

HILLTOP HERALD

GOGEBIC MEDICAL
CARE FACILITY

MAY



National Skilled Nursing Care Week

"Tapestry of Life" Announced as Theme for National Skilled Nursing Care Week

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

Sunday May 11

Mother's Day

Dress Up: Dress Your Best
PM Activity: Mother's Day
Visits

Monday May 12

Dress Up: Pajama Day
PM Activity: BINGO!

Tuesday May 13

Twin Tuesday

Dress Up: Match with a
Resident
PM Activity: Larry Jankowski

Wednesday May 14

Whacky Wednesday!

Dress Up: Crazy Hair and
Mismatched Clothes
PM Activity: Farm Visits

Thursday May 15

Tie Dye Thursday

Dress Up: Tie Dye Clothing
PM Activity: Tie Dying

Friday May 16

Dress Up: Sports Apparel
PM Activity: Relays

notes

Week Long Penny
War benefitting
the Resident
Christmas Fund

Saturday May 17

Dress Up: Floor Color Day
**1st - Red 2nd - Blue, Ground-
Yellow**
Activity: BINGO!

NUTRITION FOCUS OF THE MONTH: SPRING AND TIPS TO SPRING CLEAN 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 artery-clogging unhealthy fats.

Stay Hydrated - When it's warmer outside, your body can lose more moisture through sweating, even if you don't feel yourself 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.

DIETARY NEWS

CONTD.

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

- 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





Gogebic Medical Care Facility

VOLUNTEERS

⋮⋮⋮ **NEEDED** ⋮⋮⋮

Help make a difference! Join us as a
volunteer and be part of something bigger!

We need help with:

- Musical Events
- Arts and Crafts
- Social Visits
- Many more!!

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

Reminder

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.

Beauty Shop Updates

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.





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



We are itching for nice warm weather, so we started our garden club early! This year we are going to grow peas, tomatoes, and peppers!



May Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4 Coffee Pass AM Prayer/Psalms AM SG Faith Discussion PM Tea time w/Girl Scouts	5 Coffee Pass AM Do you know Spanish? AM SG Movin' and Groovin'	6 Coffee Pass AM Pictograms AM SG Hand Massages	7 Coffee Pass AM 1:1 AM SG Card Games	8 Coffee Pass AM Trivia AM SG 10:30 Rosary	9 Coffee Pass AM Finish the Phrase AM SG Yoga	10 Coffee Pass AM Virtual Tour AM SG Hand Massage
CZ Group Prayer Mothers Day- Dress your best	CZ Classic TV Nursing Home Week- PJ Day	CZ Sensory	CZ 1:1	CZ Newspaper review	CZ Music Hour	CZ 1:1
11 Coffee Pass AM Prayer/Psalms AM SG Faith Discussion	12 Coffee Pass AM True or False AM SG Movin' and Groovin'	13 Coffee Pass AM Spot the Difference AM SG Hand Massages	14 Coffee Pass AM 1:1 AM SG Card Games	15 Coffee Pass AM Poems AM SG 10:30 Rosary	16 Coffee Pass AM Word Games AM SG Yoga	17 Coffee Pass AM Virtual Tour AM SG Hand Massage
2 PM Pastor Roy CZ Group Prayer	PM BINGO! CZ Classic TV	2 PM Larry Jankowski CZ Sensory	PM Farm Visits CZ 1:1	PM Tye Dye CZ Newspaper review	PM Relays CZ Music Hour	PM BINGO! CZ 1:1
18 Coffee Pass AM Prayer/Psalms AM SG Faith Discussion	19 Coffee Pass AM Brain Teasers AM SG Movin' and Groovin'	20 Coffee Pass AM Would you Rather AM SG Hand Massages	21 Coffee Pass AM 1:1 AM SG Card Games	22 Coffee Pass AM Newspaper Review AM SG 10:30 Rosary	23 Coffee Pass AM Board Games AM SG Yoga	24 Coffee Pass AM Virtual Tour AM SG Hand Massage
2 PM Klassic Krooners CZ Group Prayer	PM BINGO! CZ Classic TV	PM Facility Bday w/OTCB CZ Sensory	2PM Tai Chi CZ 1:1	PM BINGO! CZ Newspaper review	PM Manicures CZ Music Hour	PM Tea Time in the Garden CZ 1:1
25 Coffee Pass AM Prayer/Psalms AM SG Faith Discussion	26 Coffee Pass AM Word Scramble AM SG Movin' and Groovin'	27 Coffee Pass AM Cryptograms	28 Coffee Pass AM 1:1 AM SG Card Games	29 Coffee Pass AM Short Stories AM SG 10:30 Rosary	30 Coffee Pass AM Reminisce AM SG Yoga	31 Coffee Pass AM Virtual Tour AM SG Hand Massage
PM Northwoods Church Choir CZ Group Prayer	PM BINGO! CZ Classic TV	PM Drum Fit CZ Sensory	PM Kick the Cup CZ 1:1	PM BINGO! CZ Newspaper review	2 PM Baking Club CZ Music Hour	PM Human Slot Machine CZ 1:1



HAPPY BIRTHDAY

MARLENE RYDESKI
CAROL MORRISON
SUE WISE-HIGDON
MARY ERICKSON
PHYLLIS CORULLO

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

<p>DEPARTMENT OF HEALTH AND HUMAN SERVICES BOARD MEMBERS</p> <p>MARCIA JURAKOVICH- BOARD MEMBER JULANN RITTER- BOARD MEMBER BOB MURPHY- BOARD MEMBER</p>	<p>FOR INFORMATION REGARDING A RESIDENT CALL 906-224-9811 AT THE FOLLOWING EXTENSIONS</p> <p>FIRST FLOOR EXT 110</p> <p>SECOND FLOOR EXT 112</p>
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