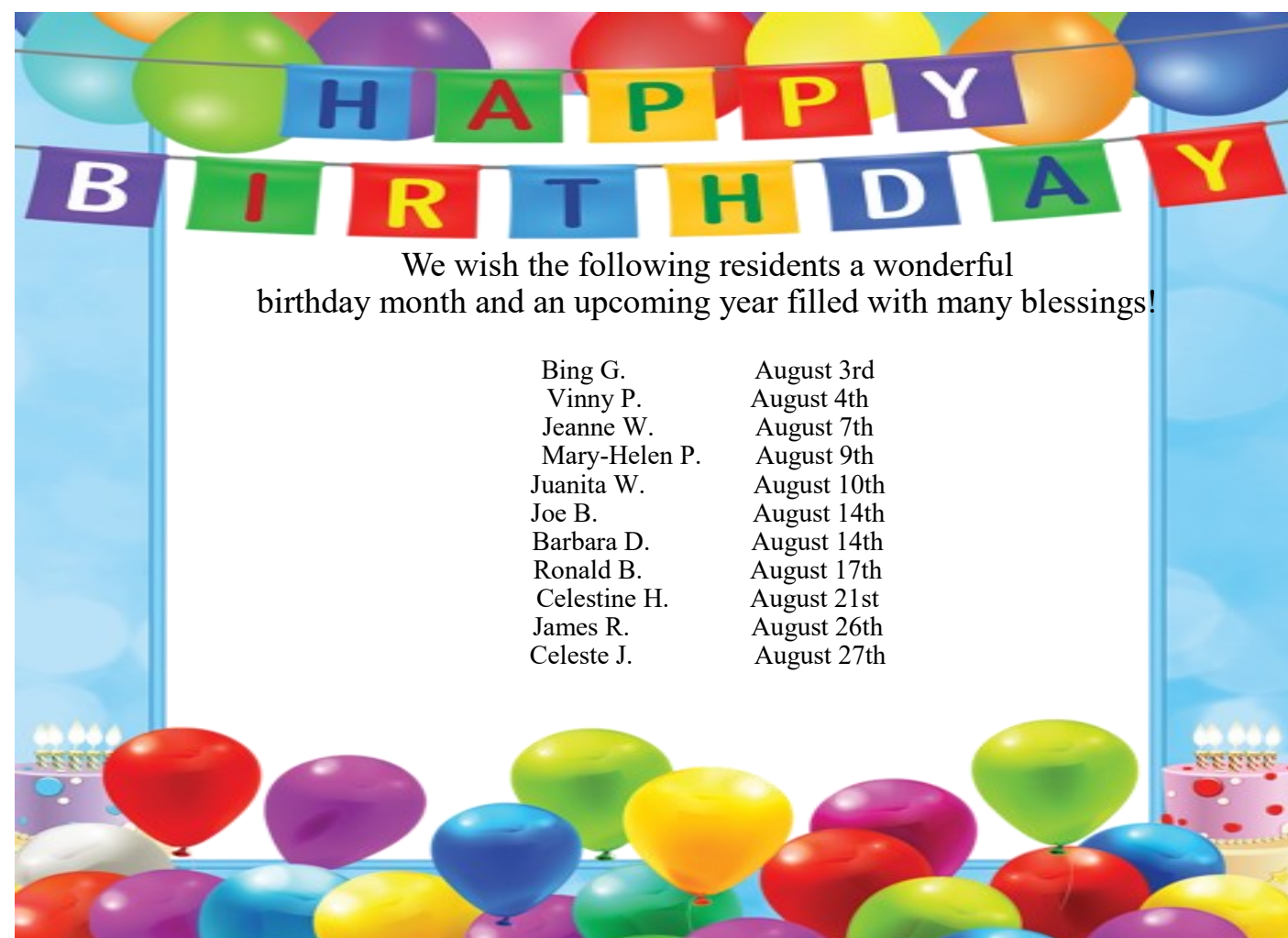




Meet our Staff:

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



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

Bing G.	August 3rd
Vinny P.	August 4th
Jeanne W.	August 7th
Mary-Helen P.	August 9th
Juanita W.	August 10th
Joe B.	August 14th
Barbara D.	August 14th
Ronald B.	August 17th
Celestine H.	August 21st
James R.	August 26th
Celeste J.	August 27th

My Doctor's Inn



Main Street
Gazette
August 2022

Associate of the Month Monisha Bennett



Monisha is a true asset to MDI, she is compassionate to our residents and goes above and beyond for them on a daily basis. She is also an exceptional team player; always helping anywhere that she is need it. Monisha is always trying to make sure our residents are happy! Keep up the great work Monisha. 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!



Joke Corner

What's easy to get into, but hard to get out of?
.....**TROUBLE!**

What did the circle say to the triangle?
.....**I don't see the point!**

What washes up on really small beaches?
.....**Micro-waves!**



August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**

Birthstone: **Peridot**

Flower: **Gladiolus**



Resident of the Month

George "Bing" Gerlach was born at home on August 3rd 1933, in Detroit Michigan. After my sister was born 4 years later, at home. (And interesting side note here, my mother had to be pulled out from under the kitchen table so our sister could be born.

Our parents moved to Warren, Michigan a year after her birth. Our mother told me stories of Bing's youth. I felt very sorry for my parents. What a stinker he must of been. One of his first pets was a goat. Notv a favorite with mom. So, when she had the chance, she traded it for a load of cinders for the driveway. Bing had a paper route as a boy. His customers loved him, even if they weren't sure when the paper might arrive. There were many times Mom got calls from customers to see if Bing was OK because the paper was late. A lot of the time it was because he was having dinner at one of their homes. When he was in his teens, he worked as a caddie for a while. School wasn't a priority for him. Both he and my sister were held back one year due to whooping cough. So, when he turned 17, he joined the Navy. He served on a destroy escort at the end of the Korean War. Returning home after 3 years of service. Using his GI bill benefits to finish high school. After graduating he worked a few odd jobs, like parking cars and laying carpet. He finally got a job with the Warren police department. He was youngest motorcycle patrolman at that time. He eventually left motorcycles for patrol cars. He rose through the ranks, generally the youngest to hold each position. He was in charge of Warren's Swat team when the decision that the city's size required one. His final promotion was Lieutenant, in charge of computerization of the department. He retired after 21 years. He and his wife Janet of 21 years, became flea marketers. Bing was well known for Depression Glass knowledge. Also, learning the art of stained Glass. Janet's knowledge was of old jewelry and clothing. Congratulations Bing, on being chosen Resident of the Month!!

Sunlight in Seniors

As an older adult, sunlight in the right amount, may provide health benefits. Sunlight causes your body to produce vitamin D. Vitamin D bolsters your skeletal health and may reduce the risk of colorectal cancer, hip fractures and vascular events such as stroke or heart attack according to recent research. Geriatrician researcher Ronon Factora, MD, says that sunlight has other hidden benefits. With its power to produce vitamin D it protects against depression, insomnia and an overactive immune system. The researchers say that older adults should adopt balanced approach to sun exposure. Avoid long hours in the sun but try to get a least some exposure to sunshine several days a week but taking into count sun exposure should be tailored to skin type and location because ultraviolet light intensity varies with geography.

