



*Happy  
Valentine's Day  
February 14<sup>th</sup>*

## MediLodge Mystery Person



Can you guess who this mystery staff member is? This was her Halloween costume in October 2018. If you think you know who this staff member is please e-mail your guess to David Miller at [DMiller@medilodgeofyale.com](mailto:DMiller@medilodgeofyale.com) for a chance to win a fabulous Medilodge prize.

All entries are due by 5:00PM on Friday, February 15th, 2019.

## 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.

## Family Testimonial

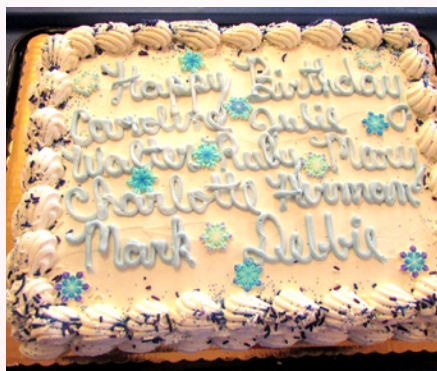
My dad had to have a triple bypass surgery in late November 2018. The team at the Medilodge of Yale were right there to help. Staff greeted my dad and was reassuring with my family. My dad just needed to gain a little strength back and believe me he did. The therapy department was great about working with him to keep his independence. One of my dad's comments was how nice it was that his wife could join him at meals and activities. She had to buy the meals but they were very affordable (\$3.00) and appealing. From this family member's perspective the Medilodge of Yale did an outstanding job and will be our go to should we ever need their services again. - **THANK YOU FOR A JOB WELL DONE!!**

## Happy Birthday!

Please join us in wishing a very happy birthday to:

Marguerite P.	Feb 04th
Tony M.	Feb 09th
Ruthann J.	Feb 10th
Eugene W.	Feb 11th
Carol K.	Feb 20th
Sharon O.	Feb 26th
Kathleen D.	Feb 27th
Derrick W.	Feb 29th

Please join us for the February 2019 Birthday Bash on Wednesday, February 13th, 2019 at 2:30PM in the Dining Room with LIVE music by Kenny Lang. The picture above is the birthday cake from the January 2019 Birthday Bash.



**Go Red For Women** – February is American Heart Month, and the American Heart Association's signature women's program, Go Red for Women, is designed to increase women's heart health awareness and help improve the lives of women around the world. Learn more about how you can help raise awareness at [www.goredforwomen.org](http://www.goredforwomen.org).

## Random Act of Kindness Day is February 17

Kindness is a generosity of spirit. It comes to life when we give of ourselves and our time to help others, without expecting anything in return. When you show kindness to someone, you bring out the best in yourself.

**Pay attention to the impact your behavior has on others, and notice your own feelings in association to their reactions.** Think about how you feel when somebody else shows you kindness. What you give may come back to you in even greater quantity.

**It is so easy to find ways to be kind to others: say something supportive when you feel someone needs to hear it; offer help without being asked for it; smile encouragingly; swallow your criticisms; listen without judgement;**

**let mistakes slide instead of assigning blame; make small sacrifices for the benefit of somebody in greater need.**

Don't forget to be kind to yourself as well. You may run out of steam and feel less able to show kindness to others if you don't replenish your own mind, body and spirit on a regular basis.

Being kind to yourself means getting your needs met; being gentle with yourself instead of critical when you feel you're not performing at your best; and forgiving yourself when the need arises instead of beating yourself up.

**When you get into the habit of treating yourself with kindness, it becomes much easier to extend that consideration and behavior to others.**

## Chocolate and Heart Health: Fact or Fallacy?

Wouldn't it be wonderful if chocolate and heart health went hand-in-hand? You might be surprised to find out that chocolate isn't as bad as it was once thought. The fat content in chocolate, derived from cocoa butter contained in premium grade dark chocolate, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. But, stearic and palmitic acids are forms of saturated fat – not so good. Saturated fats are linked to increases in LDL-cholesterol and risk of developing heart disease.

Whether chocolate and heart health do walk hand in hand is still an open topic. In moderation it may not do your heart any harm for a special occasion; however, be sure to watch those calories. But most of all, enjoy it because it tastes so good!



# Celebrating National Inventor Day: February 11

## What makes a successful inventor?



What separates successful inventors like Thomas Edison from everyone else? History has shown that the most successful inventors possess the following characteristics:

- 1. They are persistent.** Obstacles loom in front of us on a regular basis. But it's what you do when faced with these barriers that will determine your level of success.
- 2. Successful inventors are avid goal setters.** They make sure their goals are specific, motivational, achievable yet challenging, relevant to their personal situation, and time-framed.
- 3. Great inventors ask quality questions.** The most effective way to present their product is to uncover their customer's goals, objectives, concerns and hesitations.
- 4. Successful inventors listen.** Great inventors ask questions and listen carefully to the responses, often taking notes and summarizing their understanding of the comments.
- 5. Successful inventors are passionate.** The more passionate you are about your product/idea, the greater the chance you will succeed. The reason for this is simple—when you love what you do, you are going to put more effort into your product/idea.
- 6. Successful inventors take responsibility for their results.** They do not blame internal problems, the economy, tough competitors, or anything else if they fail to meet their goals.

## Getting to the Heart of the Matter on Health

Here's some news you can take to heart: Experts say more than 70 million Americans currently live with a cardiovascular disease.

Fortunately, there are practical steps you can take to reduce the health threat posed by heart disease.

According to the Centers for Disease Control and Prevention, much of the burden of heart disease and stroke could be eliminated by reducing major risk factors: high blood pressure, high blood cholesterol, tobacco use, diabetes, physical inactivity and poor nutrition.

For example, studies suggest a 10 percent decrease in total cholesterol levels may reduce the development of coronary heart disease by as much as 30 percent.

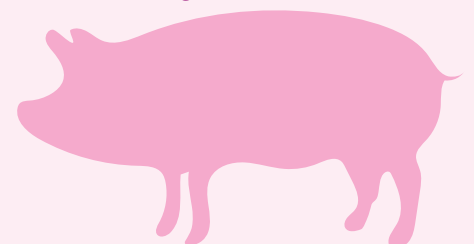
Twenty-five years ago, the treatment for heart attacks was simply bed rest. Today, doctors have medicines that can stop a heart attack in midstream as well as other high-tech treatments. Talk to your physician for more information.

## Chinese New Year, February 5th: Year of the Pig

The Pig may be the most generous and honorable sign of the Chinese Zodiac. People born in a Year of the Pig (1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019) are thought to be nice to a fault and possess impeccable manners and taste. They can be perfectionists and may be perceived as snobs, but this is a misconception.

Pigs are simply possessed of a truly luxurious nature, one that delights in finery and nice things (in surroundings, food, lovemaking and otherwise). This Sign believes in the best qualities of mankind and certainly doesn't consider itself to be superior. Pigs also care a great deal about friends and family and work hard to keep everyone in their life happy. Helping others is a true pleasure for the Pig, who feels best when everyone else is smiling.

Pigs are highly intelligent creatures, forever studying, playing and probing in their quest for greater knowledge. This Sign could happily spend hours on end making friends, napping, taking a long bubble bath or dallying over an incredible spread of rich foods. Pigs tend to make wonderful life partners due to their hearts of gold and their love of family.





# MEDILODGE OF YALE

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

## Your Friendly Staff

### Administrator

Sue Hazel, NHA

### 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

Sherrri Rostine

### Therapy Program Manager

Sandra St. Peter, OTR/L

### Maintenance Supervisor

Eric Manos

### Housekeeping/Laundry Supervisor

Sandy Meharg



Michigan  
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# February – 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!

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

See solution in the March newsletter!

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

JANUARY SOLUTION PUZZLE

## Word List

- ACHIEVE
- CARDIAC
- CHOCOLATE
- EDISON
- GENEROUS
- HEALTH
- HEART
- HISTORY
- HONOR
- INNOVATION
- INVENT
- KINDNESS
- PIG
- RED
- VALENTINE