



Kayla's Korner



MAY IS SKIN CANCER AWARENESS MONTH

Skin cancer is the most common cancer in the United States, but it's also one of the most preventable. Most skin cancers are highly treatable.

Even though skin cancer is the cancer you can see, it often goes undetected in early stages. The **Big See** campaign was started to get people thinking about getting to know their skin, checking their skin frequently and keeping three words in mind **NEW, CHANGING, UNUSUAL**.

UV radiation from the sun is dangerous because at times it is sneaky, radiating off of water, snow, through glass, even getting through on cloudy days.

Some important tips to remember to reduce the risk of UV radiation from the sun:

- Seek shade if possible, especially between the hours of 10am and 4pm
- Try not to get sunburned
- Avoid tanning and using UV tanning beds
- Cover up with clothing, (long sleeves when possible) and utilize sun glasses (UV blocking)
- Use a broad-spectrum sunscreen, making sure to reapply when outside for extended period of time (recommended to reapply every 2 hours or after swimming, excess sweating)

Recommendations to reduce risk of skin cancer include the above and also checking skin monthly and being seen by a dermatologist at least once a year for skin exam. Source: skincancer.org



BAKA presents
BEAVER DAM
ASSISTED LIVING & MEMORY CARE

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MONTHLY Newsletter

May Issue, 2020

May is Posture Month



"Sit up straight!" "Don't slouch!" I'm sure we've all heard those words more than once growing up. Most of us complied with the command even though we had no idea why it was important to do so. Turns out that those words were very good advice. But what is posture and why is it important?

Posture is basically the position we hold our bodies in during movement and also at rest. A good posture ensures that the bones are aligned with the rest of the body while the tension in the muscles and ligaments are properly distributed. Therefore, a good posture enables our bodies to move more efficiently, reduces fatigue, aids in preventing back and muscle pain, and helps reduce stress on the joints.

One way to improve posture is just to be aware of it. Be mindful of your position when you are doing every day activities. Exercise can also help improve posture, especially types of exercises that focus on body awareness and work on strengthening the core (muscles around the back, abdomen, and pelvis). Wearing comfortable, low-heeled shoes also helps the body maintain a more natural and comfortable posture compared to wearing high heels.

The sitting position is where many people get into trouble with poor posture habits. It is important to sit properly and take frequent breaks. In a good sitting posture, the feet should rest on the floor or on a footrest rather than dangling mid-air. The knees should be at or below the level of your hips so that the thighs are parallel to the floor. Shoulders should be relaxed and the back fully supported. A back pillow or other back support can help if your chair doesn't have a backrest that can support your lower back's curve.

With practice, you can improve your posture and you will look and feel better!



FROM THE EXECUTIVE DIRECTOR'S DESK



Being "cooped" up, how to handle it.

In these unprecedented times and as "normal" life has been brought to a halt, here are some things you can do on your own to help your mental and physical health.

1) Create a schedule. Too much flexibility can sometimes drive us stir crazy or feel aimless. By maintaining a schedule for yourself you will keep yourself productive and help the day feel like it's moving – even if you never leave your apartment. Reminder to see what's going on in activities with Libby.

2) Get outside for a walk or sit on your patio (no visitors). Taking a walk is a great change of setting and will help clear your head and enjoy the spring smells, colors and new life growing and blooming.

3) Set guidelines for discussing COVID-
(Continued on Page 3)

**DID YOU
KNOW?**



**MAY 4TH IS STAR WARS
DAY. "MAY THE 4TH BE
WITH YOU"**



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Remembering our Friends



Alina Hanser

12.08.1925 ~ 4.02.2020

Alina M. Hanser, 94, of Burnett died peacefully on Thursday, April 2, 2020 at Beaver Dam Assisted Living. Alina was born the daughter of Carl and Wilholmina (Schurich) Brickbauer on December 8, 1925 in the town of Russell, WI. She was a graduate of Plymouth High School and Milwaukee Business School. Alina was employed as a bookkeeper with Hanefeld Brothers Trucking in Burnett until her retirement. She was married to Robert H. "Bob" Hanser on October 2, 1948 in the town of Russell. Alina was a faithful member of Zion Lutheran Church in Burnett where she served as a member of the ladies aid as well as making quilts at church. She was a volunteer for the Community Action Food Pantry and Bethesda Fair. Over the years, Alina enjoyed bowling, playing cards and taking an occasional gambling trip. She enjoyed attending her grandchildren and great grandchildren's skiing shows. Alina is survived by her sons: Dennis (Laurie) Hanser of Lakewood Ranch, FL and Chuck Hanser of Burnett; her daughter, Jean Panelli of Oxnard, CA; two grandchildren: Scott Hanser and Matt (Melissa) Hanser; great grandchildren: Lexia, Kennedy, and Brooks Hanser; nieces, nephews, other relatives and friends. She was preceded in death by her parents; her husband, Bob in 2005; her brother, Elwood (Lydia) Brickbauer; and her sisters: Hazel (John) Marten and Shirley (Jack) Grote. A private family graveside service will be held at Stone Cemetery in Burnett. Memorials may be directed to Zion Lutheran Church in Burnett. The Hanser family would like to thank Beaver Dam Assisted Living for all their care and support.



June Johnston

1.17.1928 ~ 3.30.2020

June A. (Fry) Johnston, 92, of Beaver Dam Assisted Living, formerly Charleston Assisted Living, Beaver Dam, WI, was welcomed into the Lord's loving arms on Monday, March 30, 2020, at her home from natural causes. June was born January 17, 1928 in Cazenovia, WI, daughter of Barney and Susan (Clary) Fry. She married Gordon Johnston on July 18, 1964 in Beaver Dam, WI. June worked many years as the Produce Manager at Super Value Grocery and at Weyenberg Shoe Factory in Beaver Dam, WI. Upon retirement, she and Gordon enjoyed fishing, playing cards with friends and spending time with their family. She was a member of St. Stephen Ev. Lutheran Church. Survivors include her sons and daughters; Wayne Ristau of Oregon, WI, Joyce Plagenz of Waupun, WI, Betty (Henry) Nadolski of Mesa, AZ, Shirley Haldemann of Randolph, WI, Gordon (Jeanne) Johnston, Jr. of Coolidge, AZ, Barbara (Richard) Koch of Beaver Dam, WI, Robert (Tracy) Johnston of Fond du Lac, WI, daughter-in-law Susie Conrad of Iron Ridge, WI; 25 grandchildren, 52 great-grandchildren, and 3 great-great grandchildren; sister-in-laws Beverly Fry of Milton, WI, Mae Fry of Wisconsin Rapids, Jean Johnston of Boyceville, WI, a brother-in-law William Johnston of Wauwatosa, WI; and many nieces and nephews and dear friends. She was preceded in death by her parents, Barney and Susan, her husband Gordon, her sisters Mildred Anason, Opal Green, Emily Allen; her brothers Clinton Fry, Ervin Fry, Donald Fry; her son Kenneth Conrad, daughter Janet Conrad, daughter-in-law Colleen Ristau, sons-in-law James Plagenz and Dennis Haldemann a grandson and a great-grandson and other loved ones. Because of current restrictions, a private service will be held for June's immediate family only. Burial will be in Highland Memorial Gardens, Beaver Dam, WI. A Celebration of Life will be scheduled at a later date. In lieu of flowers, memorials to St. Stephens Ev. Lutheran Church are preferred. Cards addressed to the family may be sent in care of: Koepsell-Murray Funeral Home, N7199 N Crystal Lake Rd, Beaver Dam, WI 53916. The family would like to send a special thank you to the staff at Beaver Dam Assisted Living for their support in helping in the care of our Mother...until we meet again, always loved, never forgotten, forever missed.



Myrtle Christian

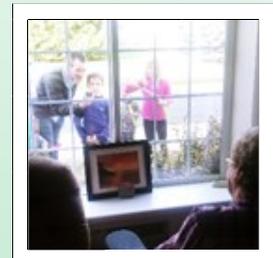
12.11.1924 ~ 4.25.2020

Myrtle A. Christian, 95, of Mayville, went to meet her Lord and Savior in Heaven on Saturday, April 25, 2020 at Beaver Dam Assisted Living. Myrtle was born to Louis and Lydia (Ullmann) Jahnz on December 11, 1924 in the Tn. of Ashhipun. She was united in marriage with Omer C. Christian on June 9, 1944 in Woodland, WI. Myrtle was a member of St. John's Ev. Lutheran Church in Mayville where she served on the altar guild. She enjoyed baking and cooking, flowers and gardening, and liked to play cards. Myrtle will be missed by her children; Dave (Karla) Christian of Mayville, Diane (Russ) Riese of LaCrosse and Sharon (Dave) Schnaderbeck of Mayville, her sister; Violet Frederich of Oconomowoc, grandchildren; Keri Geschke, Eric (Valerie) Riese, Dr. Kim (David) Schnaderbeck-Baker, and Craig (Dr. Staci) Schnaderbeck, and great-grandchildren; Deacon, Tristen and Cori. She is further survived by other relatives and friends. Myrtle was preceded in death by her parents, her husband Omer in 1989, and her sister; Lillian. A private family funeral service will be held on Tuesday, April 28th at St. John's Ev. Lutheran Church in Mayville with the Rev. Dr. Mark G. Cutler officiating. Burial will follow at St. John's Cemetery in Mayville. A special thank you to the Beaver Dam Assisted Living staff and Agnesian Hospice. If desired, memorials may be directed to St. John's Ev. Lutheran Church in Mayville.



A P R I L

FUN



~ Resident Testimonials ~



"I really like it here. It's clean and the service is good. I like all the people."

~ Marion P.



"I like the Bingo and especially that we have a bus to take us to events. We went to Ho-Chunk Casino and it was a great time!"

~ Judy W.



RESIDENT SPOTLIGHT



Mary W.

Mary Wood was born June 1, 1936. Her mother was a stay at home mom and her father worked as a salesman. Mary attended high school in Waupun and was a business major in college at UW Oshkosh, Wisconsin. She met her husband, Jim, in grade school and was married at 18 years old. Together they had two children; Doug (Beaver Dam) and Jerilynn (Milwaukee). "When we retired, we traveled all over Wisconsin before moving to Arizona." She said they also traveled to Mexico. Mary's hobbies include golf and knitting. She said "it's nice to think back at the time in Arizona, but now it's just nice to sit back and relax. I really enjoy it here."



5th **Cinco De Mayo** 

10th **Mother's Day**

12th **Resident Council**

25th **Memorial Day**



Remember -
our fallen heroes.
They are the reason
that we are free.

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

19. It is important and necessary as we heed the guidance of health officials in this time of crisis. But even while keeping up-to-date and following best practices, it isn't healthy for us to live in a place of perpetual stress and fear. Our minds, like muscles, need to relax in order to be ready to think hard again tomorrow. So, consider setting limits on discussion of COVID-19 – such as no talk at dinner, or none after 7pm. This will allow space in your life for other topics to rise up and allow you to relax and enjoy talking about other things.

4) Reserve time for yourself as you need it. Prior to this social distancing and quarantine, we all had little things we did that helped us maintain our mental health. As you adjust to these new social restrictions, remember that you will need to find new activities to replace your old habits – because these personal moments are critical to mental health. Most of all, be kind to yourself as we all walk down this bumpy road of figuring out how to live under COVID-19 together.

5) Do what you can to help. Simply put, it feels good to help others in these dark times, crack a joke, draw a picture for a fellow resident, etc. No matter how much COVID-19 may change our lives – our fundamental desire to help our neighbors will help carry us through, and will help you feel good. So, do what you can to help.

Best wishes everyone. Stay healthy and stay sane.

Source: CapitalInsider.com