



Celebrating Independence Day

On the 4th of July, we traditionally celebrate the anniversary of the declaration of the United States' independence, but did you know that is not when Independence Day celebrations first began? Even though the U.S. celebrates its independence from England on that day, the holiday itself is largely based on English traditions.



When the Declaration of Independence was signed, a staged party was planned to celebrate independence from England, though nothing official was ever done for the day to become a holiday. Because the crowds were so large, it was assumed that the colonizers were interested in separating from the English and the holiday continued.

While the celebrations of the eighteenth century were essentially a political movement, today's Independence Day celebrations are based on the actual freedom the U.S. gained from England. In the last two hundred plus years, the celebration has been about our own independence as the United States of America.

Modern day 4th of July festivities now include parades, feasts, festivals, and other large gatherings of people. Many festivals and parades are held in town parks.

Popular foods to be served on the holiday include hamburgers, hotdogs, corn on the cob, and macaroni or potato salads.

In addition to family gatherings, many people associate the 4th of July with fireworks. While fireworks are largely a Chinese tradition, they are popular with millions of Americans to help celebrate the day with brilliant colorful displays sometimes set to music.

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

July 05	Eugene B.
July 06	Arlene M.
July 07	Janet V.
July 12	Verna D.
July 12	Joan P.
July 17	Richard L.
July 19	Pearl S.
July 20	Shondell G.
July 23	Arthur S.
July 24	Betty B.
July 26	Donald H.
July 30	Thelma M.

Staff

July 01	Jennifer M.
July 01	Melissa N.
July 07	Jennifer K.
July 07	Felicia W.
July 08	Jalen O.
July 12	Christina W.
July 13	Ellyssa T.
July 18	Christopher R.
July 18	Elizabeth R.
July 18	Amber P.
July 20	Deborah M.
July 22	Laurie D.
July 29	Toni R.
July 29	Jill C.
July 29	Dewain A.
July 30	Danielle G.



Preparing The Perfect Frank

July 19 is National Hot Dog Day

Let's be frank: Americans love hot dogs. In the U.S., people eat 70 franks on average each year. Although consumers do "relish" their dogs at certain events—baseball games, barbecues, and picnics—hot dogs are also a favorite dinnertime meal for families or a quick convenient snack on the go. Quite simply, hot dogs are a staple of the American diet.

When it comes to preparing a great-tasting hot dog, how you cook and dress it isn't as important as the frank you choose. Besides the traditional all-beef variety, there are hot dogs for every taste bud, including turkey for the health conscious or ones with robust flavors that are perfect for the grill.

Speaking of the grill, while microwaved and boiled hot dogs are popular, 60 percent of Americans prefer their hot dogs grilled, according to the National Hot Dog and Sausage Council. Brian Averna, Executive Chef at Sara Lee, is a self-proclaimed "foodie" and has perfected the art of grilling hot dogs with these tips:

- ♦ Prepare the grill by coating the rack with vegetable oil or cooking spray. This will prevent food from sticking and will ease cleanup.
- ♦ Use tongs to gently turn hot dogs to avoid accidental cuts or holes that would cause natural juices and flavors to seep out.
- ♦ Use pure and clean lump charcoal to prevent foreign substances or impurities from altering the flavor of your franks. Also, allow at least 30 minutes for the coals to reach the proper glowing white-ash stage before you begin grilling.
- ♦ Use mesquite chips and keep the grill covered while cooking if you like the "smoky" flavor.

Once your hot dog is ready, pile on the toppings. Remember, dress the dog, not the bun. Condiments should be applied in the following order: wet condiments (mustard, chili), followed by chunky condiments (relish, onions, sauerkraut), then shredded cheese and, finally, spices such as celery salt or pepper. Different regions of the country have different variations of their favorite hot dog topping recipe, but there is no right or wrong way to top a hot dog.

A Brief History of Cheesecake

You'd have to search back pretty far to find a time when the Earth was without cheesecake.

In fact, back in 776 BC, the Greeks are said to have served cheesecake to the athletes at the first Olympic games. The Romans soon caught on and spread the divine taste of cheesecake throughout Europe. From there it was only a matter of time before European immigrants brought their cherished cheesecake recipes to America.



It seems that every region of the globe has embraced cheesecake in one form or another, adapting the recipe to local tastes and adding local flavors.

In America, cheesecakes are typically made with a cream cheese base, but we even vary the recipe by region. New York cheesecake is famous for its ultra-smooth texture and decadently rich flavor—achieved by adding extra egg yolks and a hint of lemon. Other regional variations include Chicago-style and Pennsylvania Dutch. Many American bakers add sour cream for a creamy cheesecake that can be frozen without compromising taste or texture.

With every imaginable flavor and topping, you'd be hard pressed to find a culture that doesn't – or didn't – enjoy a good cheesecake!



Three Ways To Drink More Water

Water does wonders for your body and your brain. Water is known to cleanse your body of harmful chemicals through your intestines and also throughout your urine tract. Without proper water intake, our bodies break down very quickly, in a matter of days. Without food, however, some people can live for a week or two.

1. **Always have water available.** Before a trip that will be 30 minutes or longer, grab a bottle. When you watch a movie, grab a bottle. Whenever you are sitting watching TV or a movie, keep the bottle in your hand with the lid off. Take a lot of little sips until the bottle is gone. A great way of making sure you drink more water is to make sure it is easily accessible.
2. **Keep it cold.** If you keep your water cold, you may drink more. Make sure there is always ice in your freezer, this make it very easy to have a cold glass of water anytime.
3. **Chose water over sugary drinks.** If you need flavor, drink water with lemon. The lemon adds a little spunk to the taste and the water is always nice, cold and refreshing. After a short time you may stop craving your old drink of choice and will begin to appreciate the benefits that water provides.



Red, White and Blue Cheesecake

Celebrate National Cheesecake Day on July 30!

Ingredients:

- Crust
- 28 chocolate wafers
- 1/2 cup (1 stick) unsalted butter, melted

Filling:

- 32 ounces cream cheese, softened
- 1 1/2 cups granulated sugar
- 2 tablespoons all-purpose flour
- 5 large eggs
- 1/2 cup sour cream
- 1 teaspoon freshly grated orange zest
- 1 teaspoon freshly grated lemon zest
- 1/2 teaspoon salt
- 1 1/2 teaspoons vanilla extract
- About 1 1/2 cups raspberries
- About 1 1/2 cups blueberries

Directions:

1. Grind wafers fine in a blender or food processor (about 1 1/2 cups crumbs).
2. Stir together cookie crumbs and butter. Pat the mixture onto the bottom and 1/2 inch up the side of a 9 1/2-inch pan. Chill the crust for 30 minutes.
3. Preheat the oven to 325°.
4. Beat cream cheese until it is light and fluffy. Add sugar gradually.
5. Beat in flour; add eggs, beating well after each addition. Beat in sour cream, zests, salt and vanilla extract.
6. Pour the filling into the crust and bake the cheesecake in a foil-lined shallow baking pan in the middle of the oven for 1 hour and 10 minutes.
7. Turn the oven off and let the cheesecake stand in the oven with the oven door propped until it is cooled completely.
8. Arrange the raspberries on top of the cheesecake in a star shape and arrange the blueberries around the star to cover the top of the cheesecake.



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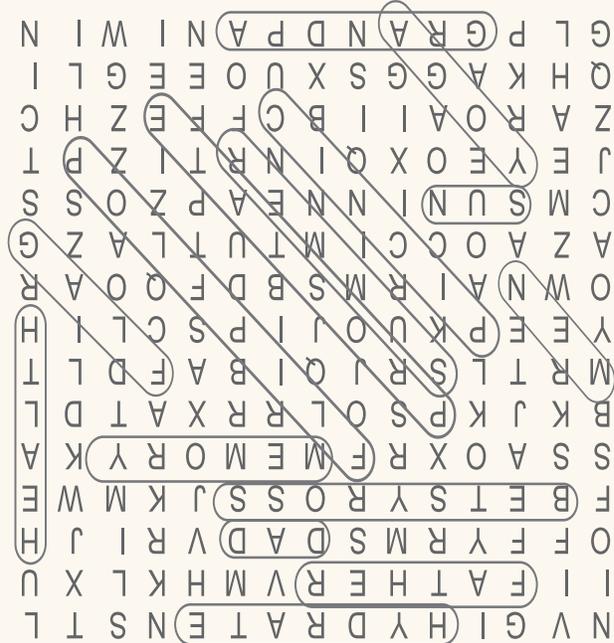


July – Word Search

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 August newsletter!



JUNE SOLUTION PUZZLE

Word List

- CELEBRATE
- CHEESECAKE
- FIREWORKS
- FLAG
- FOURTH OF JULY
- FREEDOM
- GAMES
- HOT DOGS
- HYDRATION
- INDEPENDENCE
- KETCHUP
- MUSTARD
- PICNIC
- RELISH
- WATER