



JULY



Caring Times

July Birthdays Celebration - 07/01

Scrapbooking Club - 07/10

Independence Day + Social - 07/04

BCMCF Car Show - 07/23

Resident Council - 07/30



RESIDENT INFORMATION



Lost + 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.

Family + Visitors

IF YOU ARE VISITING AND ARE PLANNING TO TAKE YOUR LOVED ONE OUT OF THE FACILITY, EVEN IF 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 OFFICE.

Resident Rooms + Furniture

WHEN BRINGING IN FURNITURE OR PERSONAL ELECTRONIC EQUIPMENT FOR RESIDENT ROOMS, ITEMS MUST FIRST BE CHECKED IN BY THE MAINTENANCE DEPARTMENT. WE ARE ASKING THAT YOU PLEASE BRING ITEMS IN BETWEEN 8 O'CLOCK IN THE MORNING AND 3 O'CLOCK IN THE AFTERNOON DURING THE WEEKDAYS. DURING THE WEEKEND WE REQUEST THE ADDITIONAL ITEMS BE BROUGHT IN BETWEEN 8 O'CLOCK IN THE MORNING AND 3 O'CLOCK IN THE AFTERNOON. 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 loved one
MAKE SURE THEY HAVE GOOD SUPPORT.

MAKE SURE THEY HAVE FIRM SOLES.

MAKE SURE THEY HAVE NON-SKID BOTTOMS.

MAKE SURE THEY ARE A PROPER FIT.

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



Happy Work

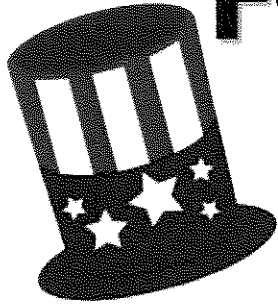
JULY 2026

ANNIVERSARIES

Tammy Arquette - 30 years - July 1, 1996
Christopher Collins - 19 years - July 2, 2007
Latifah Bukowski - 11 years - July 2, 2015
Ashlee Horn - 4 years - July 4, 2022
Ava Grauf - 1 year - July 7, 2025
Brandi Willett - 1 year - July 7, 2025
Jessica Vernon - 6 years - July 7, 2020
Joshua MacDonald - 6 years - July 10, 2020
Jennifer Darling - 18 years - July 11, 2008
Jessica Hugo - 18 years - July 11, 2008

Angela Betzold - 3 years - July 11, 2023
Mary Pollum - 25 years - July 16, 2001
Kimberly Groce - 29 years - July 17, 1997
Deirdre Fulks - 18 years - July 18, 2008
Erich Weber - 17 years - July 22, 2009
Dolores Erndt - 26 years - July 24, 2000
Desiree Bouchard-Burgess - 4 years - July 26, 2022
Amber Low - 5 years - July 27, 2021
Anthony Verhaeghe - 16 years - July 29, 2010
Kevin Fetter - 26 years - July 31, 2000





FOURTH OF JULY WORD SCRAMBLE

UNSCRAMBLE THE FOURTH OF JULY WORDS.

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eemrofd

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yprat

tewih

rstsa

etisrps

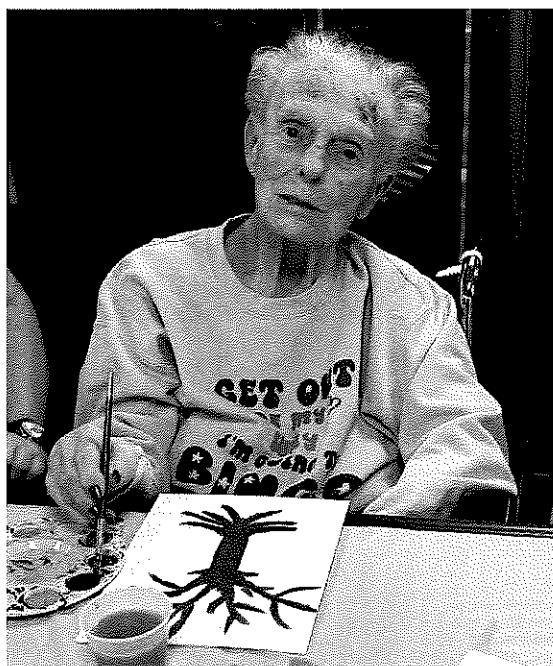
lyuj

tcipaorti

kfriwrose



Resident of the Month

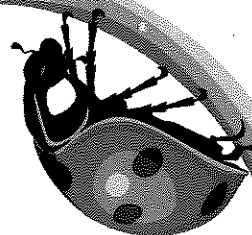


BONNIE

THIS MONTH WE ARE PROUD TO RECOGNIZE BONNIE GAGNON AS OUR RESIDENT OF THE MONTH! BONNIE IS A PROUD MOTHER OF TWO CHILDREN AND TWO GRANDCHILDREN. SHE LOVES GARDENING, COUNTRY MUSIC AND WESTERN/WAR MOVIE GENRES. SHE ALSO ENJOYS PLAYING CARDS AND PARTICULARLY LOVES POKER AND EUCHRE. ONE OF BONNIE'S FAVORITE ACTIVITIES HERE AT THE FACILITY IS PARTICIPATING IN COMMUNITY OUTINGS TO THE CASINO, WHICH ALSO HAPPENS TO BE HER FAVORITE HOBBY. BONNIE HAS DEDICATED HER TIME HELPING OTHERS AS A FORMER VOLUNTEER WITH THE SPECIAL OLYMPICS, A ROLE THAT REFLECTS HER CARING AND COMPASSIONATE NATURE. WE ARE HONORED TO CELEBRATE HER THIS MONTH AND CONGRATULATE HER ON BEING SELECTED AS OUR RESIDENT OF THE MONTH.

CONGRATULATIONS BONNIE! 🎉

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:

HOLLY HARVEY — 1137

CHIEF EXECUTIVE OFFICER:

KYLE WEIDMAN — 1032

FINANCE DIRECTOR:

JACKIE MCCARTHY — 1031

ACCOUNTING:

FAITH AVILES — 1035

ADMINISTRATIVE ASSISTANT:

AMANDA GONZALES — 1033

BILLING:

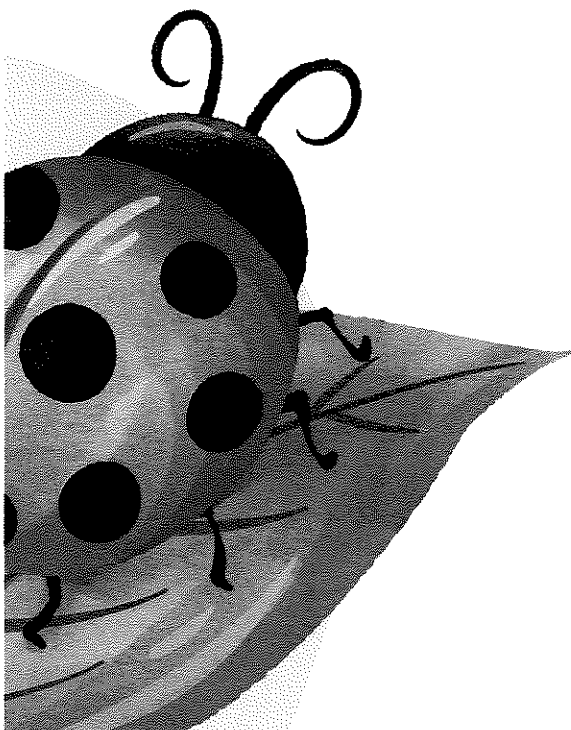
JAMIE GASTA — 1038

CARE TRANSITIONS COORDINATOR:

JILL LEBRUN — 1040

AP/ FINANCE ANALYST:

ALECIA KRUSE — 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

BEAUTY SHOP — 3001

CAFETERIA — 3002

KITCHEN — 1067

LAB — 1099

DIALYSIS DEN— 1085

ADMIN. CONFERENCE ROOM— 1055

CONFERENCE ROOM — 1041

IN-SERVICE — 1053

IN-SERVICE CONFERENCE RM- 1049

ADMISSIONS COORDINATOR:

ISABELL BOND — 1044

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 IE— 1051

MDS COORDINATOR:

JESSICA HUGO — 1088

TABITHA KRYSZAK — 1086

JESSICA VERNON— 1057

Dietitian's Dish

HYDRATION: WHY IT MATTERS



Drinking enough fluids is one of the easiest ways to help your body stay healthy. Water helps your body in many important ways every day.

Adequate fluid intake helps maintain a comfortable body temperature and supports joint mobility. Fluids also serve as a transport system for vitamins, minerals, and nutrients, ensuring organs can effectively do their jobs.

For many people, getting enough to drink can be hard—and it can be more challenging as we get older. That's why paying attention to hydration is so important.

Staying well hydrated can be harder as we get older for several reasons:

→ We naturally lose some muscle as we age. Muscles help hold water in the body, so having less means the body does not store as much fluid.

→ Many people don't feel as thirsty as they used to, so they may forget to drink even when their body needs fluids.

→ Some medications can cause the body to lose more fluid.

→ Some people may need help holding a cup, remembering to drink, or getting beverages during the day.

How Much Water?

For most people, the recommendation is about 1oz of water for every 2 pounds of body weight, or a minimum of 6 cups (48 ounces) a day.

120 pounds → 6.5 cups

180 pounds → 10 cups

You may need more fluids if you are exercising, taking certain medications, or are sick with symptoms of fever, diarrhea, or vomiting.

Foods with high water content count toward your daily total – think fruits, vegetables, soups, popsicles, and gelatin.

July 2026

DEHYDRATION: SIGNS & SYMPTOMS

- ▲ Dry mouth
- ▲ Headache
- ▲ Dizziness
- ▲ Fatigue
- ▲ Irritability
- ▲ Confusion
- ▲ Constipation
- ▲ Decreased urination
- ▲ Dark or cloudy urine
- ▲ Rapid heart rate
- ▲ Reduced skin turgor

Severe dehydration can lead to extreme consequences.

- ▲ Urinary tract infections
- ▲ Kidney damage
- ▲ Falls with injury
- ▲ Seizures
- ▲ Coma
- ▲ Death

Intentionally plan fluid intake throughout the day to help prevent dehydration. Carry a water bottle with you, set an alarm to remind yourself to drink, or track intake until you're successfully meeting your fluid needs.

Do what works best for you!



Delicious Drinks for Warmer Months

When plain water doesn't hit the spot, try one of these tasty alternatives.

- Sparkling Water
- Unsweetened Teas

Black, green or herbal teas can be enjoyed hot or iced, and many brands offer delicious blends like mint green tea or blackberry hibiscus tea that offer flavor without extra calories

- Infused Water

Add fruit, veggies or herbs to chilled water for up to 24 hours. After removing fruit, infused water may be kept in the refrigerator for up to 3 days. Frozen fruit works great for this!

Here are some ideas to get you started:

- ✓ Strawberry + basil + lemon 🍓 🌿 🍋
- ✓ Honeydew + cucumber + mint 🍈 🥒 🌿
- ✓ Raspberry + mango + ginger 🍓 🥭 🌿
- ✓ Watermelon + lime 🍉 🍋
- ✓ Orange + rosemary 🍊 🌿

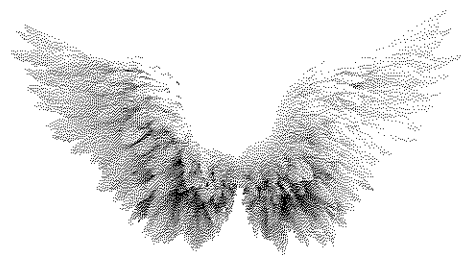
References:

- <https://www.cedars-sinai.org/health-library/diseases-and-conditions/d/dehydration.html>
- <https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>
- <https://www.mdpi.com/2072-6643/17/14/2256>

WE CARE ABOUT OUR RESIDENTS

Happy Birthday

- CONNIE DEVEREAUX - 7/02
- JANICE SORENSON - 7/03
- JOSEPH SPYCHALSKI - 7/03
- BONNIE GAGNON - 7/08
- CHERYL WENGLIKOWSKI - 7/13
- ESTHER BORK - 7/16
- COLLEEN RUSSELL - 7/18
- ANTOINETTE BROWN - 7/20
- JEANNETTE WENGLIKOWSKI - 7/20
- DARLENE NEAL - 7/26
- CATHY AUER - 7/26
- KATHLEEN GORR - 7/31



In Memory Of...

- JOHN EREMIA
- RUDY HORVAT
- JOETTE MASCHKE



WORD SEARCH

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

AMERICAN FLAG

RED

WHITE

BLUE

INDEPENDENCE DAY

FIREWORKS

PARADE

FREEDOM

JULY

JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEETING PLACES R-Rec Room 1-1st Floor Activity Room 2-2nd Floor Rec Room C-Chapel W-Wings O-Outside D-Dining Room Ind. D- Independent Dining Room	 *Activities subject to change.					
5 8:00am Heart to Heart Visits-R8:00am Heart to Heart Visits-R 10:30pm Snack Pass-R 2:00pm Movie & Popcorn-1 3:15pm Movie & Popcorn-1	6 10:30am Bingo-2 2:00pm Linda Lee-1 3:15pm Lemonade by the Pond-O 6:30pm Coloring-Ind. D	7 10:30am Bake Club-D 2:00pm Pen Craft-1 3:15pm Uno-1	1 8:00am Heart to Heart Visits-R8:00am Heart to Heart Visits-R 10:30am Bingo-2 2:00pm Birthday Party w/ Mr. Kris-1 3:15pm Yahtzee-1 6:30pm Puzzles-Ind. D	2 10:30am Spa Hour-1 2:00pm Lutheran Service-C 2:30pm Rosary-C 3:15pm Games-2	3 10:00am Heart to Heart Visits-R8:00am Heart to Heart Visits-R Baking-1 2:00pm 4th of July Social-1 3:15pm Popcorn Pass-R 6:30pm Socializing- Ind. D.	4 10:30am Weekend Packets-R 2:00pm Firework Craft-1 3:15pm Red, White & Blue Trivia-1
12 8:00am Heart to Heart Visits-R8:00am Heart to Heart Visits-R 10:30am Coffee & Convo-1 2:00pm Crafts W/ Kendra-1 3:15pm Trivia-1	13 10:30am SingFit-1 2:00pm Patio Chats-O 3:15pm Beach Ball Talk & Toss-1 6:30pm Coloring-Ind. D	14 10:30am Dining Committee-1 2:00pm Swirl Stix's-1 3:15pm Popsicle's on the Patio-O	8 10:30am Coffee & Donuts-1 2:00pm High/Low-1 3:15pm Human Slots-1 6:30pm Game Night-1	9 10:30am Spa Hour-1 2:00pm Lutheran Service-C 2:30pm Rosary-C 3:15pm Name That Tune-2	10 10:30am Heart to Heart Visits-R8:00am Heart to Heart Visits-R 10:30am Scrapbooking-1 2:00pm Bingo-2 3:15pm Popcorn Pass-R 6:30pm Socializing- Ind. D	11 10:30am Weekend Packets-R 2:00pm UP (Movie)-1 3:15pm Up (Movie)-1
19 8:00am Heart to Heart Visits-R8:00am Heart to Heart Visits-R 10:30pm Snack Pass-R 2:00pm Prayer Group with Trinity Episcopal-C 3:15pm Yahtzee-1	20 10:30am Bingo-2 2:00pm Elvis-1 3:15pm Phrase Frenzy Game-1 6:30pm Coloring-Ind. D	21 10:30am Wheelchair Travel (Canada)-1 2:00pm Tasty treats from Canada-1 3:15pm Trivia about Canada-1	15 10:30am Coffee & Donuts-1 2:00pm Bingo-2 3:15pm Name that Tune-2 6:30pm Puzzles-Ind. D	16 10:30am Sunshine String Band-1 2:00pm Lutheran Service-C 2:30pm Rosary-C 3:15pm Granny Pants Game-2 6:30pm Cherry Pie Social-1	17 10:30am Heart to Heart Visits-R8:00am Heart to Heart Visits-R 10:30 Bingo-2 2:00pm Rev. Zimmerman-C 3:15pm Popcorn Pass-R 6:30pm Socializing- Ind. D	18 10:30am Weekend Packets-R 2:00pm Movie & Popcorn-1 3:15pm Movie & Popcorn-1
26 8:00am Heart to Heart Visits-R8:00am Heart to Heart Visits-R 10:30am Snack Pass-R 2:00pm Crafts-1 3:15pm Daily Rewind-1	27 10:30am SingFit-1 2:00pm Bingo-2 3:15pm Nail Care-R 6:30pm Coloring-Ind. D	28 10:30am Res. Council-1 2:00pm Sunshine & Socialization-O 3:15pm Snow Cones-1	22 10:30am Coffee & Donuts-1 2:00pm Happy Hour-1 3:15pm Board Games-1 6:30pm Puzzles-Ind. D	23 10:30am-3:30pm Car Show Day!!	24 8:00am Heart to Heart Visits-R8:00am Heart to Heart Visits-R 10:30am Bingo-2 2:00pm Science Experiments-1 3:15pm Popcorn Pass-R 6:30pm Socializing- Ind. D	25 10:30am Heart to Heart Visits-R8:00am Heart to Heart Visits-R 10:30pm Weekend Packets-R 2:00pm Board Games-1 3:15pm Coloring-1
26 8:00am Heart to Heart Visits-R8:00am Heart to Heart Visits-R 10:30am Snack Pass-R 2:00pm Crafts-1 3:15pm Daily Rewind-1	27 10:30am SingFit-1 2:00pm Bingo-2 3:15pm Nail Care-R 6:30pm Coloring-Ind. D	28 10:30am Res. Council-1 2:00pm Sunshine & Socialization-O 3:15pm Snow Cones-1	29 10:30am Coffee & Donuts-1 2:00pm Tie Dye-1 3:15pm Trivia-1 6:30pm Puzzles-Ind. D	30 10:30am Spa Hour-1 2:00pm Lutheran Service-C 2:30pm Rosary-C 3:15pm Cards-2	31 10:30am Heart to Heart Visits-R8:00am Heart to Heart Visits-R 10:30am Bingo Store-2 2:00pm Bingo Store-2 3:15pm Popcorn Pass-R 6:30pm Socializing- Ind. D	Materials for independent leisure activities are available in the dining room. All activities are adaptive to meeting each individual needs. Activities are subject to change.