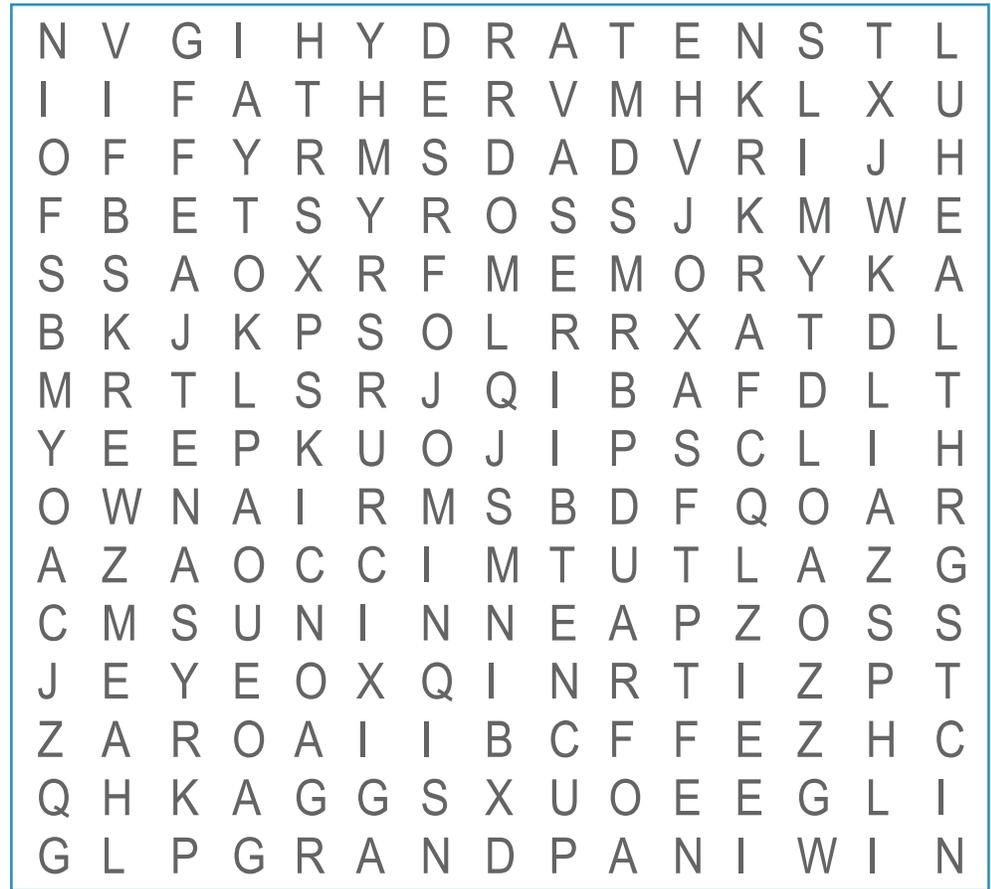
Mark Powe  
*Accommodations Coordinator*

Troy Birchmeier  
*Maintenance Coordinator*

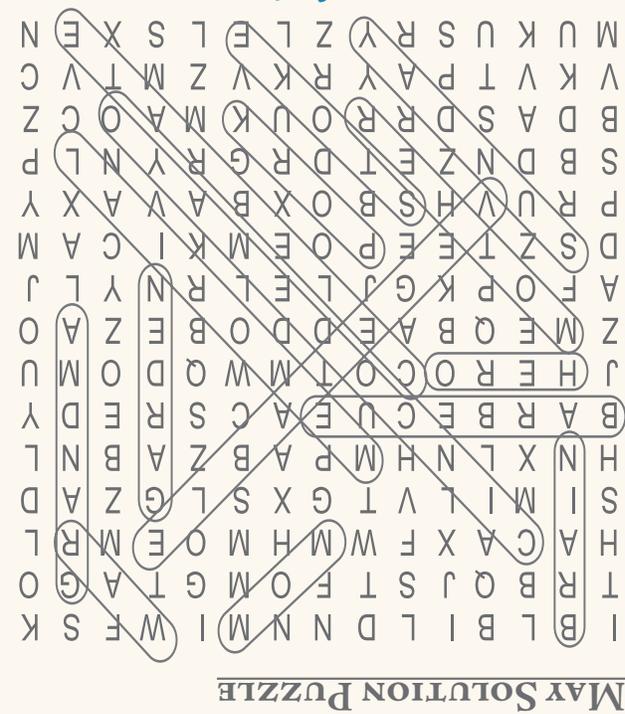


# June – Word Search

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!



See solution in the July newsletter!



## Word List

- BETSY ROSS
- DAD
- FATHER
- FLAG
- FLIP FLOP
- GRANDPA
- HEALTH
- HYDRATE
- MEMORY
- MEN
- PICNIC
- PROSTATE
- SUMMER
- SUN
- YOGA