

BAKA presents
EMERALD RIDGE
ASSISTED LIVING

MONTLY Newsletter

Welcome new neighbor



Christine M.



Gary M.



Richard R.

Please join us in welcoming our new residents to Emerald Ridge.
Welcome - We are so happy that you have joined our family!



Resident Testimony



"I am glad to be here and I am enjoying every day"

~Bob E.

The importance of Exercise



- Improve Balance and Stability. Falls are the number one cause of injury among seniors.
- Increase Strength and Flexibility. Better flexibility means less muscle stiffness and soreness.
- Enhance Healing and Function. When your body is strong and healthy.



Meet us in the Activity Room at 10:00 am Monday - Friday to get fit!!



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Monthly publication of Emerald Ridge Assisted Living Community

From the Executive Director's Desk



will come sooner rather than later, but not before it's safe to do so.

In the meantime, now is a good time to bring up proper hygiene and safety techniques. It is very important to wash our hands every time we're done using the restroom, as well as before all meals and snacks. The CDC recommends we wash our hands often, and for a minimum of 20 seconds (sing Happy Birthday twice) each time. Did you know that on average a person touches their face at least 20 times an hour? Avoiding touching our face, eyes, nose, and mouth is a very effective way to stave off bacteria and viruses.

At this point, we all have seen something on the news or talked to someone about the Coronavirus (COVID-19) and it can seem pretty scary. I'd like to assure everyone that Emerald Ridge and BAKA are doing everything we possibly can to ensure the safety of each one of you, while still maintaining some sense of normalcy. We will eventually get back to a normal routine, where we can enjoy going out in public again and have our friends and family come into our community to visit. We are hoping that this

We are all family here at Emerald Ridge and every single one of us is important. I will personally make sure I do everything I can

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Source:liveabout.com

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open". Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome. The name Aprilis, then, fits April, because in so many places in the northern hemisphere April is the month when trees and flowers begin to bloom and go onto flower.



10 FUN FACTS

1. You can't wash your eyes with soap.
2. You can't count your hair.
3. You can't breathe through your nose, with your tongue out.
4. You just tried no. 3
6. When you did no. 3 you realized it's possible, only you look like a dog.
7. You're smiling right now, because you were fooled.
8. You skipped no. 5
9. You just checked to see if there is a no. 5
10. Share this with your friends to have some fun too! :-)

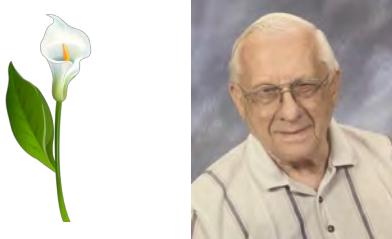
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MONTHLY Newsletter

~ Remembering our Friend ~



Gordon "Gordy" C. Meier, age 97, passed away on Wednesday, March 4, 2020. He was born in Menasha, son of the late Carl and Jennie (Cheslock) Meier. Gordon proudly served his country in the US Army until his honorable discharge in 1944. He married Katherine Wade on April 11, 1943 in St. Louis, Missouri. The two moved to Menasha shortly after they were wed, and Gordon began his career at George Banta Printing where he worked for over 40 years until his retirement. Gordon was a member at St. Mary Catholic Church in Menasha where he and Kay spent countless hours volunteering. He enjoyed crossword puzzles, sudokus and playing checkers with his grandchildren.

Gordon is survived by his children: Carole (Jim) Haislip, Edward (Kathy) Meier, David (Roseann) Meier, Carl (Cal) Meier, Earl (Linda) Meier, Eileen Hendrickson (Roy Buss), John Meier, Mary (Steve) Mader, Roy (Denise) Meier, Tom (Barb) Meier, Frank (Della) Meier, Don (Linda) Meier and Julie Meier (Scott Konrad); 25 grandchildren and 34 great and great-great grandchildren; siblings: Patti Schultz, Bobbie (Larry) Nowak and Paul (Pat) Meier; he is further survived by many nieces, nephews and friends.

Gordon was preceded in death by his wife, Katherine Meier; stepmom, Nana; son-in-law, John Hendrickson; sister, Gerri Meier; brother-in-law, Bob Schultz; mother and father-in-law, Earl and Dewie Wade.

(From the Executive Director's Desk continued from page 1)

to keep all of us safe and still retain some sense of normalcy. No matter how busy I am or seem, if anybody needs to talk I'm always here and available to ease any frustrations or uneasiness.

I'd like to end things on a positive quote every month. This month is going to be from a man named Dan Millman. Dan Millman wrote a book called, "Way of the Peaceful Warrior" which has been known to be a book that "changes people's lives."

"There is no path to Happiness. Happiness is the path. There is no path to Love. Love is the path. There is no path to Peace. Peace is the path."

~ Joe Vareka, Executive Director

RESIDENT SPOTLIGHT



Margaret's life begins in the small town of Kaukauna, on a crisp day at the end of December. She was sixth in line of a family of eight children.

After High school the place to be was Whitie's., which was a bar and dance hall. Margaret remembers fondly how "Ma Whitie" would make sure there was no "hanky panky" going on in any of the booths. Despite the tough restrictions enforced by "Ma", Margaret fell in love with a young man and was married in the summer of 1951.

Margaret began her career at a local business and worked until she began her family. She and her husband were blessed with three sons and a daughter. For family fun, you would catch them camping and living normal family lives.

These days you will see Margaret playing cribbage with her friends at Emerald Ridge.

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Dates to Remember in April

April 1st April Fool's Day

April 2nd Easter Egg Creations

April 7th Chair Yoga

April 10th Good Friday

April 12th Easter Sunday

April 24th April Birthday Celebrations

April 30th Bingo Store



4/2
Helen G.

4/22
Irene L.

4/29
Steve B.



Every Monday: BINGO

Every Thursday : Yahtzee & Bingo

Every Friday: Ice Cream Bar

***For the safety and health of our residents, we will not be going on any external outings, other than the Mystery Rides. During these rides, residents and staff will not be departing the bus at any time .**

