

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

Gogebic Medical proudly announces a cite free State Survey. A special thank you to our staff, residents, families, and our community!



What is State Survey?

State surveys of nursing homes refer to visits by official representatives of the state based upon either annual schedules or complaint investigations. During the survey, officials observe everything, including the nursing home's systems, processes, staff, finances, and more.

During Survey Time

According to the [Centers for Medicare & Medicaid Services](#), nursing homes that participate in Medicare and Medicaid must undergo an annual survey and certification of their facility under federal law. However, surveys may also result from claims of elder abuse or neglect in nursing homes.

In either circumstance, these visits aim to determine compliance with both federal and state laws. Nursing home regulations require certain standards, and if the nursing home violates these standards, federal law enforcement may deny payment for any new resident admissions, revoke Medicaid and Medicare certifications, transfer residents, or impose temporary management until the issues resolve. The state survey expects any nursing home participating in the Medicare and Medicaid programs to remain in compliance with all legal requirements. The survey intends for any deficiency or issue to resolve quickly after identification.

If a state survey finds deficiencies in the nursing home due to failure to meet certain federal regulations, records of the deficiencies appear in the survey report. The survey team determines the severity of the deficiency, if it harmed patients, and if it existed as an isolated incident or if it represents a widespread pattern.

Nursing Home Inspection Process

The nursing home survey will be unannounced. Prior to the survey, the survey team may review the nursing home facility's prior compliance history and any complaints filed.

The survey team evaluates fire and safety policies, distribution of medications, patient care, nursing home records, dietary practices in the nursing home, and more.

The team may also interview residents, staff, or other appropriate individuals. They may also evaluate the quality of resident care by analyzing the data reported by the nursing home itself or by examining other notices filed with state agencies. This lengthy and thorough process aims to ensure that residents are safe and healthy.

Dietary News

The food committee meeting for January was postponed until January 25th. The meeting details will be included in the following months Hilltop submission. The dietary department continues to follow the National Nutrition calendar and theme meals. For the month of January, the following were served: Bagels for National Bagel Day, Banana Bread for National Banana Bread day, Cream Pie for National Pie Day. The Residents will be choosing their Valentine's Day meal for their Holiday meal served in February.

Nutritional Focus of the Month: Food Safety and COVID-19

COVID-19, also known as the novel coronavirus disease 2019, is a respiratory illness that can spread from person to person. COVID-19 is affecting communities throughout the world, and organizations such as the [World Health Organization](#) and the [U.S. Centers for Disease Control and Prevention](#) are recommending populations at increased risk for complications — including older adults and individuals with serious chronic medical conditions such as heart disease, diabetes and lung disease — take extra precautions to protect their health. COVID-19 continues to be a threat to all as the variants change. COVID 19 is a respiratory illness that can spread from person to person.

In addition to following personal protection recommendations, the following tips are recommended:



PREVENTING COVID-19

PROTECT YOURSELF AND OTHERS BY LIMITING EXPOSURE.



STAYING HEALTHY

SUPPORT YOUR HEALTH THROUGH GOOD NUTRITION.



KEEPING FOOD SAFE

PRACTICE FOOD SAFETY STRATEGIES.



FOLLOWING GUIDANCE

TRUSTED AUTHORITIES INCLUDE LOCAL AND FEDERAL AGENCIES.

According to the [U.S. Food and Drug Administration](#), the [Centers for Disease Control and Prevention](#) and the [U.S. Department of Agriculture](#), there is currently no evidence to suggest that COVID-19 can be transmitted through food or food packaging.

While practicing home food safety and good personal hygiene are always important, handwashing is especially critical in reducing the spread of COVID-19 and should be done often. Before preparing or eating food, it's important to wash your hands with clean water and soap for a minimum of 20 seconds. You should also wash your hands after being out in public, touching your face, coughing, sneezing, blowing your nose, or using the bathroom. If handwashing is not an option, hand sanitizer with at least 60-percent alcohol may be used until soap and water become available. Other practices, such as cleaning and disinfecting countertops and other surfaces can also serve as protection to you and others.

According to the [U.S. Food and Drug Administration](#), the [Centers for Disease Control and Prevention](#) and the [U.S. Department of Agriculture](#), there is currently no evidence to suggest that COVID-19 can be transmitted through food or food packaging, but sharing food and beverages is discouraged. It is believed that the virus spreads from person-to-person through close contact or respiratory droplets, for instance when a person coughs or sneezes. However, it may be possible for viruses to survive on surfaces and objects, reinforcing the need to observe [proper hygiene and food safety practices](#).

When ordering takeout or having food delivered practice social distancing, maintaining six feet, whenever possible. [Proper food safety practices](#) should always be implemented while preparing foods. This includes frequently [washing hands](#) with soap and water and [washing surfaces](#) and utensils with hot soapy water after each use.

Regular handwashing, along with routine cleaning and disinfecting, especially all frequently touched surfaces, remain the most effective ways to reduce the spread of COVID-19.

Older adults and other individuals who are considered at [increased risk for complications from COVID-19](#) should evaluate the foods they have at home. If you are at high-risk or are unable to get the items you need, consider contacting family or friends to assist. Meal delivery and grocery delivery services may be available as an alternative option, and many businesses are offering additional precautions to help reduce the risk of spreading COVID 19.

Our diligent food safety efforts in the dietary department and facility wide here at GMCF continue to be priority. If you are bringing in something for a loved one, please ensure you are following safe food practices. Food Safety is a team effort, let's all work together to keep our foods safe!

Alzheimer's and Communication



Alzheimer's disease and other dementias gradually diminish a person's ability to communicate. Communication with a person with Alzheimer's requires patience, understanding and good listening skills. The strategies below can help both you and the person with dementia understand each other better.

Changes in communication

Changes in the ability to communicate can vary and are based on the person and where he or she is in the disease process. Problems you can expect to see throughout the progression of the disease include:

- Difficulty finding the right words
- Using familiar words repeatedly
- Describing familiar objects rather than calling them by name
- Easily losing a train of thought
- Difficulty organizing words logically
- Reverting to speaking a native language
- Speaking less often
- Relying on gestures more than speaking

Communication in the early stage

In the early stage of Alzheimer's disease, sometimes referred to as mild Alzheimer's in a medical context, an individual is still able to participate in meaningful conversation and engage in social activities. However, he or she may repeat stories, feel overwhelmed by excessive stimulation, or have difficulty finding the right word. Tips for successful communication:

- Don't make assumptions about a person's ability to communicate because of an Alzheimer's diagnosis. The disease affects each person differently.
- Don't exclude the person with the disease from conversations.
- Speak directly to the person rather than to his or her caregiver or companion.
- Take time to listen to the person express his or her thoughts, feelings, and needs.
- Give the person time to respond. Don't interrupt unless help is requested.
- Ask what the person is still comfortable doing and what he or she may need help with.

- Discuss which method of communication is most comfortable. This could include face-to-face conversation, email, or phone calls.
- It's OK to laugh. Sometimes humor lightens the mood and makes communication easier.
- Don't pull away; your honesty, friendship and support are important to the person.

Communication in the middle stage

The middle stage of Alzheimer's, sometimes referred to as moderate Alzheimer's, is typically the longest and can last for many years. As the disease progresses, the person will have greater difficulty communicating and will require more direct care. Tips for successful communication:

- Engage the person in one-on-one conversation in a quiet space that has minimal distractions.
- Speak slowly and clearly.
- Maintain eye contact. It shows you care about what he or she is saying.
- Give the person plenty of time to respond so he or she can think about what to say.
- Be patient and offer reassurance. It may encourage the person to explain his or her thoughts.
- Ask one question at a time.
- Ask yes or no questions. For example, "Would you like some coffee?" rather than "What would you like to drink?"
- Avoid criticizing or correcting. Instead, listen and try to find the meaning in what the person says. Repeat what was said to clarify.
- Avoid arguing. If the person says something you don't agree with, let it be.
- Offer clear, step-by-step instructions for tasks. Lengthy requests may be overwhelming.
- Give visual cues. Demonstrate a task to encourage participation.
- Written notes can be helpful when spoken words seem confusing.

Communication in the late stage

The late stage of Alzheimer's disease, sometimes referred to as severe Alzheimer's, may last from several weeks to several years. As the disease advances, the person with Alzheimer's may rely on nonverbal communication, such as facial expressions or vocal sounds. Around-the-clock care is usually required in this stage. Tips for successful communication:

- Approach the person from the front and identify yourself.
- Encourage nonverbal communication. If you don't understand what the person is trying to say, ask him or her to point or gesture.
- Use touch, sights, sounds, smells, and tastes as a form of communication with the person.
- Consider the feelings behind words or sounds. Sometimes the emotions being expressed are more important than what's being said.
- Treat the person with dignity and respect. Avoid talking down to the person or as if he or she isn't there.
- It's OK if you don't know what to say; your presence and friendship are most important.



FEBRUARY BIRTHDAYS

★ **HAPPY** ★
BIRTHDAY!



| | | |
|-------------------------|---------------------------|----------------------|
| <i>John Hanley</i> | <i>Gary Ahlin</i> | <i>Stephen Wills</i> |
| <i>Bernadette Dehut</i> | <i>Priscilla Duchaine</i> | <i>Tim Johnson</i> |
| <i>Maggie Hoffmann</i> | <i>Rose Anderson</i> | <i>Wayne Kangas</i> |

Happy Birthday Wishes to all our staff who celebrate in February



February 2022 Honor Roll

| Name | Title | Yrs. Of Service |
|---------------------------|-------------------------------|------------------------|
| Janice Koski | Admissions Coordinator | 28 |
| Kathy Ruotsala | MDS/RN | 24 |
| Nicole Delfavero | Support Service Aide | 20 |
| Laura Wendinger | C.N.A. | 17 |
| Pearl Johnson | RN | 8 |
| Cassandra Palomaki | Dietary Aide | 6 |

February

2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|---|--|
| <p>In honor of black history month on Saturday Mornings we will be learning about individuals who have helped shape the history of African Americans in the United States</p> | | | | | | |
| <p>Black History Month</p> | | | | | | |
| <p>Feb 06</p> <p>COFFEE PASS</p> <p>AM Psalms/Rosary PM Meditation CZ Bible Passage</p> | <p>Feb 07</p> <p>COFFEE PASS</p> <p>AM Rhymes PM Snack Pass CZ Music Hour</p> | <p>Feb 08</p> <p>COFFEE PASS</p> <p>AM Finish the Phrase PM Resident Council CZ Short Stories</p> | <p>Feb 09</p> <p>COFFEE PASS</p> <p>AM 1 on 1 PM 1 on 1 CZ 1 on 1</p> | <p>Feb 10</p> <p>COFFEE PASS</p> <p>AM Sing Alongs PM Music Hour CZ Classic Tv Series</p> | <p>Feb 11</p> <p>COFFEE PASS</p> <p>AM Famous Couples PM Crafting CZ Balloon Toss</p> | <p>Feb 12</p> <p>COFFEE PASS</p> <p>AM Who are They? PM Zumba CZ 1 on 1</p> |
| <p>Feb 13</p> <p>COFFEE PASS</p> <p>Super Bowl Sunday</p> <p>AM History of the SuperBowl PM Meditation CZ Bible Passage</p> | <p>Feb 14</p> <p>COFFEE PASS</p> <p>VALENTINES DAY</p> <p>AM Would you rather? PM Valentines Bingo CZ Music Hour</p> | <p>Feb 15</p> <p>COFFEE PASS</p> <p>AM Brain Teasers PM Board/Card Games CZ Short Stories</p> | <p>Feb 16</p> <p>COFFEE PASS</p> <p>AM 1 on 1 PM Facility Birthday Party CZ 1 on 1</p> | <p>Feb 17</p> <p>COFFEE PASS</p> <p>AM Fact or Fiction PM Music Hour CZ Classic Tv Series</p> | <p>Feb 18</p> <p>COFFEE PASS</p> <p>AM Newspaper Review Pm Manicures CZ Balloon Toss</p> | <p>Feb 19</p> <p>COFFEE PASS</p> <p>AM Who are They? PM Tai Chi CZ 1 on 1</p> |
| <p>Feb 20</p> <p>COFFEE PASS</p> <p>AM Psalms/Rosary PM Meditation CZ Bible Passage</p> | <p>Feb 21</p> <p>COFFEE PASS</p> <p>Sticky Bun Day</p> <p>AM Finish the Phrase PM Air Fryer Cooking CZ Music Hour</p> | <p>Feb 22</p> <p>COFFEE PASS</p> <p>National Love your Dog Day</p> <p>AM Brain Train Puzzles PM Visits From Chewie CZ Short Stories</p> | <p>Feb 23</p> <p>COFFEE PASS</p> <p>AM 1 on 1 PM 1 on 1 CZ 1 on 1</p> | <p>Feb 24</p> <p>COFFEE PASS</p> <p>AM Sing Alongs PM Music Hour CZ Classic Tv Series</p> | <p>Feb 25</p> <p>COFFEE PASS</p> <p>AM Word Scramble PM Ali v. Liston 64 Fight CZ Balloon Toss</p> | <p>Feb 26</p> <p>COFFEE PASS</p> <p>AM Who are They? PM Zumba CZ 1 on 1</p> |
| <p>Feb 27</p> <p>COFFEE PASS</p> <p>AM Psalms/Rosary PM Meditation CZ Bible Passage</p> | <p>Feb 28</p> <p>COFFEE PASS</p> <p>AM Pm Crafting CZ Balloon Toss</p> | | | | | |



February 4-20th

Gogebic Medical Care Facility
402 North Street
Wakefield MI 49968

Hilltop also available online at: gogebicmedicalcare.com

Please call Ashley @ Ext 103 to be removed from
our mailing list.

If you wish to contribute to the Hill Top with
an article, picture, or other written contribution
please, let us know.

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 |
| BILLING/ACCOUNTS RECEIVABLE | MELISSA JURAKOVICH | 108 |
| DIRECTOR OF DIETARY/RD | TINA HUOTARI | 106 |
| DIRECTOR OF NURSING/RN | DORINDA HEDMAN | 113 |
| HEALTH INFORMATION SERVICES | RICH MCMANMAN | 121 |
| MAINTENANCE SUPPORT SERVICES | MARK AHONEN | 105 |
| DIRECTOR OF ACTIVITIES/SST | ASHLEY JARVENPAA | 103 |
| INFECTION PREVENTION/RN | LENA GIERL | 178 |
| MDS COORDINATOR/RN | JIM MATAZEL | 130 |
| MDS COORDINATOR/RN | KATHY ROUTSALA | 188 |
| STAFF DEVELOPMENT/RN | HEIDI BROWN | 127 |
| SOCIAL SERVICES DESIGNEE/RN | JUSTIN BATES | 104 |

**Reminder, please continue to schedule your visits in
advance. This allows us to make sure we have an area for
you to visit your loved one while being safe to protect your**