

MAY BINGO

See if you can spot these things out your window!!

| | | |
|--|--|---|
| Look for a flower coming up out of the ground  | Look for a Robin  | See a dog walking by  |
| Spot a red car  | See a tree with leaves on it  | Children playing  |
| A flag waving in the breeze  | See a squirrel  | Spot a blue truck  |

~Resident Testimonial~



Emerald Ridge was the perfect place to come after my wife passed away. I felt welcome and the staff was excellent with the transition for me !!

~ Jim V.



BAKA presents
EMERALD RIDGE
 ASSISTED LIVING

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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!

Resident Spotlight



Meet Joan!

Joan is a wonderful lady with one of the best sense of humors around. She is never willing to crack a joke just to make someone smile.

Joan was born in the suburbs of Milwaukee then moved to Menasha where she lived with her husband, the love of her life, Phil. Joan has two handsome sons that both live local. She spent her career working at Appleton Medical Center in the medical billing department.

She and her husband were very active with any off road vehicle that has a motor in it. In the summer they would jet ski, go 4 wheeling or boating. The winter months you would find them snowmobiling. One of her fondest vacation memories is of snowmobiling through Yellowstone park with her husband. She vividly describes the huge snowflakes falling amidst a fog
 (Continued on page 3)



Hilda V. - May 4th
Kathleen W. - May 21st
Gerald R. - May 26th

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Remembering our Friend



David Glick
3.25.1940 ~ 4.17.2020

David W. Glick

Neenah - David W. Glick, age 80 of Neenah passed away on Friday, April 17, 2020 at Emerald Ridge Assisted living where he was a resident. David was born March 25, 1940, son of the late Winfred and Lucinda (Kiger) Glick. David worked for Consolidated Paper as a chemist before being hired at Green Bay Western railroad as a conductor. He moved his family from Wisconsin Rapids to Neenah to pursue a career with Soo Line Railroad for many years. Soo line moved to Portage, so David was traveling to Portage until he was involved in a horrific accident. Many years and many surgeries later he was no longer able to hop onto moving box cars, so he became ticket master for Am Trax. Upon retiring, David drove school bus for Kobussen, and was also a driver for Straight Shot Express. The past few years he worked at the EAA as a security

guard. David had so much passion in the many things he did. He and Sharon were involved in the Americanos Drum and Bugle Corps via youngest daughter Linda and made many trips where he enjoyed operating the concession stands. It was his pride and joy. He also enjoyed making touch lamps out of old bugles and horns. David was an avid gun & knife collector, and was also into Fenton Glass with his wife. They both collected hummels and they were always excited to add more to their collections.

David was a sharp shooter and was involved in many competitions. He was an avid hunter and enjoyed fishing in Florida or Michigan on many charter trips. He was also an avid NASCAR and Green Bay Packer fan. He looked forward to family camping trips creating memories and friends. Both he and Sharon went to Black Hills for the buffalo roundup for many years.

David is survived by his wife, Sharon Glick (Kromenaker) of 60 years; five children: Jeffery Glick, Dan (Alice) Glick, Laurie Seager-Kramer (Gary), Paul Glick and Linda (John) Garvey; his sisters: Sharon (Roger) Schattner and Alice (Ray) Zwaagstra; his brothers: Phil (Barbara) Glick, James (Linda) Glick and Dennis (Connie) Glick. He is further survived by 10 Grand Kids and 7 Great Grandkids.

David was a member of St. Margaret Mary Catholic Church in Neenah, and will be buried at St. Margaret Cemetery. Due to the current corona virus concerns a service for immediate family only will be held at this time. A public memorial service will be scheduled for the future.

The family would like to thank Heartland Hospice and the staff at Emerald Ridge Assisted Living in Neenah for all the care given. They will all be greatly missed. For online condolences please visit:
www.kesslerfh.com.



Triv?d

1. The Empire State building first opened on May 1st. Which year was it?
2. In May, Mother's Day is celebrated on a Monday. Which Monday is it celebrated on?
3. Kentucky Derby takes place on a Saturday in May. Which one is it?
4. How many U.S. Presidents have died in this month?
5. How many U.S. Presidents were born in this month?
6. According to a superstition, on May 1st, young girls used to do something immediately after waking up, what was it?
7. What is the birthstone for those born in May?
8. What is the birth flower for May?

Answers:

1.) 1931 2.) Second Monday of May 3.) First Saturday of May 4.) None 5.) Two. Harry S Truman & John F. Kennedy 6.) Rush out in the garden to wash their faces in the May dew 7.) The Emerald 8.) Lily of the Valley

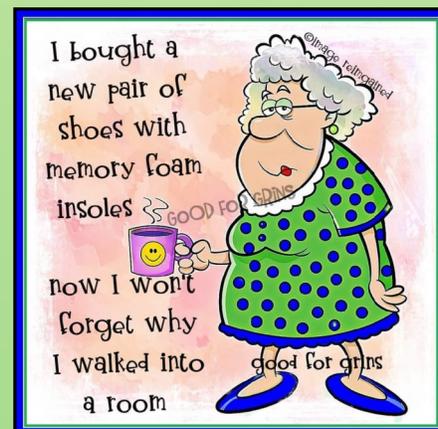
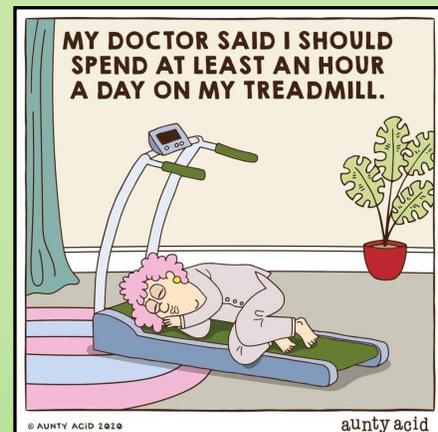
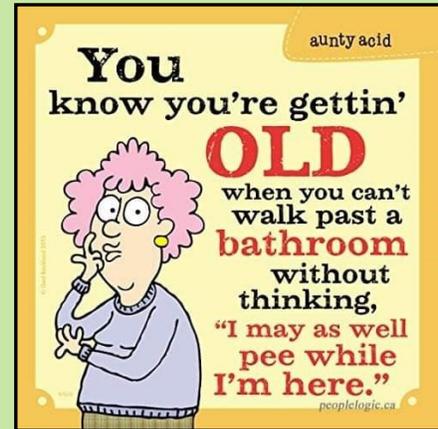
DID YOU KNOW?



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



The Senior Funnies



THANK YOU VETERANS



ROBERT S.—ARMY RESERVES



PHILLIP—ARMY
(DECLINED PHOTO)

RICHARD R.—ARMY



ROBERT E.—ARMY



JAMES V.—ARMY



GEORGE C.—NAVY/ARMY



GEORGE S.—ARMY



BASIL E.—AIR FORCE



GARY M.—AIR FORCE



GERALD R. MARINES



~~1st May Day~~



~~5th Cinco De Mayo~~

~~10th Mother's Day~~

WEEKLY ACTIVITIES

Every Monday & Thursday



Every Tuesday



Every Thursday



(Resident Spotlight continued from Page 1)

covered mountain. Afterward they would eat at the best Mexican restaurant then for a dip in the outdoor hot tub.

Joan is very active lady and you will see her making crafts or exercising in the activity room.

She is truly a sparkling gem here at Emerald Ridge!!!