



Kentucky Derby Hats!

The residents made their very own Kentucky Derby hats with the Master Gardeners. Checkout their finished themed hats. Did you know that the Kentucky Derby is a horse race that is held annually in Louisville, Kentucky, United States, on the first Saturday in May, capping the two-week-long Kentucky Derby Festival. The race is a Grade I stakes race for three-year-old Thoroughbreds at a distance of one and a quarter miles at Churchill Downs. Colts and geldings carry 126 pounds and fillies 121 pounds.



Pat R.



Winnie Z.



Charlotte P.



Marge P.



Rose P.

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:

Donna P. June 01

Eleanor M. June 05

David K. June 08

Donald H. June 15

Annie J. June 29

The Birthday Bash for June 2019 will be held on Monday, June 17th, 2019 at 2:30p.m. in the Dining Room of the Yale Medilodge.

Please join us for some delicious birthday cake and LIVE music by Kenny Lang!



VISITING DAD AT THE MEDILODGE OF YALE ON FATHER'S DAY

Father's Day is a day to acknowledge all the love and support your dad has offered you over the years – and ideally, a day to spend some quality time together. But for those of us with dads in a nursing home or other long-term care facility, it may seem difficult to make the most of the holiday. Luckily, there are ways to make the day special that can have a tremendous effect on dad's well-being.

It's pretty easy for nursing home residents to begin to feel depressed or isolated while living in a long-term care facility. Dealing with illness or injury, distance from family and loved ones or simply having to live in such a setting can be discouraging for many residents. That is why it is so important for loved ones to visit whenever possible. This Father's Day, why not plan something special? Here are some ideas to get started!

+ Make a gift basket: You know what dad likes! Whether it's cookies, crossword puzzles or a new movie, he'll surely appreciate the gesture. Keep in mind there may be rules regarding what is and is not allowed to be brought into the facility, such as flowers, foods or certain electronics.

+ Plan an outing: Depending on his health, you may be able to plan a small outing for Father's Day. Lunch, a visit with friend and family, or just some time in the park would make for a great day. Just don't plan too long of an outing and be mindful of meal times, medication schedules and any potential mobility issues.

Not only will a Father's Day gesture make dad's day a little brighter, it also gives you an opportunity to visit the facility and see how he's being treated.

June 10 is Iced Tea Day

There is nothing like a cold drink on a hot day. For about 2 billion people, iced tea is their drink of choice. Tea is a very versatile drink, being able to be served hot and cold. It's also healthy for you as well!

Tea is rich in antioxidants. Antioxidants rid your body of harmful free radicals, which could damage your cells. These may help increase your metabolism, potentially helping you lose weight. Antioxidants found in oolong tea, may remove the free radicals responsible for aging the skin and creating dark spots.

While making tea, remember that if the directions say "teaspoon," they are not talking about a measuring teaspoon. A measuring teaspoon holds about 5 mL and has a round head. A teaspoon has an oval head, like the one in your cutlery drawer. The British figured out that a teaspoon held the right amount of tea leaves for a cup of tea.

Men's Health Month



Some men may experience prostate problems as they age, so it's important to maximize the life of the prostate gland. Some symptoms indicate there may be a bigger problem and shouldn't be ignored.

Common Symptoms:

- ✦ Problems urinating: too often, unable to, weak, or interrupted flow, pain or burning while urinating.
- ✦ Blood in urine.
- ✦ Pain or stiffness in the lower back, hips, or upper thighs.

Only a doctor can confirm if any of your symptoms are a minor infection or something more serious.

How can you protect yourself?

- ✦ Be active: not only does exercise benefit your prostate, but it's great for your body.
- ✦ Eat healthy: foods such as nuts, seafood, turkey, and raw onions can keep your prostate in good health.
- ✦ Zinc: helps create male hormones. Zinc can be found in pumpkin, sesame, and sunflower seeds.

An adjustment in your diet might help keep your prostate healthy, but before changing your diet, it's important to consult a physician.

What is Tai Chi?

It can be hard to fit exercise into your daily routine, but simple exercises such as tai chi can be both beneficial to your health and easy to do.

Tai chi, pronounced tī-chē, is a low intensity exercise that promotes flexibility and balance. The joints are often where aches and pains first begin and because tai chi isn't a high impact exercise, the joints health and function are protected.

The history stems from Chinese legend. Over 800 years ago, Zhang Sanfeng had a dream of a crane and a snake in battle. As the battle went on neither one could gain the upper hand. This stalemate intrigued him. From this dream, he created the 13 postures of tai chi to represent the techniques of the creatures.

Tai chi employs slow tempo maneuvers, distributing weight between each limb; to enhance one's balance and strengthen the limbs. It is designed to relieve tension and stress. As a result of this exercise, the brain receives more oxygenated blood as you breathe, thus making you feel calmer.

June 27- Sunglasses Day

In the summer months, we



pull out our sunglasses to protect our eyes from those harmful ultraviolet (UV) rays. However, sunglasses didn't begin their life to protect us from UV rays.

Early "sunglasses" were nothing more than polished gems. Nero, a Roman emperor, watched gladiator fights through these gems.

Early models of sunglasses can be traced back to twelfth century China. They were made out of flat panes of smoky quartz. These sunglasses weren't used to protect from UV rays, instead they helped reduce glare.

During the eighteen century, James Ayscough modified sunglasses by using colored lenses in an attempt to correct vision. He thought blue and green tints would help the eyes see better. Ayscough's sunglasses didn't protect the wearer from UV rays. At the time, it was not common knowledge that the sun's ray could be harmful.

In 1929, Sam Foster would design sunglasses to protect the wearer from UV rays. He sold his new design on the beaches in Atlantic City, New Jersey.

Edwin H. Land improved Foster's lenses by making them polarized in 1936. Polarized lenses help to reduce glare. Polarized lenses are used in sunglasses today which help eliminate the reflection off water, the hood of a car, and liquid crystal displays (LCD) as found on ATMs. However, polarized lens can make it hard to read certain LCD displays such as the one on your phone.



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

See solution in the July newsletter!

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

MAY SOLUTION PUZZLE

Word List

- BRAIN
- CNA
- ERROR
- FATHER
- GLANDS
- GRANDPA
- JOKE
- MEN
- PRESCRIPTION
- PUZZLE
- SAFETY
- SUN
- TAI CHI
- WATER
- WISDOM