




MARCH

Caring Times



3/4 Linda Lee
3/11 St. Patty's Craft
3/15 St. Patty's Day Parade
3/18 Cooks Club
3/19 Mr. Kris
3/31 Easter Bunny Visits





1 East (989) 778-0027

1 West (989) 891-6301

2 West (989) 778-0713

ADMINISTRATOR:

Kyle Weidman — 1032

FINANCE DIRECTOR:

Jacqueline McCarthy — 1031

CONTROLLER:

Susan Hackenberg — 1036

RECEPTIONIST/ MARKETING:

Alecia Kruse — 1033

BILLING:

Jamie Gasta — 1038

Jodi Dufort — 1039

PURCHASING:

Jill Lebrun — 1040

AP/ FINANCE ANALYST:

Faith Aviles — 1035

PHYSICIAN:

Tazeen Ahmed — 1116

RESTORATIVE LPN's:

Jennifer Ronk — 1094

Mary Thompson — 1097

INFECTION PREV/ INSERVICE NURSE:

Annette Syring — 1061

INFEC. PREV/INSERVICE DIRECTOR:

Michelle Meyer — 1060

DIRECTOR OF QUALITY AND WELLNESS :

Alissa Licht — 1091

PAYROLL:

Renee Panzner — 1037

Kitchen — 1067

Lab — 1099

Beauty Shop — 3001

Cafeteria — 3002

Conference Room — 1041

In-service — 3308

ACTIVITIES :

Cheylo Linzner — 1046

Kati Roper — 1048

DIRECTOR OF DINING SERVICES:

Nick Whiteherse— 1064

REGISTERED DIETITIANS:

Keri Fisher — 1065

HOUSEKEEPING/LAUNDRY:

Susan Samson — 1122

ENVIRONMENTAL SERVICES:

Kyle Sajdak — 1130

Maintenance — 1135

HUMAN RESOURCES DIRECTOR:

Kristal Gonzales — 1102

HR/EMPLOYEE BENEFITS:

Angie Banks — 1101

CENTRAL SUPPLY:

Geralyn Sterner — 1108

MEDICAL RECORDS:

Jennifer Schmitt — 1137

ADMISSIONS COORDINATOR:

Amanda Blasius — 1045

CARE TRANSITIONS NAVIGATOR:

Jessica Vernon

ADMISSIONS CLERK:

Isabell Bond — 1044

Director of Nursing:

Sarah Griffor — 1123

REHAB DIRECTOR:

Deanna Nesbitt — 1140

SOCIAL WORKERS:

Kristy Baldwin, Director 2W— 1052

Julia Madigan 1W — 1053

Jodi DuFort 1E— 1051

MDS COORDINATOR:

Jessica Hugo — 1088

Tabitha Kryszak — 1086

Janine Gulczynski— 1086

Dept. of Health & Human Services Board
Renee Courier Aumock, Chair
Bryan Benchley, Vice Chair
Jill Schmidt, Board Member



Kyle Weidman
Administrator

564 W. Hampton Rd.
Essexville, Michigan 48732
(989) 892-3591 * Fax (989) 892-6991

Dear Residents and Families,

We are thrilled to share some wonderful news with you! Bay County Medical Care Facility is now an official partner of The DAISY Foundation, a renowned organization dedicated to recognizing the extraordinary work of nurses worldwide.

As part of this partnership, we are excited to announce the launch of our DAISY Award program. This program provides you, our valued residents and families, with the opportunity to nominate a nurse who has gone above and beyond in providing exceptional care and support to your loved ones.

If you witness a nurse performing an act of kindness, compassion, or outstanding care that touches your heart, we encourage you to take a moment to nominate them for this prestigious award. Your nomination not only honors their dedication but also serves as a testament to the incredible impact they have on the lives of those they serve.

To nominate a nurse, simply scan the QR code, visit our website or get a nomination form from our front reception desk and return to drop box. Every nomination received will be carefully considered, and the selected nurse will be recognized and celebrated for their remarkable contributions.

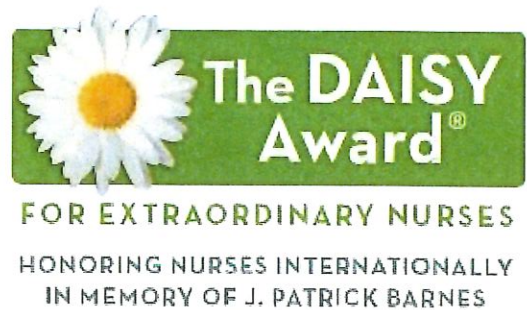
At Bay County Medical Care Facility, we are committed to delivering the highest standard of care, and our partnership with The DAISY Foundation underscores this commitment. Together, we strive to honor the extraordinary efforts of our Nurses and express our gratitude for their unwavering dedication to serving our community.

Thank you for your continued support, and we look forward to celebrating the incredible achievements of our nursing staff with you.

Warm regards,

Kyle Weidman, Administrator

Want to Say Thank You to Your Nurse?



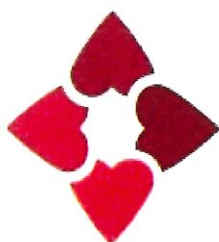
**Share your story of compassionate
and skillful nursing care**

Scan the QR code from your smart phone camera
or type in the website address to access the online
nomination form

URL for online nomination form here



<https://baycountymcf.com/daisy-foundation>



**BAY COUNTY
MEDICAL
CARE FACILITY**



WE CARE FOR OUR RESIDENTS

HAPPY BIRTHDAY

Margaret Badour 3/2

Patricia Gasta 3/4

Joseph Beisel 3/8

Charles Reinke 3/8

Darlene Coleman 3/9

Pamela Krygier 3/11

Patricia Tacey 3/11

Mark Zaucha 3/16

Daniel Polega 3/17

Gary Glowiak 3/24



IN LOVING MEMORY

Harley Holsinger

Mary Lucke

Marjory Hugo

Mildred Sobczak



MARCH 2024 EMPLOYEE OF THE MONTH

AMBER LOW CERTIFIED NURSING ASSISTANT

In recognition of her outstanding dedication and exceptional service, we proudly present Amber Low as our Employee of the Month.

Amber, a compassionate Certified Nursing Assistant (CNA) who began her journey with us on July 27, 2021, has consistent dedication and professionalism in her role.

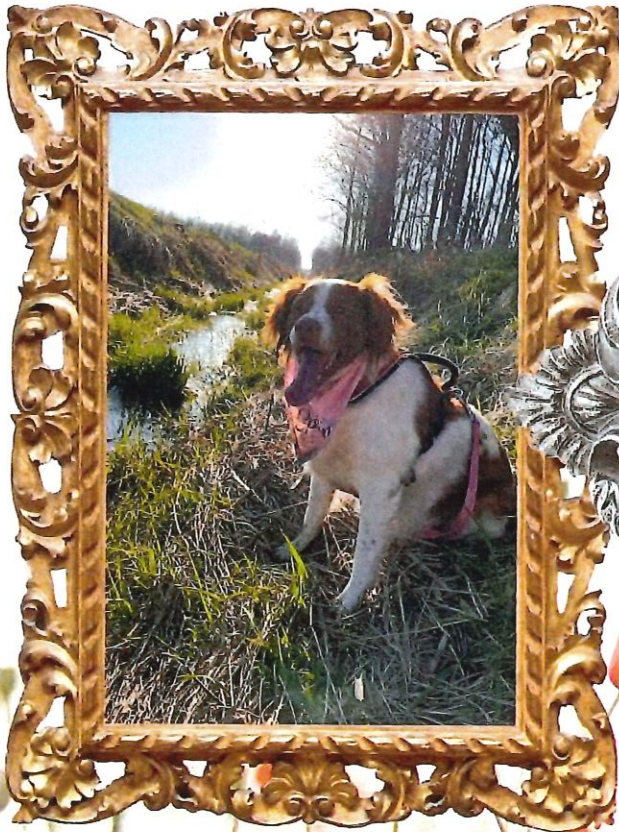
Join us in celebrating her remarkable contributions to our team and the invaluable impact she makes on the lives of those we serve.

CONGRATULATIONS, AMBER!



March

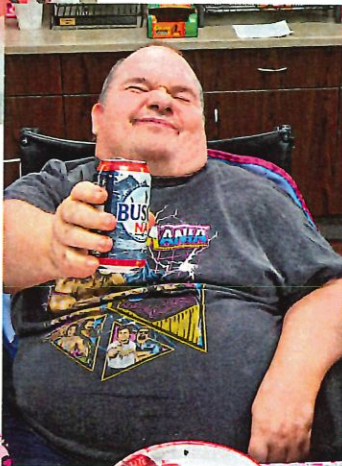
Pet of the Month



Chase is a 3-year-old Brittany Spaniel, his birthday is June 1, 2020! Chase loves the outdoors and running through the woods. He enjoys playing with toys and always has a bone in his mouth. As seen in the pictures, Chase is always dress to impress with his bandannas, when you remove one you have to put one on.

Chase is such a joy to our family!!!

SWEETHEART LUNCH!



WELCOME TO BCMCF

Cassidy Friebe
Alisha Maltby
Linda Owens
Gunnar Phillips
Hunter Roy
Nateanna Schrankler



March Work Anniversaries

Annette Syring
03/06/2001
23 years

Louise Coffindaffer
03/01/2013
11 years

Kimberly Giddings
03/27/2002
22 years

Christina Cervantes
03/07/2013
11 years

Kim Page
03/27/2002
22 years

Rosa Campbell
03/19/2013
11 years

Darla Dodge
03/08/2005
19 years

Tabitha Kryszak
03/24/2014
10 years

Lori Stajkowski
03/29/2007
17 years

Christopher Hunn
03/27/2018
6 years

Paula Hughes
03/05/2009
15 years

Cathleen Dufort
03/17/2020
4 years

Sue Rice
03/05/2009
15 years

Logan Love
03/01/2022
2 years

Kristin Dobbyn
03/15/2010
14 years

Tiffany McDonald
03/22/2022
2 years

Joy Sutter
03/24/2011
13 years

Amanda McPhee
03/07/2023
1 year

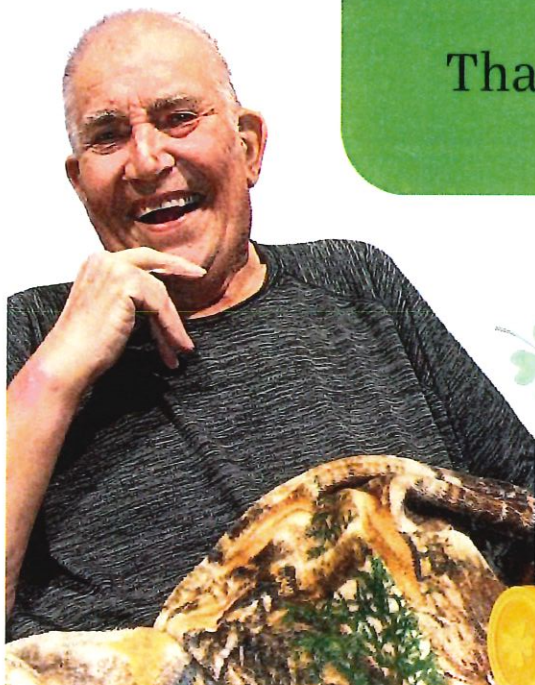
Dennis Lewandowski
03/13/2012
12 years

Kevin Newsham
03/07/2023
1 year

March Resident of the month

Congratulations to our March resident of the Month, Daniel!! Dan is from the Huron County area. He has two brothers and four sisters that visit often. Dan loves to be involved in many activities throughout the facility and always has a smile on his face! In spare time Dan enjoys playing cards and watching sports.

Thank you for being part of our BCMCF family Dan!



FAMILY AND VISITORS

If you are visiting and are planning to take your loved one out of the facility, even it is for an appointment or outing, please be sure to notify nursing staff on the floor your loved one is on and sign them out.

LOST AND FOUND

Missing eyeglasses, jewelry, hearing aids, etc.? Our front Office takes care of our lost and found items. If you notice something is missing, please report the missing item immediately! We are more successful locating missing items when they are reported promptly.

We have lots of items that were turned into our front office. If you are missing something, stop in and see if it's in our Lost and Found.

RESIDENT ROOMS AND FURNITURE

When bringing in furniture or personal electronic equipment for resident rooms, items must first be checked in by the Maintenance Dept. We are asking that you please bring items in from 8AM to 4PM on Weekdays or 8AM to 3PM on Saturdays. Please ask a staff member for assistance.

GUEST MEAL TRAY

The facility is now offering guest trays to our families/visitors. Please see the front office to purchase a ticket.

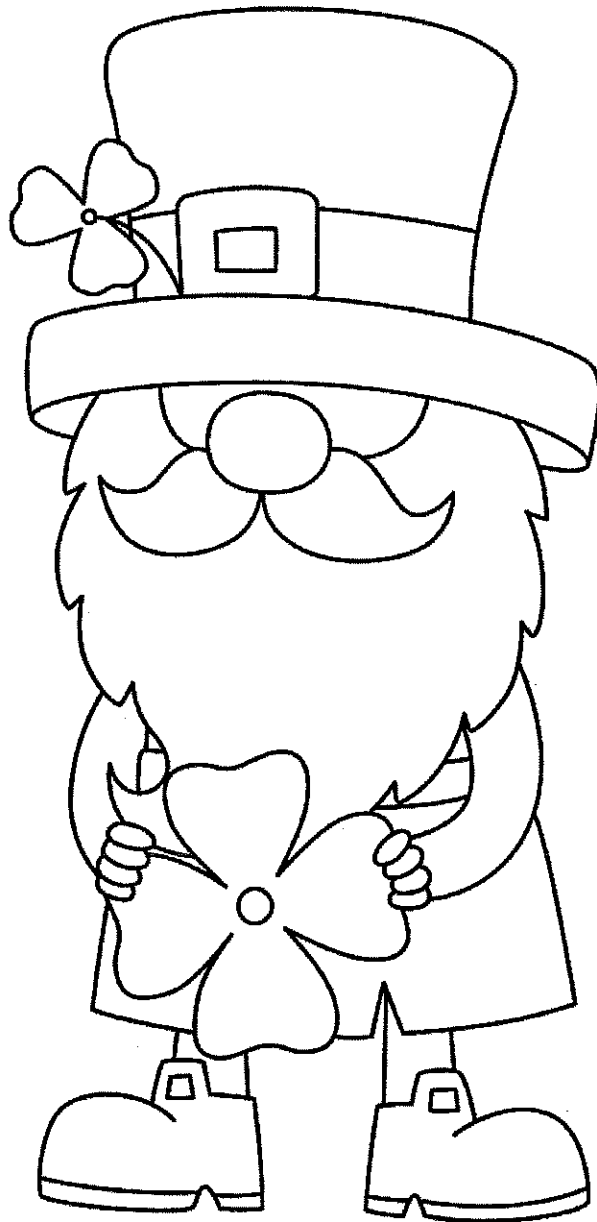
Meals are \$7.00 each.

IF YOU PLAN TO BRING SHOES IN FOR YOUR LOVED ONE

- Make sure they have GOOD SUPPORT
- Make sure they have FIRM SOLES
- Make sure they have NON-SKID BOTTOMS
- Make sure that they are a PROPER FIT

IF YOU HAVE ANY QUESTIONS REGARDING SHOES FOR YOUR LOVED ONE, PLEASE SEE OUR THERAPY DEPARTMENT.

Happy
St. Patrick's
Day!





St. Patrick's Day Word Search



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



CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK



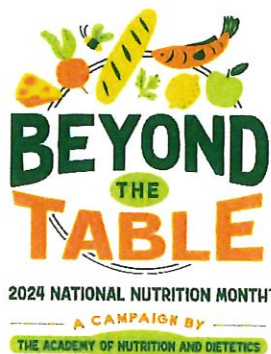
HOW MANY WORDS CAN YOU MAKE FROM

SHAMROCK

Using each letter only once, see how many different words can you make out of "SHAMROCK." Write as many words as you can on the lines below.



- | | |
|-----------|-----------|
| 1. _____ | 16. _____ |
| 2. _____ | 17. _____ |
| 3. _____ | 18. _____ |
| 4. _____ | 19. _____ |
| 5. _____ | 20. _____ |
| 6. _____ | 21. _____ |
| 7. _____ | 22. _____ |
| 8. _____ | 23. _____ |
| 9. _____ | 24. _____ |
| 10. _____ | 25. _____ |
| 11. _____ | 26. _____ |
| 12. _____ | 27. _____ |
| 13. _____ | 28. _____ |
| 14. _____ | 29. _____ |
| 15. _____ | 30. _____ |



Longevity for People and Planet

National Nutrition Month® 2024

Which Diet to Choose?

The **Mediterranean diet**, born out of observations from a study in the 1960s, found that heart disease was linked to fewer deaths in some Mediterranean countries, such as Greece and Italy, than in the U.S. and northern Europe. This eating plan stresses consumption of fruits, vegetables, grains, fish, wine and olive oil, while limiting red meat and foods with added sugars.

The **DASH diet**, which stands for "Dietary Approaches to Stop Hypertension" encourages 4-5 servings each of fruits and vegetables, 6-8 servings of whole grains, 2-3 servings of low-fat or fat-free dairy products, and 6 or less servings of meats low in saturated fats like poultry and fish.

The **MIND diet** which stands for Mediterranean-DASH Intervention for Neurodegenerative Delay, focuses more specifically on foods that have been linked to promote brain health and reduce dementia risk, such as berries, leafy greens, nuts, fish, beans and wine.

Dietitian's Dish

Five Factors Critical to Living a Longer, Healthier Life

In a 2018 study from Harvard University, five key factors were found to promote longevity: a healthy diet, regular exercise, maintaining a healthy weight, not smoking, and moderate alcohol intake.

Healthy diet was defined as one that lowered the risk of hypertension and dementias along with other chronic diseases, like the DASH, MIND and Mediterranean diets (see box at left); regular exercise as at least 30 minutes daily of moderate to vigorous activity; healthy weight by a body mass index of 18.5-24.9; and moderate alcohol intake as up to 1 drink daily max for women, and up to 2 drinks daily max for men.

Researchers reported that individuals who incorporated all five factors in their lives lived up to 14 years longer

than those individuals who did not. Multiple follow up studies supported these findings.

Additional factors were also identified and included: having a purpose in one's life, fostering supportive social connections, regularly taking part in activities that stimulated the brain such as crossword puzzles and Sudoku, getting good quality sleep of at least 8 hours a night, and controlled caloric restriction such as intermittent fasting.



Sensory Changes Affect Our Intake As We Age

How our food tastes is generally the most important aspect for enjoying a meal. But we also eat with our eyes, our nose, even our ears...how a food looks, smells, even sounds when we bite into it contributes to the entire dining experience. Unfortunately, over time, our senses decline. Contributing factors include aging, certain medications, micronutrient deficiencies, as well as poor dentition. Food aromas trigger the release of saliva, stomach acid, and enzymes essential for normal digestion, as well as release the neurotransmitters dopamine and serotonin, causing a feeling of wellbeing, which may help to increase intake.

Consider presentation, colors, textures, and smells along with nutrition during preparation and serving of foods. Creating meals that appeal to all our senses and taking into account these changes over time can help us live longer and healthier lives.

Vitamins for Longevity

Research supports several vitamins found to be essential in promoting longevity in humans: Vitamin K, Selenium, Vitamin D, Omega 3 Fatty Acids, and Magnesium.

Let's look at some foods that are an excellent source of each:

Vitamin K – Spinach, Kale, Broccoli

Selenium – Brazil Nuts, Seafood, Organ Meats

Vitamin D – Sardines, Fortified Milk, Orange Juice and Cereals

Omega 3s – Salmon, Walnuts, Flaxseed

Magnesium – Pumpkin Seeds, Cashews, Almonds

For a longevity-vitamin packed meal, toss two cups of fresh, raw spinach and kale greens with a cup of roasted broccoli florets, a tablespoon of chopped walnuts and top with a seared salmon fillet or grilled shrimp!



A Longevity Powerhouse: The Humble Mushroom

Mushrooms have been eaten and used as food and medicine for thousands of years. Traditional and folk medicine practitioners have used them in a variety of ways for their healing and cleansing properties. Mushrooms are neither a plant nor animal food – they are a type of fungus. But we generally recognize them as a vegetable from a culinary perspective.

Mushrooms are composed of a variety of substances such as polysaccharides, indoles, polyphenols, and carotenoids, and these compounds have been shown to have antioxidant, anti-inflammatory, and anticancer effects. Some studies have also indicated that mushrooms may have protective effects against dementia.

Mushrooms are also good for the gut, as their polysaccharides are food for beneficial gut bacteria called "prebiotics".

Others such as Lion's Mane, Reishi, and Cordyceps are gaining popularity for their known beneficial effects on cognition, with some evidence they increase concentration, memory, brain plasticity, and alertness. These tend to be dried and



























concentrated into powders or pills and taken as dietary supplements.

Dietary mushrooms are naturally low in calories and fat and contain some fiber. They are a good source of B vitamins such as B1, B3, B5 and folate, which give us energy. They also contain some Vitamin D, and the minerals phosphorous, selenium, copper and potassium.

Mushrooms can be eaten raw and are excellent in salads or as a snack with a dip. But many think they become yummiest when cooked. This savory, earthy and rich flavor is called "umami", due to the fungi containing an amino acid called glutamate, which is also found in meats, fish, and cheeses.

You may see mushrooms used as a substitute for meat, such as the large portobella, which when grilled and placed on a bun with lettuce and tomato offers a delicious vegetarian meal option.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 2024 3 10:30 Daily Devotion-W 2:00 Uno-2 3:30 Movie-2 	4 10:30- Spa 1&2 1:30 Exercise- 2 2:00- Linda Lee-2 3:30 Trivia-2 	5 10:30 Yogurt Bark-D 1:30 Exercise- 2 2:00pm Bingo-2 3:30 Rummy-2 	6 10:30 Donut Day- 1&2 1:30 Exercise- 2 2:00 Dennis & Bob-2 3:30 Puzzles-2 	7 10:30 Nail Care 1&2 1:30 Exercise- 2 2:00 Trinity Lutheran-C 2:30 Pam Party-2 	8 10:30 Lets Make A Deal-2 1:30 Exercise- 2 2:00 Craft-1&2 3:30- Movie & Popcorn- W 	9 10:30- Activity Packet W 2:00- Euchre-2 3:30 Sips & Snacks-2 
10 10:00- Daily Devotion-W 2:00- Craft Time- 2 3:30 Yantzee-2 	11 10:30-Spa- 1&2 1:30 Exercise- 2 2:00- St. Patty's Day Craft 1&2 3:30 Jumbo Crossword Puzzle-2 	12 10:30- Float Building- D 1:30 Exercise- 2 2:00- Cooks club/ dining Committee Meeting- 2 3:30 Coloring Murals-2 	13 10:30 Donut Day- 1&2 1:30 Exercise- 2 2:00- High/ Low- 2 3:30 Hangman-2 	14 10:30 Nail Care 1&2 1:30 Exercise- 2 2:00 Lutheran Church Service- 2 2:30 Pie Social-2 3:30 My 2 Cents -2 Pi Day! 3.14 	15 10:30- BINGO-2 1:30 Exercise-2 2:00- St. Patty's Day Parade- W 3:30- Movie & Popcorn- W 	16 10:30 Activity Packet W 2:00 St. Patty's Day Social 2 3:30 Phase10 -2
17 10:30-Daily Devotion-W 2:00-St. Patrick's Day Parade-1 3:30 Movie--1 	18 10:30-Sunshine String Band-2 1:30 Exercise- 2 2:00-Cooks club/ dining Committee Meeting- 2 3:30 Spa-1&2 	19 10:30- Easter Egg Coloring 1&2 1:30 Exercise- 2 2:00- Mr. Kris 2 3:30 The Name Game -2 	20 10:30 Donut Day- 1&2 1:30 Exercise- 2 2:00- Bob Barcalow- 2 3:30 Netflix-2 	21 10:30 10:30 Nail Care 1&2 1:30 Exercise- 2 2:00 Lutheran Church Service- C 2:30 Bingo-2 	22 10:30 Easter Craft 1&2 1:30 Exercise- 2 2:00 Cards-2 3:30- Movie & Popcorn- W 	23 10:30- Activity Packets W 2:00- Happy Hour-2 3:30 Alphabet/ Color Exercise Game-2
24 10:30- Daily Devotions-W 2:00- Board Games-2 3:30 Funny Videos-2 	25 10:30-Spa- 1&2 1:30 Exercise- 2 2:00- Trivia-2 3:30 Lucky Dog Game-2 	26 10:30- Resident Council Meeting-2 1:30 Exercise- 2 2:00-High/Low-2 3:30 Easter Craft 1&2 	27 10:30 Donut Day- 1&2 1:30 Exercise- 2 2:00 Cornhole-2 3:30 Name That Tune- 2 	28 10:30 Nail Care 1&2 1:30 Exercise- 2 2:00 Lutheran Church Service- 2 2:30 Mass-C 3:30 Music Trivia-2 	29 10:30- BINGO Store-2 1:30 Exercise- 2 2:00- BINGO Store-2 3:30- Movie & Popcorn- W 	30 10:30- Activity Packets W 2:00 Easter Social-2 3:30 Spelling Bee-2 
31 10:30 Easter Bunny Visits-W 2:00: Easter Games-2 3:30 Puzzles-2 