

 **Connie's Corner** 
 ~ The Dreaded Shingles ~

Many people have heard of the term "Shingles". This is a term that when I hear it as a nurse, I cringe. The reason for this is that it is a very painful, blistering condition. The good news is that there is a vaccine called Shingrix that can decrease your risk by 97%.

What is Shingles: It is a viral condition that can cause a painful, blistering rash. If you have ever had chicken pox as a child, you are at risk for developing shingles. The virus from chicken pox remains dormant in your tissue near the spinal cord and brain. It can activate at any time after 50 years of age. The pain and rash will only develop on one side of your body. It may start out as flu-like symptoms before the rash develops.

Treatment: If the rash is caught early enough, an antiviral medication can be started to shorten the length of the illness.

Vaccination: Talk to your physician about the Shingrix vaccination. It is a 2-step vaccination replaced by the previous vaccination Zostavax. If you have received Zostavax in the past, you should still receive the Shingrix due to increased effectiveness based on new studies.

If you have any questions, please come see me! As you may know, my office is now 2 doors down from where my old office was, on the first floor off the lobby. I hope everybody had a wonderful holiday!

~ Connie Champagne
 Registered Nurse



BAKA presents
EMERALD BAY
 RETIREMENT COMMUNITY

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Medical Bus Transportation ~

Did you know that Emerald Bay offers transportation to-and-from appointments for our residents? Two monthly medical trips are included for our residents, but are on a first-come-first-served basis. If you need transportation, please see Doug, Transportation Specialist, and let him know that you need to set up an appointment. Please note that all medical transportation is provided on Mondays, Tuesdays, Wednesdays, and Fridays from 8:00 am to 5:00 pm. We are not able to provide medical transportation on Thursdays, holidays, weekends, or during inclement weather.

Resident Testimonial ~



I came here with high hopes to start a new chapter in my life, and I am not disappointed. I have made the best of friends! I have a beautiful apartment that looks out over the woods ~ the fall colors are gorgeous! The people here are wonderful and have made my life very pleasant. - Verna.

MONTHLY
Newsletter

January Issue, 2020

**FROM THE EXECUTIVE
 DIRECTOR'S DESK**

HAPPY NEW YEAR!

What a month we had in December! We finally finished the new northeast wing, and new residents are finally moving in! Please extend a warm Emerald Bay welcome as you see all the new faces pass by.



As most of you know by now, we also have a new chapel in our new addition. It is located on the corner of the 2nd floor of the new wing. If you need help finding the chapel, please ask one of the staff to help you.



We are also excited to have a new pub, complete with a full kitchen and pool table! The

pub is scheduled to be open by February 1st, so please be patient as we work out the details of its operation.

Please note when filing your taxes, if your accountant is requesting forms from Emerald Bay please connect with Mary Ott at the corporate office. Her phone number is (920) 574-3833.

Just a reminder to PLEASE be careful when going outside. We try our best to keep the walkways and parking lots clear of ice and snow, but they can still be very slippery.

~ Tabatha Luepke
 Executive Director

Quote of the Month:

A simple "hello" could lead to a million things

— Roy T. Bennett

Employee Spotlight



Tamara

Tamara was born in Appleton, but grew up in Florida. After graduating from Fox Valley Tech, she went to the University of Phoenix where she got her associate and bachelor degrees in Health Care Administration. Her focus was in long-term health care. Tamara is engaged and has two lovely children. She enjoys painting, watching movies, outdoor recreation, and walking her dog in the park. Tamara said that the best part about working at Emerald Bay is the satisfaction she gets by making a difference in the residents lives. Emerald Bay is so grateful to have her!



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Obituaries

On Angel's Wings

On Angel's Wings you were taken away,
 But in my heart you will always stay.
 I will hear your whisper in the tallest trees,
 Feel your love in the gentle breeze.
 And when I find I miss you the most,
 Inside our beautiful memories I will hold you close.
 You are an Angel watching over me,
 With the comfort and blessings you bring.
 You embrace my heart and hold it close,
 Forever on Angel's Wings.



Basilia "Bea" Valley, 79, passed away surrounded by family on December 4th, 2019. She spent her childhood in Milwaukee, and after graduating she attended college at the University of Wisconsin Oshkosh. It was there that she met her wonderful husband, Richard (who still resides at Emerald Bay). Bea and Dick then moved to Pulaski where he taught at Pulaski High School. Pulaski soon became home to them, and they never left. Bea enjoyed staying busy with her three chil-

dren's activities, and took on the role of Boy and Girl Scout leader. She was also the Pulaski Historical Society secretary for 12 years, and a member of the Council of Catholic Women of Assumption B.V.M. Parish. And for a brief time she was a child care worker and teacher's aid. Bea will always be remembered for her kind and gentle heart. Everyone wanted to be around Bea because she was able to brighten their day with her infectious smile and laugh. The residents and staff at Emerald Bay will miss our dear, sweet Bea.



Esther Wilson, 99, passed away peacefully on December 21, 2019. She was born in Pound, Wisconsin. Esther grew up on a farm and was one of 11 children. She married at 17 to her first husband, John, and they had two beautiful children. They lived in Lena for 13 years before moving to Green Bay. While in Green Bay, she worked at H. C. Prange's, and also at the Green Bay Canning factory. Four years after her husband passed, she married

again. Esther loved her faith and going to church. She also loved canning, traveling, and gardening—especially roses. At Emerald Bay she loved to make crafts and came to any activity involving food! She also loved cardinals and other birds. You could find all kinds of bird decorations throughout her apartment. Esther was such a warm and compassionate person with a sweet little chuckle and a smile that could brighten any room. She helped as much as she could to anyone who needed it. We will miss you, Esther.

Welcome Genesis Rehab Services!

Genesis (GRS) is finally here at Emerald Bay! They are a leader in the long-term care rehabilitation industry, and a leading provider of physical therapy, occupational therapy, speech therapy, respiratory therapy, and wellness services—primarily for the older adult population. GSR's therapy gym is located in the old Media/Chapel room, and is open for business! For more information about GSR, or if you are in need of rehab services, please stop in and meet with Jessica Van Schyndel.



Jessica Van Schyndel
 Director of Rehab, OTR/L

Jessica completed her Master's Degree in Occupational Therapy at the University of Wisconsin-Milwaukee. She has 11 years of clinical experience across a variety of settings including inpatient rehab, skilled nursing care, in-home therapy and outpatient therapy services located within assisted living settings. She has a passion working with the geriatric population to maximize functional independence for optimal quality of life through the aging process. Jessica has specialized training and emphasis in geriatric care, dementia management and low vision. She has led dementia care training programs and clinical supervision to Occupational Therapy students. Jessica is looking forward to her new role as Director of Rehab and offering therapy services to residents at Emerald Bay.

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

- Jan 1st **HAPPY NEW YEAR!**

- Jan 2nd **Trip to the Dollar Store
 Trip to the National Railroad Museum to see
 the Festival of Trees**

- Jan 7th **Music Entertainment with Terry Walker**

- Jan 8th **Sock Snowman Craft—Volunteers Needed**

- Jan 9th **Trip to Wal-Mart / Lunch Outing to Pizza Ranch**

- Jan 14th **Sing-A-Long with the Marionette's**

- Jan 15th **FIRE DRILL—PM Shift**

- Jan 16th **Trip to Walgreens / Trip to the Casino!**

- Jan 21st **Resident Council Meeting**

- Jan 22nd **Music Entertainment with Kyle & Emily after Supper**

- Jan 23rd **Trip to the Dollar Store / Lunch Outing**

- Jan 30th **Trip to Wal-Mart / Trip to Packers Hall of Fame**

Resident Spotlight



Elaine was born in Seymour, Wisconsin, and was raised on the family farm. After graduating, she worked briefly as a telephone operator, and then moved to Green Bay with her sister to attend vocational school in the secretarial field. From there she worked at a few different businesses in the office. After marrying her husband, Charlie, they built their house in Green Bay and started their family of six. When the last child was in school, Elaine went back to work part-time. After the kids were grown, they moved up north near Mountain. After 14 years they moved to DePere to retire. Elaine loves to play cards! She also enjoyed singing in the church choir, traveling, and going camping back in the day. We are so glad you are here, Elaine!