

The background is a collage of various heart shapes in shades of pink, red, and purple. A large, light pink heart is the central focus, containing a list of events. To the left, a stylized rainbow arches across the page, with its bands decorated with white dots and a white heart with a red lightning bolt. The overall theme is love and community.

# FEBRUARY

*Caring Times*

2/4 MR. KRIS

2/11 BOB BARCALOW

2/16 SUNSHINE STRING BAND

2/14 VALENTINE PARTY

2/24 RESIDENT COUNCIL

2/25 DIAMOND ART

CRAFT

**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.**

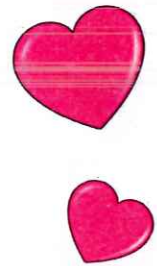
**RESIDENT ROOMS  
AND FURNITURE**

**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.**

**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 at the front reception desk.**



**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.**



**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.**

# ATTENTION BCMCF FAMILIES

WE HAVE A ROOM AT THE FACILITY THAT IS AVAILABLE FOR FAMILY USE. IF YOU ARE LOOKING TO BOOK THE CALENDAR FOR AN EVENT HERE IN THAT ROOM, PLEASE SEE ALECIA AT THE FRONT DESK OR SOMEONE IN THE BUSINESS OFFICE.  
THANK YOU

	FRIDAY	SATURDAY	SUNDAY	
	12	13	14	

# National Activity Week



**A SPECIAL THANK YOU TO OUR ACTIVITY DEPARTMENT, FOR YOUR CREATIVITY, COMPASSION, AND JOY YOU BRING EVERY DAY! YOU MAKE MOMENTS MEANINGFUL AND SMILES ENDLESS!**

# FEBRUARY

## RESIDENT OF THE MONTH



**CONGRATULATIONS TO OUR RESIDENT OF FEBRUARY, DONNA! DONNA IS FROM THE BAY AREA AND HAS TWO CHILDREN IN THE COMMUNITY. DONNA IS VERY INVOLVED IN OUR ACTIVITIES. IN SPARE TIME SHE WILL WATCH TV AND LOVES BEING OUTDOORS ON A NICE SUNNY DAY AND WILL NEVER TURN DOWN A ROAD TRIP! YOU WILL OFTEN SEE DONNA OUT TAKING A DAILY STROLL AND VISITING WITH EVERYONE. WE TRULY ENJOY HAVING DONNA HERE AS PART OF OUR BCMCF FAMILY. SHE ALWAYS HAS A SMILE ON HER FACE AND JOY TO BE AROUND!**

# FEBRUARY 2026 EMPLOYEE OF THE MONTH



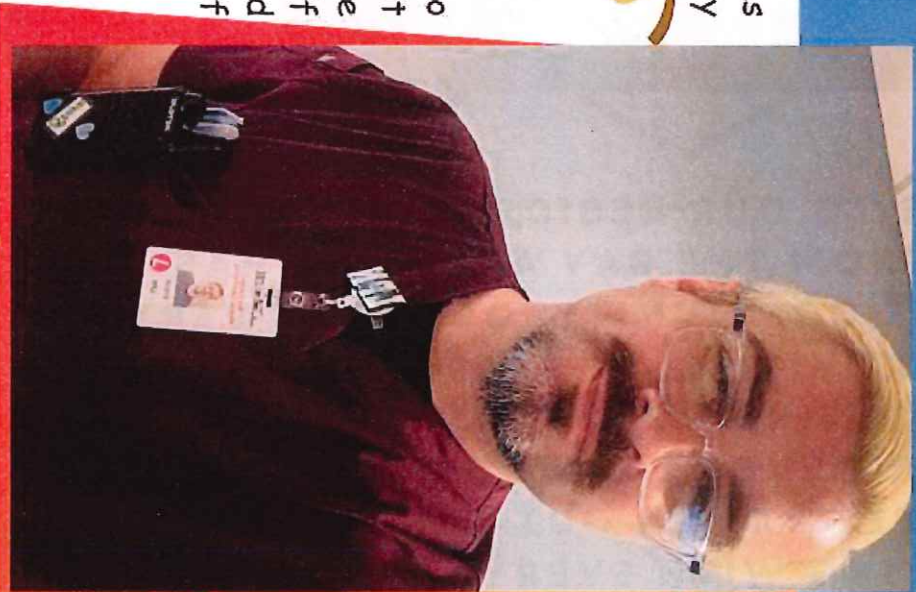
## STEVEN LAPOINTE L.P.N.

We are thrilled to announce that Steven LaPointe has been named the Employee of the Month for February at Bay County Medical Care Facility.

- \*\*Position:\*\* Licensed Practical Nurse (L.P.N.)
- \*\*Employment Start Date:\*\* September 30, 2024

Steven consistently exemplifies a commitment to excellence, providing our residents with the highest quality of care. His eagerness to help and positive demeanor make him a reliable resource for both staff and residents. With his humble, friendly, and approachable nature, he truly is a valued member of our BCMCF team. Thank you for all you do!

**Congratulations,  
Steven!**





## Seed Oils: Friend or Foe?

Seed oils have been making headlines lately, leaving many people questioning whether they are harmful or heart-healthy.

Let's break down the facts.

Seed oils and vegetable oils are terms often used interchangeably; both are derived from the seeds of plants like flaxseed, safflower, and canola. They are an important source of essential fatty acids that bodies cannot produce on their own. As a result, it is necessary to obtain them through our diet.

All oils contain a mix of fats: monounsaturated (MUFA), polyunsaturated (PUFA), and saturated fats (SFA). For example, canola oil is about 63% MUFA, 28% PUFA, and 7% SFA, while coconut oil is roughly 6% MUFA, 2% PUFA, and 92% SFA.

Each type plays a different role in health. A high intake of saturated fats lead to increased risk of heart disease and stroke. Saturated fats, commonly found in animal-based products like butter and lard, should be limited.

One of the key components of seed oils is linoleic acid, found in chicken, eggs, and walnuts. As an essential omega-6 fatty acid, linoleic acid support heart health, brain function, and skin integrity when consumed in moderation.

Omega-3 fatty acids, convert to DHA and EPA, which are well known for their anti-inflammatory benefits. Rich sources of omega-3 include salmon, flax seeds, and avocado.

*(continued)*

## Types of Fats & Oils: What's in Your Kitchen

### MUFAs

*monounsaturated*

- Olive Oil
- Canola Oil
- Almonds/Almond Oil
- Peanut Butter
- Avocados

### PUFAs

*polyunsaturated*

- Canola Oil
- Safflower Oil
- Flaxseed Oil
- Salmon
- Walnuts/Walnut Oil

### SFAs

*saturated*

- Coconut Oil
- Palm Oil
- Butter
- Lard
- Meats (chicken, beef, pork)
- Full Fat Dairy

## ULTRA-PROCESSED FOODS

Seed oils have developed a bad reputation largely in part because they are included in most ultra-processed foods.

Ultra-processed foods are viewed negatively because they tend to be unhealthy, containing high levels of calories, sugar, sodium, and fats.

People in the United States consume over 50% of their calories from ultra-processed foods and the trend is increasing. The increase in poorer health outcomes for Americans is in large part due to the increased consumption of these convenience foods. Seed oils, alone are not contributing to poor health.

Overall, the goal is to reduce intake of ultra-processed foods.



### References:

1. Table 3. [Fat Composition of Oils, Lard, Butter, and Margarine]. - Endotext - NCBI Bookshelf
2. Dietary Fats and Cardiovascular Disease: A Presidential Advisory From the American Heart Association – PubMed
3. Red Blood Cell Omega-6 Fatty Acids and Biomarkers of Inflammation in the Framingham Offspring Study – PubMed
4. Five things to know about seed oils and your health
5. Nutrition Fact Check: Seed Oils
5. Ultraprocessed Foods Account for More than Half of Calories Consumed at Home | Johns Hopkins | Bloomberg School of Public Health



## Seed Oils (continued)

Reducing our intake of saturated fats and replacing them with unsaturated fats, mostly PUFAs, can significantly reduce the risk of cancer and heart disease. In some randomized control trials, people making this swap were able to reduce their risk of cardiovascular disease (CVD) by 30%! Research has found that higher intake of linoleic acid may also improve blood sugars and weight management.

Additionally, tallow has gotten a lot of buzz in the media recently, it is important to note that replacing seed oils with alternatives like tallow is not recommended. Tallow, which is rendered from animal fat, is high in saturated fats and can put us at

risk for poorer health outcomes and increased CVD.

**Bottom line:** Seed oils provide essential nutrients and can be part of a healthy, balanced diet. Moderation and variety remain key to supporting overall health.



# 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 LIGHT — 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**



# February Work Anniversaries

**James Kontranowski**

**2.3.25**

**1 year**

**Mike Dafoe**

**2.3.17**

**9 years**

**Sharon Pacholka**

**2.4.16**

**10 years**

**Susan Samson**

**2.6.95**

**31 years**

**Ashley Kidwell**

**2.8.08**

**18 years**

**Amy Walraven**

**2.11.19**

**7 years**

**DeeAnn Houser**

**2.12.04**

**22 years**

**Naomi Parish**

**2.14.25**

**1 year**

**Alissa Licht**

**2.17.00**

**26 years**

**Megan Pickell**

**2.20.25**

**1 year**

**Arica Biniecki**

**2.21.23**

**3 years**

**Evan Martek**

**2.22.13**

**13 years**

**Jan Sevilla**

**2.22.13**

**13 years**

**Cheryl Casto-Nephew**

**2.23.16**

**10 years**

**Cindy Socier**

**2.25.00**

**26 years**

**Sara St Peter**

**2.27.25**

**1 year**

**Carol Goik**

**2.27.14**

**12 years**

# FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>8:00am Heart to Heart Visits-R 10:30am Snack Pass-R 10:30am Independent Leisure-R 2:00pm Games-1 3:15pm More Games-1</p>	<p>2</p> <p>8:00am Heart to Heart Visits-R 10:30am Bingo-2 1:30pm Exercise-2 2:00pm Linda Lee-2 3:15pm Ground Hog Day Puzzles-2 GROUND HOG DAY</p>	<p>3</p> <p>8:00am Heart to Heart Visits-R 10:30am Bake Club-D 1:30pm Exercise-2 2:00pm Margaritas-2 3:15pm Margarita History &amp; Puzzle-2</p>	<p>4</p> <p>8:00am Heart to Heart Visits-R 10:30am Coffee &amp; Donuts-1 1:30pm Exercise-2 2:00pm February Birthday Party w/ Mr. Kris-2 3:15pm Farkle-2 6:30pm Socializing-D</p>	<p>5</p> <p>8:00am Heart to Heart Visits-R 10:30am High/Low-2 1:30pm Exercise-2 2:00pm Lutheran Service-C 2:30pm Yachtzee-2 3:15pm Cards-2</p>	<p>6</p> <p>8:00am Heart to Heart Visits-R 10:30am Bingo-2 1:30pm Exercise-2 2:00pm Sing Ft-1 3:15pm Popcorn Pass-R 6:30pm Puzzles-D</p>	<p>7</p> <p>8:00am Heart to Heart-R 10:30am Activity Packet Pass-R 1:30pm Independent Leisure-R 2:00pm Valentines Crafts-1 3:15pm Left, Right, Center-1</p>
<p>8</p> <p>8:00am Heart to Heart Visits-R 10:30am Veggie Pass-R 1:30pm Independent Leisure-R 2:00pm SuperBowl Party-2 3:15pm Lets Talk Football-2</p>	<p>9</p> <p>8:00am Heart to Heart Visits-R 10:30am Bingo-2 1:30pm Exercise-2 2:00pm Cooks Club-1 3:15pm Left, Right, Center-2 6:30pm Coloring Pages-D</p>	<p>10</p> <p>8:00am Heart to Heart Visits-R 10:30am Bake Club-1 1:30pm Exercise-2 2:00pm Swval Stixs-2 3:15pm Valentines Day Floats w/ Amara Hospice-2</p>	<p>11</p> <p>8:00am Heart to Heart Visits-R 10:30am Coffee &amp; Donuts-1 1:30pm Exercise-2 2:00pm Bob Barcalow-2 3:15pm Uno-2 6:30pm Puzzles-D</p>	<p>12</p> <p>8:00am Heart to Heart Visits-R 10:30am Nail Care-D 1:30pm Exercise-2 2:00pm Lutheran Service-C 2:30pm Happy Hour-2 3:15pm Crafts-2</p>	<p>13</p> <p>8:00am Heart to Heart Visits-R 10:30am Valentines Day Social-D 1:30pm Exercise-2 2:00pm Bingo-2 3:15pm Popcorn Pass-R 6:30pm Wordsearches-D</p>	<p>14</p> <p>8:00am Heart to Heart-R 10:30am Activity Packet Pass-R 1:30pm Independent Leisure-R 2:00pm Valentines Day Cards-1 3:15pm Red, White &amp; Pink Trivia-1</p>
<p>15</p> <p>8:00am Heart to Heart Visits-R 10:30am Snack Pass-R 1:30pm Independent Leisure-R 2:00pm Movie &amp; Popcorn-1 3:15pm Reminiscing-1</p>	<p>16</p> <p>8:00am Heart to Heart Visits-R 10:30am Sunshine String Band-1 1:30pm Exercise-2 2:00pm Presidents Day Social-2 3:15pm Oval Office Trivia-2</p>	<p>17</p> <p>8:00am Heart to Heart Visits-R 10:30am Bingo-2 1:30pm Exercise-2 2:00pm Mardi Gras Party-2 3:15pm Mardi Gras Beads Coloring-2</p>	<p>18</p> <p>8:00am Heart to Heart Visits-R 10:30am Coffee &amp; Donuts-1 1:30pm Exercise-2 2:00pm High/Low-2 3:15pm Rooterbeer Floats-2 6:30pm Card Night-1 Ash Wednesday!</p>	<p>19</p> <p>8:00am Heart to Heart Visits-R 10:30am Board Games-1 1:30pm Exercise-2 2:00pm Lutheran Service-C 2:30pm Crafts-2 3:15pm Wort You Be My Neighbor-2</p>	<p>20</p> <p>8:00am Heart to Heart Visits-R 10:30am Bingo-2 1:30pm Exercise-2 2:00pm Rev. Zimmerman-C 3:15pm Popcorn Pass-R 6:30pm Puzzles-D</p>	<p>21</p> <p>8:00am Heart to Heart-R 10:30am Activity Packet Pass-R 1:30pm Independent Leisure-R 2:00pm Munchies &amp; Margaritas-1 3:15pm Tongue Twisters-1</p>
<p>22</p> <p>8:00am Heart to Heart Visits-R 10:30am Church Packet Pass-1 1:30pm Independent Leisure-R 2:00pm Movie &amp; Popcorn-1</p>	<p>23</p> <p>8:00am Heart to Heart Visits-R 10:30am Spa-1 1:30pm Exercise-2 2:00pm Bingo-2 3:15pm Reminiscence about Baking-2 6:30pm Tea Time-1</p>	<p>24</p> <p>8:00am Heart to Heart Visits-R 10:30am Resident Council-1 1:30pm Exercise-2 2:00pm Chip &amp; Dip Social-2 3:15pm Corn Crunch Quiz-2</p>	<p>25</p> <p>8:00am Heart to Heart Visits-R 10:30am Coffee &amp; Donuts-1 1:30pm Exercise-2 2:00pm Bingo-2 3:15pm Diamond Art Craft-2 6:30pm Wordsearches-D</p>	<p>26</p> <p>8:00am Heart to Heart Visits-R 10:30am Nail Care-D 1:30pm Exercise-2 2:00pm Lutheran Service-C 2:30pm Mass-C 3:15pm Scrabble-2</p>	<p>27</p> <p>8:00am Heart to Heart Visits-R 10:30am Bingo Store-2 1:30pm Exercise-2 2:00pm Bingo Store-2 3:15pm Popcorn Pass-R 6:30pm Puzzles-D</p>	<p>28</p> <p>8:00am Heart to Heart-R 10:30am Activity Packet Pass-R 1:30pm Independent Leisure-R 2:00pm Book Club-1 3:15pm Farkle-1</p>

\*Activities subject to change.



**MEETING PLACES**

R=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 & social contacts will occur daily. Please see Activities if in-room leisure materials are needed. Materials for independent leisure activities are available 24/7 in the dining room.

\*Activities subject to change.