

# What's Cookin'



Omelet Station



Grilled Chicken



Cherry Mascarpone Crepes with Toasted Almonds



Banana Foster French Toast made with Brioche Bread ~ battered and grilled with bananas in brown sugar and rum flambé



Pasta Bar Featuring Chicken Alfredo and Spaghetti with Meat Sauce



BAKA presents  
**EMERALD BAY**  
 RETIREMENT COMMUNITY

650 Centennial Centre Blvd.  
 Hobart, WI 54155

Phone: (920) 544-5041

## Emerald Bay Directory

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 Executive Director  
 920-810-5504

Tabatha.Luepke@bakaenterprises.com

**Allie Humphreys**  
 Community Relations Director  
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Allie.Humphreys@bakaenterprises.com

**Sarah Zock**  
 Registered Nurse  
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 Sarah.Zock@bakaenterprises.com

**Genesis Rehab Services**  
 Jessica Van Schyndel  
 Director of Rehab, OTR/L  
 (920) 600-8583

**Laurie Vanness**  
**Kristin Kolkowski**  
 Activity Directors  
 920-544-5041  
 EBactivities@bakaenterprises.com



Jeanne

## Resident Testimonial

"I love the people here! Both the staff and the residents are amazing and always so cheerful. I love sitting on the back patio enjoying nature, especially early in the morning after breakfast when the birds are chirping and singing. The surroundings are beautiful here, and I often get to see squirrels and turkeys hanging around."

# MONTHLY Newsletter

June Issue, 2020



## FROM THE EXECUTIVE DIRECTORS DESK

Hello Everyone! I just wanted to take this opportunity to thank every last one of you, and your family members, for all your patience and understanding during these past few months of uncertainty. I think you will all agree that this has been one of the most trying times of our lives, not just for the residents, but for the staff and their families as well. However, we have all held through this together, and although it is not quite over with yet, I think you will all agree that we are a lot stronger and closer as a result of it. You are all AMAZING!

It feels so good to finally let you visit with your families outside, and to see their smiling faces! Please know that we will continue to keep you posted on any changes regarding family visits. In the meantime, please get outside and enjoy this beautiful weather!

~ Tabatha

### Monthly Quote:

*A new month, a new week, a new day . . . the opportunities are endless! Emerge positive!*

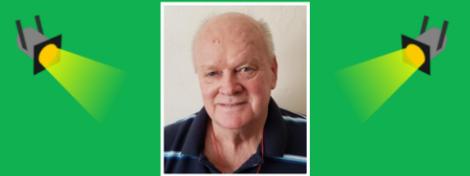
## Employee Spotlight



Teasha

Teasha was born and raised in Milwaukee, WI. She graduated from the WI Conservatory of Life Long Learning, and also attended college to be a Medical Assistant. Teasha has a beautiful little girl and loves to braid her hair. She also loves to cook, design and decorate things, and spend time with her family on game night. She loves her co-workers, the management, and especially the residents! They always make her smile 😊

## Resident Spotlight



Bruce

Bruce was born and raised in Seymour, WI, and has 10 siblings. While growing up he used to help his dad in their auto body shop. After graduating, he and his wife moved to Green Bay and started their family of four. Later Bruce moved to De Pere and started an auto body shop of his own, which he ran for many years. In his spare time, Bruce loved to spend time with his friends golfing, playing cards, Polka dancing, and going out to eat. One of his favorite places was the Out of Town Club. Bruce also enjoyed traveling, which included a cruise, and a trip to Hawaii. Bruce really enjoys living at Emerald Bay, and can't wait to have his Vodka and Cranberry at Happy Hour every Friday afternoon. We are glad you are here, Bruce! You always have a smile for everyone.

Age is an issue of mind over matter. If you don't mind . . . it doesn't matter.

Mark Twain



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## Meet Our New Community Relations Director

Hello Everyone, my name is Allie Humphreys, and I am the new Community Relations Director here at Emerald Bay!

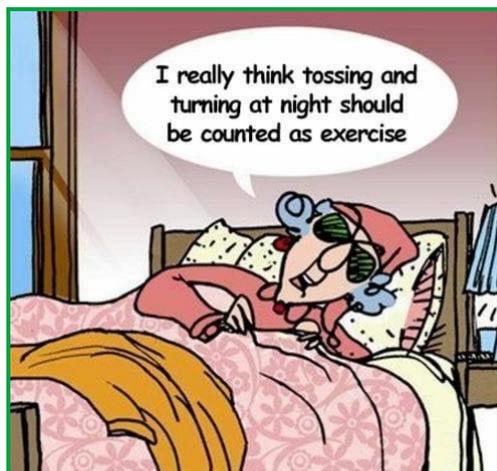
Just to give you a little insight about me, I am getting married at the end of August to my fiancé, Tyler, and I have a one-year old dog named Penny!

Some things that I enjoy doing outside of work are spending time with my friends and family, kayaking, and traveling.

For my professional experience, I have a bachelor's degree in Health Care Administration, and I have experience working in the senior living industry.

I am excited to be here at Emerald Bay and look forward to getting to know everyone!

## The Senior Funnies



I read an article that said the way to achieve inner peace is to finish everything you start. Today I finished two bags of potato chips, a chocolate pie, a bottle of wine, and a small box of chocolate candy. I feel better already!

## Carol received a special Welcome Home surprise after being separated from her husband, David, for 71 days!





## Nursing News with Sarah



### Summer has arrived! Birds are singing! Flowers are blooming!

We are going to be spending more time outside enjoying this beautiful weather. The back patio is starting to look like a garden with all the planting that has been done. When the sun comes out we need to make sure we are taking care of ourselves. Here are some tips that can make your summer outdoors enjoyable and safe.

**Sunscreen** – Apply and reapply. Did you know the number on the sunscreen bottle is about the “time” it lasts and not about “coverage?” Wear at least 15 spf sunscreen at all times. The higher the spf the better, and 15 spf is all the protection from the sun's rays you can get, but the higher the spf, the longer it lasts. As a general rule of thumb, apply at least every 30 min to an hour to make sure your skin is well protected.

**Hat** – Wear a hat with a visor or brim to protect your face from the sun. Remember, if you are wearing a visor to protect the top of your head, the sun's rays can still get through your hair and burn your scalp. A nice sun hat is not only safe, but also fashionable!

**Sunglasses** – Protect your eyes! We only have two of them. They need to be shaded from the sun's rays also.

**Shade** – I love sitting in the sun, but its ok to sit in the shade after awhile so you don't overheat or become sunburned. Remember to have a sweater to cover when you are in the shade, as it can often be cooler in these areas.

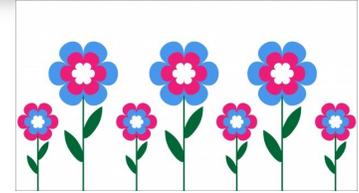
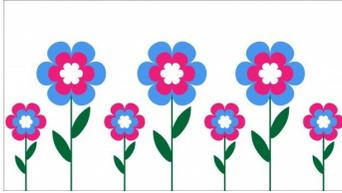
**Hydrate!** – Drink plenty of water when you are sitting outside. You do not want to become dehydrated from the sunshine. Bring some water outside with you. It is always good to drink water throughout the day, but even more important when you are in the sunshine.

**Time** – Don't stay out too long. Make sure to come inside and cool off. Set some times during the day for outside time. Use your call button for help getting in and out if you can't get outside on your own. We want everyone to enjoy our beautiful property.

Remember to get outside for some relaxation. Both residents, and Baka, have planted many beautiful flowers, herbs, and vegetables, and the waterfalls are flowing. Vitamin D and sun is good for us! After being inside for the fall, winter, and spring months this year, it is a nice change of pace to be able to enjoy some fresh air.



Sarah Z, RN



## Boost Your Mental Health with these Easy Steps

Maintaining positive mental health is essential to each person's life. We must put in effort to nurture our mental health in the best way possible for our growth and success. While there are many ways to boost your mental health, the following are some suggestions from Mental Health America (MHA) to get you started.

**Use a journal** ~ Documenting your thoughts and feelings often helps to reduce stress and organize your feelings. MHA suggests including three things that you appreciated, and three things that you accomplished each day. By doing this, you not only establish a stronger sense of self, but also develop a grateful attitude and positive outlook on everyday life.

**Remain physically active** ~ Exercise may help you prevent weight gain and reduce stress. Exercise does not always have to be a dreaded chore, but instead can be a way to bring you a better sense of well-being. A short walk inside or out can give you time to sort through your thoughts - and breathing fresh air outside has added mood-boosting benefits. Yoga or stretching are also great options that also increase circulation.

**Try new things** ~ A sense of spontaneity and freshness in your life is certain to benefit your mental health. When you feel as though your everyday activities are becoming too mundane, consider trying something new. Try out a new recipe, begin a new project or hobby, or listen to a new type of music.

**Connect with a friend** ~ Mental Health America found that 71 percent of people surveyed turned to friends or family in times of stress. A nice conversation and a good laugh with a friend or family member can increase happiness and lessen stress. You can strengthen your connections and boost your well-being by making a call or sending a fun email to someone close to you.

**Meditate on it** ~ Meditation is a technique for positioning yourself in better relationship to your thoughts, body sensations, and feelings. Research shows that meditation can create an overall sense of well-being by lessening anxiety and depression. Additionally, it can help with cancer, chronic pain, asthma, heart disease and high blood pressure. Try to find time each day to turn off technology and connect with your deepest self by thinking about what is really important to you.

There are countless ways to boost your mood, reduce stress, and maintain a positive attitude throughout everyday life. All of these factors fall under one overarching category: improving your mental and emotional health. Sometimes, even these steps may not be enough for improved mental and emotional health. Reach out to your physician or health care professional if you need additional support.



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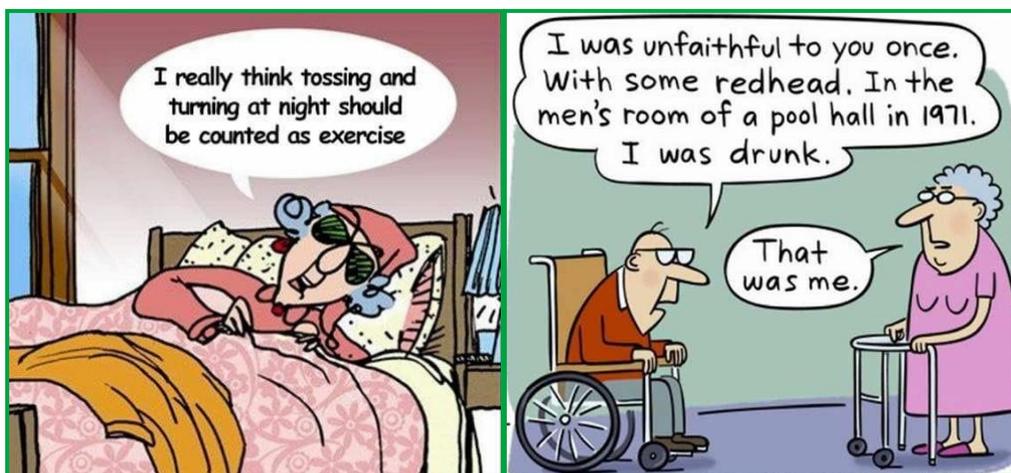
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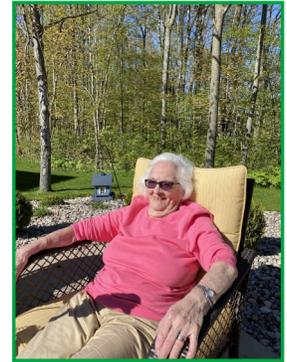
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# Soakin' Up the Sun



### Staying Connected with Family During the COVID-19 Pandemic



### Medical Transportation ~

Now that residents are allowed to go to regular appointments again, we ask that you PLEASE CONFIRM all upcoming appointments with Doug, our driver. With so many residents scheduling, we don't want to miss anyone. The best way to confirm your appointments is to write them all down and give them to Doug, so he can make sure they are all entered in his transportation schedule. Please remember that we have above average appointments as residents try to catch up to the appointments they missed during the isolation period. If you have more than two appointments that you need transportation for in one month, you will need special approval from Tabatha. Thank You!

### In Loving Memory



Jean Grace Toepel

Jean passed away peacefully at Emerald Bay on May 5, 2020. She was 83 years young. She was born in Sheboygan, WI, and was the youngest of seven children. After graduating, she attended the Sheboygan County Teachers College and Lakeland College. In 1962 she married a wonderful man named Ottomar, of Sheboygan Falls. For a short time, Jean was employed by the Kohler Company. Jean then taught school until she retired from the Sheboygan Area School District. She was a long time member of Bethany Lutheran Church in Kohler, where she served as a Sunday School Teacher. Joan enjoyed gardening, bird watching, shopping, arts and crafts, and cheering for the Green Bay Packers. She especially enjoyed spending time with all of her grandchildren.

### BAKA presents EMERALD BAY RETIREMENT COMMUNITY

## Dates to Remember

Events Happening in June

June 17th Father's Day Social

June 19th Clarice & Burt's Anniversary Happy Hour

June 23rd Resident Council Meeting & Ice Cream Social 

June 25th Podiatry Day ( See Below ) 

### New Visiting Guidelines



With the state opening up again, our rules and guidelines for our facility, per recommendations from the CDC and DHS, are changing almost daily. Both the residents and their designated family member will be notified of these changes as they occur. In the meantime, if you have any questions in regards to these guidelines, please ask a staff member. Thank you for your continued patience during this time.

### Podiatry

Podiatry Day is Thursday, June 25th, starting at 8:30 am. There is a signup sheet on the table in the lobby near the dining room. The podiatry will be done in the restroom on the 2nd floor between the Salon and the Activity Room. Each person takes approximately 5-10 minutes. Please be there 15 minutes prior to your scheduled time. If you are not there, someone will come and get you.



Alice P  
 Jean M  
 Bonnalynn D  
 Lorraine H  
 Mary Ann T

### We Love Birthday's at Emerald Bay!

