

# NEWS - MCMCF



Volume 18, Issue 3

March 2019

## FROM THE ADMINISTRATOR

Welcome to the March Newsletter!

March 11<sup>th</sup> is the planned opening of the 700 Wing our Physical Rehab Unit and the one side of the 100 Wing. The other side of the 100 wing will then get renovated along with the nurse's stations. We are still looking at having a Grand Opening and Open House celebration in May.

Jerry



## March 10<sup>th</sup> is Daylight Savings Time!

We spring forward 1 hour on March 10<sup>th</sup>. Here are a few facts about Daylight Savings: Benjamin Franklin started Daylight Savings. As a joke he wrote a letter to the editor for the Journal of Pairs outlining how many pounds of wax the city would save if the clocks were better aligned with the rising and setting of the sun. The Golf and BBQ industry gets a boost in their bottom lines during the Day Light Savings. The extra hour of sunlight brings people to the greens or the BBQ grills. Hawaii and Arizona do not participate in Daylight Savings.



## Employee Anniversary Dates for March

### 1 Year

Kristen Anderson

### 2 Years

Olivia Kantola  
Tanya Wonnacott  
Lexi Arroyo  
Diana Belanger  
Bonnie Butler

### 3 Years

Bethany Mannila  
Donna Sandstrom

### 4 Years

Linda Pelkola

### 5 Years

Michelle Pirkola

### 7 Years

Rebecca Grove

### 14 Years

Jamie Barbieri  
Kim Shepherd

### 15 Years

Tammy Matchett

### 17 Years

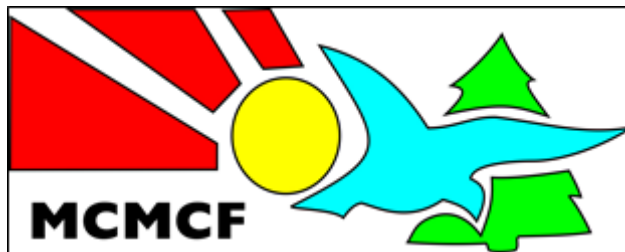
Monica Cox



## EMPLOYEE OF THE MONTH March 2019 Jenn Hanninen

Nominated by 1 employee

Jenn is being nominated for her compassion, empathy and dedication to the residents of MCMVF. Recently, an outside agency called the facility to make sure that someone knew how truly outstanding Jenn is in regards to her patience level and her level of compassion when dealing with a complicated transfer of a resident. Jenn always puts the resident's needs before her own and is always advocating on their behalf.



\*We do not currently have Podiatry services at the facility. We are looking to offer this in-house service again soon and will be providing transportation to outside Podiatry appointments as needed.



### EMPLOYEE NEWS

\*Welcome our February new hires:

CNAs- Marc Nelson, Jacqueline Chapman,  
Jeremy Gearhart

Dietitian- Laura Gauthier

Dietary Aide- Ashley Binne.

## **“SWEETEST” Male and Female Residents**

**Every February the staff of MCMCF gets to vote for the “Sweetest” Male and Female Residents. This year the ballot box was stuffed full of votes with the names of so many wonderful candidates.**

**After the votes were tabulated, we had our 2019 King and Queen Valentine! Congratulations to King Henry Illikainen and Queen Jean St Amour!**



### **100 Wing/200 Wing/500 Wing:**

**Supervisor:** 906-204-1035 or 906-485-1061 ext. 7135

**Day Shift Supervisor** – JoLynn Tuomikoski  
(jtuomikoski@mqtcmcf.org) or Shannon Patron

**Afternoon Shift Supervisor** – MaryJo Popko  
(mpopko@mqtcmcf.org), Carol Camino de Stone, Alana Tuimala  
(atuimala@mqtcmcf.org)

**Night Shift Supervisor** – Shari Silverstone  
(ssilverstone@mqtcmcf.org)

#### **To call a specific wing:**

**100 Wing** - 906-204-1066 or 906-485-1061 ext. 7106

**200 Wing** - 906-204-1033 or 906-485-1061 ext. 7133

**500 Wing** - 906-204-1029 or 906-485-1061 ext. 7229

### **300 Wing/400 Wing/600 Wing:**

**Supervisor:** 906-204-1025 or 906-485-1061 ext. 7225

**Day Shift Supervisor** – Jackie Harvala (jharvala@mqtcmcf.org) or  
Shannon Patron (spatron@mqtcmcf.org)

**Afternoon Shift Supervisor** – MaryJo Popko, Carol Camino de  
Stone or Alana Tuimala

**Night Shift Supervisor** – Shari Silverstone

#### **To call a specific wing:**

**300 Wing** - 906-204-1034 or 906-485-1061 ext. 7134

**400 Wing** - 906-204-1077 or 906-485-1061 ext. 7107

**600 Wing** - 906-204-1036 or 906-485-1061 ext. 7226



2 MARION SALSON

4 SAMUEL CHAMPION

5 JULE ROBERGE

7 SUSAN VAHAMA

12 LYNDA ANN JOHNSON

13 VIRGINIA MANNILA

13 JOAN FRAZIER

17 BYRON BUTTERFIELD

17 EVANGELINE PHARE

20 PATRICIA LANGLOIS

23 BERNICE CODY



St. Patrick's Day 2019 occurs on Sunday, March 17, in observance of the death of St. Patrick, the patron saint of Ireland. What began as a religious feast day in the 17th century has evolved into a variety of festivals across the globe celebrating Irish culture with parades, special foods, music, dancing, and a whole lot of green.

## *March is National Nutrition Month*

*National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall wellbeing; as well as losing weight or staying at your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes.*

*This make ahead dish is handy to heat up and have for a quick healthy breakfast or snack. You can add a touch more brown sugar or a splash of milk for more creaminess.*

### *Apple Cinnamon Baked Oatmeal Recipe*

#### *Ingredients:*

*1 1/2 Cups fat-free milk or soy milk*

*1/2 cup egg sub. Or egg whites*

*1/2 tsp cinnamon*

*1 tsp baking powder*

*Preheat oven 350 F.*

*Bake in 8X8 Pan for 30-40 min.*

*Nutrition facts: Calories:160, Total fat: 3g, Sat. fat<1, sodium 80mg, Total Carbs:30g, fiber3g, Sugars 18g, Protein 4g, Vitamin A: 248IU, Vitamin C 1.5 mg; Calcium: 56mg.*

*1/2 Cup packed brown sugar*

*1 Tlbs melted butter*

*2 cups rolled oats (not instant)*

*1 1/2 cups chopped apples*

*Mix together and add apples*

*EATWELL.ORG*

# MARQUETTE COUNTY MEDICAL CARE FACILITY

200 Saginaw Street, Ishpeming, MI 49849

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## Department of Human Services Board

Caroline Bridges  
Bradley Cory  
Cindy D'Agostino

Chairperson  
Vice Chairperson  
Board Member

### Administrative Departments

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