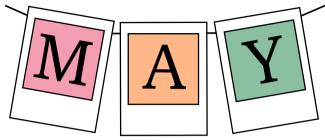


GOGEBIC MEDICAL CARE FACILITY











National Skilled Nursing Care Week

<u>"Tapestry of Life" Announced as Theme for National Skilled</u> <u>Nursing Care Week</u>

AHCA is pleased to announce "Tapestry of Life" as the theme for this year's National Skilled Nursing Care Week® (NSNCW), which will kick off on Mother's Day, Sunday, May 11.

About the Theme

Tapestry of Life highlights the meaningful stories that make up each person's journey in skilled nursing care. From residents and families to caregivers and staff, everyone adds a unique thread that is woven into this vibrant tapestry. This theme celebrates the connections, resilience and strength that unite us all.

Established by AHCA in 1967, NSNCW starts each year on Mother's Day and encourages skilled nursing care centers around the country to host a variety of events that shine a light on the individuals who reside, work, and volunteer in nursing centers while adhering to infection control requirements Join Our 'Tapestry of Life' This National Skilled Nursing Care Week

Gogebic Medical Care Facility is excited to celebrate our exceptional staff and inspiring residents this National Skilled Nursing Care Week (NSNCW) beginning on Mother's Day, May 11th – 17th, with the theme "Tapestry of Life."

GMCF takes pride in caring for our residents every day.

The annual NSNCW observance recognizes the important role of skilled nursing care centers in caring for our elders and individuals with disabilities. Each person in the long term and post-acute care community contributes to improving the quality of life of all residents by providing a home away from home that allows them to have the essential connections they need to thrive.

(See Next Page for list of events! We welcome everyone to come join in on the

celebration!)



National Skilled Nursing Care Week

Events

<u>Sunday May 11</u> *Mother's Day* Dress Up: Dress Your Best PM Activity: Mother's Day Visits <u>Monday May 12</u>

Dress Up: Pajama Day PM Activity: BINGO!

<u>Tuesday May 13</u> *Twin Tuesday* Dress Up: Match with a Resident PM Activity: Larry Jankowski

<u>Thursday May 15</u> *Tie Dye Thursday* Dress Up: Tie Dye Clothing PM Activity: Tie Dying <u>Wednesday May 14</u> Whacky Wednesday! Dress Up: Crazy Hair and Mismatched Clothes PM Activity: Farm Visits

<u>Friday May 16</u>

Dress Up: Sports Apparel PM Activity: Relays

<u>notes</u> Week Long Penny War benefitting the Resident Christmas Fund <u>Saturday May 17</u> Dress Up: Floor Color Day 1st- Red 2nd- Blue, Ground-Yellow Activity: BINGO!

<u>NUTRITION FOCUS OF THE MONTH:</u> <u>SPRING AND TIPS TO SPRING CLEAN</u> YOUR HEALTH!



With milder temperatures, more sun, and wildlife sprouting everywhere, the arrival of spring in and of itself can put an extra kick in your step. It's a time of possibility, a time to take stock of the habits that might be holding you back from being who you want to be — and to form new habits that help you become a better version of yourself. The following are some helpful tips to Spring clean your health!

Fill Your Plate With Fruits and Vegetables - Spring and summer are a great time to incorporate more fresh, in-season fruits and vegetables into your diet. Warmer weather produce like mushrooms, bell peppers, zucchini, and berries are all packed with micronutrients the body needs **Be Mindful of Opportunities to Overindulge -** Warmer weather often brings outdoor gatherings like picnics and barbeques, which can come with unhealthy foods like grilled and processed meats and fatty snacks.

You don't have to forgo these foods all together, but look for leaner meat and poultry options and avoiding fried snacks and fatty dips when you can to help reduce your intake of arteryclogging unhealthy fats.

Stay Hydrated - When it's warmer outside, your body can lose more moisture through sweating, even if you don't feel yoursel getting sweaty. Dehydration can pose serious health risks if severe — and even if you're just mildly dehydrated, it can cause fatigue, low energy, and headaches. A potential benefit of drinking enough water is that it may help you avoid overeating.

Get Outside and Get Moving -Getting enough physical activity every day is really important. It can be as simple as taking a walk down or spending some time gardening. Any activity that gets your bones and muscles moving can help. Getting outside can boost Vitamin D levels, thanks to the sun (just be sure to wear sunscreen). And if you're walking or running on uneven terrain, it can engage more muscles and improve your balance compared with moving on a flat surface.

Reset Your Sleep Schedule -If dark, cold winter days have thrown your sleep schedule off track, use spring as a reset.

Other ways to clean up your pre-sleep routine include: not exercising or eating large meals within two hours before bedtime, avoiding alcohol for at least four hours before bed, and avoiding caffeine in the afternoon. And definitely do get up at the same time each day — ideally with exposure to light right away. Consistently waking up at the same time day after day gets your body and that routine — and it becomes easier to stick to. If you're having trouble falling or staying asleep: try to keep the place where you sleep really dark and cool.



DIETARY NEWS

The last food committee was May 8th, the Resident choose their upcoming Holiday meals. Mother Day's on May 11th and Memorial Day on May 26th. The Residents chose the following meal for Mother's Day including Baked Ham, Baked Potato, Hot Beets, and Boston Cream Pie for dessert. The Residents chose the following meal to be served on Memorial Day including Grillwurst on Bun, Potato Salad, Corn on the Cob, and Strawberry Shortcake for dessert.

The meeting also discussed the Nutrition Calendar for the month of May.

- May 1st is National Chocolate Parfait Day All in agreement to have the same served.
- May 8th is National Coconut Cream Pie Day All in agreement to have the same served,
- May 13th National Apple Pie Day All in agreement to have the same served.
- May 15th National Chocolate Chip Day All in agreement to have Chocolate Pancake or Chocolate Chip Cookie served. May 20th Pick Strawberries Day – All in agreement to have Strawberries and Cream served.
- May 22nd is National Vanilla Pudding Day All in agreement to have the same served.
- May 26th is National Cherry Dessert Day All agreement to have Cherry Pie served.

The meals for National Skilled Nursing Care Week 2025 were also chosen to coincide with theme days:

CONTD.

ETARY NEWS

- Sunday (Mother's Day): Baked Ham, Baked Potato, Hot Beets, and Boston Cream Pie
- ·Monday (Pajama Day): Kropusa
- ·Tuesday (Twining Day): Tacos
- ·Wednesday (Wacky Day): Macaroni & Cheese
- ·Thursday (Tie Dye Day): Pizza
- ·Friday (Sports Day): Fish
- ·Saturday (Color Day): Pasty





If interested please contact Sara Holzscheiter at ext. 103 to get signed up!



When your loved one is admitted to GMCF please let the nursing staff know if they have any doctors appointments coming up, or if they are needing doctors appointments and you'd like for us to schedule them.



Please review the new Beauty Shop Prices.

Cost of Services:			
\$3.00	Rinse	\$28.00	Hi-Lights
\$14.00	Haircuts	\$32.00	Perm Only
\$14.00	Sets	\$40.00	Perm / Haircut - No Set
\$27.00	Colors	\$48.00	Perm, Haircut,Set

If you wish for your loved one to receive services please ensure the proper amount is in their Resident Trust Fund. To add money to Resident Trust Fund please stop in the Personnel Office Monday - Friday 8 AM-4 PM.







We are itching for nice

warm weather, so we

started our garden club

early! This year we are

going to grow peas,

Our Residents had a blast dying Easter Eggs with Silk Ties! They turned out so beautifully!

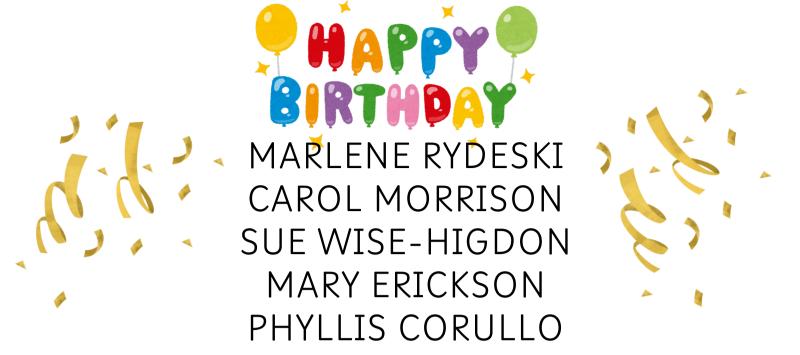


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May Activities Calendar

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PM BINGO!PM Facility Bday w/OTCB2PM Tai ChiPM BINGO!PM BINGO!PM ManicuresCZ Classic TVCZ SensoryCZ 1:1CZ Newspaper reviewCZ Music Hour26Memorial Day27282930Coffee PassCoffee PassCoffee PassCoffee PassCoffee PassAM Word ScrambleAM CryptogramsAM 1:1AM SG Cord GamesAM SG 10:30 RosaryAM ReminisceAM SG Movin' and Groovin'PM Drum FitPM Kick the CupPM BINGO!2 PM Baking ClubCZ Classic TVCZ SensoryCZ SensoryCZ 1:1CZ Newspaper reviewCZ Music Hour	AM SG Faith Discussion	AM SG Movin' and Groovin'	AM SG Hand Massages	AM SG Card Games	AM SG 10:30 Rosary	AM SG Yoga	AM SG Hand Massage
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26Memorial Day27282930Coffee PassCoffee PassCoffee PassCoffee PassCoffee PassCoffee PassCoffee PassAM Word ScrambleAM CryptogramsAM 1:1AM Short StoriesAM ReminisceAM SG Movin' and Groovin'AM SG Bowling Outing 10A-12FAM SG Card GamesAM SG 10:30 RosaryAM SG YogaPM BINGO!PM Drum FitPM Kick the CupPM BINGO!2 PM Baking ClubCZ Classic TVCZ SensoryCZ 1:1CZ Newspaper reviewCZ Music Hour	CZ Group Prayer	CZ Classic TV	CZ Sensory	CZ 1:1	CZ Newspaper review	CZ Music Hour	CZ 1:1
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PM BINGO! PM Drum Fit PM Kick the Cup PM BINGO! 2 PM Baking Club CZ Classic TV CZ Sensory CZ 1:1 CZ Newspaper review CZ Music Hour	AM SG Faith Discussion		AM SG Bowling Outing 10A-12F		AM SG 10:30 Rosary	AM SG Yoga	AM SG Hand Massage
CZ Classic TV CZ Sensory CZ 1:1 CZ Newspaper review CZ Music Hour	2 PM Northwoods Church Choii	PM BINGO!	PM Drum Fit	PM Kick the Cup	PM BINGO!	2 PM Baking Club	PM Human Slot Machine
	CZ Group Prayer	CZ Classic TV	CZ Sensory	CZ 1:1	CZ Newspaper review	CZ Music Hour	CZ 1:1



Birthday Wishes to all staff that celebrate birthdays in May!

Name	Years of Service
Monica Guererro	29
Brittani Dabbs	2
Savanna Campbell	2
Lexi Haeger	1
Sylvia Ferrari-Miller	7
Janelle Allen	10 Months
Hayley Menara	4
Justin Bates	1
Sheri Hitz	2
Bob Barber	8
Corrine Perczynski	4 Months
Shayna Hill	1
Elaina Johnston	9 months
Nate Cooley	13

Please call Sara Holzscheiter at Ext. 103 to contribute to the Hilltop Herald. We would love to share your written work or photos! You may also contact Sara to be removed from the e-mailing list.

HILLTOP AVAILABLE ONLINE AT: GOGEBICMEDICALCARE.COM

Department	Name	Extension
Administrator	Melissa Jurakovich	101
Admissions Clerk	Janice Koski	102
Director of Activities	Sara Holzscheiter	103
Social Services Designee	Ashley Jarvenpaa	104
Maintenance Support Services	Mark Ahonen	105
RD/Director of Dietary	Tina Huotari	106
Billing/Accounts Receivable	Brittani Dabbs	108
Director of Nursing	Kathy Ruotsala, RN	113
Health Information Services	Rich Mcmanman	121
Clinical/Quality Nurse Manager	Heidi Brown	127
RN/MDS Coordinator	Jim Matazel	130
RN/Infection Preventionist	Dawn Degrave	178

DEPARTMENT OF HEALTH AND HUMAN SERVICES	FOR INFORMATION REGARI	DING A RESIDENT	
BOARD MEMBERS	CALL 906-224-9811 AT T		
	EXTENSIONS		
MARCIA JURAKOVICH- BOARD MEMBER	FIRST FLOOR	EXT 110	
JULANN RITTER- BOARD MEMBER			
BOB MURPHY- BOARD MEMBER	SECOND FLOOR	EXT 112	