



## Add Significance to Your New Year's Resolutions

The start of a new year is traditionally a time to reflect on the previous year and plan out resolutions for the year ahead. Popular resolutions include losing weight, getting more fit, getting out of debt, and making more money.

While these types of self-improvement goals make for admirable resolutions, striving to become more selfless and generous can have a surprisingly significant impact.

What are some resolutions related to giving that you can consider as you pursue your own? Consider the following examples:

- ✦ Increase your financial giving to church and charities.
- ✦ Increase your time donated to important causes.
- ✦ Write and send an encouraging note at least weekly.
- ✦ Smile and greet the first people you meet every morning.
- ✦ Perform an act of kindness at least weekly.
- ✦ Increase the number of people you share your faith with.
- ✦ Donate blood multiple times during the year.



Be sure to set resolutions for yourself for the upcoming year that will help make a difference in the world. This can provide a special significance throughout the new year as you fulfill these important resolutions.

## 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."*

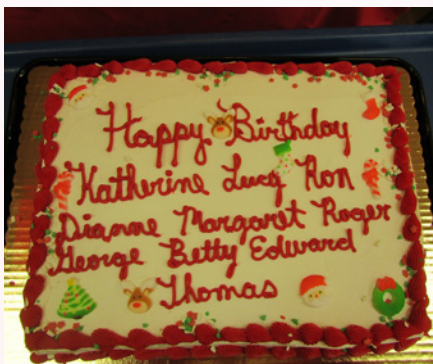
Medilodge's approach to zensational wellness is an active process in which each lodger and employee are encouraged to make choices toward personal growth in seven dimensions of zensational wellness: physical, social, emotional, spiritual, intellectual, occupational and vocational. The goal of our whole 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:

Ruby P.	January 11
Charlotte P.	January 13
Caroline A.	January 13
Herman S.	January 18
Mary S.	January 23
Julie D.	January 24
Mark V.	January 25
Walter L.	January 27

Please join us for the January 2019 Birthday Bash on Wednesday, January 9th, 2019 at 2:30PM in the Dining Room of the Medilodge of Yale. Cake and refreshments will be served. Here a photo of the December 2018 Birthday Bash cake from Vinckiers Foods here in Yale, Michigan.



## How to Fight the Effects of Aging

Like any battle, the fight against aging is best fought on several fronts simultaneously.

### Get Up and Get Moving

Exercise is the key to a healthy life if you're eight or 80. A brisk 30-minute walk every day is a step in the right direction. Take friends along or bring a dog for company. It also may help with motivation. Even those unable to walk may still get some exercise while stationary through repetitive movement exercises.

### Eat Smart

The right kind of foods in the right quantities may do wonders to stave off the aging process. Plenty of fruits and vegetables, particularly the most colorful ones, which tend to be rich in nutrients, are important. Keeping your total fat intake down is important too; saturated fats in particular. Read food labels and substitute saturated fat in the diet for complex carbohydrates like starch and fiber.

### Busy Body, Busy Mind

Exercise keeps the body working, but a flexible mind is just as important. The more occupied the mind stays, the more its cells are stretched, and the better shape it stays in. Start tackling the daily crossword and read the rest of the newspaper while you're at it. Take up a hobby, keep busy and give

yourself things to look forward to.

### Laugh Loud, Live Long

It's the best medicine, it keeps you young, it's birthed a thousand clichés, but there's no getting around it – laughing feels good and that can't be bad. Watch a comedy, read a book of humorous fiction, share some jokes, get together with friends and reminisce about the good old days. Whatever gets you laughing keeps you young at heart, which is a good thing physically and emotionally. Smiling makes you look younger, too.



## National Activities Professional Week

January 20-26, 2019 is National Activities Professional Week, where we recognize our Activity Directors who plan and schedule a variety of fun and engaging events, outings, activities and entertainment. Please take a moment during this week to let our Activities Professionals know how much we appreciate them!





## Keeping an Eye on Vision Health

Doctors say maintaining vision health can be especially important as you age. Fortunately there are multiple ways to keep your eyes healthy. Try these tips:

1. **Quit smoking.** If you smoke, you're much more likely to develop age-related macular degeneration, or AMD, than nonsmokers. AMD is one of the most common causes of blindness in those over 65. While there are some ways to slow its progression, there is no cure.
2. **Wear sunglasses and a wide-brimmed hat when you're in the sun.** These two simple steps can reduce your exposure to eye-damaging UV rays.
3. **Watch your weight.** Being overweight is a major risk factor for developing Type 2 diabetes. Diabetic retinopathy is one of the leading causes of blindness in those under 65.
4. **Eat your spinach.** Spinach is a rich source of lutein and zeaxanthin, powerful antioxidants that can reduce the risk of certain eye diseases, like AMD. Other good sources include any kind of leafy green vegetable such as collards and kale, as well as eggs and orange-colored fruits.
5. **See your eye care professional for a full vision examination at least once every two years.** Go more often if you have diabetes or any other eye-related condition.
6. **Change your eye makeup every three to six months.** It becomes contaminated with bacteria and can infect your eye.
7. **Don't fall asleep in your daily wear contact lenses.** In fact, don't ever wear them longer than they're designed to be worn.

## Jump Start Your Self-Confidence

To begin feeling a fresh spark of self-confidence within you, try as many of these as you like!

1. Open up your cookbook to a completely new recipe and learn to cook it well.
2. Learn how to say "I love you" in two different languages.
3. Look inside a thesaurus to find new ways to say the same old things.
4. Find three funny jokes and learn to tell them really well.
5. Get a makeover, new hairstyle, or all new socks and underwear.

## National Glaucoma Awareness Month

January is National Glaucoma Awareness Month, but what is glaucoma?

Glaucoma is an eye disease that causes people to gradually lose their sight. There is no cure and vision loss is permanent. Over 3 million people in the United States currently suffer from glaucoma – it is a leading cause of vision loss in the U.S.

Seniors are especially at risk for glaucoma, along with anyone who has a family history of the disease.

Early detection is important for slowing the progress of glaucoma, along with medication or surgery.

For more information about glaucoma awareness, please visit [glaucoma.org](http://glaucoma.org).



# MEDILODGE OF YALE

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[www.facebook.com/medilodge](http://www.facebook.com/medilodge)

## Your Friendly Staff

*Administrator*  
Mary Martin

*Director of Nursing*  
Lisa Johnson, RN

*Admissions*  
Betty Fredrick

*Accounts Receivable*  
Valerie Haron

*Activities Director*  
David Miller, MS, ADC

*Food Services*  
Charlene Wheaton  
Valerie Hunger, RD

*Social Services*  
Keeley King  
Colleen Wall

*Human Resources*  
Nicole Long

*Dementia Unit Coordinator*  
Sherri Rostine

*Therapy Program Manager*  
Sandra St. Peter, OTR/L

*Maintenance Supervisor*  
Eric Manos

*Housekeeping/Laundry Supervisor*  
Sandy Meharg

# January – 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!



## Word List

- ACTIVITY
- AGING
- BLOOD
- CONFIDENCE
- DONOR
- ENGAGE
- EYES
- GLAUCOMA
- JANUARY
- MIND
- RESOLUTION
- SMART
- SOUP
- VISION
- WARM

See solution in the February newsletter!



DECEMBER SOLUTION PUZZLE

