

Connie's Corner

Skin Breakdown Prevention

Our skin plays such an important role in our health. Did you know that our body's largest organ is our skin? The skin acts as a barrier from moisture, cold, and sun rays, as well as germs and toxic substances. It also assists in regulating our body temperature. So let's talk about ways to protect your skin from harm.

- Our skin becomes drier as we age, so be sure to apply lotion after showers. If the skin becomes dry, it will most likely crack, allowing germs to enter into the skin causing infection.
- Skin folds, and areas under the breasts, are great places to harbor bacteria and moisture. Make sure you dry these areas really well following showers. Notify staff if you notice any red areas or soreness so that we can notify your physician and get a medicated powder for you to apply.
- Pressure sores, which used to be known as bed sores, develop when you are applying too much pressure to one area for long periods of time. You may not even notice them until the very last stages when they break down. It starts with the

area being reddened, warning you that this area needs some relief. Once the area starts to break down, it is very difficult to heal, so make sure you are watching areas such as your heels, buttocks, and tailbone. To avoid breakdowns, apply small pillows or rolled up towels to take the pressure off. Try to exercise as much as possible to get good blood flow. Come to our exercise classes at 9:30 every morning during the week!

- Hydrate! Another reason to hydrate is that your skin needs this to maintain moisture.

We need to make sure we have a good balance where our skin is not too moist (as it can tear more easily), and not too dry (where you will have cracking skin).

If you have any questions about your skin, and maintaining a healthy balance, please come and visit me and we can talk!

I hope everybody is having a great summer. Make sure you are wearing your skin protection!

~ Connie Champagne
Registered Nurse



BAKA presents
EMERALD BAY
RETIREMENT COMMUNITY

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MONTHLY Newsletter

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FROM THE EXECUTIVE DIRECTOR'S DESK



Summer came, and now it's moving out quick. Please be sure to get outside for some Vitamin D. Also make sure that if you are going to be sitting in the sun, that you put on some sun block, and always tell someone when you are going outside.

having to put up a temporary wall so that they can take down the existing wall. We appreciate your patience during this time.

~ Tabatha Luepke
Executive Director

Expansion Update: Bayland is starting to tie into the existing building on the East side. They are

Quote of the Month:
The only secret behind a good day is a good attitude.

Resident Testimonial ~

I love living here because I get my three meals a day, they take care of all my pills, and they do all my housekeeping. I can also get my hair and nails done here, and they have church services. All I have to do is sit back, relax, and have fun!

~ Alvina



Alternative Meals

If you do not want to eat any of the planned meals on your weekly menu, please remember to fill out an Alternative Meal Form and turn it in to the kitchen at least 4 hours prior to the meal.

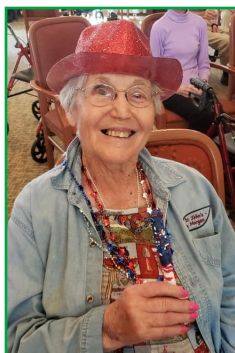


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Some Fun July Activities

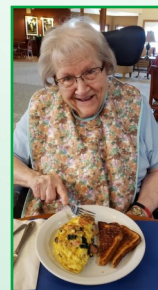
4th of July Social



Enjoying the Back Patio

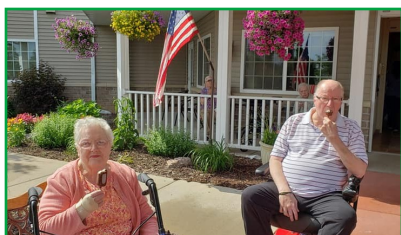


Cooking with Chef Scott



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Thibby's Ice-Cream Truck!



Let's Make a Deal !



Meet Our New Residents!

WELCOME

Jean

Jean was born in 1937 in Sheboygan Falls, Wisconsin. After graduating high school, she worked for a few years at the Kohler Company as a typist, and then enrolled at a teacher's college. After marrying Ottomar in 1962, they moved to Kohler and started their family. After their girls started school, Jean went back to work at the Kohler Company. During her life, Jean enjoyed knitting, crocheting, shopping, reading, and traveling. She was also an assistant Girl Scout leader and sang in the church choir. Jean has four grandchildren.

WELCOME

Clarice

Clarice was born in 1931 in Green Bay and has spent her entire life here. Clarice married Bert (see article to the right) in 1951, and together they have four children, and 15 grandchildren and one on the way. During her life she worked a few side jobs, but spent the last 29 years of her career working for Prange Way in the electronics department, mainly with cameras. Jean's passion was to make porcelain dolls from scratch, and made their dresses by hand. She won many awards for her creations. Clarice also enjoyed sewing, quilting, knitting, and playing cards. She was also in a horseshoe league with her husband. One of their favorite pastimes was to spend time at the place up north at Popp's Resort.

WELCOME

Bert

Bert was born in 1929 in Green Bay and has spent his entire life here. He worked for Olson Trailer & Body in Green Bay for over 40 years where he built, repaired, and painted equipment. After retiring, he decided to work another 16 years for Schroeder's Flowerland. Bert is a huge sports fanatic and has many trophies to show for it! When he was young, he played hockey, baseball, hardball, softball, volleyball, dart ball, and horseshoes. Bert was also an umpire for the Babe Ruth Little League, and helped umpire for other ball games. Bert is married to Clarice (see article to the left). Bert doesn't play sports anymore, but still loves to talk sports. So if you are a sports fanatic like Bert, look him up!

Terms of Endearment (A Little Senior Humor)

An elderly gentleman was invited to an old friend's home for supper one evening. During the meal, he was impressed at how his buddy always preceded every request to his wife with endearing terms ~ honey, sweetie, darling, my love, pumpkin, etc.

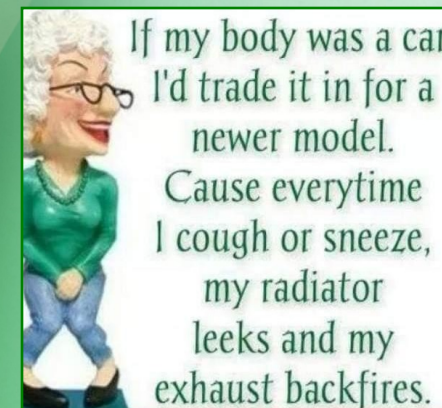
The couple had been married for 70 years, but clearly they were still very much in love. While his wife was in the kitchen, he leaned over to his friend and said, "I think it's wonderful that after all these years you still call your wife all those loving pet names."

The old man hung his head and sighed. "I have to tell you the truth," he replied. "I forgot her name 10 years ago."

Dates to Remember

Events happening in August

- Aug 1st** Wal-Mart / Lunch Outing at Hagemasters
- Aug 6th** Thibby's Ice-Cream Truck
- Aug 8th** Library & Wal-Greens / Concert in the Park
- Aug 9th** Howard/Suamico Quartet
- Aug 13th** Accordion Music with Mike Rusboldt
- Aug 15th** Trip to Hobby Lobby / Lunch at Margarita's
- Aug 20th** Resident Council Meeting
- Aug 22nd** Library & Wal-Greens
- Aug 22nd** LUAU! Music with Fernando!
- Aug 28th** Thibby's Ice-Cream Truck
- Aug 29th** Shopping at Kohl's / Picnic at Voyageur Park



- August Birthdays**
- 9th Ardell E.
 - 10th John R.
 - 14th Gen A.
 - 31st Clarice B.