

Cass County Medical Care Facility

Agenda

January 23rd 2023, 9am

CCMCF or Zoom

- 1. Call to Order**
 - A. Introduction of visitors and guests Agenda Approval
- 2. Disposition of Minutes of regular meeting**
- 3. OMA and FOIA Primer, Marshall Grate, Esq. Clark Hill PLC.**
- 4. Financial, Rayann Franco**
 - A. Check Register
 - B. Census Report
 - C. Corporate Compliance
- 5. Operations**
 - A. COVID, 6 residents, 8 staff positive wk of 1/15/23, dining room, Disposables COVID Unit, Activities
 - B. Medical Director, Dr. Ibekie and Dr. Edna Makori, 5 days a week
 - C. Administrator search, applicants
 - D. CCMCF and Outpatient photography and brochures
 - E. Remedi Pharmacy 3/1/23
 - F. Flooring possibility
 - G. Courtyard fence
 - H. IT, Merit hut up and running by the end of February
 - I. Dishwasher and plumbing
 - J. Therapy Dog Offer
 - K. Christmas cheer from the community and the CCMCF Board
 - L. Employee Roster
 - M. CCMCF Newsletter
 - N. Resident Council Minutes
- 6. Adjournment**

**MINUTES FOR:
CASS COUNTY MEDICAL CARE FACILITY BOARD MEETING**

December 19, 2022 10:00 a.m.

In attendance: Vicki Vaughn (Board Chairperson), Diane Seifert (Member), Jeff Carmen (Member), Christian Lutes, (C.E.O.), Linda Duchon (Interim Administrator), Phil Alt (Consultant), Rayann Franco (Recording Minutes).

The meeting was called to order by Vicki Vaughn at 10:23 a.m.

Diane Seifert made the motion to accept the agenda with the additions of the interim administrator agreement and Merritt Fiberoptics. Jeff Carmen supported the motion. Motion passed unanimously.

Diane Seifert made the motion to accept the monthly board meeting minutes as presented. Jeff Carmen supported the motion. Motion passed unanimously.

Diane Seifert made the motion to accept the executive session meeting minutes as presented. Jeff Carmen supported the motion. Motion passed unanimously.

Christian Lutes reported that the installation of the electronics in the Merritt hut will occur at the end of January.

Christian Lutes provided details about the Interim Administrator Agreement. Linda Duchon has agreed to consult and take the position of Interim Administrator. She will be paid \$104000.00 per year plus mileage and hotel. Linda Duchon will also assist in finding a new administrator. Diane Seifert made the motion to accept the agreement after it is reviewed by the attorney. Jeff Carmen supported the motion. Motion passed unanimously.

Christian Lutes stated that Dr. Ibekie and a nurse practitioner will start on January 1. They will be coming into the building at the end of the month to get acquainted with the facility.

Christian Lutes reported that the facility has started to receive applications for the administrator position. Linda Duchon and Christian Lutes will do the preliminary interviews.

Christian Lutes stated that he wrote an article for the newspaper regarding the long-standing relationship between the CCMCF and the Cass Family Clinic.

Christian Lutes reported that Deb Green (Director of Nursing) was working on a proposal to present to the board related to a 36-hour work week for nursing.

Christian Lutes presented the pricing from Hometown Pharmacy which is our current pharmacy and Remedi, a competitor. Christian Lutes stated that Hometown has provided us with services for over 14 years. Remedi provided quotes with a price savings of 20%-30%. Remedi also has better technology and can provide medications timely. Diane Seifert made the motion to change pharmacy services to Remedi. Jeff Carmen supported the motion. Motion passed unanimously.

Rayann Franco reported that there was one corporate compliance investigation. An investigation was completed. The complaint could not be substantiated. The consultant reviewed the investigation and found that that the documentation and assessment was thorough.

Rayann Franco reported that the facility was applying for grants through MIworks and MEC and are due this month. In addition, a grant for dietary software will also be submitted this month.

Christian Lutes reported that the new computers for the transition to the county IT have been ordered.

Phil Alt presented the September financial statements which included the balance sheet and income statements. Diane Seifert made the motion to accept the financials as presented. Jeff Carmen supported the motion. Motion passed unanimously.

Phil Alt reviewed the \$2.35 stipend paid to non-direct workers. He explained that the state ultimately decided not to reimburse facilities for non-direct workers. Jeff Carmen made the motion to keep the \$2.35 stipend for non-direct workers until the state does not reimburse facilities for direct care workers. Diane Seifert supported the motion. Motion passed unanimously.

Phil Alt reviewed the check register with the board members. Diane Seifert made the motion to accept the checks issued in the amount of \$494,228.22. Jeff Carmen supported the motion. Motion passed unanimously. Diane Seifert made the motion to accept the direct payments of \$249,081.04. Jeff Carmen supported the motion. Motion passed unanimously.

Phil Alt reported that the census has improved and is trending in the right direction.

Jeff Carmen stated that he would like to discuss the future expansion of the campus. He stated that the study should be reviewed to see if anything has changed and then start creating a plan.

Diane Seifert announced that the CCMCF board meeting will be at 9 a.m. starting in January.

Diane Seifert made the motion to adjourn the meeting. Jeff Carmen supported the motion. The meeting adjourned at 12:22 p.m.

Respectfully submitted by:

Rayann Franco

_____ (Board Chairperson)

_____ (C.E.O.)



Michigan's Public Transparency Laws: OMA & FOIA

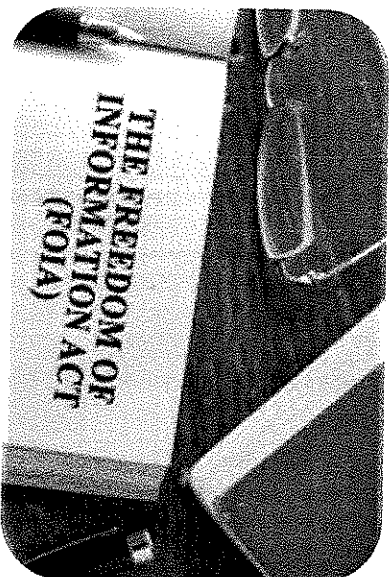
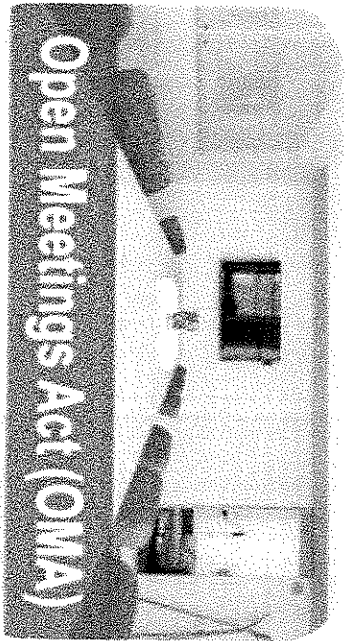
Cass County Medical Care Facility

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January 23, 2023



On Today's Agenda...



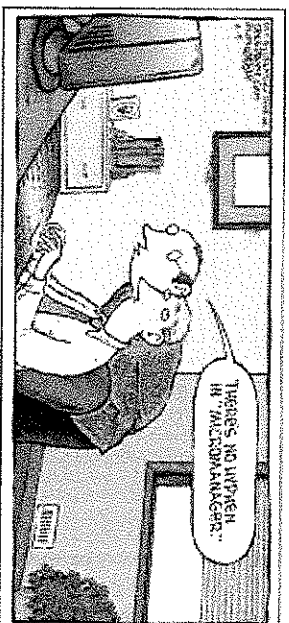
The Board Speaks and Acts as a Body

- A public body can only speak and act through its motions and resolutions.
- *Travener v Elk Rapids Rural Agricultural School District*, 341 Mich 244 (1954).
- What does this mean?
- A Board member's statements do not change the minutes, motions or resolutions.
- A single Board member or minority of members cannot enact policy.
- A single Board member or minority of members do not have the power to act without Board authority.



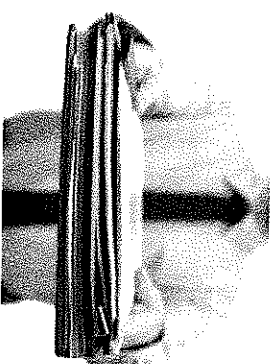
Set Policy – No Micromanagement

- Policies and Ordinances:
- The Board works with its administrative team to develop policies for the Board's programs and Medical Care Facility.
- The Board should allow its administrative team to conduct day-to-day operations of its programs and the Medical Care Facility.



Background

- The Michigan OMA and the Michigan FOIA were enacted in 1976 as part of a nationwide effort to promote government openness and accountability by ensuring public access to deliberations and decision making and to communications.
- Both statutes predate e-mail, text messaging, Twitter, cellphones, and other modern forms of electronic communications.



Open Meetings Act (OMA) – Basic Principles

- **Purpose:** To promote government openness and accountability by providing public access to decision making and deliberation.
- **In General:** All “decisions” and “deliberations” of a public body are required to be made at an open “meeting.”
 - “Meeting” means the convening of a public body at which a quorum is present to deliberate toward or render a decision on a public policy.
 - “Deliberation” means the exchanging of affirmative or opposing views, debating a matter or engaging in a discussion about a matter.
 - “Decision” means a determination, action, vote or disposition upon a motion, proposal, recommendation, order or other measure by members of a public body.
- **Limited Exceptions:** Certain exceptions apply under limited circumstances. Exceptions are narrowly construed.



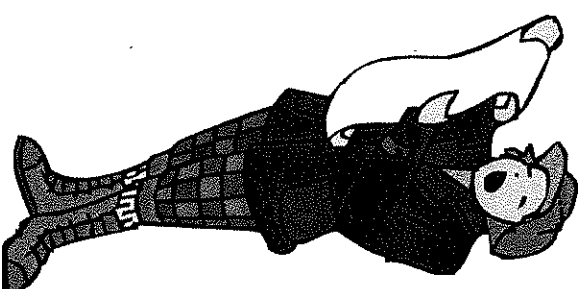
Open Meeting Requirements

- All "meetings" must be open to the public and held in a place accessible to the public.
- A person attending an open meeting must be permitted to address the public body in accordance with rules established and recorded by the public body.
- A committee or subcommittee of a public body which constitutes less than a quorum of its full membership, and which is advisory in nature, is generally not subject to the requirements of the OMA.



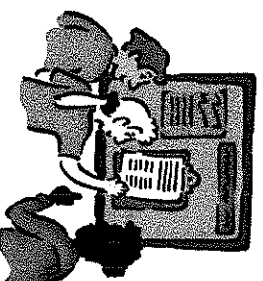
Public Notice Requirements

- A meeting of a public body shall not be held unless public notice is given in accordance with the OMA.
- A public notice must contain the public body's name, an address and a telephone number.
- A public notice must be posted at the public body's principal office and other appropriate locations.
- Regular meetings: a list of regular meeting dates, times and locations must be posted within 10 days after the first meeting of a public body in each calendar (or fiscal) year.



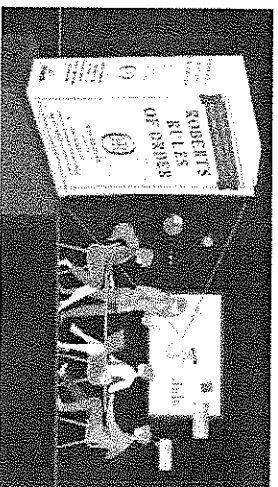
Public Notice Requirements

- Change in regular meeting schedule: posted within 3 days after the meeting at which the change is made stating new date, time and location.
- Rescheduled or special meeting: public notice must be posted at least 18 hours before the meeting.
- Public notice required for committee meetings if committee is comprised of a quorum of the Board; less than a quorum posting is not required by OMA, but check Board policy.



Meeting Procedure

- A Board can establish bylaws that govern meeting procedures.
- Robert's Rules of Order are used by many governing bodies, both public and private, to serve as a reference for parliamentary questions that arise.
- A Board can establish rules for public comment.



Meeting Minutes

- The OMA requires each public body to keep minutes of each meeting.
- Minimally, minutes must include the date, time, place, members present, member absent, any decisions made at an open meeting, all roll call votes taken, and the purpose(s) for which a closed session is held.
- Minutes must **NOT** contain personally identifiable information that could prevent compliance with the Family Educational Rights and Privacy Act ("FERPA").
- The amount of detail/description is dependent on the preference of the public body.
- Open meeting minutes are public records and must be available for public inspection within 8 business days after the meeting in draft form; within 5 business days in approved form after the meeting at which the minutes are approved.

Closed Sessions

- The OMA permits a public body to meet in closed session for the following specific purposes:
 - To consider the dismissal, suspension, or disciplining of, or to hear complaints or charges brought against, or to consider a periodic personnel evaluation of, a public officer, employee, staff member, or individual agent, if the named person requests a closed hearing. A person requesting a closed hearing may rescind the request at any time, in which case the matter at issue shall be considered after the rescission only in open sessions (It is important to note that the person subject to dismissal, suspension, discipline or evaluation must request that the public body enter into closed session; the public body may not enter into closed session on its own initiative).
 - To consider the dismissal, suspension, or disciplining of a student if the public body is part of the school district, intermediate school district, or institution of higher education that the student is attending, and if the student or the student's parent or guardian requests a closed hearing.
 - For strategy and negotiation sessions connected with the negotiation of a collective bargaining agreement if either negotiating party requests a closed hearing.
 - To consider the purchase or lease of real property up to the time an option to purchase or lease that real property is obtained.



Closed Sessions

- To consult with its attorney regarding trial or settlement strategy in connection with specific pending litigation, but only if an open meeting would have a detrimental financial effect on the litigating or settlement position of the public body.
- To review and consider the contents of an application for employment or appointment to a public office if the candidate requests that the application remain confidential. However, except as otherwise provided in this subdivision, all interviews by a public body for employment or appointment to a public office shall be held in an open meeting pursuant to this act. This subdivision does not apply to a public office described in subdivision (j).
- Partisan caucuses of members of the state legislature.
- To consider material exempt from discussion or disclosure by state or federal statute (examples include the discussion of a **written** attorney-client privileged document).
- For a compliance conference conducted by the department of commerce under section 16231 of the public health code, Act No. 368 of the Public Acts of 1978, being section 333.16231 of the Michigan Compiled Laws, before a complaint is issued.
- In the process of searching for and selecting a president of an institution of higher education.
- For a school board to consider security planning to address existing threats or prevent potential threats to the safety of the students and staff.



Closed Sessions

- It is important to note that the scope of discussion within a closed session must relate to a legitimate closed session purpose and that a closed session may only be used for discussion; decisions and other actions of the public body must be conducted in open session.
- Closed session meeting minutes are taken separately from open meeting minutes (separate set) and are exempt from public disclosure unless required by court order. Closed session minutes may be destroyed 1 year and 1 day after approval of the minutes of the regular meeting at which the closed session was approved.
- To enter into closed session, a motion must be made (in open session) based upon one of the permissible purposes above, followed by a roll call vote. To "rise" from closed session, a motion must be made (in open session) followed by a roll call vote.
- Some reasons for a closed session require 2/3 vote; other reasons require only a majority.



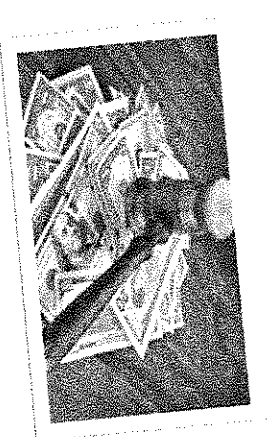
Simplified Application - OMA

- Deliberations and decisions must occur at a public meeting.
- Politicking or lobbying is permissible.
- A quorum may not meet (in person or electronically) outside a properly posted public meeting and discuss any issue that is or may come before the public body. (Purely social gatherings and informational sessions are okay)
- Presumption: Only public business is occurring at a public meeting. So any e-mails or text messages sent or received are presumptively public records.
- Communications between or among members of the public body during the meeting must be made publicly. They are presumably part of its deliberations.



OMA Penalties

- Typographical errors may be over-looked if intent is clear, however, it is important to be precise.
- Invalidation of Decision:
 - Decision or deliberation not made in open meeting, or
 - Improper notice, and
 - Court finds noncompliance has impaired rights of the public.
- Injunction
- Damages:
 - Intentional – misdemeanor.
 - Personal liability – civil damages and actual court costs and attorney fees.
- Deliberate violation of the OMA can result in a misdemeanor conviction.



Freedom of Information (FOIA) – Basic Principles

- **Purpose:** Provide access to public records to allow the public to obtain full and complete information about government decision making.
- **In General:** All public records of a public body that are properly requested must be disclosed.

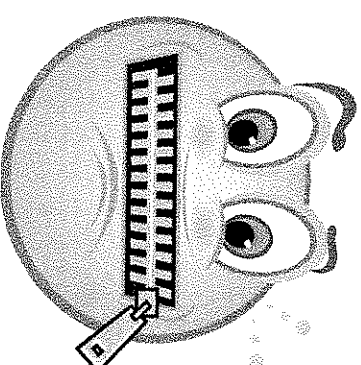
Requests may be submitted under FOIA to a “public body” for the production of “public records.”

- Certain public records “may” be withheld from disclosure as exempt. Exemptions are narrowly construed.



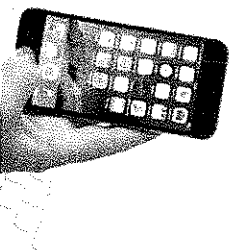
Example: FOIA Exemptions

- Information of a personal nature if disclosure is an unwarranted invasion of privacy
- Law enforcement investigation records; student records
- Trade secrets or sensitive documents voluntarily provided to a public body under a confidentiality agreement
- Medical records
- Attorney client privileged documents
- Competitive bids prior to their opening
- Test questions and related documents
- Public security measures
- FERPA compliance



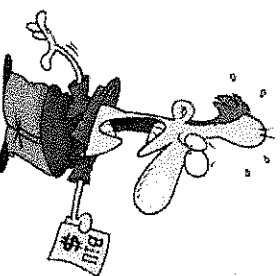
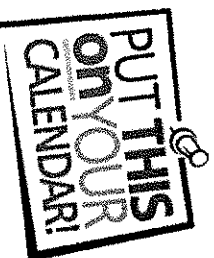
Simplified Application - FOIA

- Use of personal owned computer or electronic device for a public agency's operations may be subject to FOIA.
- Cell phone records may also constitute a public record.
- *Personal* electronic communications sent from *personal* computer or electronic device wholly unrelated to a public agency's operations are not subject to FOIA.
- Assume that any communication, document, information, history, etc. on any public agency's computer or other electronic device is subject to FOIA.
- Text messages, emails and other written electronic communications leave trails and are difficult to fully "delete." Be very careful about what is put in writing.



FOIA Requests

- Made to FOIA Coordinator in writing (email and fax acceptable)
- 5 business days to respond; may request an extension to allow for 10 additional business days
- FOIA Coordinator must fully respond to a FOIA request: approved, denied (need to provide reason including "public record does not exist"), denied in part (need to provide reason)
- Fee made be charged in accordance with Board policy



FOIA Penalties

- Civil action to appeal final determination by public body to deny a FOIA request.
- If court determines a public record, in whole or in part, is **not** exempt from disclosure, the court will compel disclosure in whole or in part.
- Burden on public body to sustain denial.
- If person filing civil action prevails – court shall award reasonable attorneys' fees and costs.
- If court determines public body has arbitrary and capriciously violated the FOIA by denial, damages will be imposed against the public body.

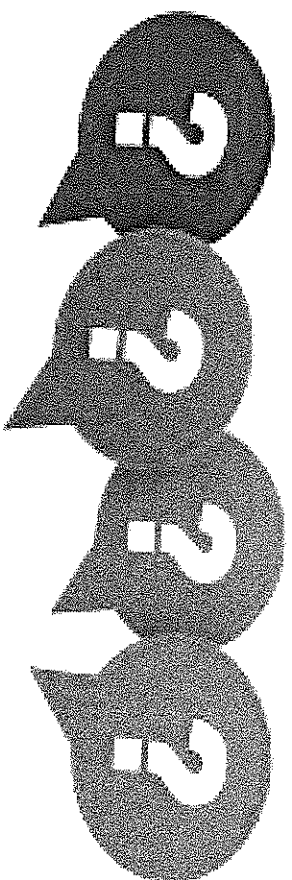


Remote Participation

- Based on the recent amendment to MCL 15.263, a member of a public body cannot officially participate remotely unless the member is in the military.



QUESTIONS?



Thank You



Marshall W. Grate

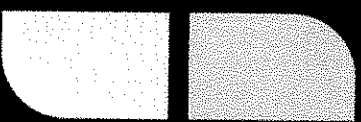
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Legal Disclaimer

This document is not intended to give legal advice. It is comprised of general information. Employers facing specific issues should seek the assistance of an attorney.

 Clark Hill



Date: Jan 20, 2023
 Time: 12:49:52 ET
 User: Janet Meyer

Cass County Medical Care Facility
 Check Register
 12/1/2022 - 12/31/2022

Check Numbers: 1 - 999999999 Bank: Operating Account

Check Number	Vendor Name	Remit to	Reference	Check/Reversal Date	Amount	Type	Status
DP626	Internal Revenue Service	Internal Revenue Service	1473-1	12/7/2022	\$78,138.16	Payment	Y
DP627	BENTO FOR BUSINESS	BENTO FOR BUSINESS	1474-1	12/9/2022	\$5,000.00	Payment	Y
DP628	CLIA LABORATORY PROGRAM	CLIA LABORATORY PROGRAM	1487-1	12/14/2022	\$180.00	Payment	Y
628	CLIA LABORATORY PROGRAM	CLIA LABORATORY PROGRAM	169-1	12/14/2022	(\$180.00)	Payment	Reversed
DP629	LIBERATOR MEDICAL SUPPLY INC	LIBERATOR MEDICAL SUPPLY INC	1488-1	12/12/2022	\$524.00	Payment	Y
629	LIBERATOR MEDICAL SUPPLY INC	LIBERATOR MEDICAL SUPPLY INC	170-1	12/12/2022	(\$524.00)	Payment	Reversed
630	PORKYS PARTY PLACE	PORKYS PARTY PLACE	171-1	12/15/2022	(\$38.27)	Payment	Reversed
DP630	PORKYS PARTY PLACE	PORKYS PARTY PLACE	1489-1	12/15/2022	\$38.27	Payment	Y
DP632	Internal Revenue Service	Internal Revenue Service	1497-1	12/14/2022	\$3,912.64	Payment	Y
DP633	HUNTINGTON NATIONAL BANK	HUNTINGTON NATIONAL BANK	1498-1	12/15/2022	\$258.50	Payment	Y
DP634	HUNTINGTON NATIONAL BANK	HUNTINGTON NATIONAL BANK	1499-1	12/15/2022	\$150.00	Payment	Y
DP635	HUNTINGTON NATIONAL BANK	HUNTINGTON NATIONAL BANK	1500-1	12/15/2022	\$30.00	Payment	Y
DP636	HUNTINGTON NATIONAL BANK	HUNTINGTON NATIONAL BANK	1501-1	12/15/2022	\$15.00	Payment	Y
DP637	HUNTINGTON NATIONAL BANK	HUNTINGTON NATIONAL BANK	1502-1	12/15/2022	\$0.75	Payment	Y
DP638	Internal Revenue Service	Internal Revenue Service	1503-1	12/29/2022	\$4,284.42	Payment	Y
DP639	MICHIGAN DEPT OF TREASURY	MICHIGAN DEPT OF TREASURY	1504-1	12/20/2022	\$20,231.75	Payment	Y
DP640	INDIANA DEPT OF REVENUE	INDIANA DEPT OF REVENUE	1505-1	12/20/2022	\$4,448.21	Payment	Y
DP641	Internal Revenue Service	Internal Revenue Service	1506-1	12/21/2022	\$71,633.87	Payment	Y
DP642	MERS	MERS	1507-1	12/21/2022	\$52,593.98	Payment	Y
DP643	ALERUS FINANCIAL	ALERUS FINANCIAL	1508-1	12/21/2022	\$5,117.41	Payment	Y
DP644	BENTO FOR BUSINESS	BENTO FOR BUSINESS	1509-1	12/23/2022	\$6,000.00	Payment	Y
DP645	Internal Revenue Service	Internal Revenue Service	1510-1	12/23/2022	\$46,906.09	Payment	Y
DP646	Internal Revenue Service	Internal Revenue Service	1511-1	12/23/2022	\$45,371.34	Payment	Y

Date: Jan 20, 2023
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Cass County Medical Care Facility
 Check Register
 12/1/2022 - 12/31/2022

Check Number	Vendor Name	Remit to	Reference	Check/Reversal Date	Amount	Type	Status
DP647	Internal Revenue Service	Internal Revenue Service	1512-1	12/23/2022	\$35,880.78	Payment	Y
5180		Breana Hendershot	1513-2	12/16/2022	\$1,080.74	Misc. Payment	
5181		Evon Smith	1513-1	12/30/2022	\$1,500.00	Misc. Payment	
62086	AIRGAS USA LLC	AIRGAS USA LLC	1377-1	12/1/2022	\$0.00	Payment	Void
62087	COMMUNITY MILLS	COMMUNITY MILLS	1377-2	12/1/2022	\$0.00	Payment	Void
62088	DEAN BOILER	DEAN BOILER	1377-3	12/1/2022	\$0.00	Payment	Void
62089	EZPRODUCTS INTERNATIONAL	EZPRODUCTS INTERNATIONAL	1377-4	12/1/2022	\$0.00	Payment	Void
62090	FLEXPAC	FLEXPAC	1377-5	12/1/2022	\$0.00	Payment	Void
62091	FRONTIER	FRONTIER	1377-6	12/1/2022	\$0.00	Payment	Void
62092	GORDON FOOD SERVICE	GORDON FOOD SERVICE	1377-7	12/1/2022	\$0.00	Payment	Void
62093	Halo Branded Solutions	Halo Branded Solutions	1377-8	12/1/2022	\$0.00	Payment	Void
62094	HSIU CHU CHEN ADKINS	HSIU CHU CHEN ADKINS	1377-9	12/1/2022	\$0.00	Payment	Void
62095	KRONOS SAASHR INC	KRONOS SAASHR INC	1377-10	12/1/2022	\$0.00	Payment	Void
62096	LIVELY	LIVELY	1377-11	12/1/2022	\$0.00	Payment	Void
62097	MACK CUT LAWN SERVICE	MACK CUT LAWN SERVICE	1377-12	12/1/2022	\$0.00	Payment	Void
62098	MEC	MEC	1377-13	12/1/2022	\$0.00	Payment	Void
62099	MED-REC SYSTEMS	MED-REC SYSTEMS	1377-14	12/1/2022	\$0.00	Payment	Void
62100	MEDLINE INDUSTRIES INC	MEDLINE INDUSTRIES INC	1377-15	12/1/2022	\$0.00	Payment	Void
62101	MEDPRO DISPOSAL LLC	MEDPRO DISPOSAL LLC	1377-16	12/1/2022	\$0.00	Payment	Void
62102	Midwest Juice, Inc. of Michigan	Midwest Juice, Inc. of Michigan	1377-17	12/1/2022	\$0.00	Payment	Void
62103	MML WORKERS' COMP FUND	MML WORKERS' COMP FUND	1377-18	12/1/2022	\$0.00	Payment	Void
62104	MUIA Restitution Garnishment	MUIA Restitution Garnishment	1377-19	12/1/2022	\$0.00	Payment	Void
62105	ORIENTAL TRADING COMPANY-OTC BRANDS INC	ORIENTAL TRADING COMPANY-OTC BRANDS INC	1377-20	12/1/2022	\$0.00	Payment	Void
62106	Potawatomi Zoo	Potawatomi Zoo	1377-21	12/1/2022	\$0.00	Payment	Void
62107	SEMCO ENERGY	SEMCO ENERGY	1377-22	12/1/2022	\$0.00	Payment	Void
62108	Shelton Wholesale Co	Shelton's Wholesale Co.	1377-23	12/1/2022	\$0.00	Payment	Void
62109	SHRED-IT USA	SHRED-IT USA	1377-24	12/1/2022	\$0.00	Payment	Void

Date: Jan 20, 2023
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Cass County Medical Care Facility
 Check Register
 12/1/2022 - 12/31/2022

Check Number	Vendor Name	Remit to	Reference	Check/Reversal Date	Amount	Type	Status
62110	SPECTRUM HEALTH LAKELAND	SPECTRUM HEALTH LAKELAND	1377-25	12/1/2022	\$0.00	Payment	Void
62111	SPIN TECHS INC	SPIN TECHS INC	1377-26	12/1/2022	\$0.00	Payment	Void
62112	SYSCO GRAND RAPIDS	SYSCO GRAND RAPIDS	1377-27	12/1/2022	\$0.00	Payment	Void
62113	SYSCO GRAND RAPIDS	SYSCO GRAND RAPIDS	1377-27	12/1/2022	\$0.00	Payment	Void
62114	VILLAGE OF CASSOPOLIS	VILLAGE OF CASSOPOLIS	1377-28	12/1/2022	\$0.00	Payment	Void
62115	AIRGAS USA LLC	AIRGAS USA LLC	1377-1	12/1/2022	\$220.50	Payment	
62116	COMMUNITY MILLS	COMMUNITY MILLS	1377-2	12/1/2022	\$83.56	Payment	
62117	DEAN BOILER	DEAN BOILER	1377-3	12/1/2022	\$2,420.00	Payment	
62118	EZPRODUCTS INTERNATIONAL	EZPRODUCTS INTERNATIONAL	1377-4	12/1/2022	\$286.00	Payment	
62119	FLEXPAC	FLEXPAC	1377-5	12/1/2022	\$1,757.08	Payment	
62120	FRONTIER	FRONTIER	1377-6	12/1/2022	\$293.09	Payment	
62121	GORDON FOOD SERVICE	GORDON FOOD SERVICE	1377-7	12/1/2022	\$16,981.44	Payment	
62122	Halo Branded Solutions	Halo Branded Solutions	1377-8	12/1/2022	\$8,032.64	Payment	
62123	HSIU CHU CHEN ADKINS	HSIU CHU CHEN ADKINS	1377-9	12/1/2022	\$178.50	Payment	
62124	KRONOS SAASHR INC	KRONOS SAASHR INC	1377-10	12/1/2022	\$2,424.62	Payment	
62125	LIVELY	LIVELY	1377-11	12/1/2022	\$43.45	Payment	
62126	MACK CUT LAWN SERVICE	MACK CUT LAWN SERVICE	1377-12	12/1/2022	\$770.00	Payment	
62127	MEC	MEC	1377-13	12/1/2022	\$155.00	Payment	
62128	MED-REC SYSTEMS	MED-REC SYSTEMS	1377-14	12/1/2022	\$292.50	Payment	
62129	MEDLINE INDUSTRIES INC	MEDLINE INDUSTRIES INC	1377-15	12/1/2022	\$8,407.69	Payment	
62130	MEDPRO DISPOSAL LLC	MEDPRO DISPOSAL LLC	1377-16	12/1/2022	\$2,715.75	Payment	
62131	Midwest Juice, Inc. of Michigan	Midwest Juice, Inc. of Michigan	1377-17	12/1/2022	\$918.46	Payment	
62132	MML WORKERS' COMP FUND	MML WORKERS' COMP FUND	1377-18	12/1/2022	\$5,180.00	Payment	
62133	MUIA Restitution Garnishment	MUIA Restitution Garnishment	1377-19	12/1/2022	\$542.87	Payment	
62134	ORIENTAL TRADING COMPANY-OTC BRANDS INC	ORIENTAL TRADING COMPANY-OTC BRANDS INC	1377-20	12/1/2022	\$118.59	Payment	
62135	Potawatomi Zoo	Potawatomi Zoo	1377-21	12/1/2022	\$80.00	Payment	
62136	SEMCO ENERGY	SEMCO ENERGY	1377-22	12/1/2022	\$3,911.40	Payment	

Date: Jan 20, 2023
 Time: 12:49:52 ET
 User: Janet Meyer

Cass County Medical Care Facility
 Check Register
 12/1/2022 - 12/31/2022

Check Number	Vendor Name	Remit to	Reference	Check/Reversal Date	Amount	Type	Status
62137	Shelton Wholesale Co	Shelton's Wholesale Co.	1377-23	12/1/2022	\$1,501.45	Payment	
62138	SHRED-IT USA	SHRED-IT USA	1377-24	12/1/2022	\$299.57	Payment	
62139	SPECTRUM HEALTH LAKELAND	SPECTRUM HEALTH LAKELAND	1377-25	12/1/2022	\$48.00	Payment	
62140	SPIN TECHS INC	SPIN TECHS INC	1377-26	12/1/2022	\$198.00	Payment	
62141	SYSCO GRAND RAPIDS	SYSCO GRAND RAPIDS	1377-27	12/1/2022	\$9,474.29	Payment	
62142	SYSCO GRAND RAPIDS	SYSCO GRAND RAPIDS	1377-27	12/1/2022	\$0.00	Payment	Void
62143	VILLAGE OF CASSOPOLIS	VILLAGE OF CASSOPOLIS	1377-28	12/1/2022	\$5,287.13	Payment	
62144	ABES PLUMBING INC	ABES PLUMBING INC	1476-1	12/16/2022	\$1,195.00	Payment	
62145	Accushield, LLC	Accushield, LLC	1476-2	12/16/2022	\$249.00	Payment	
62146	ALT LONG TERM CARE CONSULTING	ALT LONG TERM CARE CONSULTING	1476-3	12/16/2022	\$5,372.50	Payment	
62147	AT&T	AT&T	1476-4	12/16/2022	\$51.93	Payment	
62148	CASS COUNTY	CASS COUNTY	1476-5	12/16/2022	\$215.00	Payment	
62149	CASSOPOLIS FAMILY CLINIC	CASSOPOLIS FAMILY CLINIC	1476-6	12/16/2022	\$5,833.33	Payment	
62150	Cintas	Cintas	1476-7	12/16/2022	\$94.15	Payment	
62151	COMMUNITY MILLS	COMMUNITY MILLS	1476-8	12/16/2022	\$181.70	Payment	
62152	DOJO CREATIVE	DOJO CREATIVE	1476-9	12/16/2022	\$960.00	Payment	
62153	ECS Solutions	ECS Solutions	1476-10	12/16/2022	\$7,800.00	Payment	
62154	ENJOYMENT & IMAGE PUBLICATION	ENJOYMENT & IMAGE PUBLICATION	1476-11	12/16/2022	\$208.00	Payment	
62155	eProvider Solutions LLC	eProvider Solutions LLC	1476-12	12/16/2022	\$165.00	Payment	
62156	Ethan Johnson	Ethan Johnson	1476-13	12/16/2022	\$35.00	Payment	
62157	GINGER BYERS	GINGER BYERS	1476-14	12/16/2022	\$470.00	Payment	
62158	HOMETOWN PHARMACY	HOMETOWN PHARMACY	1476-15	12/16/2022	\$31,242.95	Payment	
62159	HR ADVANTAGE ADVISORY LLC	HR ADVANTAGE ADVISORY LLC	1476-16	12/16/2022	\$900.00	Payment	
62160	INDEED	INDEED	1476-17	12/16/2022	\$3,000.00	Payment	
62161	JEFF WITHERS	JEFF WITHERS	1476-18	12/16/2022	\$1,300.00	Payment	
62162	JEFFERSON TOWNSHIP	JEFFERSON TOWNSHIP	1476-19	12/16/2022	\$1,289.73	Payment	
62163	JMD Healthcare Solutions LLC	JMD Healthcare Solutions LLC	1476-20	12/16/2022	\$3,740.00	Payment	
62164	Kara Spangler	Kara Spangler	1476-21	12/16/2022	\$63.13	Payment	
62165	KCI USA	KCI USA	1476-22	12/16/2022	\$2,559.63	Payment	
62166	LEBENBOM & ROTHMAN PC	LEBENBOM & ROTHMAN PC	1476-23	12/16/2022	\$7,266.04	Payment	

Date: Jan 20, 2023
 Time: 12:49:52 ET
 User: Janet Meyer

Cass County Medical Care Facility
 Check Register
 12/1/2022 - 12/31/2022

Check Number	Vendor Name	Remit to	Reference	Check/Reversal Date	Amount	Type	Status
62167	LINDA L. DUCHON	LINDA L. DUCHON	1476-24	12/16/2022	\$3,319.50	Payment	
62168	LIVELY	LIVELY	1476-25	12/16/2022	\$86.90	Payment	
62169	Michiana Mobility	Michiana Mobility	1476-26	12/16/2022	\$549.00	Payment	
62170	MICHIGAN DEPT OF COMM HLTH	MICHIGAN DEPT OF COMM HLTH	1476-27	12/16/2022	\$3,721.01	Payment	
62171	MOBILITY1 TRANSPORT SPECIALISTS	MOBILITY1 TRANSPORT SPECIALISTS	1476-28	12/16/2022	\$300.00	Payment	
62172	MUIA Restitution Garnishment	MUIA Restitution Garnishment	1476-29	12/16/2022	\$295.18	Payment	
62173	Net Health Systems inc.	Net Health Systems Inc.	1476-30	12/16/2022	\$850.00	Payment	
62174	NUTRITION SERVICES INC	NUTRITION SERVICES INC	1476-31	12/16/2022	\$1,316.16	Payment	
62175	OPTUM 360	OPTUM 360	1476-32	12/16/2022	\$179.95	Payment	
62176	ORIENTAL TRADING COMPANY-OTC BRANDS INC	ORIENTAL TRADING COMPANY-OTC BRANDS INC	1476-33	12/16/2022	\$149.65	Payment	
62177	PLANT MAGIC LLC	PLANT MAGIC LLC	1476-34	12/16/2022	\$193.12	Payment	
62178	PointClickCare	PointClickCare	1476-35	12/16/2022	\$3,012.30	Payment	
62179	ROSE PEST SOLUTIONS	ROSE PEST SOLUTIONS	1476-36	12/16/2022	\$126.00	Payment	
62180	TAMMY CRAWFORD	TAMMY CRAWFORD	1476-37	12/16/2022	\$135.00	Payment	
62181	TRIDENT USA MOBILE INFUSION SERVICES LLC	TRIDENT USA MOBILE INFUSION SERVICES LLC	1476-38	12/16/2022	\$125.86	Payment	
62182	U.S. BUSINESS SYSTEMS INC	U.S. BUSINESS SYSTEMS INC	1476-39	12/16/2022	\$2,675.71	Payment	
62183	ULINE	ULINE	1476-40	12/16/2022	\$114.16	Payment	
62184	UNIVERSITY OF NORTH DAKOTA	UNIVERSITY OF NORTH DAKOTA	1476-41	12/16/2022	\$1,850.00	Payment	
62185	WASTE MANAGEMENT OF MI INC	WASTE MANAGEMENT OF MI INC	1476-42	12/16/2022	\$2,183.59	Payment	
62186	AIRGAS USA LLC	AIRGAS USA LLC	1485-1	12/23/2022	\$220.07	Payment	
62187	ALCO SALES & SERVICE	ALCO SALES & SERVICE	1485-2	12/23/2022	\$1,052.47	Payment	
62188	BLUE CROSS BLUE SHIELD MI-0053	BLUE CROSS BLUE SHIELD MI-0053	1485-3	12/23/2022	\$55,908.51	Payment	
62189	BLUE CROSS BLUE SHIELD MI-0054	BLUE CROSS BLUE SHIELD MI-0054	1485-4	12/23/2022	\$673.38	Payment	
62190	BLUE CROSS BLUE SHIELD-0033	BLUE CROSS BLUE SHIELD-0033	1485-5	12/23/2022	\$342.43	Payment	
62191	CASS COUNTY TRANS AUTHORITY	CASS COUNTY TRANS AUTHORITY	1485-6	12/23/2022	\$2,051.50	Payment	

Date: Jan 20, 2023
 Time: 12:49:52 ET
 User: Janet Meyer

Cass County Medical Care Facility
 Check Register
 12/1/2022 - 12/31/2022

Check Number	Vendor Name	Remit to	Reference	Check/Reversal Date	Amount	Type	Status
62192	Cintas	Cintas	1485-7	12/23/2022	\$94.15	Payment	
62193	FLEXPAC	FLEXPAC	1485-8	12/23/2022	\$3,746.55	Payment	
62194	GORDON FOOD SERVICE	GORDON FOOD SERVICE	1485-9	12/23/2022	\$8,029.37	Payment	
62195	H & G SERVICES	H & G SERVICES	1485-10	12/23/2022	\$788.97	Payment	
62196	HARDING'S MARKET	HARDING'S MARKET	1485-11	12/23/2022	\$35.06	Payment	
62197	HAUCH COMMUNICATIONS	HAUCH COMMUNICATIONS	1485-12	12/23/2022	\$430.00	Payment	
62198	HUNTINGTON NATIONAL BANK	HUNTINGTON NATIONAL BANK	1485-13	12/23/2022	\$454.25	Payment	
62198	HUNTINGTON NATIONAL BANK	HUNTINGTON NATIONAL BANK	173-1	12/23/2022	(\$454.25)	Payment	Reversed
62199	LINDA L. DUCHON	LINDA L. DUCHON	1485-14	12/23/2022	\$868.50	Payment	
62200	MEC	MEC	1485-15	12/23/2022	\$155.00	Payment	
62201	MEDLINE INDUSTRIES INC	MEDLINE INDUSTRIES INC	1485-16	12/23/2022	\$16,000.18	Payment	
62202	MEDLINE INDUSTRIES INC	MEDLINE INDUSTRIES INC	1485-16	12/23/2022	\$0.00	Payment	Void
62203	MEDPRO DISPOSAL LLC	MEDPRO DISPOSAL LLC	1485-17	12/23/2022	\$1,721.25	Payment	
62204	MICHIGAN STATE DISBRS UNIT	MICHIGAN STATE DISBRS UNIT	1485-18	12/23/2022	\$597.85	Payment	
62205	Midwest Juice, Inc. of Michigan	Midwest Juice, Inc. of Michigan	1485-19	12/23/2022	\$777.13	Payment	
62206	MUIA Restitution Garnishment	MUIA Restitution Garnishment	1485-20	12/23/2022	\$405.80	Payment	
62207	NEIGHBORS INC	NEIGHBORS INC	1485-21	12/23/2022	\$170.00	Payment	
62208	QUILL CORPORATION	QUILL CORPORATION	1485-22	12/23/2022	\$17.38	Payment	
62209	ROSE PEST SOLUTIONS	ROSE PEST SOLUTIONS	1485-23	12/23/2022	\$325.00	Payment	
62210	Secure Care Systems	Secure Care Systems	1485-24	12/23/2022	\$828.31	Payment	
62211	SENIOR HOME HEALTH CARE	SENIOR HOME HEALTH CARE	1485-25	12/23/2022	\$740.00	Payment	
62212	Shelton Wholesale Co	Shelton's Wholesale Co.	1485-26	12/23/2022	\$2,071.50	Payment	
62213	SYSCO GRAND RAPIDS	SYSCO GRAND RAPIDS	1485-27	12/23/2022	\$4,011.33	Payment	
62214	TELNET WORLDWIDE	TELNET WORLDWIDE	1485-28	12/23/2022	\$284.00	Payment	
62215	VANGUARD FIRE & SECURITY SYSTEMS INC	VANGUARD FIRE & SECURITY SYSTEMS INC	1485-29	12/23/2022	\$982.50	Payment	
62216	VILLAGE OF CASSOPOLIS	VILLAGE OF CASSOPOLIS	1485-30	12/23/2022	\$809.48	Payment	
62217	W.B. HAYDEN & SONS	W.B. HAYDEN & SONS	1485-31	12/23/2022	\$244.80	Payment	

Date: Jan 20, 2023
Time: 12:49:52 ET
User: Janet Meyer

Cass County Medical Care Facility
Check Register
12/1/2022 - 12/31/2022

Check Number	Vendor Name	Remit to	Reference	Check/Reversal Date	Amount	Type	Status
62218	WAYSTAR INC	WAYSTAR INC	1485-32	12/23/2022	\$93.97	Payment	

Summary

104 check(s) issued	\$275,448.19
31 check(s) voided	\$0.00
4 check(s) reversed	(\$1,196.52)
21 direct payment(s) issued	\$380,715.17

Date: Jan 12, 2023
 Time: 08:14:08 ET
 User: Phil Alt

Cass County Medical Care Facility
Detailed Census Report - By Payer
Yearly Census - Ending December 2022

Cass County Medical Care Facility
 Page # 1

Unit: All Floor: All Payers: All Bed Certification: All

Summary By:
 Payer

	# of Days	Oct/22	Nov/22	Dec/22
Aetna Medicare Advantage (AMA)	7	7	0	0
Auto (AUT)	92	31	30	31
Commercial Insurance (CI)	7	0	0	7
Hospice Medicaid (HM)	133	31	73	29
Humana Medicare Advantage (MHA)	143	8	75	60
MI Health Link Medicaid (MILM)	796	279	268	248
MI Health Link Medicare (M-HM)	13	0	0	13
Managed Medicaid (MMA)	57	0	10	47
Med Plus Blue Advantage Rugs (BMA)	34	0	13	21
Medicaid (MA)	3719	1216	1209	1294
Medicare A (MCA)	452	122	155	175
Priority Health Medicaid (PHM)	36	0	1	35
Private Pay (PP)	394	136	120	138
Wellcare Advantage (WEA)	24	0	15	9

TOTAL DAYS

5906

1830

1969

2107

Date: Jan 12, 2023
Time: 08:13:42 ET
User: Phil Alt

Cass County Medical Care Facility
Detailed Census Report - By Payer
Monthly Census - Ending December 2022

Cass County Medical Care Facility
Page # 1

Unit: All Floor: All Payers: All Bed Certification: All

Payer	Summary By:	# of Days	Days																																
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Auto (AUT)		31	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Commercial Insurance (CI)		7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Hospice Medicaid (HM)		29	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
Humana Medicare Advantage (MHA)		60	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
MI Health Link Medicaid (MIM)		248	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
MI Health Link Medicaid (M-HM)		13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Managed Medicaid (MMA)		47	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
Med Plus Blue Advantage Rugs (BMA)		21	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
Medicaid (MA)		1294	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	
Medicare A (MCA)		175	6	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
Priority Health Medicaid (PHM)		35	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
Private Pay (PP)		138	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
Medicare Advantage (WEA)		9	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
TOTAL DAYS		2107	67	69	69	69	68	68	68	67	70	69	69	68	68	68	68	68	68	68	68	68	68	68	68	68	68	68	68	67	66	67	68	67	

CORPORATE COMPLIANCE

JANUARY 2023

There was one investigation since the last board meeting. An employee approached the receptionist and made inappropriate remarks pertaining to the black race. The receptionist is of African American decent.

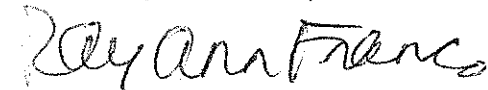
The Director of Risk Management interviewed the reporting party, an employee who witnessed a portion of the interaction and the employee who made the remarks. The findings were forwarded to the Director of Human Resources. The results of the investigation concluded that the allegations were substantiated. The attorney for the facility was contacted. All documentation regarding this investigation was sent to the attorney.

The attorney stated that the employee's conduct was inappropriate and violated the Code of Conduct and Behavior Policy. The attorney stated that this was grounds for termination. The Director of Human Resources contacted the employee. The employee was notified of the results of the investigation and of the termination of employment.

It was determined that no further action needed to be taken as the employee was terminated.

The investigation was reviewed by the consultant and met her approval.

Respectfully submitted by:



Rayann Franco
Corporate Compliance Officer
Cass County Medical Care Facility

Cass County Medical Care Facility

EMPLOYEE ROSTER

December 2022

Cass County Medical Care Facility had a total of (7) "Resignations/ "Terminations/Retirement", and (7) "New Hires"

RESIGNATIONS

Nursing/CNA-Full Time-Terminated-10/18/22-12/10/2022
Nursing/CNA-PRN-Terminated-10/25/2022-12/19/2022
Nursing/CNA-PRN-Terminated-11/15/2022-12/10/2022
Nursing/CNA-PRN-Terminated-7/26/2022-12/10/2022
Nursing/LPN-Full Time-Terminated-11/15/2022-12/12/2022
Activities/Hospitality Aide-PRN-Terminated-11/15/2022-12/21/2022
Nursing/CNA-Part Time-Terminated-11/15/2022-12/15/2022

NEW HIRES

Nursing/CNA-Part Time-12/06/2022
Nursing/CNA-Part Time-12/06/2022
Therapy/Physical Therapist-Part Time-12/06/2022
EVS/Housekeeping-Full Time-12/28/2022
EVS/Housekeeping-Full Time-12/28/2022
Nursing/CNA-Full Time-12/28/2022
Activities/Hospitality Aide-PRN-12/21/2022

VACANT POSITIONS/RECRUITING

C.N.A, RN, LPN

Full-Time 106
Part-time: 21
PRN 31

RN: 15
LPN: 07
C.N.A.: 54
Maintenance: 03
Administration: 25
Dietary: 14
Activities 19
EVS 12
Therapy 09

TOTAL: 158

January 2023

CCMCF NEWSLETTER

23770 HOSPITAL ST CASSOPOLIS MI 49031



Celebrating January

**International Brain Teaser
Month**

Mentoring Month

Get a Balanced Life Month

New Year's Day
January 1

**Someday We'll Laugh About
This Week**
January 2-8

Twelfth Night
January 5

**Make Your Dream Come
True Day**
January 13

Martin Luther King Day
January 16

**International Sweatpants
Day**
January 21

Compliment Day
January 24

Holocaust Memorial Day
January 27

Looking Back to See the Future

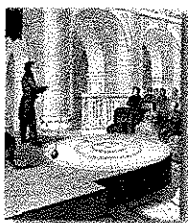
A new year often prompts us to look forward and imagine what the coming months might hold. The month of January is named for the Roman god Janus, protector of gates, doorways, and transitions. He was depicted with two faces, one looking to the future and the other looking to the past. January seems an opportune month for reflection, to contemplate where we have been as we chart where we are going.

The Spanish philosopher George Santayana famously said, "Those who cannot remember the past are condemned to repeat it." The past offers myriad lessons for the present. Studying past societies, systems, ideologies, religions, governments, cultures, conflicts, and technologies teaches us how we got to where we are today. Are there any more profound questions than "Who am I?" and "Why am I here?" History often provides answers to these age-old questions.

History occurs on different and dramatic scales. The geologic history of Earth stretches back billions of years. Human ancestors first appeared hundreds of thousands of years ago. Human civilization began a mere 6,000 years in the past, while the modern era is just a few hundred years old. While there are lessons to be learned from each of these periods, perhaps far more pressing are our own personal histories. Personal reminiscence can be a powerful practice if done correctly.

For a long time, reminiscence was seen as unhealthy. It wasn't until the 1960s that psychologists began to value reminiscence and personal reflection. Of course, reminiscence takes many forms. Both obsessing about how awful life was and escaping into the glories of the past offer little value. However, using reminiscence to pass on valuable life lessons can be constructive to a younger generation. Using past experiences as a blueprint to overcome present challenges is also helpful. The value of the past is that it gives us wisdom and strength for the present and reinforces for us that the choices we made were valuable and life was not wasted.

Circular Logic



January 8 is Earth's Rotation Day, commemorating the day in 1851 when French physicist Léon Foucault first demonstrated that Earth indeed rotates on its axis, completing a rotation every 24 hours, measuring one day. To

prove this, Foucault used a pendulum. Following Newton's law, which states that a body in motion will remain in motion until influenced by outside forces, Foucault swung his pendulum expecting it to swing continuously in the same arc in the same direction. Strangely, the pendulum's path appeared to change. Foucault rightly postulated that the pendulum's path had not changed, but the earth beneath the pendulum had rotated. The pendulum completed its rotation, returning to its original path after 24 hours.

Of course, before 1851, humans understood that a day had 24 hours. Foucault was simply the first to prove it using instruments on Earth's surface. It was the Egyptians who first broke the day and night into 12-hour segments. The number 12 held high significance to the Egyptians. Today, we often break numbers into groups of 10, which we call our *decimal* system, perhaps owing to counting on our 10 fingers. The Egyptians used a base 12, or *duodecimal* system, perhaps counting the finger knuckles of the hand, minus the thumb, which may have been used to do the counting. Twelve proved a powerful number—12 hours of daylight, 12 hours of darkness corresponding to 12 stars in the night sky, and 12 moon cycles leading to 12 months. Hours were kept by a sundial broken into 12 parts.

So, who then gave us 60 minutes and 60 seconds? This sexagesimal, or base 60, counting system was developed by the Sumerians and Babylonians. Perhaps the base 60 system was chosen because it had 12 factors, easily allowing users to break down one hour into 12 different fractions: 30 minutes, 20 minutes, 15 minutes, 12 minutes, 10 minutes, 6 minutes, 5 minutes, 4 minutes, 3 minutes, 2 minutes, and 1 minute. We still use the sexagesimal system to measure time, angles, and geographic coordinates.

Use It or Lose It

The third Saturday in January is Use Your Gift Card Day, a reminder to use those valuable presents before they are misplaced or lost forever. Gift cards were born in 1994 when the luxury department store Neiman Marcus first manufactured and sold them. But it was Blockbuster Video that mass-marketed the gift card in 1995. Prior to the gift card, gift certificates were popular, but they were too easily counterfeited. With a new era of computer tracking, gift cards would be virtually impossible to forge.

Of course, gift cards have their own share of problems. They were touted to be "as good as cash," but stores ran into trouble when they declared old gift cards expired after just a year of unuse. Today, federal laws govern the use of gift cards, including mandatory expiration dates of five years after the card is issued. The convenience of gift cards and their universal purchasing power, however, often overrule any inconveniences. They remain the ultimate last-minute gift idea.

Bobblehead Mania



In the 1960s, baseball teams began giving away bobblehead dolls that did not even resemble players. As ticket sales climbed on bobblehead giveaway days, the craze swept from park to park. And it wasn't children who wanted the dolls but grown men and women. Why would someone show up to a ballgame two hours early to wait in line for a wobbly-headed doll? Marketing psychologists chalk it up to escapism. People collect bobbleheads for the same reason they read tabloid magazines, go to the movies, and vacation in Las Vegas—adults use these outlets to escape the rigors and stresses of everyday life. And some are amassing bobblehead collections worth thousands! Some bobbleheads from the 1960s are worth \$10,000. Bobbleheads are so popular they have their own holiday on January 7.

Flying to New Heights

Travel to the Indian state of Gujarat on January 14 and you will find the skies filled with millions of kites for the International Kite Festival. Kite flying is more than just a recreational pastime; it is a significant cultural practice for many Indians.



The Kite Festival coincides with Makar Sankranti, the day of the year when the sun moves into the zodiac sign of Capricorn, marking the start of spring and signifying the commencement

of the harvest season. The key word here is *movement*, an acceptance of the movement of the seasons and realization that this constant flux is what facilitates the transition from winter to spring and restarts the agricultural growth cycle. Without this movement and change, life on Earth would cease to exist.

Kites fly on the winds of the earth, their movement dictated by forces beyond our control. In this way, the movements of the kites honor the same movements of Makar Sankranti. We are just along for the ride. Kites have more than just this cosmic significance; they have important cultural significance, too.

In India, the freedom of a kite gliding on the wind, rising higher and higher, has long been equated with independence. In the 1920s, Britain sent the Simon Commission to India to propose constitutional reforms for the country. The commission was composed entirely of British men, with no Indians included. One of the most important and visible forms of protest against the commission was the flying of kites bearing the slogan "Go Home Simon." Ever since, kites have been an expression of Indian patriotism.

But not all kite flying is so serious. Kite fighting has long been a popular sport in India. Kite strings are covered in glue and ground glass and the goal is to cut the string of an opponent's kite. During the festival, millions of kites are sold for pennies apiece, allowing everyone to participate in this age-old pastime.

Hopping into the New Year

The Chinese New Year on January 22 rings in the Year of the Rabbit. When the Jade Emperor invited the animals to his palace to determine the order of the zodiac, Rabbit proudly, perhaps arrogantly, believed that his speed would certainly make him first. Rabbit set off and did arrive first, but thinking that he had plenty of time, he took a nap. When Rabbit awoke, he found that three other animals had beaten him: Rat, Ox, and Tiger. The arrival of Ox irked him most of all because Rabbit had always considered himself faster and superior to the slow, plodding Ox.

At first glance, those born during the Year of the Rabbit may appear weak or soft, but this belies their natural strength and confidence. Rabbits are social with a natural charisma that attracts others. Smart, reasonable, and always paying attention to detail, Rabbits make excellent scholars. While Rabbits may appear careful and conservative in their actions, they need surprises in their life to prevent things from becoming too routine. Rabbits enjoy a peaceful life taking care of others.

Logophiles Rejoice!



January 9 is a holiday for all the logophiles out there. A logophile is a lover of words, and January 9 is Word Nerd Day. Writers, those accomplished weavers of words, advise time and again to seek out simplicity. Mark Twain: "Don't use a five-dollar word when a fifty-cent word will do." Ernest Hemingway: "There are older and simpler and better words, and those are the ones I use." Stephen King: "Any word you have to hunt for in the thesaurus is the wrong word." But what do these writers know? Today is the day to ignore their advice and embrace the weird and wonderful words that make language so vibrant! Anneal your vocabulary by engaging in elocutionary gymnastics!

The Road to Adulthood

The transition from childhood to adulthood is never easy, and many cultures have coming-of-age rituals to mark this passage. In Japan, the second Monday of January is Coming of Age Day, a national holiday to celebrate and congratulate all who have turned 20 years old within the past year.

Turning 20 is a cultural milestone in Japan and means that young men and women can now legally drive, smoke, consume alcohol, and gamble. But adulthood means far more than these allowances. Adulthood brings with it the burden of new societal responsibilities and expectations. The weight of independence is heavy, and ceremonies and celebrations are designed to lighten the burden.



Every municipality in Japan holds a ceremony at a local city hall, gym, or community center. The new adults wear fabulous kimonos, sure to look their best for their special day.

A mayor or special guest

delivers a speech declaring them legal adults. After all the photographs and congratulations, families may venture to a shrine to pray for success and good health. And then it is off to celebrate, where the new adults enjoy their first legal drink of alcohol with their families.

Coming-of-age ceremonies are part of several cultural traditions. Thirteen-year-old Jews celebrate bar and bat mitzvahs. Hispanic cultures celebrate *quinceañeras*, marking a 15-year-old girl's transition from girlhood to womanhood. American girls hold Sweet 16 parties. Sixteen-year-old Amish youth enjoy the rite of passage known as *Rumspringa*, where they formally join the Sunday night singings that are so important for courtship. Some choose to leave the Amish community to experience the world beyond.

In all of these instances, coming-of-age ceremonies serve to assist children in their journey to adulthood and to feel supported by their parents, peers, and community.

January Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights. Their drive to the top makes them excellent partners and collaborators. Those born from January 20–31 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. They nurture and support new ideas.

Isaac Asimov (author) – January 2, 1920
 Zora Neale Hurston (author) – January 7, 1891
 Elvis Presley (singer) – January 8, 1935
 Max Roach (drummer) – January 10, 1924
 Jeff Bezos (tech magnate) – January 12, 1964
 Regina King (actress) – January 15, 1971
 Dolly Parton (singer) – January 19, 1946
 Benny Hill (comedian) – January 21, 1924
 Etta James (singer) – January 25, 1938
 Paul Newman (actor) – January 26, 1925
 Jackie Robinson (athlete) – January 31, 1919

JANUARY BIRTHDAYS

DIANA LUTZ	1/1
ELAINE GOHL	1/1
FRANCES MOROZ	1/1
PATRICIA CLARK	1/7
DALE FOSDICK	1/10
RAMONA WASHINGTON	1/16
VALERIE WELD	1/16
KEVIN WALKER	1/21

CCMCF NEWS AND UPDATES

JANUARY 2023

Well, the holidays have come and gone, and now its time to start the year all over again. So to all, Happy New Year!

We have had a busy month, and now its time to breathe a little bit, not much time to do so, but now is the time to take that breath. The residents have made Christmas ornaments and Christmas crafts, they decorated cookies, made Christmas cards (we had a lot to mail out, that's for sure!). Diana made snowball floats, and everyone really enjoyed them. There were carolers who came to visit towards the end of the month, as well as the Methodist Church Bell ringers! The ladies at the church said that we were the only facility to enjoy their music, plus they had nothing but good to say about how the staff made them feel welcome and everyone enjoyed it!

There was a Christmas spirit week and a lot of people got into the spirit and the residents enjoyed it very much! Also, we had a Christmas party and had Al Mott perform, which everyone seems to love.

In the month of January, we are trying a few new activities and games, one we are trying is called 'what's in the bag', and its probably going to work out as well as it sounds! Towards the end of the month we are going to play a "large Candyland game" which will be on the floor in the hallway. The Zoo is also supposed to be coming on the 18th, so look forward the that as well! We are also going to try a magazine scavenger hunt, which could easily lead to some collage making.

Looking ahead to February (took me 4 tries to spell that right), we have started the process of planning a Valentines party, so look forward to that!

Enjoy this partially decent weather for this time of year, I doubt it will last long!

Be good to each other,

Steve Jacko



RESIDENT COUNCIL

1/12/23

2:37-3:01

RESIDENTS

Meryl Bromley

Tori Bass

Dale Fosdick

Ardith Higley

Jim Nordman

Pat Clark

STAFF

Steve Jacko

Cara Spangler

Breanna Melville

Gwen Doolan

Kathy Brown

Ginger Byers

Meeting was brought to order by Ardith Higley. Ardith Higley is the resident council president. Steve asked if they had any issues or suggestions. No concerns at this time.

Steve read four residents rights

DIETARY- Cara explained that they are working on a menu for Martin Luther King day, with an oatmeal dessert to finish up. Residents commented on some confusion around the lunch time amid some changes in how meal service went. Ginger and Cara and Steve explained that with changes, the first few days can be a little challenging, but it will get better in the coming days when everyone is on the same page moving forward. The residents were satisfied with the explanation.

SOCIAL SERVICES- No issues

NURSING- No issues

FRONT OFFICE- No issues

MAINTENANCE- No issues, but all the residents had stated that they love the addition of Clarence and Austin, and were happy with their work and all they provide for the facility.

LAUNDRY/HOUSEKEEPING- No issues

ACTIVITIES- Steve asked the group about how they would feel about resident led and ran activities, and they would like to try to do some resident led activities. Spoke about Valentines Day and how planning has started for a party, with Al Mott performing, the residents really liked the idea. We spoke about trying new activities to keep everybody involved (Karaoke, cross stitch group), and everyone liked the idea of trying new games and activities. The group also discussed trying a "no talent show", for employees to try out something that they are bad at, and have the residents rate them, and the residents were very happy to hear about that.

Ardith Higley closed the meeting.

Respectfully submitted

Steve Jacko