



CARING TIMES

# August

May this month bring success, joy,  
peace, and beautiful moments  
to remember.



# 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 ROOM & FURNITURE**

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.

## **GUEST MEAL TRAY**

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.

## **BRINGING IN SHOES FOR A 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.



ADVENTURE  
 AMUSEMENT PARK  
 AUGUST  
 BACK TO SCHOOL  
 BACKYARD  
 BICYCLE  
 CAMPFIRE  
 CAMPING  
 CORN ON THE COB  
 FARMERS MARKET  
 FIREFLY  
 FLOWERS  
 FRUIT  
 FUN  
 GRILLING  
 HOT  
 HUMID  
 LAKE  
 PLAYGROUND  
 POPSICLE  
 RELAXATION  
 ROAD TRIP  
 SAILBOAT  
 STATE FAIR  
 SUMMER  
 SUNFLOWER  
 SUNNY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

## RESIDENT OF THE MONTH



**ROBERT ROPER**

This month we are proud to recognize Robert Roper as our Resident of the Month of August!

Bobby enjoys watching WWE and catching up with his friends at the facility. His favorite wrestler is John Cena. He loves spending time outdoors and socializing. Bobby is especially fond of Hungry Howies pizza, specifically with Pepperoni and Sausage toppings and an extra side of pizza sauce. We are honored to celebrate him this month and congratulate him on being selected as our Resident of the Month!

Congratulation Bobby! 🎉



## PET OF THE MONTH



### YUKI

Meet Yuki, our playful and curious Pet of the Month! This adorable ferret is full of personality and always ready for an adventure. Whether she's exploring every corner of the room, playing with her favorite toys, or snuggling up for a nap, Yuki brings joy, laughter, and love to whoever she is with. She is very intelligent, affectionate, and often referred to as an angel. Congratulations to Yuki for earning the title of Pet of the Month of August! ❤️🏆 We are lucky to have such a fun-loving and charming ferret to brighten our days.



*Congratulations!*

★

# EMPLOYEE OF THE MONTH

★ **AUGUST** ★

♡ Thank you for your  
dedication, compassion,  
and the positive impact  
you make every day!



*Cheylo Linzner*

— ACTIVITIES DIRECTOR —



— *Hired* ★ —  
JANUARY 29, 2014

*We  
Appreciate  
You!*



# Happy August

## WORK ANNIVERSARIES!

♥ Thank You for Your Dedication  
and Years of Service! ♥

### ★ 1 Year ★

**AMBER MCCULLOUGH**  
August 18, 2025

**MICHAEL NORMAN**  
August 18, 2025

**ROBBIN BISHOP**  
August 18, 2025

**ISABELLE HEBNER**  
August 4, 2025

### ★ 2 Years ★

**BREANNA KELLEY**  
August 19, 2024

### ★ 3 Years ★

**TIFFANY ANKLAM**  
August 22, 2023

### ★ 5 Years ★

**LUCIL SHMINA**  
August 24, 2021

**HANNAH WALTHER**  
August 24, 2021

### ★ 6 Years ★

**KELSIE KRAMER**  
August 25, 2020

### ★ 7 Years ★

**AMANDA BLASIUUS**  
August 1, 2019

**ROCKY GAINFORTH**  
August 1, 2019

### ★ 10 Years ★

**CHRISTINE BLISS**  
August 4, 2016

### ★ 13 Years ★

**KAITLYN JOHNSON**  
August 8, 2013

### ★ 14 Years ★

**JESSICA CHARBONNEAU**  
August 1, 2012

### ★ 15 Years ★

**FAITH AVILES**  
August 18, 2011

### ★ 17 Years ★

**KRISTY BALDWIN**  
August 3, 2009

### ★ 19 Years ★

**JENNA LONG**  
August 1, 2007

### ★ 21 Years ★

**JILL BUSH**  
August 23, 2005

### ★ 27 Years ★

**LAURIE EWALD**  
August 3, 1999

**LISA PRIEBE**  
August 4, 1999

Your dedication, compassion, and commitment  
make a difference every day.

Thank you for being an important part of our team!





# FACILITY PHONE DIRECTORY

## **MEDICAL DIRECTOR**

Tazeen Ahmed = 1116

## **RESTORATIVE LPN**

Kristin Dobbyn - 1094

## **INFECTION PREVENTION/INSERVICE**

Michelle Meyer - 1060

Amanda Blasius - 1062

## **DIRECTOR OF QUALITY AND WELLNESS**

Alissa Licht - 1091

## **PAYROLL**

Stacey Bothe - 1079

## **RESIDENT SCHEDULER/MEDICAL RECORDS**

Holly Harvey - 1137

## **CHIEF EXECUTIVE OFFICER**

Kyle Weidman

## **CFO**

Jackie McCarthy - 1031

## **STAFF ACCOUNTANT**

Faith Aviles - 1035

## **ADMINISTRATIVE ASSISTANT**

Amanda Gonzales - 1033-

## **BILLING**

Jamie Gasta - 1038-

## **CARE TRANSITIONS COORDINATOR**

Jill Lebrun - 1040





# FACILITY PHONE DIRECTORY

## **DINING SERVICES**

Ashley Baranski - 1124

Nick Whiteherse

## **REGISTERED DIETITION**

Patricia Pulley - 1065

## **ENVIRONMENTAL SERVICES**

Susan Samson - 1122

Kyle Sajdak - 1130

Maintenance - 1155

## **CENTRAL SUPPLY**

Cameron Zilinski - 1103

## **ADMISSIONS**

Isabell Bond - 1044

Brandy - 1045

## **DIRECTOR OF NURSING**

Sarah Griffor - 1123

## **REHABILITATION**

Deanna Nesbitt - 1140

## **MARKETING**

Jennifer Davis - 1077

## **SOCIAL SERVICES**

Jodi Dufort - 1051

Kristy Baldwin - 1052

## **MDS COORDINATOR**

Jessica Hugo - 1088

Tabitha Kryszak - 1086

Jessica Vernon- 1057





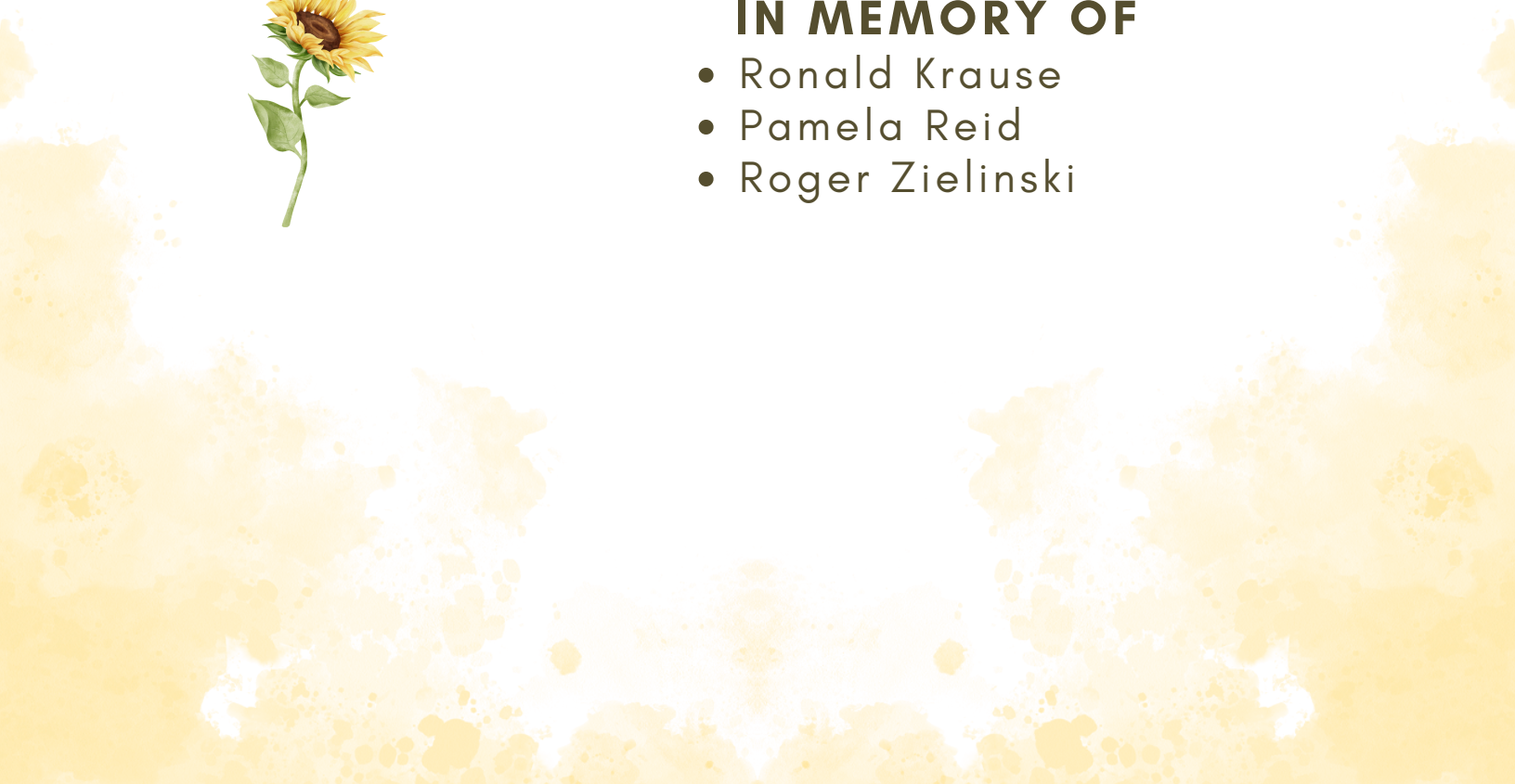
## WE CARE ABOUT OUR RESIDENTS

### **HAPPY BIRTHDAY**

- Robert Roper
- Kayleen George
- Susan Gwizdala
- Betty Dorien



### **IN MEMORY OF**

- Ronald Krause
  - Pamela Reid
  - Roger Zielinski
- 





# August Crossword



## Across

4. Refreshing summer drink
6. Boat powered by wind
10. Activity in the great outdoors
12. Frozen fruit treat on a stick
14. Camping shelter
15. Prolonged period of hot weather
17. Observing the night sky
19. Red skin from too much sun
20. Insect that glows at night
21. Activity with a rod and reel
24. Place to swim that's not a beach
25. Going to different places
28. Small summer fruit

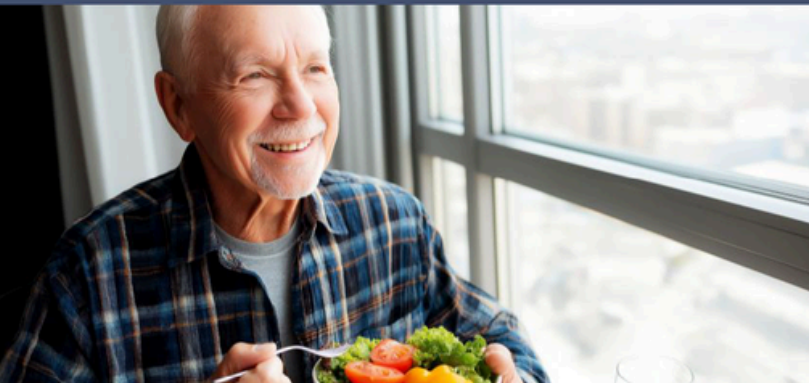
## Down

1. Sandy spot by the ocean
2. Time away from school or work
3. Activity in a pool or lake
5. Sleeping in a tent outdoors
6. Protection from UV rays
7. Eighth month of the year
8. Sport played in the summer
9. Outdoor meal on a blanket
11. Sculpture made at the beach
13. Cold treat on a hot day
16. Casual summer footwear
18. Unwind during the summer break
19. Headwear for sun protection
22. Temperature in the summer sun
23. Diving underwater with gear
26. Bright celestial body in the sky
27. Outdoor cooking on a grill



# Dietitian's Dish

## MIND Your Diet: Strategies for Brain Health



The MIND diet, established in 2015 by researchers at Rush University Medical Center and Harvard School of Public Health, focuses on **how the foods we eat support brain health by preventing cognitive decline and dementia**. What we eat can affect our energy, heart, and brain. The MIND diet is a simple way of eating focused on foods that help keep brains healthy as we age.

The MIND diet combines the Mediterranean diet and Dietary Approaches to Stop Hypertension (DASH). It stands for **M**editerranean-**D**ASH Diet Intervention for **N**eurodegenerative **D**elay. The Mediterranean diet emphasizes plant foods and healthy fats while reducing processed foods. Research shows that people who

follow a Mediterranean diet live longer and have a lower risk of heart disease and cancer.

The DASH diet focuses on increasing potassium, calcium, magnesium, and fiber, while limiting foods high in salt and saturated fat. Following DASH can lower blood pressure, improve heart health, support weight management, and lower the risk of chronic disease.

### Why It Matters

Research suggests that this style of eating may support brain health and lower the risk of cognitive decline.

The foods recommended by the MIND diet are rich in polyphenols, a type of antioxidant that protects the brain from damage over time.

### The MIND Diet Approach

#### Nine Foods to Eat:

1. **Green Leafy Vegetables:** 1 serving daily
2. **Nuts and seeds:** 5 servings a week
3. **Vegetables:** 3-5 servings daily
4. **Berries:** 5 servings per week
5. **Beans and legumes:** 3 servings per week
6. **Whole grains:** 3 servings per day
7. **Fish:** 1 serving a week
8. **Poultry:** 2 servings a week
9. **Olive Oil:** 2 servings per day

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## THE MIND DIET APPROACH:

### 5 FOODS TO LIMIT

- ▲ **Red & Processed Meat:** 0-3 servings per week
- ▲ **Butter & Stick Margarine:** 0-1 servings per day
- ▲ **Cheese:** 0-2 servings per week
- ▲ **Pastries & Sweets:** 0-1 daily and less than 4 weekly
- ▲ **Fried & fast food:** 0-1 meal per week

## HERBS & SPICES

Consider incorporating MIND diet recommended herbs and spices to boost brain health:

- ✓ **Cinnamon & turmeric** may help support brain health & reduce inflammation.
- ✓ **Ginger, clove & saffron** can also decrease inflammation.
- ✓ **Oregano** contains antioxidants, which protect your body's cells.
- ✓ **Rosemary & black pepper** can improve mood.
- ✓ **Sage** can support memory.



## Ways to Get Started

### Breakfast 🌞

🔄 Typical Diet:  
Bagel sandwich with bacon, eggs, & cheese

★ **MIND Your Plate:**  
Oatmeal with nuts, berries & cinnamon

### Lunch 🍱

🔄 Typical Diet:  
Cheeseburger & potato chips

★ **MIND Your Plate:**  
Chicken sandwich with hummus & veggies

### Snack 🥤

🔄 Typical Diet:  
Crackers & cheese

★ **MIND Your Plate:**  
Whole grain crackers, carrots & nuts

### Dinner 🍽️

🔄 Typical Diet:  
Chicken pesto pasta

★ **MIND Your Plate:**  
Whole wheat pasta, chicken, pesto, & vegetables

### Dessert 🍰

🔄 Typical Diet:  
Cherry cheesecake

★ **MIND Your Plate:**  
Yogurt parfait with whole grain granola, nuts, berries & dark chocolate

#### References:

- [Association of MIND diet with cognitive decline among Black and White older adults - Agarwal - 2024 - Alzheimer's & Dementia - Wiley Online Library](#)
- Alzheimer's Research & Therapy. <https://doi.org/10.1186/s13195-024-01482-z>
- The Nutrition Source-Harvard Chan School. <https://nutritionsource.hsph.harvard.edu/healthy-weight/diet-reviews/mind-diet/>



BAY COUNTY  
MEDICAL  
CARE FACILITY

# 15th ANNUAL

We Care  Golf Outing/Fundraiser

DEADLINE TO REGISTER:

≡ **MONDAY,** ≡  
**AUGUST 17, 2026**

*Mark your calendar!*

**SATURDAY,**  
**AUGUST 29, 2026**

TEE OFF:  
9 A.M. SHARP

★ *Bay County Golf Course* ★  
**ESSEXVILLE, MI**

**PRIZE  
RAFFLE  
DRAWINGS**



**\$300 PER TEAM**  
CASH, CHECK, OR CREDIT  
(3.75% FEE APPLIES TO  
ALL CREDIT CARDS)



**\$100 HOLE  
SPONSORS**

**50/50  
DRAWING**

PLEASE CONTACT  
**KRISTAL GOETZ TO REGISTER**



989-459-1102 (office)  
989-737-8188 (text)



kgoetz@bcmcf.com