



The Healing Power of Jigsaw Puzzles

Jigsaw puzzles are hardly new. They've been around since the 1700s, and have evolved from hand-cut wooden educational tools to a huge industry targeting children and adults alike. They have certainly stood the test of time, providing education and hours of peaceful time passed. What studies are now showing is that these "toys" have lasting benefits both to our health and basic well-being.

We were likely all exposed to jigsaw puzzles in our youth. As toys they are used to teach words, shapes, colors, and geography, and provide focused, quiet time for children and parents alike. They're used in schools to educate, in waiting rooms to pacify, and are thought to develop fine motor skills in children and prepare them for reading.

Research is now showing the quantifiable benefits of carrying this activity into adulthood. Studies have shown that keeping the mind active with jigsaw puzzles and other mind-flexing activities can actually lead to a longer life expectancy, a better quality of life, and reduce our chances of developing certain types of mental illness, including memory loss, dementia, and even Alzheimer's Disease.

But how does this simple toy accomplish such amazing things? Most likely it is due to the simultaneous use of both sides of the brain. The left brain hemisphere, our analytical side, sees all of the separate pieces and attempts to sort them out logically. The right brain hemisphere, our creative side, sees the "big picture" and works intuitively. Both types of thinking are required in order to successfully piece the puzzle together. In exercising both sides of the brain at the same time, we create actual "connections" between the left and right sides, as well as connections between individual brain cells. These connections increase our ability to learn, to comprehend, and to remember. In addition, completing a...

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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.



Above is a picture of a jigsaw puzzle the Lodgers completed recently.

Happy Birthday!

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

- ✦ Charmaine B. Thursday, March 9th
- ✦ Renee P. (from Activities) Saturday, March 11th
- ✦ Rosamond M. Friday, March 17th
- ✦ Joyce H. Sunday, March 19th
- ✦ Barbara N. Monday, March 20th
- ✦ Wilma D. Friday, March 24th
- ✦ Sharon F. Friday, March 31st



The Birthday Bash for April 2017 will be held on Wednesday, April 12, 2017 at 2:30p.m. in the Dining Room of the Yale Medilodge. Please join us for delicious cake and ice cream too!



Perfect Attendance for February 2017!

Jordan Baker of the Nursing Department at the Medilodge of Yale is the winner of the Perfect Attendance Award drawing for the month of February 2017. He won a \$25.00 Marathon gas card for his dedication. Jordan is one of our dedicated Registered Nurses (RN) and he enjoys sampling craft beers and golfing in his off time.



Our perfect attendance winner for February 2017!

The Healing Power of Jigsaw Puzzles

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puzzle, or even just the successful placement one piece, encourages the production of dopamine, a brain chemical that increases learning and memory.

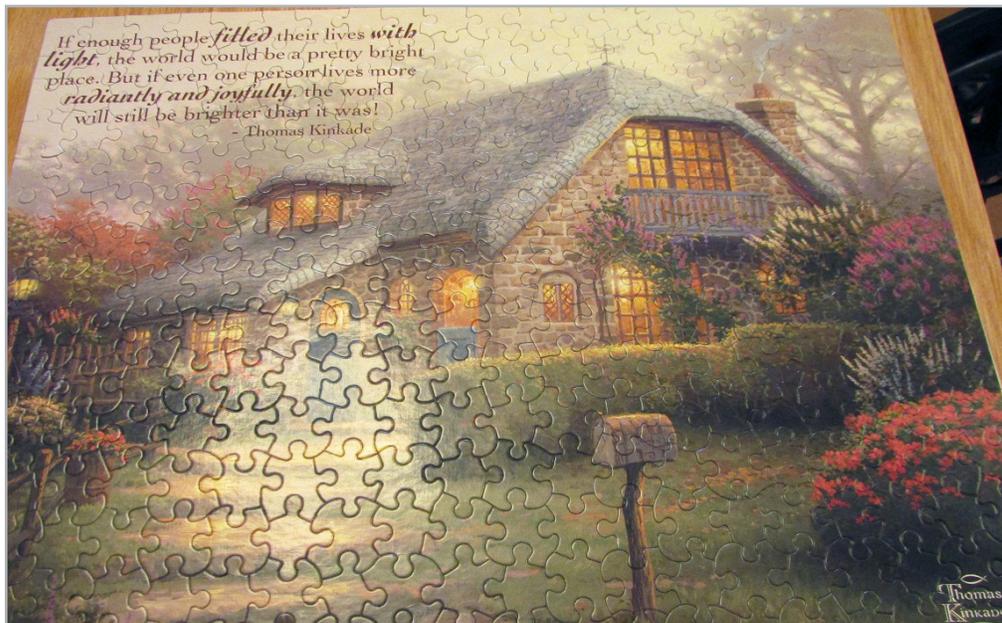
The connections made while working on jigsaw puzzles aren't limited to our brain cells. Exercising both sides of the brain simultaneously also allows the brain to move from a Beta state, the wakeful mind, into an "Alpha" state, the same mental state experienced while dreaming. The Alpha state is where we tap into our subconscious mind. Jigsaw puzzles naturally induce this state of creative, focused meditation, where connections can be made on deeper levels.

The jigsaw puzzle is a metaphor for life. Challenges we face with our jobs, relationships, and health can leave us confused and overwhelmed. These challenges are easily likened to the fragmented jigsaw puzzle, with so many disconnected pieces and no clear starting point. By physically piecing a jigsaw puzzle together while in a powerfully creative meditative state, we are shifting the fo-

cus in our subconscious from confusion and inundation to proactively working on the solution. We become "rewired" to take a more balanced, holistic view of our lives, considering all the little pieces, but also how they fit into the big picture. We begin to make connections between things that may have previously seemed unrelated, such as relationships between our emotions and our state of health. Patterns begin to make sense as we focus that positive energy and apply it within our own lives. **As the jigsaw puzzle takes shape, the different parts of our lives start coming together to form a sensible picture.**

Jigsaw puzzles are a unique activity that allows us to achieve a state of creative meditation, while providing a fun activity that imparts a sense of accomplishment. The benefits to the brain are becoming clearer. Perhaps even more powerful are the effects on the subconscious in helping us piece together this puzzle we call life.

Below is a picture of a jigsaw puzzle the Lodgers completed recently.



Did You Know?

You can reserve a room, patio/courtyard, or our park for a family function/event? If you'd like to reserve a space for a special event involving your Lodger please call our receptionist at (810) 387-3226.

You can volunteer at the Medilodge of Yale. Stop in and fill out a volunteer application and meet with our Activities Director it's that easy. *Applicants must pass a background check. If you have any questions about volunteering here please contact David Miller, our Activities Director at (810) 387-3226 extension 256.

We throw a birthday party every second Wednesday of the month for those Lodgers celebrating birthdays in the month. Family and friends are always welcome and encouraged to attend. April's birthday bash is on Wednesday, April 12th, 2017 at 2:30PM in the Dining Room at the Medilodge of Yale.

You can bring a loved one's pet into the building to visit as long as it's on a leash and has proper registration and a current vaccination record. And of course, you're willing to clean up any mishaps for your furry family member. *A copy of the vaccination record and registration must be turned into the facility.



**MEDILODGE
OF YALE**

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www.facebook.com/medilodge

Your Friendly Staff

Administrator

Curtis Furtah, NHA

Director of Nursing

Theresa Ruff, RN

Admissions

Betty Fredrick

Accounts Receivable

Valerie Haron

Activities Director

David Miller, MS, ADC

Food Services

Charlene Wheaton

Krista DiLuigi

Social Services

Carrie Eriksen, LMSW

Human Resources

Nicole Long

Dementia Unit Coordinator

Jessica Ordish, CNA

Therapy Program Manager

Sandra St. Peter, OTR/L

Maintenance Supervisor

Dean Dortman

Housekeeping/Laundry Supervisor

Sandy Meharg



Michigan
Made

April – 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!

I	X	Y	F	M	O	H	P	H	A	T	X	A	N	P
Q	V	E	A	R	T	H	E	A	L	T	H	X	J	U
V	J	O	K	E	S	Q	Y	P	L	V	M	L	N	A
R	E	A	S	T	E	R	S	P	V	H	S	A	P	C
E	S	T	R	E	S	S	C	I	Y	J	R	U	Z	T
C	P	Z	P	U	G	V	J	N	Y	E	E	G	T	I
Y	A	Y	L	V	I	J	Q	E	D	L	G	H	R	V
C	S	Z	H	S	W	Y	H	S	J	L	Q	T	E	I
L	S	U	R	K	N	E	J	S	Z	Y	K	E	E	T
E	O	U	E	N	G	A	G	E	D	B	I	R	S	I
Q	V	R	U	G	I	B	O	U	K	E	T	E	T	E
S	E	F	H	C	U	D	H	J	Q	A	W	U	N	S
Z	R	G	W	S	U	T	D	R	J	N	Y	S	K	J
K	M	F	A	U	Q	F	H	A	J	Z	N	E	O	S
G	U	I	U	T	G	V	P	R	H	M	I	Q	Z	Q

Word List

ACTIVITIES
EARTH
EASTER
ENGAGED
FUNNY
HAPPINESS
HEALTH
JELLYBEAN
JOKES
LAUGHTER
PASSOVER
RECYCLE
REUSE
STRESS
TREES

Direct Debit/Payment

Residents, Families, and Responsible Parties: The Medilodge of Yale now offers Direct Debit/Payment for your loved ones. Instead of the hassle of writing those monthly checks, you can now authorize the Medilodge of Yale to do the direct payment for you. This service is available to all of our residents for your convenience. If you would like to set up direct debit for your monthly payments please call (810.387.3226) or stop into the business office to fill out the form. Should you have any questions or need any assistance with this please feel free to contact us.

Sincerely,

Valerie Haron
Financial Services Rep.