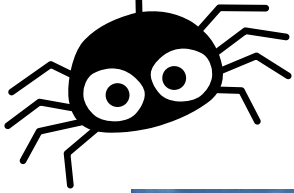


Hilltop Herald

GOGEBIC MEDICAL CARE FACILITY

OCTOBER



Long-Term Care Residents Honored During Residents' Rights Month, October 2025

About Residents' Rights Month

October is Residents' Rights Month, an annual event designated by Consumer Voice to honor residents living in all long-term care facilities and those receiving care in their home or community. It is an opportunity to focus on and celebrate the dignity and rights of every individual receiving long-term services and supports.

Residents have the right to self-determination and to use their voice to make their own choices. This year's theme, Stand with Me, highlights the importance of solidarity and support for residents who stand up and advocate for their rights, as well as the value of encouraging the community to join residents in sharing their voices.

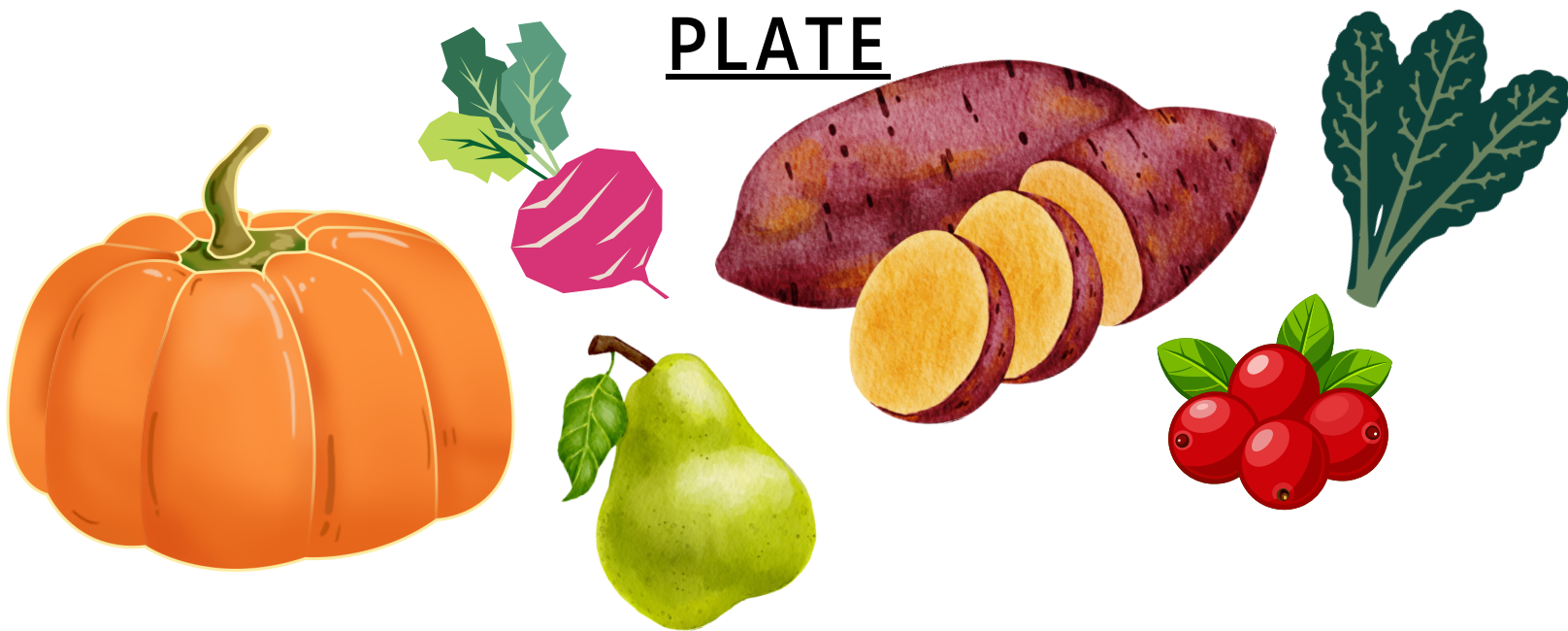
History of Residents' Rights Month

Originating as Residents' Rights Week in 1981, Residents' Rights Month has been expanded to raise awareness of residents' essential rights.

At the Consumer Voice Conference in 1981, nursing home residents determined the need for time set aside to celebrate residents and their rights, separate from the annual National Nursing Home Week (now National Skilled Nursing Care Week) events. Consumer Voice (then NCCNHR) organized a successful petition drive to persuade Congress to designate a "Residents' Rights Day." Senator Claude Pepper (D-FL) and Senator David Pryor (D-AR) responded by introducing a Congressional Resolution for that purpose. Consumer Voice was also successful in making arrangements to take five nursing home residents to the White House to meet with President Jimmy Carter's Special Counselor on Aging, Dr. Harold Sheppard.

Since 1981, Consumer Voice has preserved the tradition of celebrating Residents' Rights, and, in 2011, Residents' Rights Week was expanded to Residents' Rights Month, held annually in October. This expansion provides additional time for residents/facility staff, family members, community advocates and ombudsmen to conduct educational programs and festive events to call attention to this important topic.

NUTRITIONAL FOCUS OF THE MONTH: FALL PRODUCE PICKS TO ADD TO YOUR PLATE



The sun is setting sooner, the nights are getting cooler and wool socks are starting to sound like a good idea. This is the perfect time to celebrate the seasonal produce gems of autumn! Head to your local market and fill your basket with these fall produce picks.

Pumpkin! Pumpkin is full of dietary fiber and beta-carotene, which provides its vibrant orange color. Beta-carotene converts into vitamin A in the body, which is great for your skin and eyes. To balance pumpkin's sweetness, try adding savory herbs, such as sage and curry.

NUTRITIONAL FOCUS OF THE MONTH: FALL PRODUCE PICKS TO ADD TO YOUR PLATE CONT'D

Beets! Beets are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. The grocery store most likely will carry red beets; your local farmers market may have more interesting varieties, such as golden or bull's blood, which has a bullseye pattern of rings. The red color in beets is caused by a phytochemical called betanin, making beet juice a natural alternative to red food coloring. Beets are a source of naturally occurring nitrates and may help to support healthy blood pressure. Roasting or steaming beets whole takes the fuss out of peeling — the skin easily slides off after cooking. They also are delicious raw, shredded and tossed in salads or thinly sliced and baked into chips.

Sweet Potato! Sweet potatoes are full of dietary fiber and vitamin A. Sweet potatoes also are a good source of potassium and vitamin C. Try them as a breakfast side dish, or serve them at any meal.

NUTRITIONAL FOCUS OF THE MONTH: FALL PRODUCE PICKS TO ADD TO YOUR PLATE CONT'D

Spaghetti Squash! Spaghetti squash is a fun, kid-friendly vegetable that is a lower-calorie and gluten-free alternative to grain-based pasta. Cut it in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Scrape a fork into the flesh and spaghetti-like strands appear! Voilà! Toss with pesto or marinara sauce for a quick veggie side dish.

Kale! Kale is a nutrient powerhouse. It tastes sweeter after a frost and can survive a snowstorm. If you plant kale in your garden, you can dig it out of the snow and serve fresh salad in January! One cup of raw kale has only 8 calories and is loaded with vitamins A, C and K as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad; simply remove tough stems, slice into thin slivers and pair with something a bit sweet such as carrots or apples. One advantage of using kale for your leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.

NUTRITIONAL FOCUS OF THE MONTH: FALL PRODUCE PICKS TO ADD TO YOUR PLATE CONT'D

Pears! Pears are the most delicious in the fall when they're at their peak. Pears are unique in that they do not ripen on the tree; they will ripen at room temperature after they're picked. How do you know when they are ready to eat? Check the neck! If the fruit near the stem gives to a little pressure, it is ripe. There are a wide range of pear flavors and textures. And, just like apples, some are excellent eaten fresh while others are best cooked or canned for the winter. Try pears on the grill, poached in red wine, tucked into a panini, pureed into soup or a smoothie, or simply sliced with cheese. If you eat the peel too, one medium pear has 6 grams of dietary fiber.

Parsnips! Parsnips are cousins to carrots — they have the same root shape but with white flesh. They're typically eaten cooked, but also can be eaten raw. One-half cup of cooked parsnips is full of dietary fiber (3 grams) and contains more than 10% of the daily values of vitamin C and folate. Try these pale beauties roasted, pureed into soup or mashed. You can even top a shepherd's pie with mashed parsnips instead of the traditional mashed potatoes!

NUTRITIONAL FOCUS OF THE MONTH: FALL PRODUCE PICKS TO ADD TO YOUR PLATE CONT'D

Cranberries! Fall is the time to get to know these tart berries and their wealth of nutritional benefits. Fresh and dried cranberries pair well with a variety of meats and poultry. Fresh cranberries can be eaten raw but often are cooked. Dried cranberries are delicious in grain and vegetable salads and make a healthy snack on the go.

Our menus here at GMCF incorporate seasonal fruits and vegetables for all seasons! Happy Fall!



DIETARY NEWS

The last food committee was held on 9/9/25. The Residents chose the meal they would like to be served for Halloween, October 31st. All Residents in attendance agreed upon the following: Hallweenies (Corn Dog Nuggets), Frankenstein and Goblin Brains (Cauliflower and Broccoli), Skeleton Bones (Sweet Potato Fries), Graveyard Dirt Pudding for Dessert (Chocolate Pudding with Oreo Crumbs) and Witch's Brew (Coffee / Tea).

The meeting continued with discussion regarding the Nutrition Calendar for the month of October.

- October 4th is National Taco Day, the Resident chose to have Hard Shell Tacos served.
- October 17th is National Pasta Day, the Residents chose to have Lasagna served.
- October 26th is National Pumpkin Day, Pumpkin Pie was chosen to be served.
- October 28th is National Chocolate Day, the Residents chose Chocolate Cake to be served.

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.**

October 01, 2025

To: Residents and Resident Representatives

Subject: Insurance Coverage Reminder

Dear Residents and Representatives,

This letter serves as a reminder that Gogebic Medical Care Facility does not accept UnitedHealthcare insurance. Please be aware that this insurance plan cannot be used to pay for services at our facility.

We encourage all residents and their representatives to review their current insurance coverage and ensure that an accepted plan is in place. Our Business Office staff is available to answer questions and provide guidance regarding accepted insurance providers.

If you have any questions, please contact the Business Office at (906) 224-9811 Extension 160 for assistance.

Thank you for your attention to this important matter.

Sincerely,

Nathan Cooley

Staff Accountant

Gogebic Medical Care Facility



Thank you to Suzette for
sending in this great picture of
the Loon In Mercer from Loon
Days!



We got in the Back to School spirit and did our own
“Picture Day”!



NOW ACCEPTING CANDY DONATIONS!

All candy donation can be dropped off in the front lobby, the Personnel Office, or with the Activities Staff! Donations accepted now through October 30th!

Thank you for your support!



A decorative border at the top of the page featuring various Halloween-themed candies. It includes orange and yellow round candies with skull faces, purple and yellow striped lollipops, purple and yellow swirl candies, and purple and yellow striped candy canes.

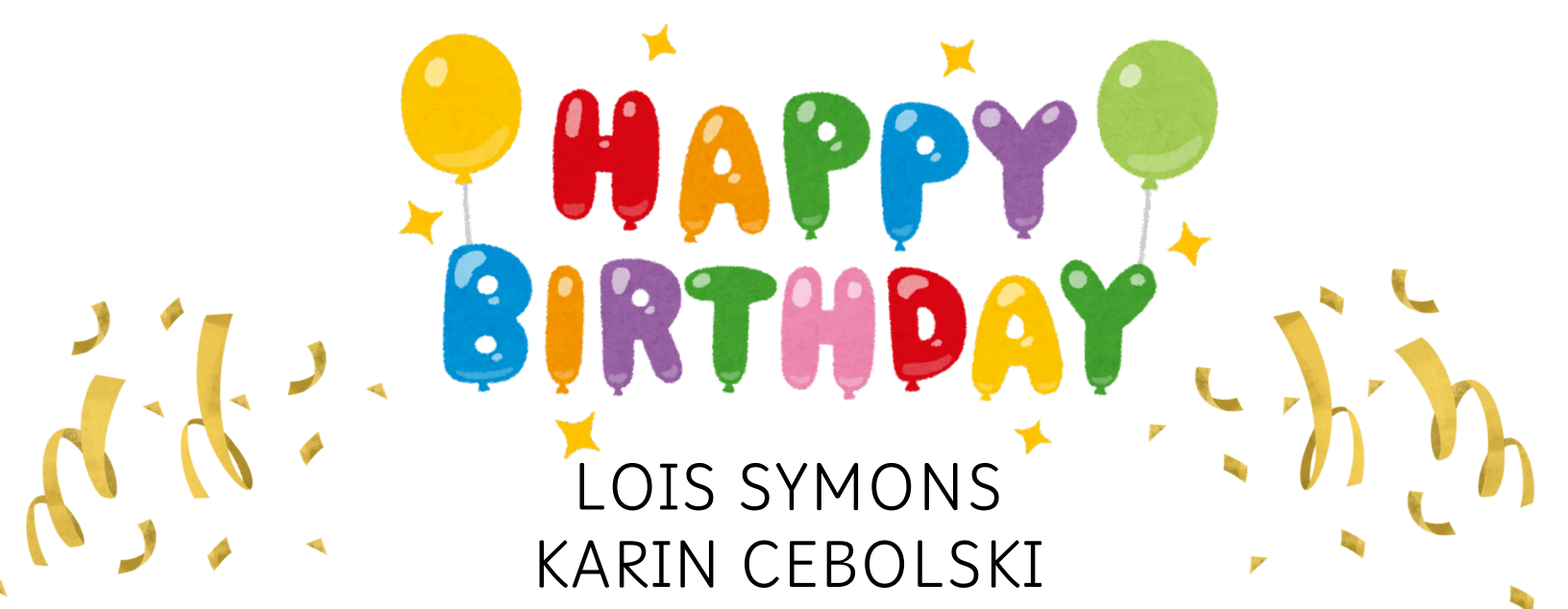
Gogebic Medical Care Facility

**Welcomes
Trick –or– Treaters
3:30 – 5:30
October 31st
Ground Floor Dining Room**



October Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			Coffee Pass AM 1:1 AM SG Yoga PM Pastor Brittany CZ 1:1	Coffee Pass AM Word Search PM BINGOI CZ	Coffee Pass AM Park Feed PM Craft CZ Balloon toss	Coffee Pass AM Virtual Tour AM SG Hand massage PM What's in the box? CZ 1:1
5	6	7	8	9	10	11
Coffee Pass	Coffee Pass AM Tongue Twisters AM SG Card Games	Coffee Pass	Western Wear Coffee Pass AM 1:1 PM Sharp Shooters	Coffee Pass 11:00 Group Rosary AM News Paper Review 2 PM Bingo	Coffee Pass AM Zoo Feed PM Jim Favero CZ Balloon toss	Coffee Pass AM Virtual Tour AM SG Hand massage PM Drum Fit CZ 1:1
AM Morning Prayers PM Football and Snac	2 PM BINGOI	11 AM Resident Council PM What's that Smell?	PM Sharp Shooters	2 PM Bingo	PM Jim Favero	PM Drum Fit
CZ Group Prayer	CZ Classic Tv Shows	CZ Sensory Hour	CZ 1:1	CZ Music Hour	CZ Balloon toss	CZ 1:1
12	13	14	15	16	17	18
Coffee Pass	Coffee Pass	Wear Pink Day Coffee Pass	Coffee Pass	Coffee Pass 10:30 Catholic Mass AM News Paper Review 2 PM Bingo	Coffee Pass AM Pictograms PM Mural Painting CZ Balloon toss	Coffee Pass AM Cribbage PM Card Sorting CZ 1:1
AM Morning Prayers PM Pastor Roy Memc	AM Trivia 2 PM BINGOI	AM Word Scramble PM Larry Jankowski	AM 1:1 PM Candy Dice!	AM News Paper Review 2 PM Bingo	AM Pictograms PM Mural Painting	AM Cribbage PM Card Sorting
CZ Group Prayer	CZ Classic Tv Shows	CZ Sensory Hour	CZ 1:1	CZ Music Hour	CZ Balloon toss	CZ 1:1
19	20	21	22	23	24	25
Coffee Pass AM Morning Prayers AM SG Stretching	Coffee Pass AM Brain Teasers	Coffee Pass AM Jokes and Riddles PM Facility bday w/OTCB	Coffee Pass AM 1:1 AM SG Yoga PM Gym Day	Coffee Pass Catholic Mass 10:30 AM News Paper Review PM Tai Chi	Coffee Pass AM Tabletop Games 2 PM Tom Palmer	Coffee Pass AM Virtual Tour PM Bingo!
PM Presp. Church Bible Stu	2 PM BINGOI	PM Facility bday w/OTCB	PM Gym Day	PM Tai Chi	2 PM Tom Palmer	PM Bingo!
CZ Group Prayer	CZ Classic Tv Shows	CZ Sensory Hour	CZ 1:1	CZ Music Hour	CZ Balloon toss	CZ 1:1
26	27	28	29	30	31	1
Coffee Pass	Wear all Black Coffee Pass AM Word Scramble	Coffee Pass	Coffee Pass	Coffee Pass 11:00 Group Rosary AM News Paper Review 2 PM Bingo	Halloween Coffee Pass AM Finish the Lyrics PM Haunted Hall way Trick-or-Treaters	
AM Morning Prayers PM Living Hope Church Chc	AM SG Bowling Outing 2 PM BINGOI	AM This or That? PM Roll and Cover	AM 1:1 PM Baking Group	AM News Paper Review 2 PM Bingo	PM Haunted Hall way Trick-or-Treaters	
CZ Group Prayer	CZ Classic Tv Shows	CZ Sensory Hour	CZ 1:1	CZ Music Hour	CZ Balloon toss	



HAPPY BIRTHDAY

LOIS SYMONS
KARIN CEBOLSKI
DORIS OTTO

Birthday Wishes to all staff that celebrate birthdays in October!

Name	Years of Service
Kathy Ruotsala	27
Zoey Borawski	1
Billie Jo Borawski	13
Willow Plutchak	11
Chyanne Plonsky	1
Ryan Johnson	1
Ally Yon	6
Amy Lagalo	8 months
Heidi Brown	13
Tina Shirkey	37
Angel Harvey	3
Hannah Sandquist	3
Rheann Reilly	5
Jessa Anderson	9
Pam Anderson	11
Donnie Morrison	12
Kimmy Ruotsala	1

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