

# My Doctor's Inn

**Main Street  
Gazette  
July 2022**



## Meet our Staff:

Aida Moussa, Director of Operations

Rebecca Holland, Executive Director

Nikki Mason, Director of Community Relations

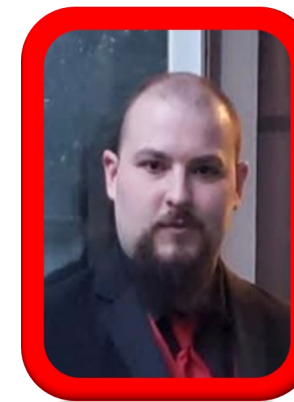
Desiree Rasberry, Assistant Director of Operations

LaMarr Thomas, Director of Dining Services

David Bungard, Senior Maintenance Director

Angela Martin, Director of Life Enrichment

## Associate of the Month



Congratulations to Brett Mason for being associate of the month. Brett is a true asset to MDI, he is compassionate to our residents and goes above and beyond for them on a daily basis.

Keep up the great work Brett, we are truly blessed to have you on our team.

As a unique community, our mission is to serve our seniors with dignity, respect and personalized care along with developing a culture that supports their independence, empowers their individuality and creates a home where they feel honored and loved.

**Being the best... is doing what is RIGHT**

**RESPECT** - Showing respect for others is one of the most important values in the world. Being respectful is an essential element to becoming the best person you can be.

**INTEGRITY** -Is a personal choice based on actions, values, morals and ideals. Doing what is right, for the right reasons, whether or not anyone will know.

**GOING ABOVE AND BEYOND** - Doing what is expected can make you valuable. Going above and beyond makes you exceptional.

**HUMILITY** -Consciously making an honorable choice to forgo our own status and put the wellbeing of others before ourselves so that we can provide selfless service to humanity.

**TEAMWORK** - Coming together is a beginning, staying together is progress, working together is success!



We wish the following residents a wonderful birthday month and an upcoming year filled with many blessings!

Dena L.	July 5th
Jerome C.	July 7th
Russell W.	July 10th
Maryanne S.	July 12th
Betty T.	July 22nd
Ostola A.	July 30th
Charles U.	July 31st





### Resident of the Month

Howard "Joe" Bastuba was born and raised in Detroit, Michigan. He loved playing football and dancing. He worked for the City of Detroit for several years before changing careers and worked for Chrysler as a fire marshal and plant security.

He married his beloved wife Joan in 1953 and shared 52 years of life and love before she passed away. Together they had eight children. The family now includes sixteen grandchildren and twenty-two great grandchildren.

Congratulations Joe, on being chosen as  
Resident of the Month!!



### 7 Daily Energy-Boosting Habits

If you are noticing your energy is lacking more days than not, you might have to boost your energy by making some changes to your routine:

- Make sure you are drinking plenty of water throughout the day. Try swapping out soda or other drinks with water.
- Talk to your doctor if you are always tired or chronically feeling exhausted. You might need bloodwork to check out your thyroid and other body functions.
- Get enough sleep. Try setting a consistent bedtime and wake-up time, as well as stopping your phone scrolling at least one hour before bed.
- Make an appointment with a therapist or counselor to talk about your current mental health strategies.
- Develop good habits that decrease your daily stress, including regular movement and exercise
- Eat! Make sure you are taking your lunch breaks and eating a nutritious breakfast and lunch daily so that you can keep your energy levels up.
- Practice turning bad days around so that you can approach every day with a new and optimistic outlook.



## Dementia, The Thief

It took away your days and nights  
And time became a blur  
It sucked your speech right from your mouth  
And your words became a slur.

It slowly imprisoned you from your life  
When you couldn't walk your miles  
It haunted your sleep and made you scared  
And wiped away your smiles

Because it's not just memory loss  
That dementia brings your soul  
It gives you tortuous unwanted gifts  
To replace the ones it stole.

It switched your radiant laughter and joy  
For agitation, sadness and fear  
And stole your independence  
And made your world became less clear.

Your loved ones watched you disappear  
A little more each day  
They wished, but all so helplessly  
As it stole you right away

And in the end are precious memories  
That you possess no more  
But instead your loved ones treasure them  
Deep within their core.

I do not know if you remember me  
Or if I've been stolen from you too  
But dementia will never ever steal away  
The love I feel for you.

- Hannah Hillier © 2018