Hidden pictures, word scramble and More!

THE CARING TIMES

September 2021 Edition

Labor Day- 6th

Build Your Own Omelet Bar-8th

National Pepperoni Pizza Day- 20th

First Day of Fall- 22nd

Like our "Bay County Medical Care Facility" page on Facebook for more facility updates and special events!

BAY COUNTY MEDICAL CARE FACILITY

Beauty Shop — 3001

Cafeteria — 3002

Kitchen — 1067

Lab — 1099

Conference Room — 1041

In-service — 3308

Conference Room — 1041

In-service —3308

WE RISE BY LIFTING ♡THERS

ACTIVITIES DIRECTOR:

Pam O'Hare — 1046

ASSIST. ACTIVITIES DIRECTOR:

Sarah Caldwell — 1048

DIETARY DIRECTOR:

Andra Shier — 1064

REGISTERED DIETITIANS:

Danielle Maguire — 1066

Misty Potts — 1065

HOUSEKEEPING/LAUNDRY:

Susan Samson — 1122

ENVIRONMENTAL SERVICES:

Jim Adamets, Director — 1130

Kyle Sajdak, Asst. Director– 1131

Maintenance — 1135

HUMAN RESOURCES DIRECTOR:

Kristal Gonzales — 1102

HR/EMPLOYEE BENEFITS:

Angie Banks — 1101

CENTRAL SUPPLY:

Geralyn Sterner — 1108

ADMISSIONS COORDINATOR:

Kate Tacia — 1045

ADMISSIONS CLERK:

Stefanie Rusch — 1044

DISCHARGE PLANNER:

Amanda Smith — 1057

CASE MANAGER:

Sarah Griffor — 1123

REHAB DIRECTOR:

Kim Heritier — 1139

O.T. Deanna Nesbitt — 1140

SOCIAL WORKERS:

Kristy Baldwin, Director — 1052

Julia Madigan — 1053

Sara Sanders — 1051

MDS COORDINATOR:

Jessica Hugo — 1088

RN - Janine Gulczinski — 1087

RN - Lynn Jahr — 1089

ADMINISTRATOR:

Maureen MacKenzie — **1032**

BUSINESS OFFICE MANAGER:

Michele Wiegand — **1055**

FINANCE DIRECTOR:

Jaqueline McCarthy — **1031**

FRONT DESK/ MARKETING:

Alecia Kruse — **1033**

BILLING:

Jamie Gasta — **1038**

Jodi Dufort — **1039**

Jill LeBrun — **1040**

MEDICAL RECORDS:

Lacy Wall — **1138**

ACCOUNTANT:

Alana Parsons — **1036**

PURCHASING:

Carrie Brozewski — **1090**

BAY COUNTY
MEDICAL
CARE FACILITY

PHYSICIAN:

Tazeen Ahmed —**1116**

DIRECTOR OF NURSING:

Jodi Kelly — **1115**

ASSISTANT DIRECTOR OF NURSING:

Bobbie Jo Herdman — **1114**

RESTORATIVE NURSING COORDINATOR:

Jessica Parrish — **1096**

RESTORATIVE LPN's:

Jennifer Ronk — **1094**

Mary Thompson — **1097**

INFEC. PREV/INSERVICE DIRECTOR:

Candy Bowden— **1060**

INFECTION PREV/ INSERVICE NURSE:

Annette Syring — **1061**

INSERVICE ED. AND NURSE MENTOR:

Gayle Hill — **1062**

QUALITY MANAGER:

Alissa Licht — **1091**

PAYROLL:

Renee Panzner — **1037**

{ We Care For Our Residents }

HAVE A VERY HAPPY BIRTHDAY!

Alice Miller 9/1
Alberto Martinez 9/3
Richard Priest 9/7
Helen Loughner 9/10
George Postell 9/11
Thomas Kozielski 9/14
Patricia Keene 9/17
Chester Schultz 9/18
Roy Wilson 9/18
Gary Fox 9/20
Richard Stanley 9/23

IN LOVING MEMORY

Nancy Loll
Cecil Sawatzke
Raefalle Ferrer
Clarissa Capp

BE THE REASON SOMEONE *Smiles* Today

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.

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.

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 YOU LOVED ONE, PLEASE SEE OUR THERAPY DEPARTMENT

ATTENTION! FOR THE TIME BEING, WE ARE NO LONGER ACCEPTING ANY NON-ESSENTIAL ITEMS FOR RESIDENTS. YOU ARE ALLOWED TO BRING IN FOOD AS LONG AS IT IS PACKAGED FROM A STORE OR A RESTAURANT. SORRY FOR ANY INCONVENIENCE.

SEPTEMBER
2021

THE SCOOP

DISHING WITH DINING SERVICES

UPCOMING DINING EVENTS

9/2: Grits for Breakfast Day
9/6: Labor Day!
9/8: Build Your Own Omelet Bar
9/10: Potato Pancake Day
9/12: Choc Milkshake Day
9/12-9/18: Chef Appreciation Week
9/14: Cream Filled Donut Day
9/15: Cook's Club + Dining Committee!
Natl. Linguini Day
9/19: Butterscotch Pudding Day
9/20: Natl. Pepperoni Pizza Day
9/22: Centenarian Day
9/24: Breakfast for Dinner
9/26: Pancake Day
9/29: Natl. Coffee Day
9/30: Apple Cider Donuts Day

SUPERFOOD OF THE MONTH

MUSHROOMS!

Did You Know?

Mushrooms are often considered a vegetable, but they are actually a fungi. Mushrooms contain glutamate which chefs recognize for its ability to create a savory rich flavor called umami. Most plants need sunlight to grow, but mushrooms can thrive without any light. When exposed to ultraviolet light from the sun they produce a nutritionally significant amount of vitamin D2. Mushrooms are very versatile and can be added to any meal or enjoyed sautéed on their own as a side dish.

FALL FOODS FULL OF FIBER!

Fall is right around the corner which means fall foods are near! Many foods that are in season during the fall season are high in fiber. Fiber aides in providing fullness after meals which helps promote a healthy weight. It can also help lower cholesterol, prevent constipation and diverticulosis, as well as stabilize blood sugar. Keep your eyes out for some of these fall favorites full of fiber:

- Apples
- Cranberries
- Squash
- Sweet Potatoes
- Pumpkin
- Brussel Sprouts

DINING COMMITTEE UPDATE:

Dining committee will be Sept 15th. This may have to be virtual depending on our COVID precautions at that time. Whether in person or virtual your voice matters! Please let us know your suggestions/comments about the menu!

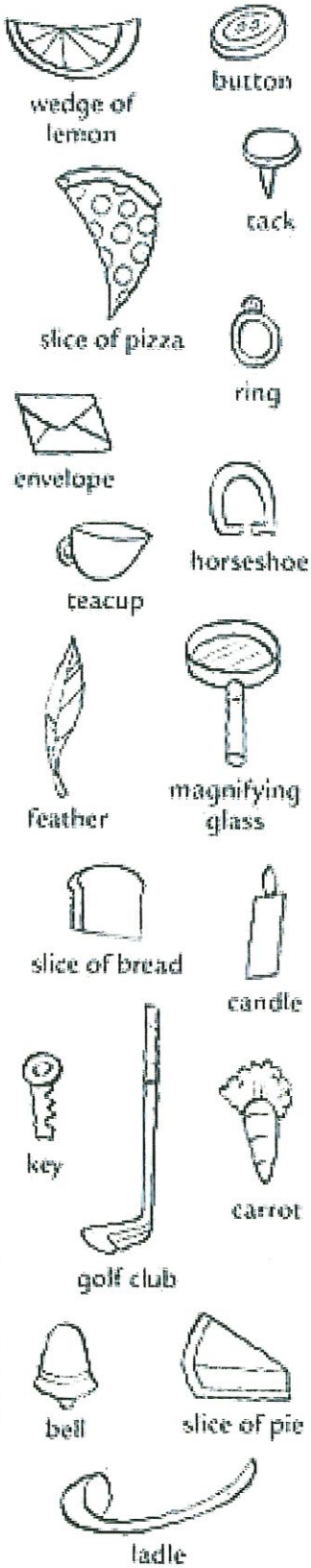
Hidden Pictures®

Shake Break

By David Helton

In this big picture, find the wedge of lemon, button, slice of pizza, tack, ring, envelope, horseshoe, teacup, feather, magnifying glass, slice of bread, candle, key, golf club, carrot, bell, slice of pie, and ladle.

Can you find these hidden objects?

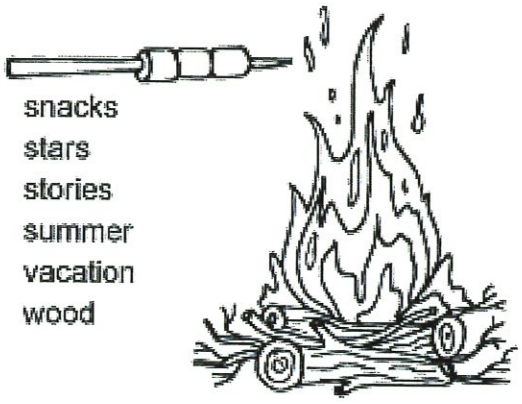


Highlights

Campfire

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

blanket
bug spray
campfire
chairs
flame
forest
guitar
hot dogs
log
marshmallows
matches
nature
night
outdoor cooking
roasting sticks
s'mores
sing alongs
smoke
snacks
stars
stories
summer
vacation
wood



Tree Valley Academy

CONGRATULATIONS ARE IN ORDER!

Congratulations to George Postell! He is our September Resident of the Month.

George has been a resident at Bay County Medical Care Facility since July 2020. George moved here from Ogemaw County to be closer to family that live in the Bay City area. George is a character at BCMCF! He can put a smile on your face without even trying. He keeps staff on their toes with his unique quirks and is entertaining to be around! Thank you George for choosing to stay with us here at BCMCF and Congrats Mr. September!

We are proud to announce that

Josh MacDonald was chosen as our Employee of the month for September. He has worked at BCMCF since July 10, 2020 and you will always see Josh with a smile on his face. Josh works in our Dietary Department as a Dietary Aide and fills in for our Cook position at times. He is ALWAYS in a good mood and has a great sense of humor. Josh is always willing to help anyone and goes above and beyond the call of duty. Thank you for everything you do, Josh!

September 2021 Pet of the Month

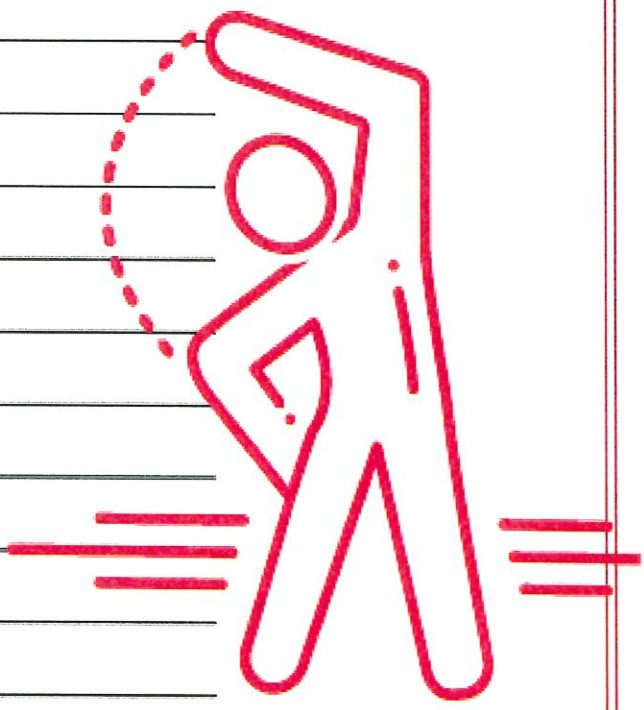
Congrats to Lili she is a little six pound Chihuahua and belongs to Melissa and Eric Spencer. She loves to have her belly rubbed, to give as many kisses as she can and to sit on the couch with her sister Zoey to watch the neighborhood and keep her family safe. She can't wait to meet all the residents and share her love.

Woof!

word scramble

EXERCISE FOR OLDER ADULTS

1. WLNGIKA _____
2. NSIFETEB _____
3. HCRESTT _____
4. AALCNBE _____
5. NIGJOGG _____
6. TSHNETGR _____
7. SAIYHPCL _____
8. ABOERIC _____
9. VTYIACTI _____
10. KGBNII _____
11. ISMNIGWM _____
12. DULATS _____
13. TERR TEAHA _____
14. NCUDAERNE _____
15. FLEBTXLYIII _____
16. IGNNCAD _____
17. GDOO _____
18. LEMCUSS _____
19. RTIHNBEGA _____

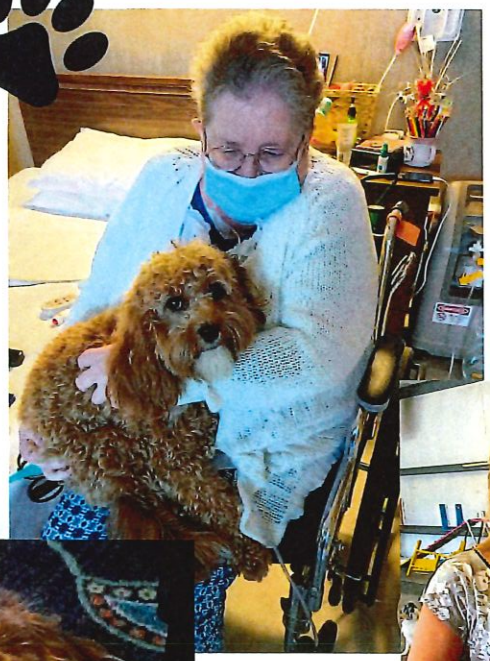


American HOME HEALTH

"Source: MedlinePlus, National Library of Medicine."

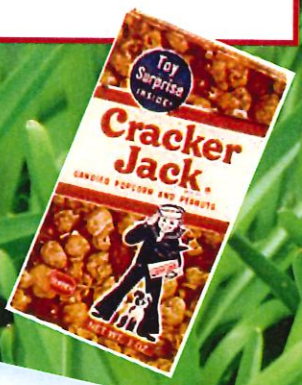
TUNNEL OF TREES

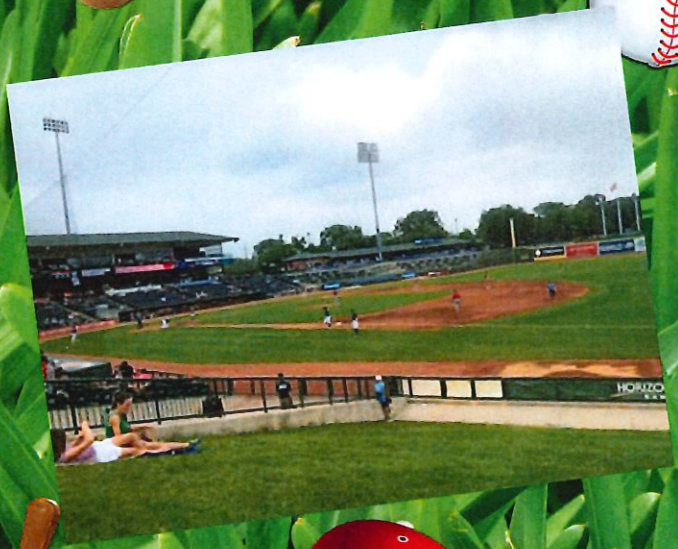
Northern Michigan's Tunnel of Trees on M-119 is one of the state's most iconic attractions, never more so than on a fall color tour. The scenic road winds from Harbor Springs, north of Petoskey, to Cross Village.



Hello BCMCF friends and family, my name is ZuZu!! I am a Certified Therapy Dog. I belong to Jackie McCarthy, our Finance Director. I often come to visit with the residents and staff at the facility, they sure do love my puppy cuddles and kisses!!

TAKE ME OUT TO THE BALLGAME...





Aloha