



The Beauty of the Holidays

The beauty of the holidays is the gift to slow down, reflect on what's important, and remember that our lives are valuable and worth being fully enjoyed.

So, before the next holiday approaches, plan a party, and gather friends and family. Carve out time for a totally relaxing and fun day together. Organize a game-night, a trip to the movies, or stay in to watch your favorites at home. Even a dinner with some close friends can be enough to warm the spirit on a cold winter night. Make a commitment now and embrace your winter holidays. You won't be sorry, and you just might make a tradition of it!

From the Library

Merry Christmas and thanks to all who has helped with our "Little Library". Please give to those in need, it could be someone in your neighborhood or someone in a shelter, a man, woman or beast (pets). Remember the men and women keeping us safe from harm. Visit someone in a nursing home, fill the day with laughter, memories, hugs and a book to read later. Remember our "Little Library" is a 503C3 (nonprofit). We hope to have a wish list available at our library in 2019. Feel free to ask for a receipt for your donations. MediLodge of Montrose allows us to use a small area for our library and we are thankful for it.

Merry Christmas to All!

Jean Doherty, Volunteer Librarian

P.S. A special thank you to the staff for their care and heart.



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

Lodgers

Yvonne H. December 24

Ebbie K. December 24

Staff

Margo H. December 02

Valeria M. December 06

Wendy S. December 06

Roxanne T. December 07

Jean P. December 12

Krista S. December 13

Jennifer S. December 13

Meriann H. December 15

Patrick P. December 16

Sylvia F. December 16

Karla D. December 18

Kelley T. December 19

Holly G. December 19

Imogene B. December 19

Alene W. December 21

Joshua L. December 21

Cara B. December 26

Alexis B. December 31

Be Sure To Wash Your Hands!

December 3-7, 2018 is National Hand Washing Awareness Week and, according to the Centers for Disease (CDC), “the most important thing you can do to keep from getting sick is to wash your hands.”

Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry)

you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

The CDC recommends you should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet waste, food or treats
- After touching garbage



PALM TO PALM



FINGERS INTERLACED



BACK OF HANDS



BACK OF FINGERS



BASE OF THUMBS



FINGERNAILS



WRISTS

Info taken from cdc.gov

Tips for Keeping Active in the Winter

With winter approaching, there may be many upcoming cold days that simply make us want to stay inside and keep warm. All those days spent indoors can sometimes be accompanied by the winter blues. Fortunately, there are a lot of things we can do to liven things up and stay active in the winter even if it is a bit chilly outside.

Yoga or Pilates: Taking a yoga or pilates class will help you get out and about, meet new people, and even tone up your muscles! This is great way to stay active and in shape over the winter.

Start or Join Book Club: Are you an avid reader? Do you want to read more? A book club is a great way to socialize and become exposed to new books and genres. Start one of your own with a group of friends who like to read; that way, you can decide when and where to meet and what to read.

Go for a Walk: Going for a walk is always a great way to get yourself in motion. It doesn't matter if it is a slow leisurely walk or a brisk one; you will get physical benefits from walking and being active.

Weekly Meeting with Friends: Scheduling a weekly meeting with friends is a great way to stay active in winter and have a lot of fun as well. You should find yourself looking forward to each meeting with your friends.

Plant a Winter Garden:

If you like to be active in the garden in the spring and summer, there is no reason to stop just because the temperature drops. With a little research on winter gardens, you can find plenty of things to plant, no matter what your region.



Prepare Your Skin For Winter

Dry, itchy and cracked skin goes hand-in-hand with the winter season. Changes in temperatures and humidity, indoor heating, hot showers and baths remove important oils and moisture from the skin causing dryness, flakiness and cracking of the skin. Read on for some TLC for your winter-weary skin.

Bathing. Hot water bathing breaks body oil that is easily washable. If you cannot avoid hot bathing, add oils like almond, sesame or other bath oils to your water.

Cleanse & Exfoliate. Before you begin your bath, exfoliate your skin with loofah. Avoid strong base ingredients and anti-bacterial products; opt for gentle moisturizing or revitalizing products.

Drink at least 8-10 glasses of water every day. By keeping your skin well hydrated, your skin is protected from dryness, rashes and itchiness. Avoid excessive usage of caffeine beverages that strips moisture from the skin.

Moisturize properly and your skin can remain soft and supple all through winter. Use moisturizer that has the necessary vitamins and hydration properties for your skin.

Use sunscreen in winter as you would in summer. Ideal sunscreen is one which is light, oil free and has SPF 15.



MEDILODGE OF MONTROSE

9317 W. Vienna Road
Montrose, MI 48457

P: 810.639.6171 | F: 810.639.0052
www.medilodgeofmontrose.com

 www.facebook.com/medilodge

Your Wellness Staff

Sherry Hodge
Administrator

Mary Nance
Director of Nursing

Melissa Nagel
MDS Coordinator

Jill Claspell
Reservations Coordinator

Margo Hammond
Certified Dietary Manager

Courtney Wendling
Karla Davis
Life & Leisure Coordinators, Social Services

Marilou Perkins
Life & Leisure Coordinator, Activities

Gail Sweers
Finance Coordinator

Tonya Barger
Therapy Program Manager

Lori McMichael
Accommodations Coordinator

Dave Barrett
Maintenance Coordinator



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!

Word List

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