November

CARING TIMES

11/4 Sunshine String Band
11/18 Dinning Committee
11/25 Resident Council
11/27 Thanksgiving
11/28 Black Friday
11/28 Cook's Club

BCMCF PHONE DIRECTORY

PHYSICIAN:
TAZEEN AHMED —1116
RESTORATIVE LPN:
JENNIFER RONK — 1094
INFECTION PREV/ INSERVICE :
MICHELLE MEYER — 1060
AMANDA BLASIUS — 1062
DIRECTOR OF QUALITY AND WELLNESS:
ALISSA LICHT — 1091
PAYROLL:
STACEY BOTHE — 1079
SCHEDULER:
JENNA LONG — 1043

CHIEF EXECUTIVE OFFICER:
KYLE WEIDMAN — 1032
FINANCE DIRECTOR:
JACKIE MCCARTHY — 1031
ACCOUNTING:
FAITH AVILES— 1035
ADMINISTRATIVE ASSISTANT:
ALECIA KRUSE — 1033
BILLING:
JAMIE GASTA — 1038
CARE TRANSITIONS COORDINATOR:
JILL LEBRUN — 1040
AP/ FINANCE ANALYST:
AMANDA LYONS— 1036

ACTIVITIES :
CHEYLO LINZNER — 1046
DIRECTOR OF DINING SERVICES:
NICK WHITEHERSE– 1064
REGISTERED DIETITIAN:
PATRICIA PULLEY- 1065
ENVIRONMENTAL SERVICES DIRECTOR:
SUSAN SAMSON — 1122
ENVIRONMENTAL SERVICES:
KYLE SAJDAK — 1130
MAINTENANCE — 1135
HUMAN RESOURCES DIRECTOR:
KRISTAL GOETZ — 1102
HR/EMPLOYEE BENEFITS:
ANGIE BANKS — 1101
CENTRAL SUPPLY:
CAMERON ZIELINSKI — 1103
MEDICAL RECORDS:
HOLLY HARVEY — 1137
(989) 778– 0593

ADMIN. CONFERENCE ROOM– 1055
CONFERENCE ROOM — 1041
IN-SERVICE — 1053
IN-SERVICE CONFERENCE RM- 1049

BEAUTY SHOP — 3001
CAFETERIA — 3002
KITCHEN — 1067
LAB — 1099
DIALYSIS DEN– 1085

ADMISSIONS COORDINATOR:
ISABELL BOND — 1044
ADMISSIONS CLERK:
LISA SPENCER — 1045
DIRECTOR OF NURSING:
SARAH GRIFFOR — 1123
REHAB DIRECTOR:
DEANNA NESBITT — 1140
BUSINESS DEVELOPEMENT DIRECTOR:
JENNIFER DAVIS-- 1077
SOCIAL WORKERS:
KRISTY BALDWIN, DIRECTOR 2W— 1052
JODI DUFORT 1E– 1051
MDS COORDINATOR:
JESSICA HUGO — 1088
TABITHA KRYSZAK — 1086
JESSICA VERNON— 1057

Congratulations to our November Pet of the Month, Snickerdoodle!!

Snickerdoodle is a Lop and Lionhead mixed bunny who belongs to our Business Development Director, Jennifer Davis. He is 7 ½ years old. He's very spoiled and sassy but loves to cuddle and give kisses (only on his terms). Snickerdoodles is smart and has a STRONG personality. He will give you a paw shake, likes to unstack cups and is always ready to go on a car ride.

He is a bright light in his family!

November Anniversaries

1 year
Keyanna Woods
11/11/2024

1 year
Debra Martinez
11/11/2024

2 years
Sharon Maxwell
11/20/2023

3 years
Michele Larner
11/29/2022

7 years
Kayla Prokopenko
11/21/2018

8 years
Cynthia Diehl
11/09/2017

14 years
Carla Laymon
11/04/2011

18 years
Perlita Gonzalez
11/07/2007

30 years
Tina Vermeesch
11/09/1995

EMPLOYEE OF THE **MONTH**

NOVEMBER 2025

Congratulations to Our November Employee of the Month!

We are thrilled to announce that **Mary Konarzewski** is our Employee of the Month for November!

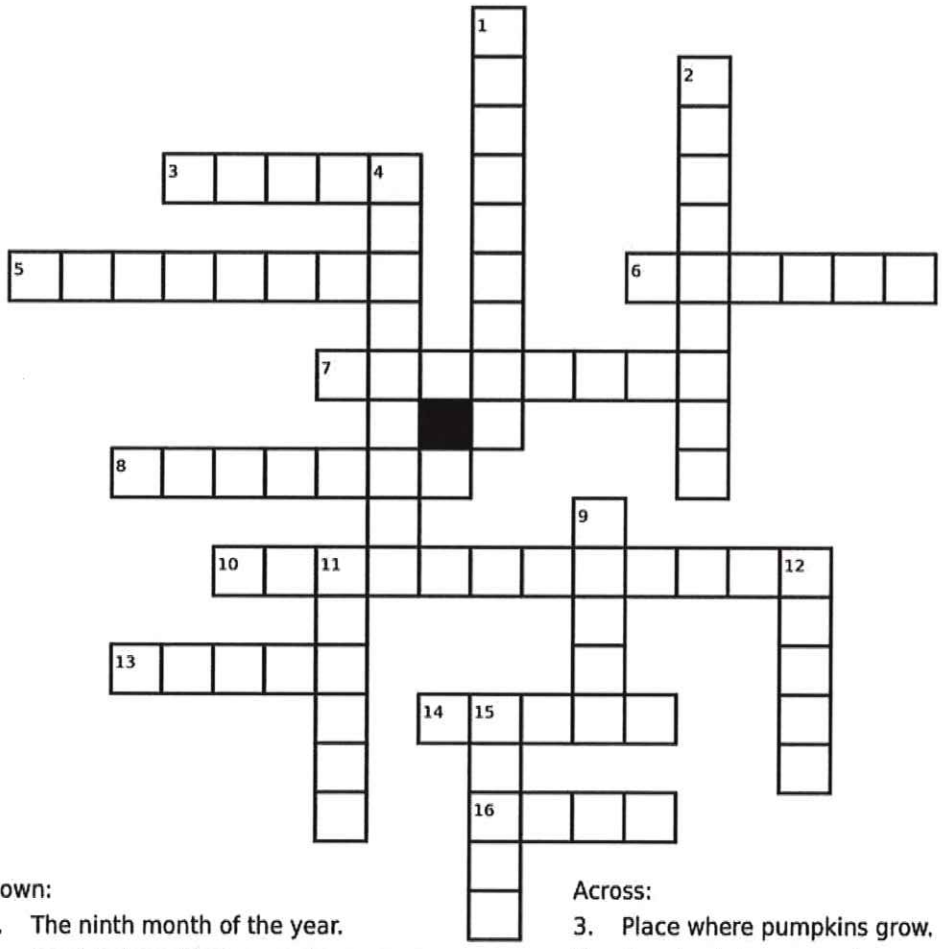
Mary became a part of the BCMCF team on April 5, 2016, joining our Dietary Department as a Dietary Aide. Her wonderful personality makes her a pleasure to work alongside, and she consistently demonstrates pride in her work, which certainly doesn't go unnoticed.

Thank you, Mary, for everything you do! We truly appreciate your dedication.

Mary Konarzewski

Fall CROSSWORD

WRITE IN THE WORDS THAT FIT THE CLUES BELOW
THE MOST CORRECT WORDS WINS.



Down:

1. The ninth month of the year.
2. Used to keep birds away from crops.
4. October 31st
9. Drink made from apples.
11. The season that follows summer.
12. Decorative squash.
15. What we do to pumpkins.

Across:

3. Place where pumpkins grow.
5. Popular Autumn sport.
6. They fall from trees.
7. The eleventh month.
8. Tenth month of the year.
10. The fourth Thursday in November.
13. Classic Halloween costume.
14. Squirrels gather these.
16. A tool to gather leaves in the yard.

NAME _____ SCORE _____

Congrats November Resident!!

Congratulations to our November Resident of the Month, Sharon!

Sharon enjoys small group activities and listening to music. You'll often see Sharon watching some of her favorite shows and enjoying her coffee in room. She is always very welcoming to all and a joy to have at your facility!

Make sure to wish Sharon a BIG Congrats when you see her out.

NOVEMBER

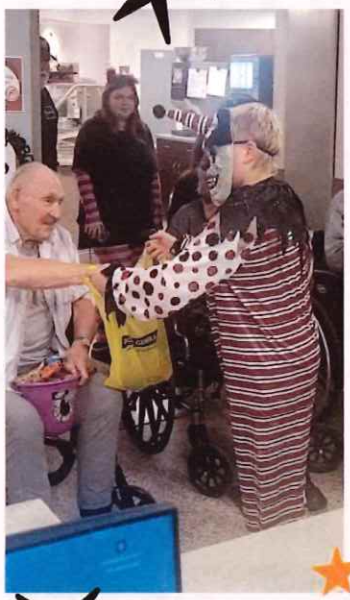
WORD SEARCH

Solve the following puzzle by finding all the hidden words!

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

NOVEMBER
GRATITUDE
FAMILY
FIREPLACE
SCARF
FEAST
AUTUMN
PUMPKIN
LEAVES
ACORN
THANKFUL
FROST
HARVEST
CRANBERRY
COZY
BONFIRE
TURKEY
GATHER

HAPPY HALLOWEEN!




meijer

We Care for our Residents

Happy Birthday

Barbara Niedzwiecki 11/4

Sharon Voorhees 11/12

Deborah Greer 11/14

Shirley Jankowski 11/15

Lisa Kapala 10/17

Jean Schnettler 10/17

Kathleen Priest 11/19

William Strachan 11/27

Nourished LIFE

Dietitian's Dish

Sweet Balance

A Fresh Look at Blood Sugar for Healthy Aging

As we age, our bodies become less efficient at using insulin, the hormone that helps regulate blood sugar. This can lead to higher-than-normal blood sugar levels—even in people who haven't been diagnosed with diabetes.

Monitoring blood sugar and making small lifestyle changes can help prevent or delay the onset of type 2 diabetes and support overall health.

Did you know? Nearly 1 in 3 adults over age 65 has prediabetes, but most don't know it. Early awareness and action can make a big difference.

What Are Carbohydrates?

Carbohydrates are one of the body's main sources of energy. When consumed, they are broken down into glucose (sugar), which enters the bloodstream and raises blood sugar levels.

Protein and fat have little to no impact on blood sugar. They both have distinct roles in our bodies and when eaten with carbs, may help slow digestion thus decreasing incidence of blood sugar spikes.

How Carbs Affect Blood Sugar

The impact of carbohydrates on blood sugar depends on:

→ Type of carbohydrate (simple vs. complex)

→ Fiber content

→ Portion size

→ Presence of fat or protein in the meal

What Are Added Sugars?

Sugars and syrups that are added to foods and beverages during processing or preparation. They are not naturally occurring like the sugars found in fruits, vegetables, or milk.

Tech Spotlight

Continuous Glucose Monitors (CGMs) are wearable devices tracking blood sugar levels in real time, providing valuable insights throughout the day and night—without fingersticks. CGMs help detect blood sugar highs and lows that might otherwise go unnoticed, especially overnight or between meals.

They reduce the burden of frequent testing and can improve confidence in managing diabetes.

TIPS FOR MANAGING BLOOD SUGAR AT ANY STAGE

Whether you're preventing diabetes or managing it, these strategies can help:

BALANCE YOUR PLATE

Include lean protein, fiber-rich carbs (like beans or whole grains), and healthy fats at each meal.

MOVE MORE

Aim for 30 minutes of physical activity most days—walking, gardening, or chair yoga all count!

STAY HYDRATED

Water helps your body use insulin more effectively.

MANAGE STRESS

Chronic stress can raise blood sugar. Try deep breathing, stretching, or talking with a friend.

MYTH BUSTER

"If I don't have diabetes, I don't need to worry about blood sugar."

FACT

Blood sugar balance is important for everyone. Even without a diagnosis, high blood sugar can increase the risk of heart disease, nerve damage, and cognitive decline. Prevention starts with awareness.

Why Food Order Matters

The sequence in which you eat carbohydrates, proteins, fats, and fiber can influence how quickly glucose enters your bloodstream. This can help reduce blood sugar spikes and improve insulin response—especially important for people with diabetes, prediabetes, or insulin resistance.

RECOMMENDED EATING ORDER

→ Fiber-rich vegetables (e.g., leafy greens, broccoli)

→ Proteins and healthy fats (e.g., chicken, fish, avocado, nuts)

→ Starches and sugars (e.g., rice, bread, fruit)

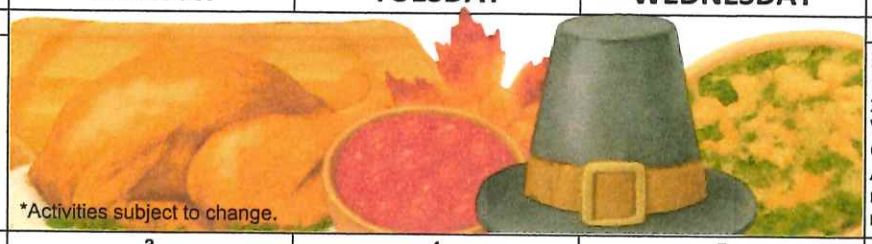
HOW IT HELPS

Fiber first slows gastric emptying and carbohydrate absorption. Protein and fat further delay digestion, leading to a more gradual rise in blood sugar. Carbs last means glucose enters the bloodstream more slowly, reducing spikes.

CALL TO ACTION

Talk to your registered dietitian or healthcare provider about your blood sugar. Ask about screenings, personalized nutrition plans, or joining a wellness program near you.

NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 8:30am Heart to Heart- R 10:30am Snack Pass-R 1:30pm Independent Leisure-R 2:00pm Movie & Popcorn-1 3:15pm Games-1	 *Activities subject to change.			MEETING PLACES R=Room D=Dinning Room 1= 1st Floor Activity Room 2=Rec Room W= Wings C= Chapel O= Outside All Activities are adaptive to meeting each individuals needs	Activity visits and social contacts visits occur daily. Please see Activities if in-room leisure materials are needed.Materials for independent leisure activities are available 24/7 in the dinning room.	1 8:30am Heart to Heart- R 10:30am Activity Packet Pass-R 1:30pm Independent Leisure-R 2:00pm Movie & Popcorn-1 3:15pm Reminscing-1
2 8:30am Heart to Heart- R 10:30am Snack Pass-R 1:30pm Independent Leisure-R 2:00pm Virtual Church-1 3:15pm Coloring Corner-1	3 8:30am Heart to Heart- R 10:30am Spa-1 1:30pm Exercise -2 2:00pm Bingo-2 3:15pm Left, Right, Center-2 6:30pm Wordsearches-D	4 8:30am Heart to Heart- R 10:30am Sunshine String Band-2 1:30pm Exercise -2 2:00pm High/Low-2 3:15pm Residents Choice-2 Happy Birthday Barb N!	5 8:30am Heart to Heart- R 10:30am Coffee Hour-1 1:30pm Exercise -2 2:00pm Euchre-2 3:15pm Bloopers & Beer-2 6:30pm Puzzles-D	6 8:30am Heart to Heart- R 10:30am Nail Care-D 1:30pm Exercise -2 2:00pm Lutheran Service-C 2:30pm Rosary-C 6:30pm Craft Night-1	7 8:30am Heart to Heart- R 10:30am Bingo-2 1:30pm Exercise -2 2:00pm Singfit-2 3:15pm Popcorn Pass-R 630pm Coloring Corner-D	8 8:30am Heart to Heart- R 10:30am Activity Packet Pass-R 1:30pm Independent Leisure-R 2:00pm Farkle-1 3:15pm Fall Craft-1
9 8:30am Heart to Heart- R 10:30am Snack Pass-R 1:30pm Independent Leisure-R 2:00pm Movie & Popcorn-1 3:15pm Games-1	10 8:30am Heart to Heart- R 10:30am Bingo-2 1:30pm Exercise -2 2:00pm Veterans Ceremony-2 3:15pm Spa-1 6:30pm Puzzles-D	11 8:30am Heart to Heart- R 10:30am Bake Club-1 1:30pm Exercise -2 2:00pm Swival Stix-2 3:15pm Veterans Day Social-2 Veterans Day!	12 8:30am Heart to Heart- R 10:30am Coffee Hour-1 1:30pm Exercise -2 2:00pm Bob Barcalow-2 3:15pm Happy Hour-2 National Happy Hour Day! Happy Birthday Jeanne, Sharron V!	13 8:30am Heart to Heart- R 10:30am Nail Care-D 1:30pm Exercise -2 2:00pm Lutheran Service-C 2:30pm Rosary-C 6:30pm Reminscing-D	14 8:30am Heart to Heart- R 10:30am Bingo-2 1:30pm Exercise -2 2:00pm Finnigans Cross-2 3:15pm Popcorn Pass-R 6:30pm Reminscing-D Happy Birthday Deborah!	15 8:30am Heart to Heart- R 10:30am Activity Packet Pass-R 1:30pm Independent Leisure-R 2:00pm Movie & Popcorn-1 3:15pm Craft Corner-1 Happy Birthdat Shirley J!
16 8:30am Heart to Heart- R 10:30am Snack Pass-R 1:30pm Independent Leisure-R 2:00pm Virtual Chruch-1 3:15pm Two Truths & A Lie-1	17 8:30am Heart to Heart- R 10:30am Spa-1 1:30pm Exercise -2 2:00pm Bingo-2 3:15pm Yahtzee-2 6:30pm Coloring Corner-D Happy Birthday Lisa K!	18 8:30am Heart to Heart- R 10:30am Dining Committee-1 1:30pm Exercise -2 2:00pm Mr.Kris-2 3:15pm Apple Cider Social-2 National Apple Cider Day!	19 8:30am Heart to Heart- R 10:30am Coffee Hour-1 1:30pm Exercise -2 2:00pm Bingo-2 3:15pm Uno-2 6:30pm Name That Jingle-1 Happy Birthday Kathleen P!	20 8:30am Heart to Heart- R 10:30am Mass-C 1:30pm Exercise -2 2:00pm Lutheran Service-C 2:30pm November Birthday Party-2 6:30pm Puzzles-D	21 8:30am Heart to Heart- R 10:30am Singfit-1 1:30pm Exercise -2 2:00pm Rev. Zimmerman-C 3:15pm Popcorn Pass-R 6:30pm Reminscing-D	22 8:30am Heart to Heart- R 10:30am Activity Packet Pass-R 1:30pm Independent Leisure-R 2:00pm Roll a Memory Dice Game-1 3:15pm Puzzles-1
23 8:30am Heart to Heart- R 10:30am Snack Pass-R 1:30pm Independent Leisure-R 2:00pm Movie & Popcorn-1 3:15pm Reminscing-1	24 8:30am Heart to Heart- R 10:30am Spa-1 1:30pm Exercise -2 2:00pm Bingo-2 3:15pm Left, Right, Center-2 6:30pm Puzzles-D	25 8:30am Heart to Heart- R 10:30am Resident Council-1 1:30pm Exercise -2 2:00pm Rootbeer Floats-2 3:15pm Euchre-2 6:30pm Wordsearches-D	26 8:30am Heart to Heart- R 10:30am Coffee Hour-1 1:30pm Exercise -2 2:00pm High/Low-2 3:15pm Im Thankful For..-1 6:30pm Card Night-1	27 8:30am Macys Day Parade-R 10:30am Nail Care-D 1:30pm Exercise -2 2:00pm Thanksgiving Social-2 2:30pm Thanksgiving Dice Game-2 Thanksgiving! Happy Birthday John E BIll S	28 8:30am Heart to Heart- R 10:30am Black Friday Bingo Store-2 1:30pm Exercise -2 2:00pm Bingo Store-2 3:15pm Popcorn Pass-R 6:30pm Coloring Corner-D	29 8:30am Heart to Heart- R 10:30am Activity Packet Pass-R 1:30pm Independent Leisure-R 2:00pm Baking w/ Brooke-1 3:15pm Reminscing-1

Bay County Medical Care Facility