



MEDILODGE OF
GRAND BLANC

NEWSLETTER

11941 Belsay Road, Grand Blanc, MI 48439 • P: 810.694.1970 • www.medilodgeofgrandblanc.com • July 2016



Celebrate Independence Day

While the traditional 4th of July holiday is to celebrate the anniversary of the declaration of the United States' independence from England, it is interesting to note that is not when Independence Day celebrations first began. Even more interesting is that even though the United States celebrates its independence from England on that day, the holiday itself is largely based on English traditions.

When the Declaration of Independence was printed, a staged celebration was created and the day was to be the celebration of independence from England, though no one ever did anything official for the day to become a holiday. Because the crowds were so large, it was assumed that the colonizers were interested in separating from the English and the movement proceeded. There were many original festivals to celebrate Independence Day in the early years; however, the date which it came to be celebrated is July 4th.

While the celebrations of the sixteenth century were essentially a political movement, today's Independence Day celebrations are based on

the actual freedom the U.S. gained from England. In the last two hundred plus years, the celebration has been about our own independence as the United States of America.

Modern-day 4th of July festivities now include: parades, feasts, festivals, and other large gatherings of people. Many festivals and feasts are held in town parks. This allows children to run free and play, while adults enjoy BBQ and other picnic foods.

In addition to family gatherings, many people associate the 4th of July with firework. While fireworks are largely a Chinese tradition, they are used by millions of Americans to help celebrate the day. Most towns and cities across the United States allow citizens to purchase fireworks for their July 4th celebrations.

As you can see, while the 4th of July is now celebrated as a national holiday, it once was staged as a sort-of political act. However, that political thinking caught on and the United States did get its freedom from England – even though our parades and festivals are mostly in the English style.

ZENSATIONAL

WELLNESS AT MEDILODGE OF GRAND BLANC

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!

Ruth W.	July 02
Billie P.	July 05
Eugene L.	July 10
Kathleen K.	July 12
Joan P.	July 12
Melissa W.	July 16
Lakeisha C.	July 16
Geraldine P.	July 16
Joseph S.	July 26
David F.	July 27

Welcome

Medilodge of Grand Blanc would like to Welcome,

Ambassador Unit Manager -

Tracy Meloche

Facility Educator -

Mary Cope

What to Wear to Look and Feel Cool in Warm Weather

Here are some helpful tips to dress cool and feel cool in warm summer weather.

- ✦ Select natural fiber fabrics.
- ✦ Avoid polyester and nylon.
- ✦ Avoid wearing an athletic top or a tank top under a dress shirt.
- ✦ Wear light colors to help reflect the rays of the sun.
- ✦ Use sandals and lighter shoes.

Creative Twists to a Summertime Tradition

Look carefully around almost every cookout, family reunion, beach excursion and get together during the summer and you'll find at least two commonplace food items: the hamburger and hotdog. If you look more closely, you might notice the traditional toppings of mustard, ketchup, tomatoes, onions and lettuce – but rarely anything else. If you're sick of a plain, boring burger, try out some of these unique combinations of toppings to bring some life to your next summer cookout!

The Chicago Dog

You don't need to travel to the windy city to get a famous dog. Start with an all-beef boiled dog on a gently steamed poppy seed bun, then add a generous spear of dill pickle and cucumber with sliced tomatoes, pickled peppers, sweet relish, onion, yellow mustard and celery salt. Try making a burger the same way!

Bruschetta

Ditch the normal bun for the toasted Italian variety, or make your own from a loaf of Italian bread. Toss diced tomatoes, chopped garlic, balsamic vinegar, olive oil, basil and salt together for a savory, umami rich topping to add to the burger or hot dog. To garnish, drizzle with some additional olive oil.

Tiki Style

If you're preparing hot dogs, wrap them in bacon and brush teriyaki sauce over it as it cooks. For burgers, fry the bacon to a crisp, crumble and add to the meat mixture along with a splash of teriyaki sauce before making the patties. Serve on a toasted bun with grilled pineapple, chopped red onion and more teriyaki sauce.

Comfort Food

Try this one at your next family reunion! Mix some garlic and butter together and spread on your buns; toast or grill them to create your "garlic bread." Next, add mashed potatoes, crumbled bacon and green onions. Top with gravy.

French Onion

This works well for both a hot dog and burger. Simply add caramelized onions and Swiss cheese to your preferred cookout staple. Melt the cheese with indirect heat over the grill, then sprinkle with fresh thyme.

Kansas City Dog

Grill up a pork hot dog or sausage and add it to a sesame seed bun with brown mustard, sauerkraut and melted Swiss cheese. Also works well on a burger!

Chilean Completo

A traditional hot dog served in Chile; comprised of chopped tomatoes, a generous serving of mayo, sauerkraut and mashed avocado sauce or guacamole. Make it an Italiano style dog by arranging the tomatoes, mayo and avocado to resemble the Italian flag.



Tips to Prevent Life-Threatening Dehydration



Maintaining adequate fluid balance is an essential component of health at every stage of life, yet can become more challenging as we grow older and more vulnerable to shifts in water balance that can result in dehydration.

Why does hydration matter?

In older adults, adequate fluid consumption has been associated with: fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease.

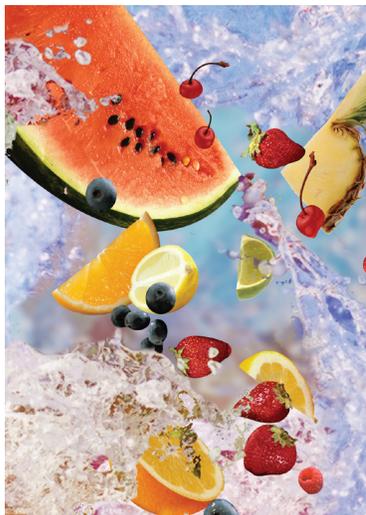
Dehydration can lead to constipation, falls, adverse effects from medications, urinary tract and respiratory infections, delirium, renal failure, seizure, hypo- and hyperthermia. In older adults with other health problems, it can precipitate emergency or repeated hospitalizations among older adults.

The following tips should be practiced for preventing dehydration:

- ♦ **Identify and treat correctable causes** of dehydration such as vomiting and diarrhea.
- ♦ **Observe the color of the urine:** dark, concentrated urine can be a sign of dehydration.
- ♦ **Provide glasses and cups that are not too large or heavy** to handle, and have straws available at the bedside.
- ♦ **During hot weather, be especially attentive** to replacing excessive fluid loss.
- ♦ If you have an older family member or friend in a hospital, nursing home or other facility, **make sure water is within reach.**

For older adults, it's essential to have consistent fluid intake throughout the day, especially because they should not consume large amounts of fluid at one time.

A Juicy, Fun Way To Take Your Vitamins



Watermelon is a fun, nutritious way to make sure you don't get dehydrated; it's 92 percent water!

A two-cup serving of watermelon is an excellent source of vitamins A, B6 and C, and it provides 7 percent of the recommended daily value of potassium, with only 80 calories.

Watermelon is fat-free and also contains fiber. Its beautiful red color comes from all-natural lycopene, an antioxidant that can help keep bodies healthy.

Watermelon can be eaten at any meal and its wonderful snack. Delicious on its own, watermelon is a fantastic ingredient in recipes too! Previously just a summertime treat, tasty watermelon is now available year-round.

Watermelon Ice



Ingredients

- ♦ 1/2 cup water
- ♦ 3/4 cup granulated sugar
- ♦ 2 tbsp. honey
- ♦ 2 tbsp. fresh lemon juice
- ♦ 1/8 tsp. red food color
- ♦ 8 cups seedless watermelon chunks (about a 6 lb. watermelon)
- ♦ 1/2 cup chocolate chips (optional)

Directions

In a medium saucepan, bring the water, sugar, and honey to a boil over high heat, stirring until the sugar is dissolved. Remove from the heat and let cool.

Stir in the lemon juice and food color. Place half of the watermelon chunks and half of the cooled syrup in a blender jar and puree until smooth. Pour into a 9"x13" baking dish and repeat the process with the remaining watermelon and syrup, adding all the pureed mixture to the baking dish. Cover and freeze for 3 to 4 hours, or until frozen 1 inch around the edges.

Stir well to mix up the ice crystals. At this point, stir in the chocolate chips, if desired. Cover and freeze for 4 to 6 more hours, or until completely frozen.

Using an ice cream scoop, scrape the ice into mounds and serve.



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Your Friendly Staff

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Leigh Fleming

Assistant Administrator

Michael Maddox

Director of Nursing

Rob McDaniel

Business Office Manager

Laura Tasiar

Admissions

Tammy Van Wagoner

Respiratory Director

Amanda Mardlin

Recreation Director

Dwayne Kelly

Social Services Director

Debbie Randall

Registered Dietician's

Poonal Patel & Elizabeth Mikulec

Environmental Services Director

Tim Van Wagoner

Office Hours

Weekdays 8:00 A.M. – 5:00 P.M.

Front Receptionist Hours

Monday - Sunday 8:00 A.M. – 8:00 P.M.



July – 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

- BURGER
- CELEBRATE
- FIREWORKS
- FLUIDS
- FOURTH
- HOT DOG
- HYDRATION
- ICE
- JULY
- KETCHUP
- MUSTARD
- PARADE
- PICNIC
- WATER
- WATERMELON