

Hilltop Herald

GOGEBIC MEDICAL
CARE FACILITY

September



Your Rights and Protections as a Nursing

Home Resident:

Your Ombudsman

Since 1972, the Michigan Long Term Care Ombudsman Program has strived to improve the quality of care and quality of life experienced by residents who live in licensed nursing homes, homes for the aged, and adult foster care homes. Local ombudsmen (paid staff and volunteers) advocate for the resident as directed and guided by the wishes of the resident and only with resident consent. All services are provided under strict confidentiality.

Ombudsmen cannot share information about the resident or the resident's concerns without the resident's permission. Ombudsmen are not mandatory reporters for abuse, neglect, or exploitation.

The program also aims to improve the long term care system, speaking for the passage of laws, regulations, and policies benefiting over 105,000 Michigan long term care residents. The Michigan Long Term Care Ombudsman Program is funded by the federal and state government. There is no cost to residents or families for ombudsman services.



Ombudsmen empower and support residents by:

- Protecting residents' rights
- Promoting dignity and choice
- Meeting privately with residents
- Assisting residents to identify and resolve
- concerns
- Helping residents file complaints and
- appeals

Our Local Ombudsman

Michelle Smith

Upper Peninsula Commission
for Area Progress (UPCAP)

2501 14 Ave. , South
Escanaba, MI 49829

906-280-7107
smithm@upcap.org

Counties Served:
Gogebic, Houghton, and Ontonagon

NUTRITIONAL FOCUS OF THE MONTH: DIETARY SUPPLEMENTS AND HEALTH



When it comes to making sure you are getting the vitamins and minerals your body needs, food is the best option. Following a healthy eating style, which includes a variety of vegetables, fruits, whole grains, low-fat or fat free dairy and lean protein foods is key. Although in some cases, a dietary supplement may be needed. For example, dietary supplements may be recommended if foods that provide important nutrients are lacking, or when a vitamin or mineral deficiency has been diagnosed by a health care provider. Just what are all those vitamins and minerals?

Calcium helps keep bones strong and may reduce the risk of diseases such as osteoporosis. Fortified foods and beverages, including some cereals, and 100% juices can also contribute this important nutrient.

NUTRITIONAL FOCUS OF THE MONTH: INDIVIDUALIZED DIETARY SUPPLEMENTS AND HEALTH CONT'D

Vitamin D is called the sunshine vitamin, due to our body's ability to produce some vitamin D after being out in the sun. However, geographical location, time of year and use of sunscreen can all influence this natural source of vitamin D. Our menus at GMCF are full of Vitamin D foods, such as eggs, fatty fish and fortified milk products.

Vitamin B12 is found in animal products. Lean meats, fish, poultry, eggs and low-fat dairy foods are good sources of this vitamin. Thinking about taking vitamin B12 for an energy boost to fight fatigue? Think again. The evidence is lacking. In addition, research does not support taking vitamin B12 supplements to treat heart disease or reduce your risk for cancer.

Folate and Folic Acid: Your body needs folate to keep red blood cells working normally. You can get the folate you need through our menus which include oranges, nuts, beans seafood and dairy products. Additionally, many of our breakfast cereals are fortified with folate.

NUTRITIONAL FOCUS OF THE MONTH: INDIVIDUALIZED DIETARY SUPPLEMENTS AND HEALTH CONT'D

Magnesium: Many Americans do not get the daily recommended amount of magnesium in their diet, yet a variety of foods provide it. Sources of magnesium include beans, nuts, whole grains and green leafy vegetables. Although some studies have found that magnesium supplements may help reduce symptoms of certain health conditions, more research is still needed. Luckily our menus ensure half the daily grain offerings are whole grains, thus meeting your Magnesium needs.

Are You Getting the Vitamins and Minerals Your Body Needs? If you are eating a good portion of the meals provided here at GMCF, then yes you are. If your intake is low your Dr. may order lab tests to determine deficiency and the need for dietary supplements, otherwise, food is the best option. You can ask to speak with our in-house Registered Dietitian, Tina Huotari to specialize your menu options to improve your intake.

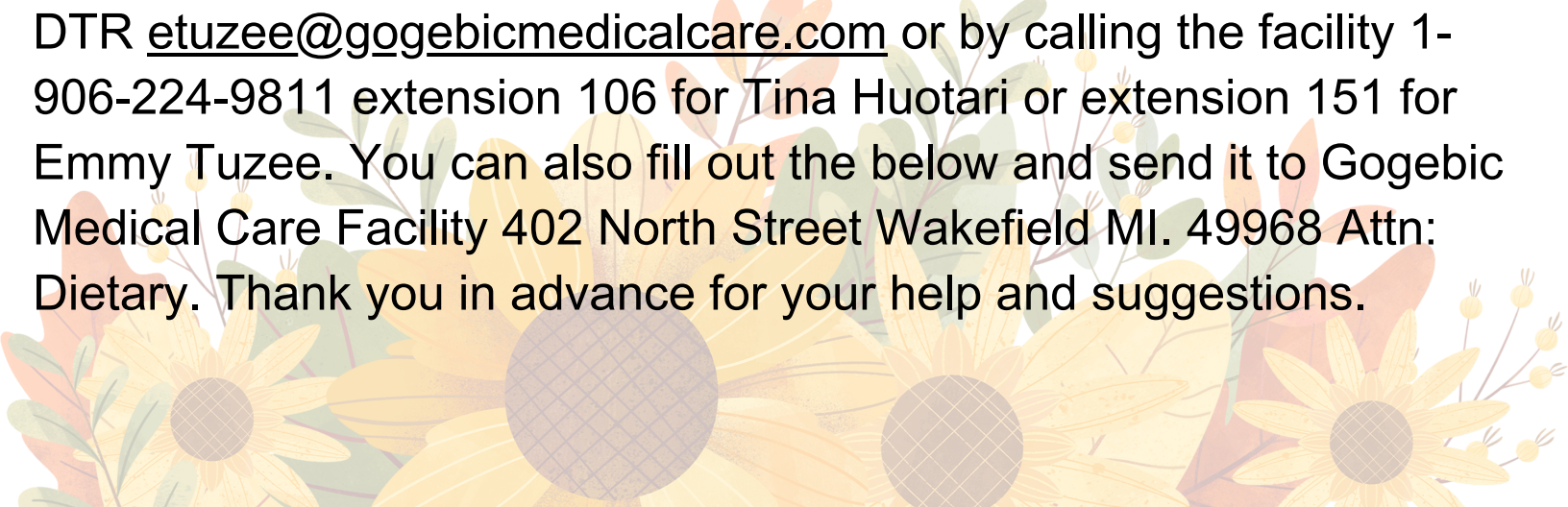


DIETARY NEWS

The last Food Committee meeting was on August 12th. Fair Day was on August 22nd and the Residents enjoyed Mini Corn Dogs, Potato Wedges, Green Beans, and Peanut butter rice Krispie bars for dessert. The next Holiday meal to be served is on Labor Day, Monday September 1st. The Residents chose to have Hot dogs, Potato Salad, Baked Beans, and Strawberries with whipped cream for dessert.

The Residents also planned the Nutrition Calendar meals for the month of September. Visit our Gogebic Medical Care Facility website to view the weekly menus including themed days.

We strive to provide an enjoyable dining experience for all at GMCF. The Residents are asked routinely regarding suggestions on how we can improve their dining experience. We would like to obtain the input of our Residents families and loved ones also. If any family member or loved one would like to provide suggestions on how we can improve the dining experience here at GMCF please contact Tina Huotari, RD, at thuotari@gogebicmedicalcare.com or Emmy Tuzee, DTR etuzee@gogebicmedicalcare.com or by calling the facility 1-906-224-9811 extension 106 for Tina Huotari or extension 151 for Emmy Tuzee. You can also fill out the below and send it to Gogebic Medical Care Facility 402 North Street Wakefield MI. 49968 Attn: Dietary. Thank you in advance for your help and suggestions.



WE WANT YOUR INPUT

HOW CAN WE MAKE THE DINING EXPERIENCE AT GOGEBIC MEDICAL
CARE MORE ENJOYABLE?

PLEASE DETACH AND SEND TO:

GOGEBIC MEDICAL CARE FACILITY

ATTN: DIETARY

402 NORTH STREET WAKEFIELD MI. 49968

OR EMAIL YOUR RESPONSE TO:

THUOTARI@GOGEBICMEDICALCARE.COM

OR

SHOLZSCHEITER@GOGEBICMEDICALCARE.COM

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.**



IN AUGUST WE CELEBRATED FACILITY FAIR WEEK WITH THEMED DAYS AND DIFFERENT ACTIVITIES. THIS DAY WAS TACKY TOURIST DAY! THIS CREW WAS READY FOR AN ADVENTURE!

WE STARTED A DAILY BINGO GAME. EACH DAY ONE NUMBER IS CALLED UNTIL ONE PERSON WINS BINGO! CONGRATS TO BRIAN, OUR AUGUST WINNER!



WITH SUMMER WINDING DOWN WE BROUGHT THE BEACH TO US! WE HAD A BEACH DAY COMPLETE WITH POOLS OF WATER, SAND, FROZEN JUICE, AND A VISIT FROM THE SHARK SHACK!



THANK YOU TO GMCF'S OWN DAWN DEGRAVE FOR BRINGING IN FARM ANIMALS FOR US TO ENJOY VISITING WITH DURING FAIR WEEK!

September Activities Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
31	Coffee Pass AM Eye Spy SG Chair Yoga	1	Coffee Pass AM Eye Spy SG Chair Yoga	2	Coffee Pass AM Trivia	3	Coffee Pass AM 1:1	4	Coffee Pass AM Park Feed AM SG Rosary	5	Coffee Pass AM Finish the Lyric	6	Coffee Pass AM Virtual Tour AM SG Hand Massages
	PM BINGOI	CZ Classic Tv Sho	PM Manicures	PM Pastor Brittany	CZ 1:1	2 PM BINGOI	PM Craft	PM Baking Group	PM Hungry Hippi				
7	Coffee Pass AM Prayer/Psalms	8	Coffee Pass AM Spot the Difference AM SG Puzzles	9	Coffee Pass AM Puzzles AM SG Puzzles	10	Coffee Pass AM 1:1	11	Coffee Pass AM Zoo Feed AM SG Rosary	12	Coffee Pass AM Word Puzzles AM SG Hand massages	13	Coffee Pass AM Virtual Tour
PM Garden w/Lutheran C	PM BINGOI	PM Resident Council	PM Balloon Tac-toe	PM BINGOI	PM Sheep Herding	PM High Roller Dice							
CZ Group Prayer	CZ Classic Tv Sho	CZ Sensory Hour	CZ 1:1	CZ Newspaper Review	CZ Music Hour	CZ 1:1							
14	Coffee Pass AM Prayer/Psalms	15	Coffee Pass AM Word Search AM Hair	16	Coffee Pass AM Crossword AM Hair	17	Coffee Pass AM 1:1 AM SG Stretching	18	Coffee Pass AM Aquarium Feed 10:30 Rosary	19	Coffee Pass AM Riddles AM SG Hand Massages	20	Coffee Pass AM Virtual Tour AM SG Hand Massages
PM Pastor Roy	PM BINGOI	PM School Picture Day	PM Gym Day	PM BINGOI	PM Play Doh Sculptures	PM Balloon Pack Toss							
CZ Group Prayer	CZ Classic Tv Sho	CZ Sensory Hour	CZ 1:1	CZ Newspaper Review	CZ Music Hour	CZ 1:1							
21	Coffee Pass AM Prayer/Psalms	22	Coffee Pass AM Sudoku AM SG Yoga	23	Coffee Pass AM Word Scramble	24	Coffee Pass AM 1:1	25	Coffee Pass AM Park Feed 10:30 Catholic Mass	26	Coffee Pass AM Pictograms AM SG Hand massages	27	Coffee Pass AM Virtual Tour
PM Musicals and Snack	PM BINGOI	PM Facility Bday w/OTCB	PM BINGOI	PM Tai Chi	PM Baking Group	PM Hungry Hippi							
CZ Group Prayer	CZ Classic Tv Sho	CZ Sensory Hour	CZ 1:1	CZ Newspaper Review	CZ Music Hour	CZ 1:1							
28	Coffee Pass AM Prayer/Psalms	29	Coffee Pass AM Jokes SG Bowling Outing	30	Coffee Pass AM Reminisce	1		2		3		4	
PM Living Hope Church C	PM BINGOI	PM Musical Ball	PM BINGOI										
CZ Group Prayer	CZ Classic Tv Sho	CZ Sensory Hour											
Notes Ground Floor Day rooms													



JEAN RANTA
DORIS NEIMI
MICHAEL TAUER
JERRY GRENFELL
ADLE VANDENBERG
CAROLYN PAQUETTE
BUNNY GHELLER

Birthday Wishes to all staff that celebrate birthdays in September!

Name	Years of Service
Kayden Cooke	3
Lauri Johnson	5
Tammy Machulis	4
Lynnea Laessig	1
Aubrey Balduc	2 months
Janice Koski	31

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
Billing/Accounts Receivable	Brittani Dabbs	108
Director of Activities	Sara Holzscheiter	103
Director of Nursing	Kathy Ruotsala, RN	113
Health Information Services	Rich Mcmanman	121
Maintenance Support Services	Mark Ahonen	105
RD/Director of Dietary	Tina Huotari	106
RN/Clinical/Quality	Heidi Brown, RN	127
RN/Infection Preventionist	Dawn Degrave, RN	178
RN/MDS Coordinator	Jim Matazel, RN	130
Social Services Designee	Ashley Jarvenpaa	104

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