



# The Caring Times *September*

May this new month bring happiness, fresh opportunities,  
positive energy, beautiful moments, and endless  
blessings into your life

Bay County Medical Care Facility







## *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.







# *Facility Phone Directory*

## **Medical Director**

Tazeen Ahmed = 1116

## **Restorative RN**

Kristin Dobbyn - 1094

## **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**

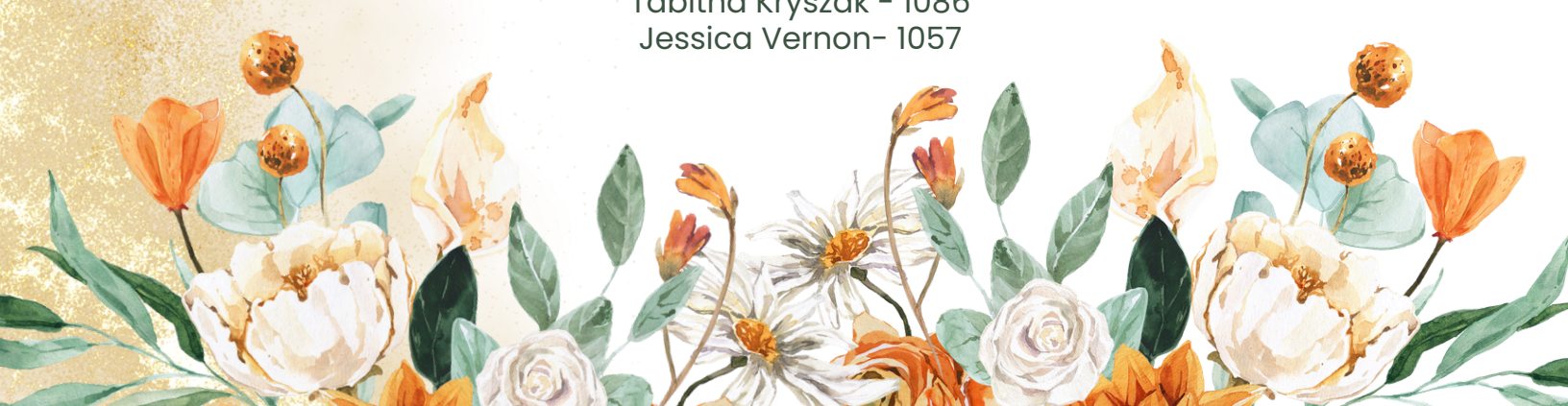
Jodi Dufort - 1051

Kristy Baldwin - 1052

## **MDS Coordinator**

Tabitha Kryszak - 1086

Jessica Vernon- 1057







## *We Care About Our Residents*

### Happy Birthday

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

### *Happy Birthday*

### *In Loving Memory*

### In Memory Of

- Ronald Krause
- Pamela Reid
- Roger Zielinski







## *Resident of the Month*



**Judith Kernstock**

Congratulations to our wonderful Resident of the Month, Judy! She enjoys staying active and spending time with others, especially playing bingo and socializing with friends. Her absolute favorite pastime is reading, and you can often find her enjoying a good book! 📖

She also loves getting out and about in the community, whether she's attending Concerts in the Park, going fishing, or enjoying a shopping trip. Her friendly personality and joyful spirit make her such a pleasure to be around.

We are so lucky to have her as part of our community! ❤️





# PET

*of the*



# MONTH



• SEPTEMBER 2026 •



## Diesel

♥ 4 YEAR OLD POMERANIAN ♥



LOVES  
EVERYWHERE  
HIS MOM IS



KEEPING  
HER OFFICE SAFE  
DURING HIS VISITS



LOVES  
TO BARK



LOVES  
CAR RIDES



# EMPLOYEE OF THE MONTH

## September 2026



**BEN GREENWOOD**

Maintenance Department



We are thrilled to announce that Ben Greenwood has been chosen as BCMCF's Employee of the Month for September 2026!

Ben joined BCMCF on June 23, 2025, as a member of our Maintenance Department and has quickly become a valued part of our team.

Ben's strong work ethic, positive attitude, and willingness to lend a hand have made a lasting impact on those around him. He consistently goes above and beyond to support daily operations and is always ready to assist wherever needed. His dedication and team-first mindset help create a positive and productive work environment for everyone.

One coworker shared, "Ben has a positive attitude and is always willing to help his coworkers." This sentiment reflects the respect and appreciation Ben has earned from those who work alongside him each day.

Thank you, Ben, for your hard work, dependability, and commitment to excellence. Your contributions do not go unnoticed, and we are grateful to have you on our team. Congratulations on this well-deserved recognition, and keep up the great work!



# Happy WORK ANNIVERSARIES!

★ SEPTEMBER 2026 ★

*Thank you for your dedication,  
hard work and commitment.*  
**We appreciate all that you do!**

| EMPLOYEE                        | YEARS       | EMPLOYEE                          | YEARS       |
|---------------------------------|-------------|-----------------------------------|-------------|
| ★ Shawn Bedell<br>09/06/2023    | 3<br>YEARS  | ★ Steven Lapointe<br>09/30/2024   | 2<br>YEARS  |
| ★ Amanda Darling<br>09/18/2018  | 8<br>YEARS  | ★ Kimberly Monroe<br>09/14/2012   | 14<br>YEARS |
| ★ Justin Dittmer<br>09/21/2022  | 4<br>YEARS  | ★ Amanda Nowland<br>09/16/2024    | 2<br>YEARS  |
| ★ Sarah Griffor<br>09/24/1997   | 29<br>YEARS | ★ Jodi Rocha<br>09/18/2018        | 8<br>YEARS  |
| ★ Vanessa Hall<br>09/15/2005    | 21<br>YEARS | ★ Michelle Sabourin<br>09/22/2017 | 9<br>YEARS  |
| ★ Brooklyn Harder<br>09/11/2023 | 3<br>YEARS  | ★ Shawn Sexton<br>09/24/1999      | 27<br>YEARS |
| ★ Holly Harvey<br>09/26/2023    | 3<br>YEARS  | ★ Rebecca Snyder<br>09/21/2006    | 20<br>YEARS |
| ★ Debra Jones<br>09/11/2023     | 3<br>YEARS  | ★ Holly Harvey<br>09/26/2023      | 3<br>YEARS  |
| ★ Lorie Kehr<br>09/16/2024      | 2<br>YEARS  | ★ Sue Rice<br>09/29/2025          | 1<br>YEAR   |

*Together, we make a difference!* ♥

★  
THANK YOU FOR BEING AN IMPORTANT PART OF OUR TEAM!



# September

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

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

ACORNS  
APPLES  
AUTUMN  
BACKPACK  
BOOKS  
COLORS  
EQUINOX  
FOOTBALL  
HARVEST  
LABOR DAY  
LEAVES

LIBRA  
PATRIOT DAY  
RAIN  
ROSH HASHANAH  
SCHOOL

SEPTEMBER  
THIRTY  
VIRGO  
WARM  
WEATHER



# Dietitian's Dish

## SAVVY SNACKING



Snacks often get a bad rap, but when chosen wisely, they can be a valuable addition to your diet. Healthy snacks can help maintain stable blood sugar levels, boost your intake of essential nutrients, and curb hunger so you don't arrive at your next meal overly hungry. Snacks may reduce the risk of unintentional weight loss, especially when appetite is reduced.

Remember, snacking should support adequacy—not excess—in adults. Choose protein-rich options to help preserve muscle and maintain strength, function, and independence. Adding fiber-rich foods can further enhance satiety and support overall digestive health.

Things to keep in mind when choosing a snack:

Include both protein and fiber to help keep you feeling fuller for longer.

Portion size matters—use a bowl instead of eating directly from the bag. Plan ahead—keep healthy snack options in your bag or car so they are available when you need them, making it easier to choose well.

Aim for balance by pairing at least two food groups (e.g., fruit + nuts or yogurt + granola) to support steady energy and satisfaction.

### 8 Snacks that Pack a Punch!

Protein+ Fiber+  
Healthy Fats =  
Satiating Snack

1. Apple + Peanut Butter
2. Carrots + Hummus
3. Greek Yogurt + Berries
4. Whole Grain Crackers + Cheese
5. Hard Boiled Egg + Clementine
6. Whole Grain Toast + Nut Butter
7. Trail Mix with Nuts, Seeds, and Dried Fruit
8. Cottage Cheese + Fruit





## SMART SNACK SWAPS

|                 |   |                                  |
|-----------------|---|----------------------------------|
| Potato Chips    | ↔ | Air Popped Popcorn               |
| Ice Cream       | ↔ | Greek Yogurt                     |
| Sugary Cereal   | ↔ | Oatmeal                          |
| Pretzels        | ↔ | Roasted Chickpeas or Edamame     |
| Cookie          | ↔ | Dates Stuffed with Peanut Butter |
| Candy           | ↔ | Fresh Fruit                      |
| Chocolate Candy | ↔ | Dark Chocolate Covered Almonds   |

## SNACK FUN FACTS!

- Just 1oz of almonds provides 6g protein and 3.5g fiber while also providing heart-healthy fats!
- 1 apple provides about 4g of fiber—make sure to eat the skin!
- Cheese and yogurt contain calcium to help with bone health.
- 1 egg contains about 6g of protein! Hard-boiled makes for a great on-the-go snack.



## THE HUNGER SCALE

Snacks are a great way to optimize nutrition between meals, but how do you know the right time to have one?

The Hunger Scale is a simple tool to help you identify the right time for a snack—this is called the “sweet spot.” The goal is to eat when you feel slightly hungry and stop before you feel overly full.

If you feel hunger coming on (around 3-4 on the hunger scale) and still have more than 30 minutes – 1 hour until your next meal, it may be a good idea to have a snack to hold you over and avoid entering levels 1-2 on the hunger scale.



When we allow ourselves to become overly hungry between meals, we are much more likely to overeat! By managing hunger, you are more likely to maintain steady energy levels.

Keep in mind, some medications or changes in taste may cause you to feel less hungry. It is still important to eat regularly and choose nutrient-dense foods throughout the day—you may just need to schedule them out versus rely only on the hunger scale!



| SUNDAY                                                                                                                           | MONDAY                                                                                                                                             | TUESDAY                                                                                                                 | WEDNESDAY                                                                                                                                                            | THURSDAY                                                                                                                                 | FRIDAY                                                                                                                                                       | SATURDAY                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
|                                               |                                                                                                                                                    | 1<br>8:00am Caring Connection-R<br>10:30am Nail Care-D<br>2:00pm Linda Lee-1<br>3:15pm Yahtzee-1                        | 2<br>8:00am Caring Connection-R<br>10:30am Coffee Hour-1<br>2:00pm September Birthday Party w/ Mr. Kris-1<br>3:15pm That's Coconuts (Game)-1<br>6:30pm Puzzles-Ind.D | 3<br>8:00am Caring Connection-R<br>10:30am Spa-1<br>2:00pm Lutheran Service-C<br>2:30pm Rosary-C<br>3:15pm Crafts-1                      | 4<br>8:00am Caring Connection-R<br>10:30am Bingo-2<br>2:00pm High/Low-1<br>3:15pm Popcorn Pass-R<br>6:30pm Coloring- Ind. D                                  | 5<br>8:00am Caring Connection-R<br>10:30am Weekend Packets-R<br>2:00pm The Book Shop (Movie)-1<br>3:15pm Movie Continued-1    |
|                                                                                                                                  | 6<br>8:00am Caring Connection-R<br>10:30pm Traveling Treats-R<br>2:00pm Ice Cream Sundae's-1<br>3:15pm Card Games-1<br>6:30pm Reminiscing-Ind.D    | 8<br>8:30amCaring C onnection-R<br>10:30am Dining Committee--1<br>2:00pm Swival Stix's-1<br>3:15pm Uno-1                | 9<br>8:00am Caring Connection-R<br>10:30am Coffee Hour-1<br>2:00pm Euchre Tournament-1<br>3:15pm Trivia-1<br>6:30pm Puzzles- Ind. D                                  | 10<br>8:00am Caring Connection-R<br>10:30am Sunshine String Band-1<br>2:00pm Lutheran Service-C<br>2:30pm Rosary-C<br>3:15pm Nail Care-R | 11<br>8:00am Caring Connection-R<br>10:30am Bingo-1<br>2:00pm Fresh Air & Friends-O<br>3:15pm Popcorn Pass-R<br>6:30pm Coloring- Ind. D                      | 12<br>8:00am Caring Connection-R<br>10:30am Weekend Packets-R<br>2:00pm Games-1<br>3:15pm YouTube Bloopers-1                  |
|                                                                                                                                  | 13<br>8:00am Caring Connection-R<br>10:30am Traveling Treats-R<br>2:00pm Grandparents Day Social-1<br>3:15pm Hangman-2<br>6:30pm Reminiscing-Ind.D | 15<br>8:00am Caring Connection-R<br>10:30am Wheelchair Travel-1<br>2:00pm Wheelchair Travel-1<br>3:15pm Trivia about -1 | 16<br>8:00amCaring C onnection-R<br>10:30am Coffee Hour-1<br>2:00pm Holy Guacamole! -1<br>3:15pm YouTube Bloopers-1<br>6:30pm Smores-1                               | 17<br>8:00am Caring Connection-R<br>10:30am Spa-1<br>2:00pm Lutheran Service-C<br>2:30pm Rosary-C<br>3:15pm Crafts-1                     | 18<br>8:00am Caring Connection-R<br>10:30am Bingo-2<br>2:00pm Rev. Zimmerman-C<br>3:15pm Popcorn Pass-R<br>6:30pm Puzzles- Ind. D                            | 19<br>8:00am Caring Connection-R<br>10:30am Weekend Packets-R<br>2:00pm Movie (Swapped)-1<br>3:15pm Movie Continued-1         |
| 20<br>8:00am Caring Connection-R<br>10:30am Traveling Treats-R<br>2:00pm Residents Choice-1<br>3:15pm Trivia by the Card-1       | 21<br>8:00am Caring Connection-R<br>10:30am Nail Care-D<br>2:00pm Bingo-2<br>3:15pm Yahtzee-2<br>6:30pm Reminiscing-Ind.D                          | 22<br>8:00am Caring Connection-R<br>10:30am Bake Club-D<br>2:00pm Nail Care-D/R<br>3:15pm Board Games-1                 | 23<br>8:00am Caring Connection-R<br>10:30am Coffee Hour-1<br>2:00pm Scrapbooking-1<br>3:15pm Name That Tune-1<br>6:30pm Puzzles- Ind D.                              | 24<br>8:00am Caring Connection-R<br>10:30am Spa-1<br>2:00pm Lutheran Service-C<br>2:30pm Mass-C<br>3:15pm Happy Hour-1                   | 25<br>8:00am Caring Connection-R<br>10:30pm Bingo Store-2<br>2:00pm Bingo Store-2 3:15pm Popcorn Pass-R 6:30pm Coloring- Ind. D                              | 26<br>8:00am Caring Connection-R<br>10:30am Weekend Packets-R<br>2:00pm Movie (A Dog's Journey)-1<br>3:15pm Movie Continued-1 |
| 27<br>8:00am Caring Connection-R<br>10:30am Traveling Treats-R<br>2:00pm Board Games-1<br>3:15pm Would You Rather Fall Edition-1 | 28<br>8:00am Caring Connection-R<br>10:30am SingFit-1<br>2:00pm Bingo-2<br>3:15pm Uno-1<br>6:30pm Reminiscing-Ind. D                               | 29<br>8:00am Caring Connection-R<br>10:30am Resident Council-1<br>2:00pm Fall Crafts-1<br>3:15pm Bobbing for Apples-1   | 30<br>8:00am Caring Connection-R<br>10:30am Coffee Hour-1<br>2:00pm Sip & Swirl-1<br>3:15pm Residents Choice-1<br>6:30pm Game Night-1                                | <br>* Activities subject to change.                   | MEETING PLACES<br><br>R- Rec Room<br>1- 1st Floor<br>2-2nd Floor Rec Room<br>C-Chapel<br>W-Wings O-Outside<br>D-Dining Room<br>Ind. D- Independent Dining Rm |                                                                                                                               |
|                                                                                                                                  |                                                                                                                                                    |                                                                                                                         |                                                                                                                                                                      |                                                                                                                                          | Materials for independent leisure activities are available in the dining rooms.<br><br>All Activities are adaptive to meet each individual's needs.          |                                                                                                                               |