

**Gogebic Medical Care Facility**

**402 North Street  
Wakefield MI 49968**



# Hilltop Herald

July 2024

Please call Ashley Monette at Ext. 103 to contribute to the Hilltop Herald. We would love to share your written work or photos! You may also contact Ashley to be removed from the mailing list.

**Hilltop also available online at: [gogebicmedicalcare.com](http://gogebicmedicalcare.com)**

**GMCF STAFF**

| DEPARTMENT                     | NAME               | EXTENSION |
|--------------------------------|--------------------|-----------|
| ADMINISTRATOR                  | MELISSA JURAKOVICH | 101       |
| ADMISSIONS CLERK               | JANICE KOSKI       | 102       |
| BILLING/ACCOUNTS RECEIVABLE    | BRITTANI DABBS     | 108       |
| RD / DIRECTOR OF DIETARY       | TINA HUOTARI       | 106       |
| DIRECTOR OF NURSING            | KATHY RUOTSALA     | 113       |
| HEALTH INFORMATION SERVICES    | RICH MCMANMAN      | 121       |
| MAINTENANCE SUPPORT SERVICES   | MARK AHONEN        | 105       |
| DIRECTOR OF ACTIVITIES/COTA    | ASHLEY MONETTE     | 103       |
| RN / INFECTION PREVENTION      | ANGELA HANNU       | 178       |
| RN / MDS COORDINATOR           | JIM MATAZEL        | 130       |
| RN / STAFF DEVELOPMENT         | D'GENEE KNAPP      | 114       |
| SOCIAL SERVICES DESIGNEE       | ASHLEY JARVENPAA   | 104       |
| CLINICAL/QUALITY NURSE MANAGER | HEIDI BROWN        | 127       |

|   |
|---|
| Department of Health and Human Services Board Members |
| Marcia Jurakovich– Board Member                       |
| Julann Ritter— Board Member                           |

|  |         |
|--|---------|
| <b>FOR INFORMATION REGARDING A RESIDENT</b>          |         |
| <b>CALL 906-224-9811 AT THE FOLLOWING EXTENSIONS</b> |         |
| FIRST FLOOR  | EXT 110 |
| SECOND FLOOR   | EXT 112 |



# Elder Abuse Awareness Day

June 14, 2024

## 5 Things Everyone Can Do To Prevent Elder Abuse

-  Learn the signs of elder abuse and how we can solve the issues together.
-  Prevent isolation. Call or visit your loved ones and ask how they are doing on a regular basis.
-  Volunteer to be a friendly visitor to an older adult in a nursing home or homebound individual in your community.
-  Talk to friends and family members about how we can all age well and reduce abuse with programs and services like law enforcement, community centers and public transportation.
-  Report abuse. If you suspect an older adult is being abused, neglected, or exploited, call 877-477-3646.

In recognition of Elder Abuse Awareness Day, staff and residents at GMCF wore purple to bring awareness to this issue.

We take our responsibility of caring for our elders very seriously here, and pride our selves on advocating for our residents to be treated with dignity, respect, and compassion.

If you suspect there is abuse happening to your loved one or someone in the community, please reach out for help! You can contact your local Sheriff's Department or the toll-free line to report suspicions of abuse.

**Gogebic County Sheriff's Office:**  
906.667.0203



# ★HAPPY★ BIRTHDAY!



- Darlene Couture**
- Ray Gazlay**
- Elden Karhu**
- Jean Kovalainen**
- David Mussatti**
- Linda Elaine Spets**
- Brian Weber**
- Kathy Wiita**

*Happy Birthday Wishes to all our staff who celebrate in July!*

| July 2024 Honor Roll    |                        |                 |
|-------------------------|------------------------|-----------------|
| Name                    | Title                  | Yrs. Of Service |
| Jennifer Livingston     | RN                     | 4               |
| Donna Moore             | Laundry Aide           | 24              |
| Amanda Frayer           | CNA                    | 1               |
| Ashley Monette          | Director of Activities | 1               |
| Tim Lesinski            | Janitor/Maintenance    | 30              |
| Cassandra Allen         | LPN                    | 2               |
| Amy Hollenbeck          | LPN                    | 4               |
| Cheyenne Svoke          | Dietary Aide           | 1               |
| Emmy Tuzee              | Kitchen Manager        | 13              |
| Ally Yon                | CNA                    | 5               |
| Diane Borowski          | CNA                    | 5               |
| Lexi Haeger             | CNA                    | 1               |
| Nicole Gibbons          | CNA                    | 15              |
| Samuel Nagashiro-Castro | CNA                    | 6               |

# July 2024

|          |    |    |    |    |    |    |            |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|------------|----|----|----|----|----|----|
| June '24 |    |    |    |    |    |    | August '24 |    |    |    |    |    |    |
| S        | M  | T  | W  | T  | F  | S  | S          | M  | T  | W  | T  | F  | S  |
| 2        | 3  | 4  | 5  | 6  | 7  | 8  | 4          | 5  | 6  | 7  | 8  | 9  | 10 |
| 9        | 10 | 11 | 12 | 13 | 14 | 15 | 11         | 12 | 13 | 14 | 15 | 16 | 17 |
| 16       | 17 | 18 | 19 | 20 | 21 | 22 | 18         | 19 | 20 | 21 | 22 | 23 | 24 |
| 23       | 24 | 25 | 26 | 27 | 28 | 29 | 25         | 26 | 27 | 28 | 29 | 30 | 31 |

|    | Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday |
|----|---|--|---|--|---|--|----------|
| 30 | 1<br>Coffee Pass<br>AM Riddles<br>PM Bingo<br>CZ Classic Movies             | 2<br>Coffee Pass<br>AM I Spy<br>PM Crochet Class<br>CZ Sensory Hour  | 3<br>Coffee Pass<br>AM 1:1<br>PM Music with Shawn<br>CZ 1:1     | 4<br>Coffee Pass<br><i>4th of JULY</i><br>AM 4th Scavenger Hunt<br>2 PM Parade & Floats<br>CZ Sensory Hour | 5<br>Coffee Pass<br>AM Tongue Twisters<br>PM Duet Bike<br>CZ Music Hour | 6<br>Coffee Pass<br>AM Morning Strolls<br>PM Garden Strolls<br>CZ 1:1  |          |
| 7  | 8<br>Coffee Pass<br>AM Rosary/Palms<br>PM Bible Passages<br>CZ Group Prayer | 9<br>Coffee Pass<br>AM Poetry<br>PM Resident Council<br>CZ Sensory Hour  | 10<br>Coffee Pass<br>AM 1:1<br>2:30 Old Time Country<br>CZ 1:1  | 11<br>Coffee Pass<br>11 AM Group Rosary<br>AM Fill-in the Blank<br>PM Hungry Hippos!<br>CZ Aquarium Feed   | 12<br>Coffee Pass<br>AM Word in a Word<br>PM Duet Bike<br>CZ Music Hour | 13<br>Coffee Pass<br>AM Morning Strolls<br>PM Manicures<br>CZ 1:1      |          |
| 14 | 15<br>Coffee Pass<br>AM Pictographs<br>PM Bingo<br>CZ Classic Movies        | 16<br>Coffee Pass<br>AM Short Story<br>PM Musical Chairs<br>CZ Sensory Hour  | 17<br>Coffee Pass<br>AM 1:1<br>PM Field Day Events<br>CZ 1:1    | 18<br>Coffee Pass<br>10:30 Mass<br>AM Zoo Feed<br>PM Volleyball<br>CZ Zoo Feed                             | 19<br>Coffee Pass<br>AM Museum Tour<br>PM Relays<br>CZ Music Hour       | 20<br>Coffee Pass<br>AM Morning Strolls<br>PM Garden Strolls<br>CZ 1:1 |          |
| 21 | 22<br>Coffee Pass<br>AM Sign-A-Longs<br>PM Bingo<br>CZ Classic Movies       | 23<br>Coffee Pass<br>AM Scrabble Math<br>PM Jewelry Making<br>CZ Sensory Hour  | 24<br>Coffee Pass<br>AM 1:1<br>2 PM Facility Birthday<br>CZ 1:1 | 25<br>Coffee Pass<br>11 AM Group Rosary<br>AM Short Stories<br>PM Seasonal Painting<br>CZ Aquarium Feed    | 26<br>Coffee Pass<br>AM Opposites<br>PM Duet Bike<br>CZ Music Hour      | 27<br>Coffee Pass<br>AM Morning Strolls<br>PM Garden Strolls<br>CZ 1:1 |          |
| 28 | 29<br>Coffee Pass<br>AM Word Scramble<br>PM Bingo<br>CZ Classic Movies      | 30<br>Coffee Pass<br>AM I Spy<br>PM Horseshoes/Bags<br>CZ Sensory Hour   | 31<br>Coffee Pass<br>AM 1:1<br>PM DrumFit<br>CZ 1:1             | 1<br>Coffee Pass   | 2<br>Coffee Pass  | 3<br>Coffee Pass   |          |
| 4  | 5<br>Coffee Pass<br>AM Rosary/Palms<br>PM Bible Passages<br>CZ Group Prayer | Notes<br>Museum Tour: on TV in dayroom<br>Rosary in Ground Floor Library<br>Mass in Main Floor Dining Room<br>Week of 7/14- Employee Olympics! |   |  |   |  |          |

It is the right of the Residents of this facility to have food brought in by family or other visitors, however, the food must be handled in a way to ensure the safety of the Resident.

We are asking that family members or other visitors that bring in food for the Residents who reside at this facility label the item with the content and the date please.

The facility may refrigerate labeled and dated prepared items brought in by family members or other visitors and house it in the refrigerator located on the Residents designated floor.

The prepared food must be consumed by the Resident within 3 days. If it is not consumed within 3 days, the food will be thrown away by facility staff.

All food items brought in that are manufactured and does not require refrigeration may be kept in the Residents room, ideally placed inside a lock tight container that is provided by the Resident, the family member or the visitors.

It is the responsibility of the Resident and / or the Residents representative to maintain said container and items in the container.

All items not maintained are subjected to be thrown away if not removed by the Resident and / or Resident representative.

If the food requires re-heating, the food items will be brought by nursing to the conference room for trained dietary personnel to re-heat using food safety standards. The food item reheated will be logged and will include the Residents name, food items, date, temperature and initial of employee. Nursing to deliver the reheated food to the Resident and document the acceptance of the same.

The facility will not be responsible for maintaining any reusable items. Food safety is the responsibility of all, our Residents are at greater risk for food borne illness. We must all do our part to ensure food prepared at this facility as well as food brought in by family or other visitors is with safety in mind. Thank you for your help with this concern and if you have any questions please feel free to call our in house nutrition professionals at extension 106 or 151 for assistance.



*We hope you all have a Happy and Safe 4<sup>th</sup> of July!*

# Dietary News

Our last food committee meeting was 6/4/24. The upcoming Holidays meals (Father's Day and 4<sup>th</sup> of July) were planned. The Residents choose on the following meals. Father's Day: Beef Roast & Gravy, Scallop Potatoes, Green Beans and Banana Cream Pie for dessert. 4<sup>th</sup> of July Holiday: Cheeseburgers, French Fries, Broccoli, and Jell-O Cake for dessert (with blue or red frosting).

The Resident also discussed the meals served honoring the Nutrition Calendar for the month of July. July 6<sup>th</sup> is National Fried Chicken Day, July 7<sup>th</sup> is National Strawberry Ice Cream Day. July 11<sup>th</sup> is National Blueberry Muffin Day, July 13<sup>th</sup> is National French Fry Day, July 15<sup>th</sup> is National Tapioca Pudding Day, July 21<sup>st</sup> is National Hotdog Day, July 28<sup>th</sup> is National Hamburger Day and July 30<sup>th</sup> is National Cheesecake Day, the Residents agreed to all themed meals served on their respective days and choose Cherry Cheesecake for National Cheesecake day.



Dr. Rocco, Paula Monica Loterte, RN, and Bobby Rocco, Restorative CNA, share some smiles while reminiscing about their favorite summer activities!



One of our residents, Jann, is very excited to donate her handmade, crochet American Flag! It is currently on display in our main lobby. Be sure to check it out next time you stop by!

While you're at it, check out our new TV in the main lobby. You'll be able to stay up to date on facility events, menus, special information, and see some fun photos!



Janice Koski, Admission Coordinator was lucky enough to spot a rainbow over our gazebo on her way in to work the other morning. There truly is beauty everywhere!

Thank you for sharing!



# Team Member 'At a Glance'

**Ashley Monette**

**Job Title: Director of Activities**

**Length of Service: 11 months**

**Q&A with Ash**



**What is the best part of your job?** Hearing peoples' stories and soaking up their advice!

**What is something you've learned from your residents?** Being in long term care for 13+ years, residents have taught me that it's the little things in life that are the most important.

**What is your coffee order?** Iced Americano— double shot espresso, oat milk, 3 pumps caramel

**What is your favorite quote?** You are MILDLY capable of anything. Take that first step and just DO the thing. You can only improve if you're brave enough to take that first step.

**What is the best compliment you can receive?** That my art has inspired them to start painting!

**What do you always have in your pockets?** Crochet hook, pen, and nothing because I forgot to put the thing in my pocket in the first place! LOL

**Favorite Author/Book/Genre?** I'm currently reading the "A Court of Thorns and Roses" series, and "The Velveteen Rabbit" has always been my very favorite book.

**What is your favorite way to relax?** Painting or crocheting out by the pond in our backyard.

**Who is your favorite artist?** Frida Kahlo

**Favorite Song:** 'The Places You Have Come to Fear the Most' by Dashboard Confessional, and 'Who's Afraid of Little Old Me' by Taylor Swift

**Are there more wheels or doors in the world:** Wheels

**What advice would you give your younger self?** Be loud. Be messy. Make mistakes. Don't be afraid to take up space and say what's on your mind.

**If you won a million dollars, what would you do?** First, I'd get me and my girls tickets to the Eras tour, and then with the rest, I'd buy out all the paint and yarn that I could!

# Team Member 'At a Glance'

**Job Title: CNA**

**Length of Service: 19 Years**

**Q&A with Cheri**



**What is the best part of your job?** The Residents

**What is your coffee order?** Black with Silk Caramel Almond Creamer

**Are you married? How long?** Yes. I've been married for 15 years.

**Do you have any kids?** Two sons and one granddaughter due this summer!

**What is your favorite quote?** Hope is the most exciting thing there is in life!

**What is the best compliment you can receive?** When Residents tell me they're glad to see me.

**What is a lesson you learned from your residents?** Take care of your health.

**What do you always have in your pockets?** Pager, pen, peppermints, key fob, lotion, chapstick

**Favorite Author/Genre/Books:** Anne of Green Gables by Lucy Maud Montgomery

**What is your favorite song?** Why Me by Kris Kristofferson

**What is your favorite TV show?** Yellowstone, 1883, 1923

**Favorite way to relax?** Walking my English Crème Golden Retriever, baking, and gardening.

**Who do you look up to and why?** Each of my sons for their selfless service and personal courage.

**What advice would you give your younger self?** Know your worth.

**If you won a million dollars, what would you do?** Travel

**If you could learn anything, what would it be?** Renovate and flip a house.

**What is your favorite childhood memory?** When all my grandparents, aunts, and uncles were still living.

**Favorite family tradition?** Cutting down a Christmas tree and decorating it.

# Team Member 'At a Glance'

## Tina Huotari

### Job Title:

**Registered Dietician,  
Director of Dietary**



**What is the best part of your job?** Helpings residents improve through diet and nutrition and including them in their dietary choices and preferences.

**What is your coffee order?** Black with 1 cream if it's available.

**Are you married? How long?** Yes. We've been married for 34 years.

**Do you have any kids?** Yes— we have 5 kids.

**What is your favorite quote?** The day is what you make it.

**What is the best compliment you can receive?** Anything about my kids.

**What do you always have in your pockets?** Nothing! I rarely have pockets in my attire.

**Favorite Author/Genre/Books:** Iris Johanson— I enjoy murder/mysteries.

**What is your favorite song?** I'll Be by Edwin McCain

**Favorite Sports Team?** Minnesota Vikings

**Favorite Actor?** Tom Hanks

**Favorite way to relax?** Be outside camping, at the beach, or on my deck.

**What advice would you give your younger self?** Take time to appreciate the little things.

**If you won a million dollars, what would you do?** Retire and build on a beach!

**If you could learn anything, what would it be?** Nutrigenomics— How to diagnose and use food to help.

**What is your favorite childhood memory?** Doing anything with my mom.

**Favorite family tradition?** Picking out and cutting down a Christmas tree and then decorating with my kids, putting up their hand made ornaments.

# Team Member 'At a Glance'

## Sara Holzscheiter

**Job Title: DON Administrative  
Assistant**

**Length of Service: 2 years**



**What is the best part of your job?** Having the opportunity to learn new things and help others.

**What is your coffee order?** Sauna Steam

**What is your favorite quote?** "All lights turned off can be turned on."

**What is the best compliment you can receive?** Just hearing the words "Thank You".

**What is a lesson you learned from your Residents?** It's ALWAYS time for ice cream.

**What do you always have in your pockets?** Phone, keys, ChapStick.

**Favorite Christmas cookie?** Lady Fingers

**Favorite Author/Book/Genre?** Elizabeth Chandler

**Who is your favorite:** Fictional Character—Tinkerbell

Actor—Steve Carell or Adam Sandler

Song— I Can Do It With A Broken Heart—Taylor Swift

TV Show—Grey's Anatomy

Sports Team—Nashville Predators

**Favorite place or thing to do to relax?** Go for a run or go to Lake Superior.

**Are there more wheels or doors in the world:** Wheels!

**What is your favorite way to relax?** Going for a walk

**What advice would you give your younger self?** Many storms will come your way. Keep your head up and bring an umbrella.

**If you won a million dollars, what would you do?** Pay off debt, buy a house and go on a vacation.