

## EMPLOYEE SPOTLIGHT



### Monika B.

Monika started working in healthcare 12 years ago in long term care as a CNA. She quickly became attached to working as a caregiver, and especially loved working in memory care. Monika has grown tremendously over the years by expanding her knowledge

and experiences in healthcare. She has advanced her career by becoming a med passer and supervisor, all while continuing to build lasting relationships with residents, families and co-workers. Monika would be best described as a goofball who loves to make people smile and laugh. Monika has been apart of the Emerald Bay family since April, 2020. In her words... "I am loving every single day creating new bonds and learning new things." Monika spends most of her off time working on her yard and gardening, or playing with her dog. Monika is looking forward to getting to know all of you, as she continues to grow with Emerald Bay. We are happy to have her on the team, so please make sure you stop and welcome her to the family!



BAKA presents  
**EMERALD BAY**  
RETIREMENT COMMUNITY & MEMORY CARE

650 Centennial Centre Blvd.  
Hobart, WI 54155  
Phone: (920) 544-5041

### Emerald Bay Memory Care Directory

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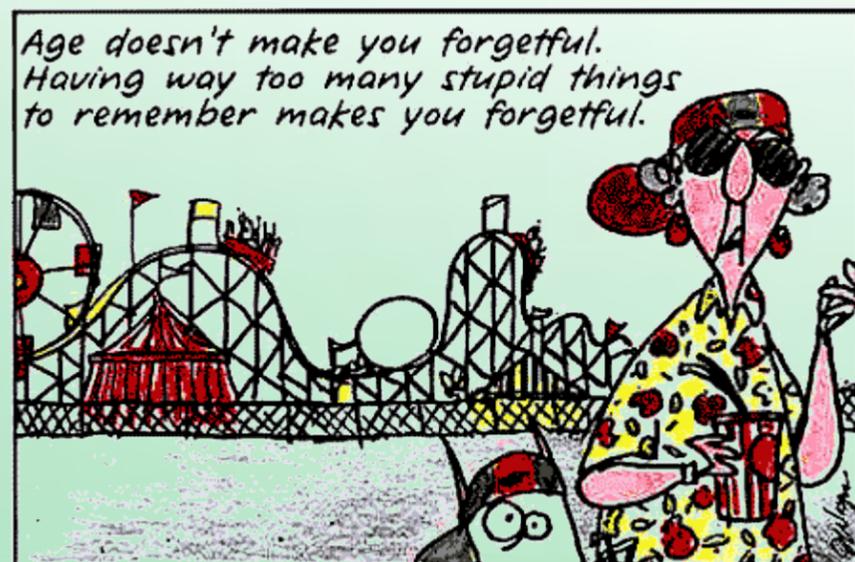
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## Senior Funnies



# MONTHLY Newsletter

July Issue, 2020

## From the Executive Director's Desk

Hello Everyone! I hope you that we will keep you and are all enjoying the beautiful your families informed as summer weather. It feels so these changes occur. Our good to finally get outdoors number one priority is to keep and soak up the sun. It's also you all safe and happy. and enjoying both the front and back patio areas.

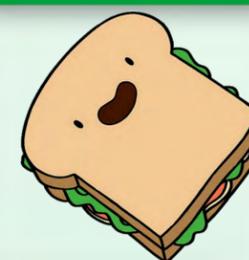
~ Tabatha Luepke  
Executive Director

I want to thank you all again for your patience and understanding during this pandemic. I wish I had a crystal ball that would tell us when this will all be over, but sadly we just don't know what the future holds at this time. In the meantime, we will continue to support one another, which is what families do, and our community is one big family here at Emerald Bay. Our rules and guidelines during this pandemic change almost daily, so please know

**Quote of the Month:**  
Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think.  
~ Dale Carnegie



1. There are many countries which have their Independence Day during the month of July. These include the United States, Belarus, Venezuela, Argentina, Belgium, the Bahamas, and the Maldives. The national days for France and Canada occur in July as well.
2. July is the warmest month in the Northern Hemisphere on average. It is similar to January in the Southern Hemisphere.
3. Sometimes the hot, long days of July are called the "dog days of summer".
4. It is sometimes called the Hay month because the grass dries out due to a lack of rain and can be made into hay.
5. July's birthstone, the ruby, is often associated with contentment, love, passion, and integrity.



**A ham sandwich walks into a bar and orders a beer... Bartender says "Sorry, we don't serve food here!"** 😂

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## Nursing News with Sarah



### Let's Beat the Summer Blues!

What? Summer Blues? I thought that was the winter blues. Normally we are cooped up in the winter and look for ways to pass the time until it's sunny out again. This year we are inside more and looking for ways to keep busy and happy. In years past we could go on outings with family and sit in the sun longer. COVID-19 has brought new challenges. How are you staying active during this crazy time?

Here are some physical and mental ways to keep your spirits up!

- Enjoy natural light as much as possible – Open those windows up and let the sun in! Get out on our front or back patios. Getting 30 minutes of sunlight a day is a great way to increase vitamin D!
- Watch what you eat! - What we put in our bodies helps how we feel. Fruits and veggies and healthy snacks help our bodies make fuel and energy for our daily lives.
- Exercise – Are you participating in our exercise class? Walking the halls and outside are important parts of keeping strong and healthy. Walk 30 minutes a day to keep your legs strong and create endorphins. Endorphins increase serotonin levels in our brains, and that helps makes us happier.
- Choose television shows wisely – If you are watching negative news or shows it affects your demeanor. Choose upbeat television programs you can laugh with or even learn from. Our world is a different place right now. Try not to let the negative news into your room and heart.
- Find a way to keep busy – Can you fold and put away laundry? Is your apartment tidy? Sit down and create a routine you can do every day. When we keep busy daily it helps to feel productive and useful.
- Make friends! - Do you know other people who live here? Have you had time to play cards or chat on the couches in the front lobby? Walk together in the facility. A good friend makes any day better. If you haven't made a good friend here yet I challenge you to find someone. When we go through things together it make the experience a little easier.
- Activities – we have amazing activities and activity directors. Join in bingo or other fun games. If you have an idea for a new activity, please let the Activity Directors know. They would love to hear your ideas!
- Loved ones – Talk to your family and loved ones. If they are far way give them a call. Visit on our patio while the weather is warm.

I truly believe our happiness is what we make it. No, we can't do what we did before, but it is a good time to find our new normal. I am choosing to smile and find ways to enjoy this time in life. How will you make it a great day every day?



I love your smiles!  
Sarah Zoch, RN



July 4th Independence Day

July 9th Coffee Clutch

July 13th Bean Bag Toss

July 18th Ice Cream Social

July 22nd Walking Club

July 31st Happy Hour

## WOODEN BLOCK FIREWORKS

