

Connie's Corner "Fall Prevention"



Now that I am becoming established here at Emerald Bay and have grown to know all of the wonderful people that reside here, I have decided to partake in the monthly newsletter. I want to provide some simple, but important tips that will help our residents live a healthy, happy, and safe life here at Emerald Bay! We want more than anything for our residents to live the retired life of their dreams, so this month I have listed tips to help with fall prevention.

- Make sure all rugs have non-slip backing.
- De-clutter your home to make sure you have plenty of room to walk around.
- Use cord covers for all cords and cables, or place all cords behind furniture.
- Pay attention to the height of

- your bed. If your feet cannot touch the floor while sitting on the bed, it is too high.
- Place a lamp on a table next to your bed and make sure you can reach it easily.
- Install rubber mats in your shower to prevent slipping.
- Wear anti-slip socks or slippers when walking around your home or building.
- Keep your phone nearby, so you are not rushing to answer it when it rings.
- When standing up from bed or chair, give yourself at least 5 seconds to start walking.
- If using a walker, step forward with your weaker leg first while putting weight on the walker with the palms of your hands.

Please always remember, if you are feeling weak on any given day, or you cannot walk safely to and from the bathroom or the dining room, please ring your button so staff can assist you.

~ Connie Champagne
Registered Nurse

Did You Know:

Your eyes blink around 20 times a minute. That's about 10 million times a year!



BAKA presents
EMERALD BAY
RETIREMENT COMMUNITY

650 Centennial Centre Blvd.
Hobart, WI 54155

Phone: (920) 544-5041

Emerald Bay Directory

Tabatha Luepke
Executive Director
920-810-5504

Tabatha.Luepke@bakaenterprises.com

Connie Champagne
Registered Nurse
920-604-0505
Connie.Champagne@bakaenterprises.com

**Laurie Vanness
Kristin Kolkowski**
Activity Directors
920-544-5041

EBactivities@bakaenterprises.com

Michael Fredrickson
*Divisional Director
of Sales & Marketing*
920-562-8898
Michael.Fredrickson@bakaenterprises.com

MONTHLY Newsletter

Monthly publication of Emerald Bay Retirement Community

June Issue, 2019

FROM THE EXECUTIVE DIRECTOR'S DESK



With the weather finally starting to get nice, I wanted to share some exciting updates regarding the construction. The construction is in full swing; however, because Mother Nature decided that she wanted to "rain" on our parade this spring, there has been a minor set back to the completion date.

Bayland is scheduled to start construction on attaching the new wing around the beginning of August. During this time, it may get a little noisy and dusty, which we will try to minimize as much as possible. We are asking that everyone please be patient while we work towards completing these exciting improvements to Emerald Bay. The new design plans will be going up

on the wall in the East Wing, so everyone can see what their new home will look like.

In addition to 24 new apartments, we are adding an in-home therapy gym (2nd Floor), a large multi-purpose room (2nd Floor), and a brand new bar area (1st Floor). We are also starting to take deposits for the new apartments. If anyone has any questions, please contact me.

~ Tabatha Luepke
Executive Director

Quote of the Month:

The best preparation for tomorrow is doing the best today.

~ Jackson Brown, Jr.



June Dairy Month

Some Interesting Facts About Dairy

- ~ A cow is more valuable for its milk, cheese, butter, and yogurt, than its beef.
- ~ A cow eats 90-100 lbs of food and drinks about 35 gallons of water (the equivalent of a full bathtub) every day.
- ~ A cow produces an average of 6.3 gallons of milk a day. That's more than 2300 gallons each year, and about 350,000 glasses of milk in a lifetime!
- ~ Fresh milk will stay fresher longer if you add a pinch of salt to each quart.
- ~ It takes 10 lbs of milk to make 1 lb of cheese. It takes 21.8 lbs of milk to make 1 lb of butter. It takes 12 lbs of whole milk to make one gallon of ice-cream. But it only takes about 50 licks to finish a single scoop of ice cream.

BISTRO

Thanks to everyone that donates items for Happy Hour, and to those who help. Currently we could use some more Cheetos, Mushrooms, Kessler's Whiskey, Brandy, and Vodka. Thank You!



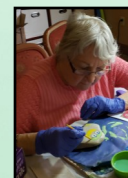
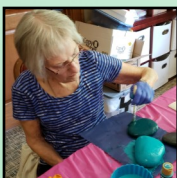
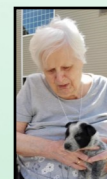
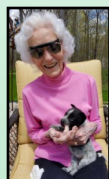
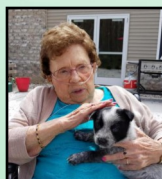
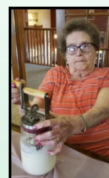
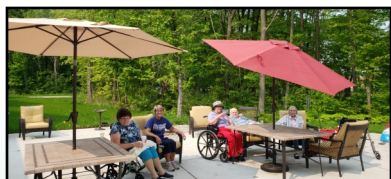
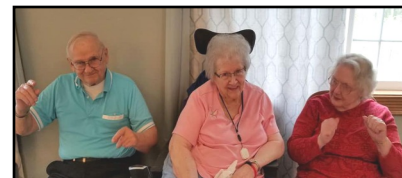
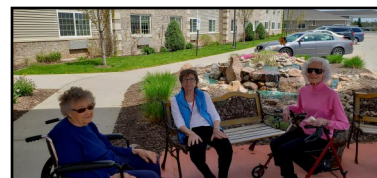
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Fun Times in May



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Mother's Day Tea Party



Meet Our New Resident!

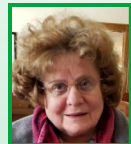


WELCOME
Tom Woosencraft

Tom was born in 1935 in Green Bay. He moved to Pulaski when he was in 4th grade. After graduating, he went to the University of Madison for Business. He then returned to Pulaski where he worked for his father's GM dealership. He then married the love of his life, Donna, and they had 4 children. Tom took over the dealership and ran it until he was around 50, then sold it to Broadway. After that, he became a financial advisor for Ameriprise. Tom and his wife retired up in Door County for about 10 years before returning to Green Bay. He loved to golf, and enjoys reading. He has 10 grandchildren, and two great-grandchildren.

Resident Testimonial ~

I love living here because it's such a beautiful place. The staff and management are wonderful, and the activities are outstanding! I love each and every one. This is my home for ever and ever.



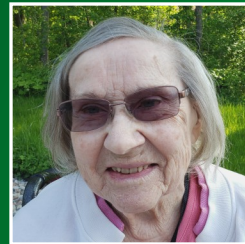
~ Julieann Cropsey

Pet Rocks



You might have noticed some new painted rocks around the fountain out front. They were hand painted by residents and staff for your enjoyment. If you would like to paint your own pet rock to either keep or put outside, please see Kris or Laurie in Activities.

RESIDENT SPOTLIGHT



LaVern Burt

LaVern was born in 1927 in the Town of Morrison (south of Green Bay). Her parents owned a cheese factory, where she got her fill of fresh squeaky cheese curds growing up. After graduating, she went to vocational school for business. Around 1950, she married a wonder man, Leslie. They started their family in Green Bay, and when she was pregnant with their third child, they moved to a dairy farm in the Town of Holland (near Greenleaf). LaVern loved spending time with her family at their cottage near Brillion where they enjoyed fishing and other fun activities. After the kids were grown, she began working in Green Bay at the Larson Company where she worked in the frozen food department. LaVern worked there for over 24 years before retiring. Throughout her life, LaVern enjoyed dancing and knitting. She was also very involved with her church where she sang in the choir, played the bells, and participated in fellowship clubs. LaVern has six grandchildren, and several great-grandchildren.



June Birthdays

5th Alice Piontek
10th Bonnalynn Degrave
28th Harold Metzner
30th Mary Ann Terpstra

BAKA presents **EMERALD BAY** Dates to Remember — RETIREMENT COMMUNITY — Events happening in June

June 3	Polka Music Entertainment with Jerry Voelker
June 4	Ice Cream Social to Celebrate June Dairy Month
June 5	Musical Movie in the Media Room
June 6	Trip to Wal-Mart / Casino Outing
June 11	Sing-A-Long & Thank You Social with the Marionettes
June 12	Father's Day Social
June 13	Trip to Library & Walgreens / Lunch Outing
June 16	HAPPY FATHER'S DAY!
June 18	Resident Council Meeting
June 19	Music Entertainment with Bob Buxbaum
June 20	Trip to Dollar Store / Picnic at Pamperin Park
June 24	Violin Music with Kimberly (Evening)
June 25	Corvette's of the Bay Car Show in Parking Lot
June 27	Trip to Library & Walgreens / Lunch Outing

Reminders ~

If you or a family member would like a newsletter emailed to you, please see Kris in Activities, or send an email to EBactivities@bakaenterprises.com.

The next Resident Council Meeting is Tuesday, June 18th, at 1:30 in the Activity Room.