

## Employee of the month



**Diana S.**

Diana was born in New London and raised in Appleton. She graduated from Appleton West High School. Diana enjoys gardening and can't wait until Spring time, so she can start up her garden again. Diana likes to read, cook and to watch TV. Diana has one daughter, who loves to go on walks, and watch the sunrise and sunset with her mommy. Diana

lost both her parents at a young age. With losing her parents, it only made her passion for taking care of people even stronger. She cares for and loves people as if they are her own family. She loves animals, especially her two kittens Gracie and Ursula. Please take a moment to thank Diana for her dedication and the compassionate care she provides.



BAKA presents  
**EMERALD RIDGE**  
 ASSISTED LIVING

130 Byrd Ave.  
 Neenah, WI 54956  
 Phone: (920) 722-5100

### Directory

**Joe Vareka**  
*Executive Director*  
 Phone:  
 920-809-4365  
 Email:

Joe.Vareka@bakaenterprises.com

**Donna Schiller**  
*Resident Care Coordinator*  
 Phone:  
 715-459-7672  
 Email:

ERrcc@bakaenterprises.com

**William Glass**  
*Transportation Specialist*  
 Phone:  
 920-585-0595

**Michael Fredrickson**  
*VP Sales & Marketing*  
 Phone:  
 920-562-8898  
 Email:

Michael.Fredrickson@bakaenterprises.com

## Welcome to our new staff!!!

Daniella G. works second shift and is a very motivated person whose passion it is to help people and put a smile on their face. Daniella lives right here in Neenah with her husband and children, but moved here about 12yrs ago from Chicago. Daniella likes putting up wooden fences during the summer and helping out with flooring & repairs around the house. She enjoys fishing, pool, volleyball, and soccer so the next time you see her ask her what new hobby she's working on.

William G. is from right here in Neenah, and is our newest member of the Emerald Ridge family. William is our new Transportation Specialist, of which he has plenty of experience. He also has a very diverse background, which gives him plenty of stories to tell. You will hear plenty of his stories if he is taking you to an appointment. There isn't a topic that William doesn't have some kind of knowledge on, so when you see him try to stump him, we're sure he'd enjoy it.

Teela R. is from Appleton, has been a caregiver for several years prior to joining our Emerald Ridge family. Teela also has 3 children whom she loves very much. Teela works our NOC shift, so if you happen to be awake when she's working we encourage you to spark up a conversation with her. She loves to converse and help her residents.

Shelle T. may be known by some here from previous years. Shelle is from Appleton and has spent most of her life working in assisted living. While she doesn't have any children, she does have a dog named Timmy, which is her entire world. She loves to talk about her little doggy, so be sure to ask about him the next time you see her. Welcome to all our new team members!

# MONTHLY Newsletter

February Issue, 2020

## FROM THE EXECUTIVE DIRECTOR'S DESK

I'd like to take a moment to talk about the importance of staying hydrated. No matter what our age is hydration is a very important aspect of life and has numerous benefits to not only our physical health, but our mental health as well.

Dehydration is the most common fluid and electrolyte problem among the elderly. Dehydration occurs when you lose more water than you are taking in.

Symptoms of dehydration include:

- Confusion
- Difficulty walking
- Dizziness or headaches
- Dry mouth
- Rapid heart rate
- Low blood pressure

To prevent dehydration drink plenty of fluids and eat foods that are high in water such as fruits and vegetables.

If you are experiencing any of the

following please remember you may need to take in extra fluids to prevent dehydration:

- Vomiting or diarrhea
- Strenuous exercise
- Hot or cold weather
- Illnesses (Flu or infections)

We have staff coming around multiple times daily with a hydration cart to make sure everybody is hydrated. Notify staff if you are needing water or fluids more often and please let staff or myself know if you are having any of the above symptoms.



~ Joe Vareka



## Medical Bus Transportation

Did you know that Emerald Ridge 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 William, 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. William's contact information is located in the bottom right corner of this page under the Directory. Please do not call William after 5:00 pm, or on weekends, as he is not on call. Thank You!



"I love it here! The good staff and excellent residents bring much happiness in my life."

- Bill D.

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# Resident Spotlight

## Gary & Cheryl L.



Cheryl was born and raised in Appleton, WI. When she was 15, she met her husband Gary. In March they will be celebrating their 60<sup>th</sup> wedding anniversary. Cheryl and Gary have four daughters, 13 grandchildren, 9 great grandchildren with another one on the way. For 40 years, Cheryl managed a place called Martinis then she managed Sergio's Mexican Restaurant for 18 years. When Cheryl was able to have a day off, she enjoyed cooking, watching the Green Bay Packers, and loved to travel. Oahu, Hawaii and the Bahamas were her most memorable vacations in which she will never forget. Cheryl is a big fan of the musician Prince; her favorite song is "Purple Rain" and she also really enjoys listening to Elvis. However, her favorite musician is her husband. Gary, was in 8 different bands for over 30 years. Cheryl stayed home while he would tour all over the California Coast. Make sure to stop by and say hi to Gary and Cheryl, and wish them a happy 60th Wedding Anniversary next month!



Congratulations, and we wish you both many more years of happiness together!



- 1.) The birthstone for February is Amethyst.
- 2.) There are two zodiac signs for February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
- 3.) Viola (plant) and the Primrose are the birth flowers.
- 4.) National Day of the Sun is celebrated in Argentina.
- 5.) In order to complete the Soviet Union's victory in Stalingrad during World War II, the last German troops surrendered in the Stalingrad pocket.

# Dates to Remember in February

Feb 2nd Super Bowl

Feb 3rd Absentee Voting

Feb 4th Wal-Mart Trip

Feb 11th Dollar Tree Trip

Feb 12th Surprise Party

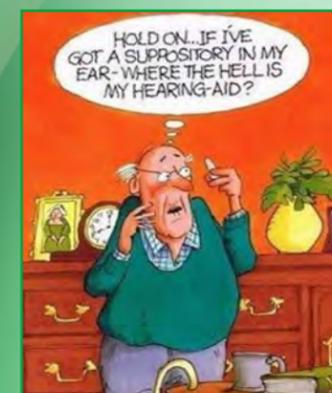
Feb 14th Valentine's Day Party

Feb 18th President's Day  
Casino Trip

Feb 19th Resident Counsel

Feb 26th Ash Wednesday

Feb 29th Leap Year Day



## The Senior Funnies

