

 **Medical Minute** 

**Exercise Can Be Fun!**



Emerald Bay offers an AMAZING exercise program four days a week. Laurie leads the class in the back dining room at 9:30 am every Monday, Tuesday, Wednesday, and Friday. The class is so much fun and even includes sing-alongs! The exercises consist of stretching and repetitive movements from head to toe, and are done to music right from your chair or wheelchair. There is no standing. Everyone in the group has different physical challenges, so don't worry about holding anyone back. If you are uncomfortable doing a particular movement, then just skip that one and do whatever is comfortable.

The older we get, the more muscle mass we lose. Muscle is an essential contributor to our balance and bone strength; it keeps us strong. Without strong muscles, our mobility and independence becomes compromised.

One of the number one reasons we have to transfer a resident to the hospital is because they fall. Regular exercise can help with balance and stability, and help reduce your risk of falling. It also increases flexibility and range of motion, and helps blood flow to your muscles. It's good for stress, and helps improve your mood. Plus it just feels really good! So come on down and give it a try!



**Medical Bus Transportation ~**

Did you know that Emerald Bay offers transportation to-and-from medical appointments for our residents? Two monthly trips are included for our residents, but are on a first-come-first-served basis. If you need transportation, please see Doug, our Transportation Specialist, and let him know that you need to schedule transportation for your appointment. Please note that transportation is only provided on Mondays, Tuesdays, Wednesdays, and Fridays, from 8:00 am to 5:00 pm. Please note, we do not provide medical transportation on Thursdays, holidays, weekends, or during inclement weather. Doug's contact information is located in the bottom right corner of this page under the Directory. Please do not call Doug after 5:00 pm, or on weekends, as he is not on call. Thank You!



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

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*Bus Transportation Specialist  
 Medical Appointments Only*  
 (920) 471-5441  
 Monday-Friday  
 8:00 am to 5:00 pm

MONTHLY  
**Newsletter**

February Issue, 2020

**FROM THE EXECUTIVE  
 DIRECTOR'S DESK**



Where has our month gone? Winter is almost over. Please make sure that if you are going outside that you are dressing warmly. Also, please be sure to sign in and out at the front desk with our new kiosk at the front desk.

Please let us know if you are in need of physical therapy. We are

now offering this amazing service right here at Emerald Bay! Please see the enclosed insert for Genesis Rehab Services for more information.

- Tabatha Luepke  
 Executive Director

**Quote of the Month:**

*Be the reason someone believes in the goodness of people.*

**Employee Spotlight**



**Maria**



Maria is one of our Resident Associates (RA). She was born in Guatemala, and grew up in California, which is where she met her future husband, Antonio. They moved to Wisconsin, married, and had four lovely children. Maria went to NWTC for Early Child Care, and also to be a CNA and Medical Technician. She worked for ten years in child care, and the past six years as a CNA. Everyone that knows Maria knows how she LOVES to shop! She also enjoys doing fun activities with her children, like going to movies, and traveling back to California almost every year to visit her family. You are awesome, Maria! Keep up the good work!

**Resident Spotlight**



**CHET**

Chet was born in Berlin, WI, but grew up in West Bend, WI. He went to tech school in Platville, WI, for mining and civil engineering. After graduating, he worked for the US Coast and Geodetic Survey, which makes maps of land and water. He worked all over the eastern US. Chet then went in to the Army for field artillery. After his service, he moved Green Bay and took a Construction Engineering position with the Highway Commission, where he designed highways and bridges. While vacationing at his parents cottage in Door County, he met his lovely wife, Mary Jane. They have four children. Chet was around 70 when he first started playing the harmonica, and was a member of several harmonica groups in both Florida and Wisconsin. Chet was also an avid golfer, and sang baritone in the barbershop quartet.

You have taken care of people your whole life, so now let us take care of you!



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## Good Times in January

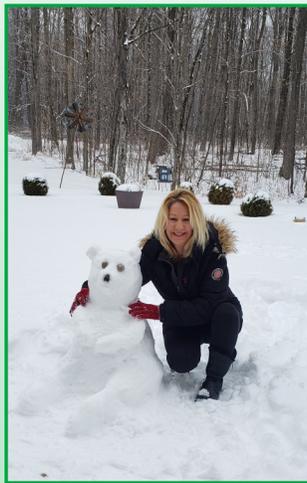
\* More Photos Displayed on the TV Monitor in the Lobby \*



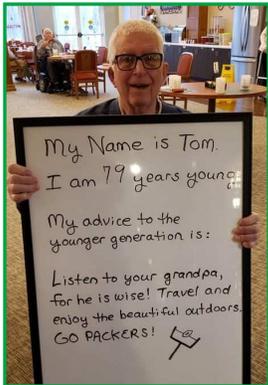
### Sock Snowman Craft



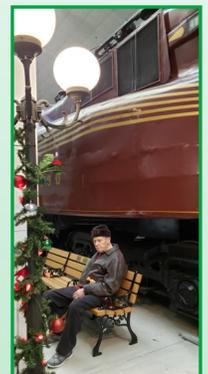
### Other Fun Activities



## What Advice Would "YOU" Give the Younger Generation?



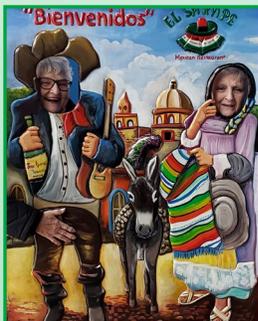
## National Railroad Museum and Festival of Trees



BAKA presents  
**EMERALD BAY** MONTHLY  
RETIREMENT COMMUNITY **Newsletter**



We LOVE Our Lunch Outings!





## **GENESIS REHAB SERVICES**

Aging is a natural process that may present challenges for some individuals. Although many older adults look forward to moving from middle age into their later years, it may be difficult for others to adjust. Many older adults experience new frailty, are diagnosed with medical conditions or find once enjoyed meaningful activities physically challenging due to changes associated with aging.

## **BENEFITS OF THERAPY**

Researchers have found that healthy older adults often experience mild decline in the areas of memory, strength, appetite/energy level, balance/coordination and hearing/vision loss placing them at risk of functional decline. Individuals who experience limitations may progressively require more assistance and find they aren't able to perform tasks that were previously enjoyed. Therapy can help older adults who experience difficulty with the transitions of the aging process regain independence through modification, adaption or development of compensatory strategies. A therapist can assist an individual to identify new sources of enjoyment and meaningful activities to allow for an optimal quality of life.

## **EMERALD BAY OFFERS ONSITE THERAPY**

Genesis Rehab Services provides outpatient therapy services at Emerald Bay. Whether you have lived here for many years or are new to the facility, one of our therapists would love the opportunity to discuss possible benefits of therapy. Our mission is to improve the lives we touch through the delivery of high quality healthcare and everyday compassion. We're located in the old Media/Chapel room and offer physical, occupational and speech therapy. If you aren't able to stop by for a visit, please inform a caregiver and we would be happy to visit you. You can also contact the Director of Rehab, Jessica Van Schyndel at 920-600-8583.

## Welcome New Residents!



### Welcome Charlotte!

Charlotte was born and raised in the Angelica/Pulaski area. After graduating, she attended college in Stevens Point to be a teacher. She then returned to Pulaski to teach. She married a wonderful man, Orville, who owned and operated his own oil business in Pulaski for many years. They have three children, and several grandchildren. Charlotte enjoyed fishing with her husband, and was active with her church. She also liked to bowl and go out to eat. And of course, living in Pulaski, she loved to Polka! We are so excited you are here, Charlotte!



### Welcome David and Carol!

David was born and raised in Oshkosh. After graduating, he took some classes at the University of Wisconsin, and then began working for Wisconsin Public Service (WPS) in Oshkosh. During this time, he served for two years in the Army, working primarily with inventory. After his service, he returned to WPS. Shortly after, their computer department relocated to Green Bay. During this time he married and had five children. Carol was born and raised in Green Bay. Carol also worked at WPS in Green Bay. During her earlier years, she married and had six children. Later in life, after both of their spouses had passed, David asked Carol out for a cup of coffee, and they have been together for 28 years now! They loved playing cards, bowling, and traveling. They were active in their church and went on several mission trips, which included going to Mexico, Brazil, and Alaska. They have also been to the four corners of the United States. Both David and Carol loved to volunteer at Bellin Hospital, and helped there for over 20 years. We are so glad you are here, David & Carol!

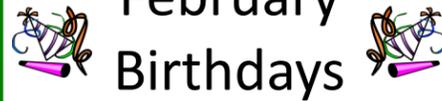
### Welcome Shirley! ( Photo Declined )

Shirley was born in Seymour and grew up on a farm there. She worked as an executive secretary for several different large paper companies, and also a large bank. She and her husband, Bernard "Bernie", loved to travel and have been to England and other places in Europe. She also enjoys reading, playing cards, and decorating her home.



### Staff Testimonial

*I have been in home health care field for many years. Emerald Bay has become a second home to me. I love the residents here! My philosophy is to treat those how I wish to be treated; with respect, kindness, and patience.*  
 ~ Sally



## February Birthdays

3rd Johanna "Jo" F  
 13th Corrine C

### ALTERNATE MEALS

Every week you will receive a meal menu attached to the back of your weekly Activity Schedule. Please review the menu, and if there is something that you do not want, you can pick something else to eat from the Alternative Menu Form that is located in the dining room on the buffet counter. If you can not find one, please ask one of the staff to get you one. Please make sure to return the form at least 4 hours prior to the meal being served.



### HAPPY HOUR

What a great time we have at Happy Hour! It's more like a "social" hour with lots of laughs and good cheer, and it's a great way to meet other residents. The fun starts every Friday at 3:30 p.m., and your family & friends are welcomed to come as well. We look forward to seeing you there!

## Dates to Remember in February

- Feb 6th Shopping Trip to Hobby Lobby  
 Lunch at Bay View Restaurant

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- Feb 11th Sing-A-Long with the Marionette's

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- Feb 13th Shopping Trip to Wal-Mart  
 Outing to the Casino!

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- Feb 14th Valentine's Day Party at Happy Hour  
 Music by the Besaw Boys  
 Crowning of Emerald Bay's King & Queen

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- Feb 18th Resident Council Meeting

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- Feb 20th Shopping Trip to the Dollar Store  
 Lunch Outing to Pizza Ranch & Seroogy's

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- Feb 21st MORNING FIRE DRILL

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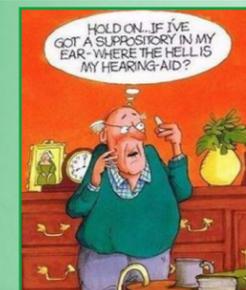
- Feb 25th Line Dancing Entertainment

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- FEB 26 Ash Wednesday

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- Feb 27th Outing to Maplewood Meats ( Bakery, Jams, etc )  
 Resident's Choice Shopping  
 Dairy Queen



### The Senior Funnies

