



MEDILODGE
OF YALE

NEWSLETTER

90 Jean Street, Yale, MI 48097 • P: 810.387.3226 • www.medilodgeofyale.com • October 2018



Upcoming in October

Breast Cancer Awareness Month

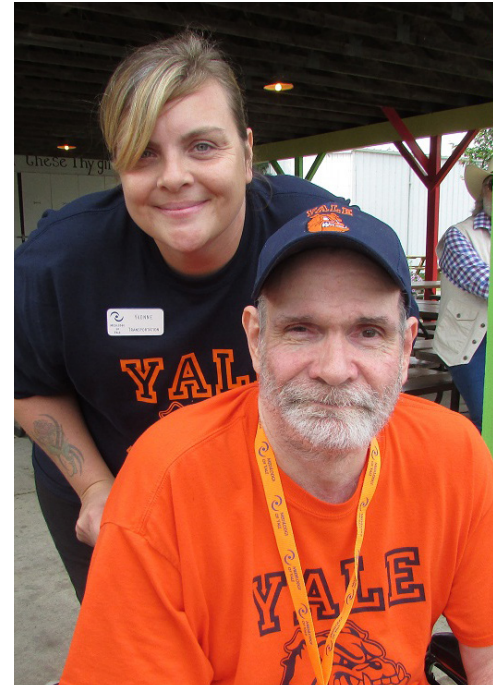
Sweetest Day
OCTOBER 20TH

Halloween
OCTOBER 31ST

Olympic Sights!



Olympian Stanley S. is seen here with his son Donald. Stanley is holding Spike.



Olympian Pat R. with CNA Yvonne under the pavilion at the Armada Fairgrounds.

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.



Here's a group shot of the Medilodge of Yale.



Happy Birthday!

Please join us in wishing the following Lodgers a very happy birthday!

James "Red" D.	Oct. 02
Patsyann S.	Oct. 07
Patrick R.	Oct. 08
Beulah R.	Oct. 12
Audrey H.	Oct. 13
Jonathan S.	Oct. 17
Virginia T.	Oct. 27
Deborah G.	Oct. 28
Richard M.	Oct. 29

The Birthday Bash for October 2018 will be held on Wednesday, October 17, 2018 at 2:30p.m. in the Dining Room of the Yale Medilodge with a LIVE performance by Kenny Lang!



MEDILODGE OF YALE ANNUAL BAZAAR

Saturday, October 13, 2018 9:00A-2:00P

MEDILODGE OF YALE
90 JEAN STREET, YALE, MI 48097

The annual Medilodge of Yale Bazaar is a fund raiser for the Resident's Christmas Fund which is used to ensure each resident receives a nice present on Christmas morning.

If you'd like to be a part of this event as a vendor please contact the Activities Department at the Medilodge of Yale at (810) 387-3226.

Vendors are asked to RSVP by Monday, October 8, 2018.
Vendor fee is \$10.00 the morning of the event
(No tables are included this year).

Each vendor/crafter must supply their own table and may be able to set up on the evening of Friday, October 12, 2018 between 7:00P-9:00P

National Fire Prevention Week

October 7– 13th

In the U.S. alone, there are more than 500,000 residential fires every year that are serious enough to require a call to the fire department. Stay safe with these fire safety tips:

Plan an Escape Route – If a fire does break out, you must get out fast. Being awakened by a smoke alarm at 2:00 a.m. is not the time to have to think through how to get to safety. You must plan ahead.

Beware of Smoking – The leading cause of fire deaths is careless smoking. Cigarettes can smolder under and around upholstered furniture unnoticed only to ignite into a full blaze minutes later.

Take Care Cooking – Never leave your cooking unattended. To avoid accidental spills of hot oil or boiling water, be sure

the handles of pots and pans are turned inward on the stove so they can't be bumped or grabbed by anyone.

Space for Space Heaters – Whether electric, kerosene or some other fuel, space heaters need *space*. They should be kept at least three feet away from anything that can burn. Never leave them unattended when you leave home.

Use Electricity Carefully – Promptly replace cracked or frayed cords on appliances. If an appliance sparks, smells or smokes, unplug it immediately and have it repaired or replaced. An all-too-common cause of electrical fires is the improper use of extension cords. Never run extension cords under rugs and never use an extension cord to overload a circuit.

October 14th is National Dessert Day!

A "dessert" is a meal course that usually comes after dinner. Most often dessert foods are of sweet food but can also be of a strongly flavored food, such as cheese cake. The world dessert comes from the Old French word "*desservir*", which means 'to clear the table'. Often times in the English language dessert is confused with the word desert (note only one "s"). A simple way to remember the difference in spelling is: *Dessert has an extra S, because everyone always wants an extra slice of cake.*

It wasn't until after the 19th-century when the rise of the middle class, and the mechanization of the sugar industry, brought the privilege of sweets into the general public. This was because sugar became cheaper

and more readily available to the general public. As sugar was widely spread, so was the development and popularity of desserts.

In today's culture, dessert recipes have become a popular item for discussion, as they are a way to win people over at the end of any meal. This is partly because if you serve a mediocre meal but with an excellent dessert, people will remember you for the dessert and may forget about the meal.



October is Breast Cancer Awareness Month

What is breast cancer? Breast cancer occurs when cells in our breast grow out of control creating tumors that cause damage to the nearby tissues. The tumors which are cancerous are known as malignant tumors and can cause a lot of damage to the body.

Breast cancer has always been a dreaded disease, but in recent years things have changed. With the increasing knowledge about cures and treatment, breast cancer can usually be easily treated, but early detection is key to prevention. Research has shown by the age of 20 everyone should start doing Breast Self Examination (BSE). This method is one of easiest and earliest ways of detection. Doctors usually recommended to check yourself at least once a month. A clinical breast exam by your physician should be done at least once a year. Depending on the age of the patient or results from your physician, they may recommend or require mammogram.

Some of the signs to look for while doing BSE:

- A lump found in and around the nipple or underarm
- Change in size or shape
- Nipple discharge or nipple turning inward
- Redness of skin or warmth
- Formation of dimple or change in skin texture

When in doubt, schedule a visit with your physician.



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www.facebook.com/medilodge

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Sherri Rostine

Therapy Program Manager

Sandra St. Peter, OTR/L

Maintenance Supervisor

Eric Manos

Housekeeping/Laundry Supervisor

Sandy Meharg



Michigan
Made

October – 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!

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

See solution in the September newsletter!

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

SEPTEMBER SOLUTION PUZZLE

Word List

- BRAIN
- CANCER
- DESSERT
- FIRE
- HALLOWEEN
- PREVENTION
- PUMPKIN
- PUZZLE
- SLEEP
- SPIDER
- STRETCH
- SUDOKU
- SUGAR
- THERAPY
- WALK