



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 YALE

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!

Please join us in wishing a very happy birthday to...

- ✦ Robert M. July 1st
- ✦ Helen P. July 21st
- ✦ Nancy H. July 21st
- ✦ Alice D. July 28th
- ✦ Donna C. July 29th

"The Birthday Bash for July 2017 will be held on Wednesday, July 12th, 2017 at 2:30p.m. in the Dining Room of the Yale Medilodge. Please join us in the celebration!"



The Birthday Bash fell on Flag Day (June 14th) we thought we'd have a patriotic cake.

Perfect Attendance for May 2017!

Each month staff at the MediLodge of Yale has the opportunity to be put in for a drawing if they have not missed any days throughout the previous month. For the month of May 2017, a Certified Nursing Assistant (aka CNA) named Tasha Gadzinski was our winner. She won a \$25.00 Marathon gift card. Tasha's fun fact is that she has a two year old son named Samuel James. If you see Tasha is sure to congratulate her on her dedication and excellent attendance!



First Summer Picnic of the Year!

The residents from our Structured Day Unit enjoyed a wonderful picnic outing to a staff member's home in Melvin, Michigan. They enjoyed being outside in the fresh air, good home cooked food, and fun times too! Here are some photos from this summer time outing.



Barbara N. and Caroline A. enjoyed sitting outside beside the fire pit.

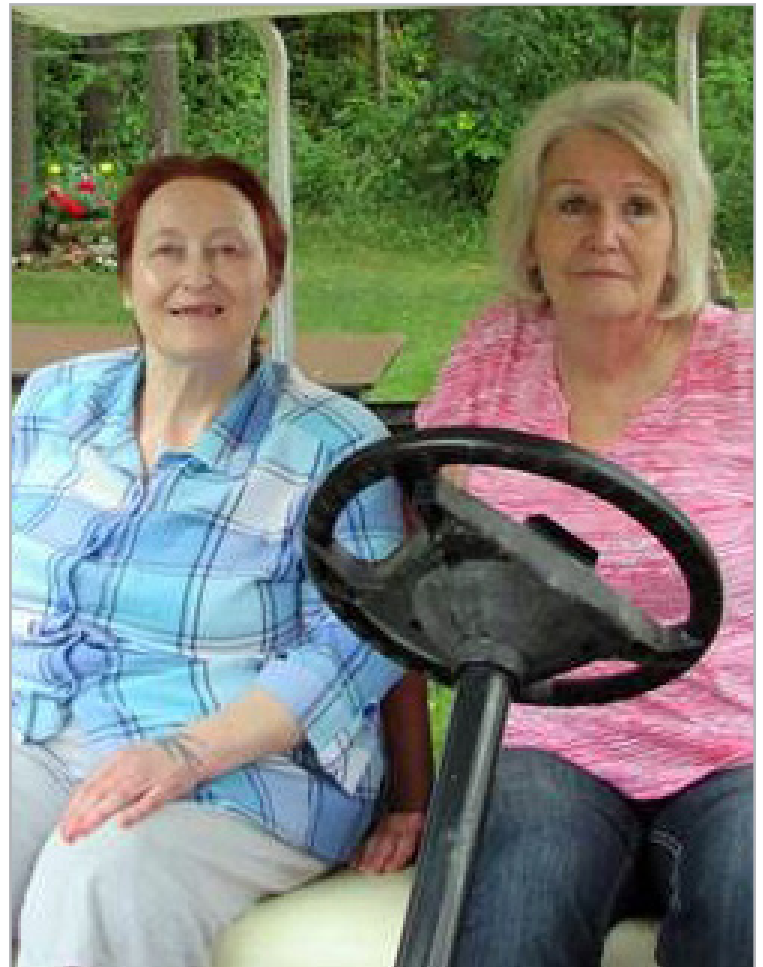
Mark Your Calendars!

The Medilodge of Yale's Resident's Bazaar will be held on **Saturday, October 14th, 2017 from 9:00am until 2:00pm** throughout the building.

The Resident & Family Christmas Party will be held on **Saturday, December 9th, 2017 from 2:00pm until 4:00pm** in the Dining Room.



Roger L. had a ball lying in the hammock.



Sandra S. enjoyed riding on the golf cart with Diane from Activities.



MEDILODGE OF YALE

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Your Friendly Staff

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Jessica Ordish, CNA

Therapy Program Manager

Sandra St. Peter, OTR/L

Maintenance Supervisor

Jesse O'boyle

Housekeeping/Laundry Supervisor

Sandy Meharg

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



Michigan Made