

Connie's Corner

Tips for Preventing Dehydration

I have been seeing several people out getting their exercise and enjoying the nice weather. This is wonderful! I just want to make sure you take every precaution to prevent dehydration this summer.

What can I avoid to prevent dehydration?

- Salty foods
- Tea
- Coffee

With cardiovascular (heart) disease being so prevalent, and use of diuretics (water pills) to help rid your body of fluid due to heart disease and leg swelling, we need to take precaution to stay hydrated this summer.

As we age, we lose our sense of thirst and our kidneys aren't able to conserve body water as well. When we are tired, we think we have to nap, when in fact it may be our body's way of telling us that we need water. Our bowels also slow down, so if we are not hydrated, this will cause even more constipation. So make fiber and water your friends!

What are some sign/symptoms of dehydration?

- Dark urine or decrease in the amount of urine
- Sunken eyes
- Dry skin
- Dizziness
- Heart palpitations
- Drowsiness
- Lethargy

With all of these things said, please talk to your physician about recommended water intake as you may have restrictions based on your kidney function. As always, THANK YOU for being my favorite residents in the whole world!

~ Connie Champagne
Registered Nurse



July Birthdays

3rd Marilyn J.
13th Barb S.
19th Mary V.



BAKA presents
EMERALD BAY
RETIREMENT COMMUNITY

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MONTHLY Newsletter

July Issue, 2019

FROM THE EXECUTIVE DIRECTOR'S DESK



The weather is beautiful, and the flowers are in full bloom. Be sure to get out to the back patio and check out the flowers, as well as all the amazing vegetables that have been planted by some of the residents.

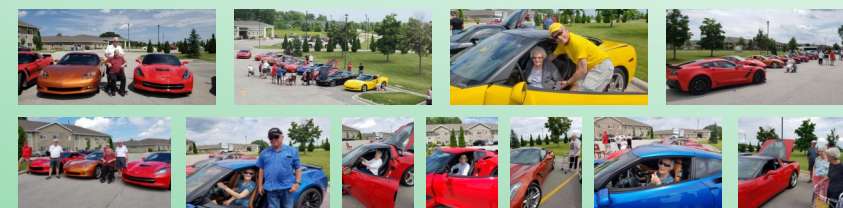
Please be sure that you are signing in and out if you are taking a walk on the sidewalk or walking trail.

~ Tabatha Luepke
Executive Director

Quote of the Month:

Every day is a fresh start. Each day is a new beginning. Every morning we wake up is the first day of our new life.

A big Thank You to the *Corvettes of the Bay* for coming to Emerald Bay to show off your amazing hot-rods!



LOST & FOUND

If you, or a family member, has lost an item, please check at the front desk in the lobby.
Thank You!



Independence Day

On the 4th of July, the 13 colonies claimed their independence from England, an event which eventually led to the formation of the United States. It was meant to justify a revolt against the British, with a list of charges against the British king. The Declaration of Independence was signed by 56 men, representing the 13 colonies. This moment marked the beginning of an all-out war against the British.

The Declaration was signed more than 2 years after Boston officials refused to return 3 shiploads of taxed tea to Britain, fueling colonists to dump the tea into the harbor in what became the infamous Boston Tea Party.

As to how our country has grown—In 1776 there were an estimated 2.5 million people. In 2018, there were more than 327 million documented.

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Good Times in June

Pamperin Park

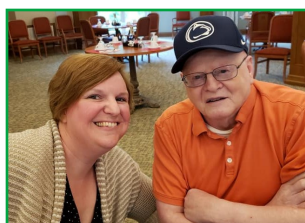


Celebrating June Dairy Month



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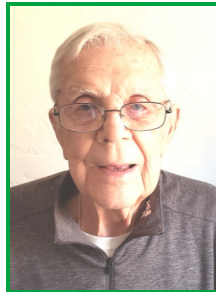
Father's Day Social



Doc's HD Saloon, Zoo, and Antique Car Museum & Mall

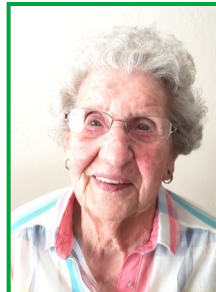


Meet Our New Residents!



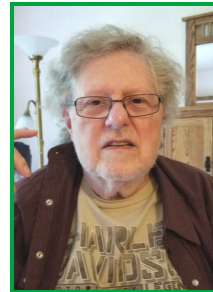
WELCOME
Harry

Harry was born in 1925 in De Pere, Wisconsin, and grew up in the Green Bay area. After his junior year of high school, he was drafted into the Navy where he served for over 3 years. After returning to Green Bay, he worked for a grocery store and foundry for a couple of years. In 1950, he married his true love, Eleanor. Harry then joined up with the Northwest Railroad in Green Bay where he worked for over 37 years before retiring. But Harry wasn't one to sit still, so he came out of retirement and moved to the Shawano area where he worked part time for NAPA delivering auto parts for a couple of years. He then worked part time for Muehl Furniture where he delivered furniture for about five more years. Harry then moved to Pulaski and finally retired full time before coming to Emerald Bay. During his life, he loved to drink beer, play golf, and go up north to his trailer in the Crivitz area. A true Wisconsinite! He has 8 children, several grandchildren, and many more great grandchildren, all who he adores!



WELCOME
Veronica

Veronica was born in 1922 in Lt. Chute, Wisconsin. When she was young, her family moved to a farm in Isaar. She was a hard working woman, and knew everything there was to know about farm horses, from harnessing and hitching them up, to working the fields. She also helped her mother make the big meals that fed the crews that came to help harvest the crops. In 1942, Veronica married a lovely man named Martin. Shortly after, he left to serve in WWII. During that time, she went to live in with her sister-in-law and worked at a knitting mill. Upon her husband's return, they moved to Michigan for a few years where he served as a medic, and she worked for a hose company. When they returned to the Green Bay area, she stayed at home and raised their nine children. Veronica was active with her church, and enjoyed crocheting, quilting, and spending time at their cabin in Michigan. She has many grandchildren and great grandchildren.



WELCOME
Father Gary

Father Gary was born in 1941 in Green Bay, and grew up in the Preble area. He graduated from St. Norbert's College with a Bachelors Degree in Philosophy. He also minored in teaching French, English, and History. He then went to Milwaukee for four years to study for the priesthood for the Diocese of Green Bay. He also studied abroad in places like Rome, Israel, Turkey, and Greece. In 1968, Father Gary became ordained and took a temporary assignment as a Chaplain for the Boy Scouts and Girl Scouts camps, and also Chamber's Island. Over the next several years, he was assigned as a Parochial Vicar for parish's in Green Bay, Menasha, and Neenah. In 1975, he began serving as a pastor for several parish's in Greenville, Kaukauna, Shawano, and New Franken. Around 1989 he was assigned to two parish's in Suamico and Lt. Suamico where he served for over 20 years. He then moved back to Green Bay where he began his retirement. In Fathers spare time, he enjoyed traveling alone, but also had a good friend that he went on several trips with on their Harley-Davidson motorcycles. Father Gary also loved to ski, and adored his dogs, Ellie, and Baele.

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

July 3rd	Podiatry Day / 4th of July Party with Music
July 4th	Happy 4th of July!
July 9th	Ice-Cream Truck Coming to Emerald Bay!
July 11th	Trip to Library, Wal-Greens, and Wal-Mart
July 16th	Resident Council Meeting
July 17th	Music Entertainment—Fernando!
July 18th	Trip to Dollar Tree
July 18th	Country Tour to see Clydesdales & Stone Barn
July 24th	Cooking Demo with Chef Scott
July 24th	Lemonade Stand Social
July 25th	Trip to Library, Wal-Greens, and Wal-Mart
July 25th	Music at Whitney Park (NEW Dixie Ramblers)
July 30th	Ice-Cream Cone Social

Resident Testimonial ~

I really like that everything is on schedule, and the food is really good!



~ Jim