

**G O G E B I C M E D I C A L
C A R E F A C I L I T Y**

402 North Street
Wakefield MI 49968



Hilltop also available online at: gogebicmedicalcare.com

PLEASE CALL HEIDI @ EXT 103 TO BE REMOVED
FROM OUR MAILING LIST
IF YOU WISH TO CONTRIBUTE TO THE HILL TOP,

FOR INFORMATION REGARDING A RESIDENT

CALL 906-224-9811 AT THE FOLLOWING EXTENSIONS

FIRST FLOOR	EXT 110
SECOND FLOOR	EXT 112

GMCF STAFF

DEPARTMENT	NAME	EXTENSION
ADMINISTRATOR	GEORGIA WEBER	101
ADMISSIONS CLERK	JANICE KOSKI	102
BUSINESS MANAGER	MACARIA JOKI	108
RD / DIRECTOR OF DIETARY	TINA HUOTARI	106
DIRECTOR OF NURSING	DORINDA HEDMAN	113
HEALTH INFORMATION SERVICES	RICH MCMANMAN	121
MAINTANENCE SUPPORT SERVICES	MARK AHONEN	105
RN / DIRECTOR OF ACTIVITIES	HEIDI BROWN	103
RN / INFECTION PREVENTION	LENA GIERL	178
RN / MDS COORDINATOR	JIM MATAZEL	130
RN / STAFF DEVELOPMENT	JULIE PAKONEN	114
RN / SOCIAL SERVICES DESIGNEE	CHRIS HOFF	104

Hill Top Herald

G O G E B I C M E D I C A L C A R E F A C I L I T Y

LOCAL 4TH OF JULY PARADES

All Parades listed take place on July 4th

- 10:00am Ramsay, MI
- 11:00am Marenisco, MI
- 1:00pm Wakefield, MI
- 7:00pm Bessemer, MI



Please remember your loved one during this fun time of year. Residents can go with families to any fun filled activity at any time throughout the year. Please speak with your charge nurse to make arrangements.

Do you know about “QAPI”?

QAPI stands for.....

QUALITY ASSURANCE PERFORMANCE IMPROVEMENT

VISION STATEMENT: We are dedicated to exceeding the needs and expectations of Residents, families, and our community. We recognize individual worth and encourage teamwork, innovation and continuous improvement.

PURPOSE: The purpose of Quality Assurance and Performance and Performance Improvement (QAPI) in our facility is to focus on our vision and mission by including all Residents, Staff members, and Family Members in the performance improvement process to support a care environment that nurtures meaningful relationships. The QAPI plan is reviewed minimally on an annual basis by the QAPI committee. Revisions are made to the plan ongoing, as the need arises, to reflect current practices within our organization. These revisions will be made by the QAPI committee.

WHO? Doctors, Directors, Administration. & Staff, Therapy, Consultants, Residents, Families.

WHAT? Assure Quality Care AND Safety throughout our Facility

WHEN? Held on the 3rd Friday of every month at 9:00 am

WHERE? Conference Room on Ground Floor

HOW DO I STAY INVOLVED? Revisions to the QAPI plan are communicated to Residents, Families, Staff, and Board Members as they occur through meetings & newsletters.

Some current issues we are discussing in QAPI include:

Facility Assessment

Emergency Site Plan/Emergency Preparedness

Pressure Injury Prevention/Monitoring

The complete QAPI Written Plan is available at Gogebic Medical Care Facility – 402 North Street – WAKEFIELD, MI 49968-9452 – Phone (906)224-9811 ext. 121 - Fax (906)224-9066 or available online at www.gogebicmedicalcare.com

See More about these topics throughout this issue of the Hill Top

Center For Medicare & Medicaid Services Launches Initiative

Personal identity theft affects a large and growing number of seniors. People age 65 or older are increasingly the victims of this type of crime. This is why the Centers for Medicare & Medicaid Services (CMS) is readying a fraud prevention initiative that removes Social Security Numbers from Medicare cards. Our aim is to help combat identity theft and safeguard taxpayer dollars. Starting April 2018, CMS will begin mailing new Medicare cards that include a new Medicare Number. The mailings will be staggered throughout the year, with completion expected by April 2019.

Here is What You need to Know

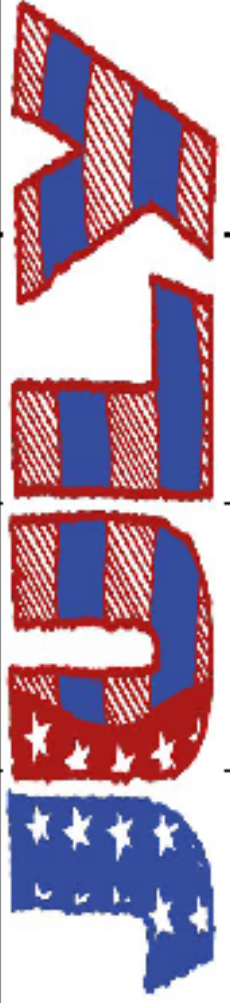
Your new Medicare Card will have a new number because Medicare is removing the Social Security Numbers from Medicare Cards. This change will help protect your identity. Medicare will mail you a new card between April 2018 and April 2019. Understand that mailing a new card will take some time. You may receive your card at a different time than that of your neighbor. You will be issued a Medicare Number that is unique to you. Once you get your new card, destroy your old one and start using the new one. Keep your information safe. Protect yourself by making sure no one can get your personal information from your Medicare Card. CMS will NEVER ask for private information over the phone. Ensure your address is up to date. Call 1-800-773-1213 to make changes.

Information taken from the CMS website.

NEW CARDS WILL START ARRIVING THIS MONTH!

PLEASE BRING NEW CARDS TO THE SOCIAL SERVICE OFFICE.

WE WILL MAKE COPIES OF THE NEW CARDS TO KEEP ON FILE

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	9:15 Coffee Pass 10:30 Toast Pass 2:30 Water Balloons	2 9:15 Coffee Pass 10:30 Pin the Flag 11:00 Pin the Flag 2:30 BINGO 6:30 4th Treats	3 9:15 Coffee Pass 10:30 Baking 2:00 Manicures	4 9:15 Coffee Pass 10:30 Firework Dice 11:00 4th Craft 2:30 Polka with Raimo 6:30 Fireworks Video	5 9:15 Coffee Pass 10:30 Rosary 11:00 1:1 Visits 2:30 All Saints	6 9:15 Coffee Pass 10:30 Current Events 11:00 Current Events 2:30 BINGO	7 9:15 Coffee Pass 10:30 Book Cart 2:30 Outside Strolls	
8	9:15 Coffee Pass 10:30 Toast Pass 2:00 Pastor Roy	9 9:15 Coffee Pass 10:30 Penny Ante 11:00 Penny Ante 2:30 BINGO 6:30 Orange Floats	10 9:15 Coffee Pass 10:30 Baking 2:00 Manicures 6:30 and 7:00 Let's go Fishing	11 9:15 Coffee Pass 10:00 Outside Strolls 2:30 Poetry	12 9:15 Coffee Pass 10:30 Rosary 11:00 1:1 Visits 2:00 Pastor Ted	13 9:15 Coffee Pass 10:30 Current Events 11:00 Current Events 2:30 BINGO	14 9:15 Coffee Pass 10:30 Book Cart 2:30 Outside Strolls	
15	9:15 Coffee Pass 10:30 Toast Pass 2:30 Watermelon Pass	16 9:15 Coffee Pass 10:30 Camp Scrabble 11:00 Camp Scrabble 2:30 BINGO 6:30 Outside Strolls	17 9:15 Coffee Pass 10:30 Baking 2:00 Manicures 6:30 Root Beer Floats	18 9:15 Coffee Pass 10:00 Outside Strolls 2:30 Birthday Party	19 9:15 Coffee Pass 10:30 Rosary 11:00 1:1 Visits 2:30 Ring Toss	20 9:15 Coffee Pass 10:30 Current Events 11:00 Current Events 2:30 BINGO	21 9:15 Coffee Pass 10:30 Book Cart 2:30 Outside Strolls	
22	9:15 Coffee Pass 10:30 Toast Pass 2:30 Fun w Veggies	23 9:15 Coffee Pass 10:30 Song Reminiscence 11:00 Song Reminiscence 2:30 BINGO 6:30 Unicorn Floats	24 9:15 Coffee Pass 10:30 Baking 2:00 Manicures 6:30 Outside Strolls	25 9:15 Coffee Pass 10:00 Outside Strolls 2:30 Bean Bag Toss	26 9:15 Coffee Pass 10:30 Rosary 11:00 1:1 Visits 2:30 Frisbee	27 Annual Picnic 9:15 Coffee Pass 10:00 Outside Strolls 2:30 Finn Power Band	28 9:15 Coffee Pass 10:30 Book Cart 2:30 Outside Strolls	
29	9:15 Coffee Pass 10:30 Toast Pass 2:30 Washer Toss	30 9:15 Coffee Pass 10:30 Summer Game 11:00 Summer Game 2:30 BINGO 6:30 Strawberry floats	31 9:15 Coffee Pass 10:30 Baking 2:00 Manicures					

The Purpose of the Facility Assessment:

The purpose of the assessment is to determine what resources are necessary to care for residents competently during both day-to-day operations and emergencies.

The use of this assessment is used to make decisions about your direct care staff needs, as well as your capabilities to provide services to the residents in your facility.

Using a competency-based approach focuses on ensuring that each resident is provided care that allows the resident to maintain or attain their highest practicable physical, mental, and psychosocial well-being.

The intent of the facility assessment is for the facility to evaluate its resident population and identify the resources needed to provide the necessary person-centered care and services the residents require.

The Purpose of Pressure Injury Prevention and Monitoring:

Staff at GMCF are trained to ensure the Resident receives care consistent with professional standards of practice to prevent new pressure injuries from developing or promote healing and prevent infection in existing injuries.

Emergency Preparedness

GMCF employees will participate in a tabletop exercise on August 2nd at 1:00 P.M. in the conference room. This tabletop will be facilitated by Gary Gustafson, the Region 8 Healthcare Coalition Assistant Coordinator. This exercise will focus on our Continuity of Operations Plan in the event that something happens that would disrupt our normal operating routine at the facility. GMCF has also recently signed an agreement with the Gogebic Community Mental Health Authority for assistance in providing mental health care to both residents and employees in the event of a site emergency or any other catastrophic event that may occur at the facility or in the surrounding area. For any further information on GMCF'S Emergency Preparedness or Site Emergency Plan please call Mark Ahonen at extension 105.

HAPPY BIRTHDAY

Leverne Jacobson LeVerna “Lee” Brown
 Darlene Couture Katherine “Kathy” Wiita

Happy Birthday to all our staff who celebrate their birthdays in July!



July 2018 Honor Roll

Name	Title	Yrs. Of Service
TIMOTHY LESINSKI	C N A	24
DONNA MOORE	Activity Aide	18
NICOLE GIBBONS	C N A	9
EMMY TUZEE	Kitchen Manager/DTR	7
DAWN SORENSEN	C N A	5
ANNETTE FABBRI	LPN	4

Dietary News

The last food committee meeting was held on June 12, 2018. During this meeting the Residents chose the Independence Day meal to be served on July 4th. This will consist of: Hot Dog on a Bun, Potato Salad, Corn on the Cob and a Red, White, and Blue Cake for dessert on this day. The meeting included discussing the 2018 Nutrition Calendar for the month of July.

July 3rd National Chocolate Wafer Day July 6th National Fried Chicken Day.

July 7th National Macaroni Day July 12th National Pecan Pie Day

July 16th National Ice Cream Day July 20th Fortune Cookie Day

July 23 National Hot Dog Day 28th National Hamburger Day

July 30th National Cheesecake Day the Resident chose Oreo crust Cheesecake.

Reminder, family and friends are welcome to join their loved ones for a meal for either lunch or supper any day!

Nutrition Focus of the Month – The Many Benefits of Physical Activity

Strengthen Your Bones and Muscles

As you age, it's important to protect your bones, joints and muscles. Not only do they support your body and help you move, but keeping bones, joints and muscles healthy can help ensure that you're able to do your daily activities and be physically active. Research shows that doing **aerobic, muscle-strengthening and bone-strengthening physical activity** of at least a moderately-intense level **can slow the loss of bone density** that comes with age.

Regular physical activity helps with arthritis and other conditions affecting the joints. If you have arthritis, research shows that doing 130 to 150 (2 hours and 10 minutes to 2 hours and 30 minutes) a week of moderate-intensity, low-impact aerobic activity can not only improve your ability to manage pain and do everyday tasks, but it can also make your quality of life better.

Build strong, healthy muscles. Muscle-strengthening activities can help you increase or maintain your muscle mass and strength. Slowly increasing the amount of weight and number of repetitions you do will give you even more benefits, no matter your age.

Improve Your Mental Health and Mood

Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits.

Everyone can gain the health benefits of physical activity – age, ethnicity, shape or size do not matter!