



THE CARING TIMES

October

May your days overflow with laughter,
good health, and abundant blessings.

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

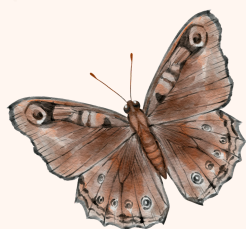
Make sure they have GOOD SUPPORT.

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

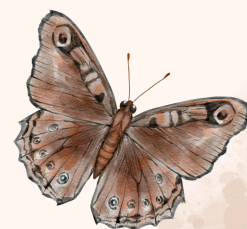
Jodi Dufort - 1051

Kristy Baldwin - 1052

MDS Coordinator

Tabitha Kryszak - 1086

Jessica Vernon- 1057



We Care About Our Residents

Happy Birthday

- Kenneth DeLong
- Margaret Deming
- Raul Guzman
- Mavis Hurshburger
- Susan Jones
- Richard Laroche
- Mary McLaughlin
- Kay Wagner



In Memory Of

- Bonnie Gagnon
- Jacqueline Kammerzell
- Elizabeth Musial
- Loretta Lillibridge
- Ronald Krause
- Willie Hill
- Colleen Russell
- Diana Peterson
- Betty Dorian

Resident of the Month



Mary McLaughlin

We are excited to recognize Mary as our Resident of the Month for October! She has been a part of our facility family since June 2026, and we are so glad to have her with us. She is a joy to be around, always friendly and pleasant with others, and enjoys spending time socializing with fellow residents and staff.

Some of her favorite activities include bingo, crafts, cards, trivia, and music. Her friendly personality and warm presence make her a wonderful part of our community.

Congratulations Mary! We are so happy to have you with us! ❤️

Pet of the Month



Hank

Hank is our adorable one-year-old Mini Goldendoodle! He is full of energy, love, and personality.

Hank enjoys playing, camping, going for walks, and spending time with his favorite people. He especially loves coming to the facility to visit with our residents and make new friends.

Whether he's giving some extra love, showing off his playful side, or simply enjoying some attention, Hank is always happy to brighten someone's day!

Congratulations, Hank, our Pet of the Month! 🐶🐾❤️



BRETTE
MCPHEE



OCTOBER 2026

CELEBRATING BRETTE MCPHEE —
OCTOBER 2026 EMPLOYEE OF THE
MONTH! A VALUED HOUSEKEEPING AIDE
AND DEDICATED MEMBER OF OUR TEAM
SINCE DECEMBER 16, 2014, BRETTE'S
YEARS OF SERVICE AND COMMITMENT
HELP MAKE OUR FACILITY A WELCOMING
PLACE EACH AND EVERY DAY.
CONGRATULATIONS, BRETTE, ON THIS
WELL-DESERVED RECOGNITION!

WORK Anniversaries

OCTOBER 2026

♥ Name ♥

♥ Hire Date ♥

♥ Years ♥

Shannon Mulligan

October 3, 1999

27 Years

Lucas J. Weber

October 3, 2023

3 Years

Becca Risky

October 4, 2013

13 Years

Amanda K. Hahn

October 4, 2022

4 Years

Estella Zavala

October 4, 2022

4 Years

Angie Banks

October 7, 2013

13 Years

Michelle Meyer

October 9, 2023

3 Years

Kendra Armstrong

October 15, 2019

7 Years

Lisa Cronk

October 16, 2018

8 Years

Jennifer Erwin

October 16, 2018

8 Years

Kristal Goetz

October 22, 2010

16 Years

Jessica Anderson

October 22, 2019

7 Years

Selena Rodriguez

October 24, 2023

3 Years

Brian Barrigar

October 25, 1976

50 Years

Rebekka Schwartz

October 30, 2006

20 Years

≡ Congratulations ≡

TO ALL OF OUR OCTOBER ANNIVERSARY HONOREES!

*Thank you for your dedication,
hard work and commitment!*



HELP MAKE OUR

TRICK OR TREATING SPOOKTACULAR!

WE ARE LOOKING FOR
CANDY DONATIONS!

Donations will help make our
★ facility's Trick or Treat event a
fun and memorable experience for
our residents and their families!

EVERY PIECE
★ MAKES A ★
DIFFERENCE! ★

PLEASE BRING THE CANDY TO
THE ACTIVITY DEPT.

OR

FEED THE MONSTER
IN THE FRONT LOBBY!

THANK YOU
for helping us
CREATE
★ SWEET ★
MEMORIES! ★

THANK
★ YOU ★



HALLOWEEN NIGHT

JOIN US FOR A SPOOKTACULAR TIME!

★ FRIDAY ★
OCTOBER 16TH

6:30PM – 7:30PM

Welcome families of our
RESIDENTS and
EMPLOYEES
to bring there kids!

TRICK
-OR-
TREAT!



OCTOBER

Crossword



Across

2. Tradition of going door to door for candy
4. What witches use to fly
5. Outfit worn for trick-or-treating
6. Fruit often picked in October
9. Triangular candy often eaten in October
10. Place where ghosts might live
12. Framework of bones often seen in Halloween decorations
13. Large fire often lit in October
15. Warm clothing worn in October
16. Color commonly associated with Halloween
18. Season in which October falls
22. Spooky spirit often seen on Halloween
23. Nighttime sky object that shines in October
24. Eight-legged creature that spins webs
25. Sweet treat kids collect on Halloween
26. Stalks used to make scarecrows

Down

1. Carved pumpkin with a light inside
3. Magical character who rides a broomstick
4. Flying creature associated with Halloween
7. Classic Halloween decoration
8. Figure used to scare away crows from fields
11. Gathering of crops in the fall
14. Color of pumpkins & Halloween
17. Misty weather often seen in October
18. Nut that falls from oak trees
19. Wrapped figure from ancient Egypt, often seen on Halloween
20. Sound made by an owl
21. Drink made from pressed apples
24. Something that might make you scream
25. Vegetable often found in autumn decorations



Making Waves with Blue Foods



What Are Blue Foods? When you hear "blue foods," you might think of blueberries. In this case, "blue" refers to foods that come from water.

Blue foods include fish, shellfish, sea vegetables, algae, and other aquatic plants and animals from oceans, rivers, and lakes. Examples include salmon, tuna, shrimp, mussels, crab, and seaweed. These foods provide flavor, nourishment, and a chance to explore ingredients from around the world.

A Catch for Healthy Aging. For older adults, protein helps support muscle strength, mobility, and independence. Blue foods offer a flavorful way to add protein without making meals feel too heavy.

Options like baked fish, salmon, crab cakes, chowders, and seafood salads can be easier to enjoy for those who find some meats difficult to chew. Blue foods also bring variety to the menu, combining familiar favorites with opportunities to try something new.

Dive Into Variety. Rotate selections for a broader mix of nutrients, flavors, and textures. Try salmon, trout, sardines, or Atlantic mackerel; cod, pollock, tilapia, haddock, or flounder; shrimp, crab, scallops, mussels, clams, or oysters; canned light tuna or canned salmon; sea vegetables, such as nori, wakame, or dulse; and algae-based foods, used as ingredients or seasonings.

Small Foods, Big Nutrition

Many blue foods provide a wide range of nutrients, including:

- ✓ High-quality protein to support muscle strength and physical function
- ✓ Omega-3 fatty acids
- ✓ Vitamin B12 for healthy blood and nerve cells
- ✓ Vitamin D for bone and muscle health
- ✓ Key minerals such as selenium, zinc, iron, iodine, and choline

Fish are often lower in saturated fat than many other animal proteins, and eating fish as part of a healthy diet may support heart health. Because different blue foods provide different nutrients, variety is important. Salmon and sardines are known for omega-3 fats, while shellfish and sea vegetables contribute valuable vitamins and minerals.

Make a Splash at Mealtime

Blue foods do not have to be complicated. Start with a familiar favorite or try a small culinary twist:

- 🍲 Add canned salmon to a whole-grain patty
- 🍷 Top a salad with shrimp, tuna, or flaked trout
- 🍝 Mix seafood into pasta with colorful vegetables
- 🌮 Serve fish tacos with slaw & avocado
- 🦀 Stir chopped clams or crab into a soup or chowder
- 🍱 Sprinkle crushed nori over rice, vegetables, or a grain bowl
- 🔥 Pair baked fish with herbs, citrus & olive oil
- 🍽️ Feature a tasting plate with small portions of several aquatic foods

Blue Foods and a Healthy Planet

Blue foods can contribute to more diverse food systems, but their environmental impact varies considerably by species and production method. Some aquatic foods can be produced with a lower environmental impact than terrestrial animal-source foods, while others may place pressure on habitats or fish populations. Choosing responsibly harvested or farmed options helps support healthier waterways and a more resilient food supply.

Look for credible sustainability information from suppliers and recognized certification programs. Asking where seafood comes from and how it was caught or raised can help dining teams make more informed purchasing decisions.

REFERENCES: FDA, Advice About Eating Fish | U.S. EPA, Eat Fish and Shellfish in a Healthy Way | NCBI, The Vital Roles of Blue Foods in the Global Food System

Lemon-Herb Salmon Cakes

INGREDIENTS: 2 cans salmon, drained • 2 eggs • ½ cup whole-grain breadcrumbs • ¼ cup finely chopped celery • 2 Tbsp chopped onion • 1 Tbsp lemon juice • 1 tsp dill • ½ tsp garlic powder • black pepper • 1 Tbsp olive oil

DIRECTIONS: Combine all ingredients except olive oil. Form into small patties. Heat oil in skillet over medium heat. Cook until golden & heated through, turning once. Serve with yogurt-dill sauce, lemon & colorful veggies.



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 D-Dining Room Ind. D- Ind. Dining Room O-Outside	Materials for Independent leisure activities are available in the dining rooms. All Activities are adaptive to meet each individual's needs.	  * Activities subject to change.		1 8:00am Caring Connections-R 10:30am High/Low-2 2:00pm Lutheran Service-C 2:30pm Rosary-C 3:15pm Who Do You Think Or-1	2 8:00am Caring Connections-R 10:30am Bingo-2 2:00pm Euchre Tournament -1 3:15pm Popcorn Pass-R	3 8:00am Caring Connections-R 10:30am Weekend Packets-R 2:00pm Dolly Parton Movie (Here I am)-1 3:15pm Movie-1
4	5	6	7	8	9	10
8:00am Caring Connections-R 10:30am Traveling Treats-R 2:00pm Creepy Craft Corner-1 3:15pm Games-1	8:00am Caring Connections-R 10:30am SingFit-1 2:00pm Linda Lee-2 3:15pm Cards-2 6:30pm Puzzles- Ind. D	8:00am Caring Connections-R 10:30am Crafts w/ Heart to Heart Hospice-1 2:00pm Bingo-2 3:15pm Bake Club-W	8:00am Caring Connections-R 10:30am Coffee Hour-1 2:00pm October Birthday Celebration w/ Mr. Kris-2 3:15pm Hand Massages-R 6:30pm Reminiscing-Ind D	8:00am Caring Connections-R 10:30am Spa-1 2:00pm Lutheran Service-C 3:30pm Rosary-C 3:15pm Farkle-2	8:00am Caring Connections-R 10:30am Tie Dye-1 2:00pm Bingo-2 3:15pm Popcorn Pass-R 6:30pm Wordsearches- Ind. D	8:00am Caring Connections-R 10:30am Weekend Packets-R 2:00pm Movie & Popcorn-1 3:15pm Cards-1
National Cinnamon Roll Day!						
11	12	13	14	15	16	17
8:00am Caring Connections-R 10:30am Traveling Treats-R 2:00pm Baking Bread-1 3:15pm Bread Trivia-1	8:00am Caring Connections-R 10:30am Pumpkin Painting-1 2:00pm Bingo-2 3:15pm Board Games-2 6:30pm Coloring- Ind. D	8:00am Caring Connections-R 10:30am Teaching Kitchen/Cooks Club-1 2:00pm Swval Stix-s-2 3:15pm Nail Care-R	8:00am Caring Connections-R 10:30am Coffee Hour-1 2:00pm Bob Barcalow-2 3:15pm Whats in the Box? -2 6:30pm Puzzles-Ind D	8:00am Caring Connections-R 10:30am Spa-1 2:00pm Lutheran Service-C 3:30pm Rosary-C 3:15pm Decorating for Halloween-1	8:00am Caring Connections-R 10:30am Bingo-2 2:00pm Rev. Zimmerman-C 3:15pm Popcorn Pass-R 6:30pm Trick-or-Treating-W	8:00am Caring Connections-R 10:30am Weekend Packets-R 2:00pm Paul Engine Wheelchair Exercise-1 3:15pm Pasta Craft-1
18	19	20	21	22	23	24
8:00am Caring Connections-R 10:30am Traveling Treats-R 2:00pm Munchies & Movies-1 3:15pm Munchies & Movies-1	8:00am Caring Connections-R 10:30am Sunshine String Band-2 2:00pm Bingo-2 3:15pm Witches Brews & Beers-2 6:30pm Word Puzzles- Ind. D	8:00am Caring Connections-R 10:30am Wheelchair Travel-2 2:00pm Treats from Italy-2 3:15pm Trivia about Italy -2	8:00am Caring Connections-R 10:30am Coffee Hour-1 2:00pm Charcuterie Mummy Craft-1 3:15pm Fall Trivia-1 6:30pm TV Time- Ind. D	8:00am Caring Connections-R 10:30am Spa-1 2:00pm Lutheran Service-C 2:30pm Catholic Mass-C 3:15pm Halloween Jingo-D	8:00am Caring Connections-R 10:30am Bingo w/ Heartland-2 2:00pm Flannel & Fall Social-2 3:15pm Popcorn Pass-R 6:30pm Puzzles-Ind. D	8:00am Caring Connections-R 10:30am Weekend Packets-R 2:00pm Hocus Pocus-1 3:15pm Halloween Memories-1
25	26	27	28	29	30	31
8:00am Caring Connections-R 10:30am Traveling Treats-R 2:00pm Creative Corner-1 3:15pm You Tube Bloopers-1	8:00am Caring Connections-R 10:30am SingFit-1 2:00pm Bingo-2 3:15pm Yantzee-2 6:30pm Reminiscing-Ind D	8:00am Caring Connections-R 10:30am Resident Council-1 2:00pm Scrapbooking-1 3:15pm Fall Reminiscing-1	8:00am Caring Connections-R 10:30am Coffee Hour-1 2:00pm High/Low-2 3:15pm Chocolate Taste Testing-2 6:30pm Puzzles-Ind D	8:00am Caring Connections-R 10:30am Spa-1 2:00pm Lutheran Service-C 2:30pm Rosary-C 3:15pm Monster Mash & Roll Game-1	8:00am Caring Connections-R 10:30am Bingo Store-2 1:30pm Halloween Parade-W 2:00pm Bingo Store-2 3:15pm Popcorn Pass-R 6:30pm Word Puzzles- Ind D	8:00am Caring Connections-R 10:30am Weekend Packets-R 2:00pm Halloween Movie-1 3:15pm Halloween Movie-1