



MEDILODGE
OF YALE

NEWSLETTER

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



Save the Date

Saturday, December 15

You're invited to the Resident Family Christmas Party at the Medilodge of Yale. The party starts at **2:00PM** and takes place in our dining room.

There will be live music by Kenny Lang, refreshments, fun, and family time too. *Please join us and spend some quality time with your loved one.*



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:

Betty M. Dec. 03rd

Katherine B. Dec. 05th

Yvonne C. Dec. 11th

Ron P. Dec. 11th

Dianne K. Dec. 14th

George L. Dec. 15th

Lucy C. Dec. 19th

Margaret K. Dec. 20th

Roger L. Dec. 24th

Thomas R. Dec. 25th

The Birthday Bash for December 2018 will be held on Wednesday, December 5, 2018 at 2:30p.m. in the Dining Room of the Yale Medilodge.

Please join us for the celebration with LIVE music provided by Kenny Lang!

How to Be a Good Visitor

You all know the feeling. You wake up with a scratchy throat, a headache, a cough, or you might be feeling a bit achy, or feel like you have “just a touch of a cold.” Your stomach may be upset or you may be making frequent bathroom stops. But you had planned to visit your loved, and you know he/she has been looking forward to your visit.

These can be symptoms of many things, but they might be symptoms of respiratory or gastrointestinal illnesses that can spread quickly and infect a long-term care facility’s residents, patients, families, and staff.

What to do?

The basic principles of infection prevention apply to being a good visitor.

- Stay home and do not visit your loved one if you are sick or have had any ill symptoms within the last three days— including nausea, vomiting, diarrhea, fever (or feeling feverish), an uncontrolled cough, or a rash.
- Wash or sanitize your hands frequently—before and after visiting your loved one. Insist that other visitors do the same. Clean your hands after touching your eyes, nose, or mouth, after using the restroom, and before and after eating or drinking. Cover your cough or sneeze with your sleeve, and do not sit on the resident’s bed or handle the equipment. Also be sure to help residents with hand hygiene before eating and after going to the bathroom.
- Don’t contribute to the clutter and ask if you can help clean and disinfect high-touch surfaces frequently (every one to two hours). High-touch surfaces include door knobs, toilet handles, bedside trays, and many others.
- Recognize if you’re coming down with an illness. Be honest about how you feel, and realize if you are coming down with a respiratory illness, you are MORE contagious during the first 24-48 hours than you are at the end of the illness, after your immune system has a chance to fight the illness.

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!



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

Holiday Crafts Whimsical Light bulb Reindeer Ornament

You will need:

- One used light bulb
- Brown felt cloth or fun foam
- Acrylic paints and brushes
- Ribbon
- 1 small red pom-pom
- Glue

First, paint the light bulb brown. Set aside and let dry. Once the brown paint on the light bulb has dried completely, use a paint brush to paint eyes and a mouth on your reindeer. When the paint has dried, begin to glue the red pom-pom nose onto the end of the light bulb, just above the mouth. Next, use the brown cloth or foam to fashion a pair of antlers for your reindeer. Glue these to the side of the light bulb. Finally, cut a small piece ribbon, loop and tie into a knot, and glue it to the top of your reindeer light bulb ornament.

Greeting Card Ornaments

Cut out your favorite Christmas card images and mount them onto wooden craft shapes with glue. For an older finish, varnish them, drill a small hole at the top, and then tie ribbons at the tops. You can also cut out your favorite images from cards, laminate them, punch a hole at the top, and use a piece of ribbon as the hanger. If you don't want to cut anything out, an even simpler approach is to glue the front and back of the card together. Punch a hole at the top of the card, loop a piece of ribbon and it's ready to hang.

