

Resident Spotlight



Jim was born in Green Bay and was raised on his 184 acre family farm in Hobart. He loves to farm and did it his whole life until his parents retired. After they all retired, they took a trip to Disney World (because they didn't have time to go when he was a child growing up on the farm). He also helped out on his neighbor's farm for several years. Anyone that knew Jim would say, "Every time I see you, you are always working!" Jim is proud to say that is a perfectionist at everything he does, including gardening. Jim loves to invent things, and once invented an attachment for his tractor that helped carry hay bales and corn. One time when he was walking with his cattle and a bull came up behind him and flipped him over! He landed flat on his back and cracked his head! Thankfully he was ok! Jim enjoys the simple things in life, like watching the sun set through the cracks of the barn boards while he was milking cows, and going for scenic drives, and knowing that he put in a good days work at the end of the day. We are glad you are here, Jim!



BAKA presents
EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE

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Powerback Rehabilitation

Your feet have carried you many miles by the time you have reached 65 years of age. They have experienced "wear and tear" over the years and may have encountered common foot disorders such as swelling, bunions, achy joints, or plantar fasciitis. But did you know that these can be relieved by selecting the best footwear? Furthermore, proper footwear selection can also aid in decreasing risk of falls. In recognition of September being Fall Awareness Month, let's focus on finding what type of shoe is best for you based on your individual foot health and needs.

Consider these tips for the best shoe selections:

- Consider features like cushioning, stability, and safety.
- Be sure that your shoes are the right size. A properly fitted shoe is more stable.
- Laces or Velcro fasteners are good choices as they allow you to adjust the shoe to your feet.
- Avoid slippers and flip-flops since they are often poor fitting and can be dangerous.
- Wear footwear that has a lot of contact with the ground such as shoes with a flat or low wide heel.
- The sole of your footwear should have a good grip. Avoid shoes with high or narrow heels. Wear shoes with a non-slip sole in your home rather than socks or slippers. During winter, wear boots that have good traction on ice and snow.
- Choose lightweight shoes/avoid ones that are too heavy.

When is it time to replace your shoes?

- If the sole tread pattern breaks down.
- If you have new foot pain after wearing your shoes, even if they look like they are still in good condition.
- If you notice that the cushion of your shoe doesn't feel as supportive as it once did.
- If there are holes or unusual wear on your shoes.
- If you feel rubbing during wear (i.e. big toe, pinky toe, Achilles, or on the top mid foot).

Note: If you are unsure of the best shoe fit for your feet, consider checking with a podiatrist or a therapist onsite at Emerald Bay Retirement Community at 920-600-8583.



October Birthdays at Emerald Bay!



October 1st– Lottie J.
100th Birthday!

October 4th– Elaine C.

October 6th– Rod E.

October 7th– Janet H.

October 10th– Nina L.

October 13th– Ralph H.

October 14th– Fern S.

October 20th– Rosalie H.

October 27th– Carol K.

October 28th– Judy C.

October 30th– Jim R.

October 31st– Genevieve S.

HAPPY ANNIVERSARY

October 15th– Neil & Gert Anniversary

October 17th– Jim & Elaine Anniversary

Resident Testimonial



Xenia B.

"I love living at Emerald Bay with my beautiful cat, Star. All of the residents and staff are so friendly, and take really good care of me. I love sitting next to the fireplace with my tablemates. We have wonderful conversations. And there are always a lot of fun things to do here. I especially love the music entertainment"

This Issue

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Meet Our New Resident!

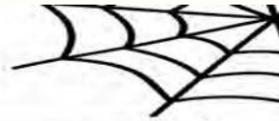


Nancy was born and raised in Sturgeon Bay, WI. After high school she had attended UW Eau Claire and then had gotten married. Nancy had volunteered in Sturgeon Bay for a variety of different companies as she stayed at home to raise her son. After she had retired she had traveled to South Africa, sailed to Cape Town, went to the Bahamas and many other beautiful places. For fun, Nancy enjoys downhill skiing, ice skating, traveling, and working at the library! Welcome to Emerald Bay, Nancy we are so glad you are here!



Karen was born and raised in Loyal, WI. After graduating, she moved to MI and attended four years at Stout University for home economics and education. While there she married her high school sweetheart, Jerome, who was attending another college nearby to be a Veterinarian. They then moved to Mound, MN, where she taught school while attending the University of MN to get her masters degree in Education. After four years they moved to Edgar and lived there for over 25 years. They loved the outdoors and had 80 acres where they raised over 60 horses and many kinds of exotic animals. While pregnant with their first child, Jerome was in a terrible car accident and had to be in the hospital for over two years. After that he was able to slowly return to his work, and Karen went back to teaching. They had two more children. When they retired they moved to MO and purchased 270 beautiful acres. Jerome continued working as a vet, and Karen became a farmer! They raised sheep, horses, cattle, and other exotic animals. About five years ago they packed their bags and moved back to Green Bay to be close to family again. Welcome to Emerald Bay, Karen and Jerome!

HALLOWEEN WORD SEARCH



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I	R	A	Z	O	M	B	I	E	B	A	A	E	A	G	A	G	A	O	A	
D	A	S	P	A	I	E	N	A	O	H	A	B	T	H	O	G	H	P	C	
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R	I	V	T	C	A	N	D	Y	U	C	C	H	A	S	N	C	A	I	C	
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|---------|--------------|---------|-----------|---------|
| Ghost | Costume | Broom | Spider | Spooky |
| Boo | Frankenstein | Bat | Black Cat | Potion |
| Witch | Skeleton | Mummy | Halloween | Haunted |
| Pumpkin | Candy | Vampire | Fall | Zombie |

Dates to Remember

Events happening in October

October 4th– Voter Registration with the Village of Hobart

October 5th– Outing to the Library, Mike's Bakery, and Bay Park Square

October 7th– Cooking Club

October 11th– Powerback Therapy Monthly Activity

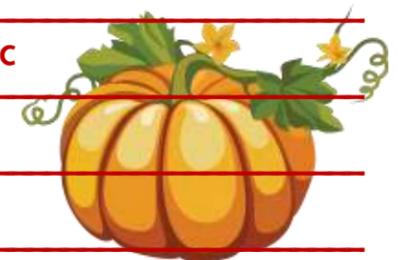
October 12th– Good for the Soul Music

October 18th Halloween Craft

October 19th– Fall Bus Tour

October 26th– Outing to the Library, Breadsmith, and Casino

October 31st– Halloween Party & Costume Contest



Employee Spotlight



Tena is an med passer and has worked here for four years. She was born and raised in Green Bay. She attended Southwest H.S. where she was active in volleyball, basketball, and Art Club. After graduating she attended ITT Tech in Green Bay for eight years and received a Bachelor's Degree in Criminal Justice. She also did in-home child care during that time. She married her high school sweetheart, Chris, and they have two boys. After graduating, Tena struggled with the decision to become a cop because of all the new dangers in the field, so she decided to pursue her career in health care and got her CNA License. Tena stays busy with her boys and their sports. They love to visit family in Georgia and North Carolina, and she enjoys playing cards and reading. Tena loves her residents - they are like family to her, she says that this work is her calling! We are so glad you are here, Tena!

~Remembering Our Friends~



June Kirchenwitz, age 89, of Zachow, passed away peacefully on Tuesday, September 13, 2022. June was born in the Town of Hartland on June 1, 1933, daughter of the late Harold and Katherine (Seidler) Sievert. June graduated from high school in Bonduel. On May 25, 1957 she

was united in marriage to Roger Kirchenwitz at Zion Lutheran Church in Zachow. June worked at the Zachow Post Office and then Graf Creamery all while being the photographer's assistant for her husband Roger. She loved to garden and kept an immaculate yard and large flower and vegetable gardens. She enjoyed doing crafts including crocheting, latch hook, and needlepoint and she made numerous treasured items for her beloved grandchildren and great grandchildren. In her free time she enjoyed watching the Packers and Brewers, taking scenic drives and picking wild berries, as well as feeding and watching the birds. June was an active and dedicated member of St. Paul Lutheran Church in Zachow. She was a wonderful mother and grandmother and will be deeply missed. June is survived by: her five children, Linda (Dennis) Justin, Lowell Kirchenwitz, Chris (Brian) Blase, Donna Klaus, and Diana (Ken) Wichlacz; 10 grandchildren, Adam (fiancé Adam) Justin, Laura (David) Kish, Leah (fiancé Jared) Justin, Nathan (Katelyn) Blase, Cassie (Scott) Barnhart, Alex (Jessica) Klaus, Amanda Klaus, John (Alia) Klaus, Brianna Wichlacz and Connor Wichlacz; five great grandchildren, Killian, William, Oliver, Rylee, Aaron; sisters, Arlene Stilp, Mary Kirk, Joyce Seely; and two sisters-in-law, Marilyn and Yvonne Kirchenwitz. She is further survived by nieces, nephews, other relatives, as well as great friends and neighbors.

Preceding June in death are her husband, Roger, a son-in-law, Richard Klaus, her parents, a brother Allen Sievert, and a sister Betty Sievert.



Lawrence "Larry" Heckmann, Jr., 77, Krakow, passed away peacefully Wednesday, September 21, 2022, from complications of ALS. He was born on February 25, 1945, in Elgin, IL to the late Lawrence Sr. and Gertrude (Neumann) Heckmann. He married Dawn Colby on June 21, 1969, in DeKalb, IL and they shared 53 wonderful years together. Larry graduated from Northern Illinois University and had a successful career in sales and manage-

ment. He was a dedicated member of St. John Lutheran Church in Pulaski. He enjoyed attending weekly bible studies at church and with Pastor John in Shawano. An avid outdoorsman, Larry liked going up north to 'the shack' in Brantwood with his son. He was a fan of the Green Bay Packers and Milwaukee Brewers. He loved playing cards and indulging in a beer and a cigar. Larry was always happy to give you a big hug, a thumbs up, and send you away with a "See you later, bye". Larry's true joy was spending time with his family and friends. He was a dedicated Grandpa who enjoyed watching his grandchildren play their various sports. Larry especially enjoyed teaching them to fish from his pond, ride the four-wheeler, and shoot his guns.

Larry to his wife, Don; their daughter, Julie (Gary) Szott, Crystal Lake, IL; her son, Jeff (Jenny) Heckman, Howard; Grandchildren: Cassandra, Brenna, Nolan, and Garin Szot, Jessica and Alyssa Heckman, Brother: Gary Heckman, LaSalle, IL; Sister-in-law: Kendra (Mike) Royer, Hinkley, IL; Brother-in-law: Denny Colby, Murray, KY; And many nieces and nephews.

Before Larry's death his parents were Lawrence and Gertrude: his father-in-law and mother-in-law: Verdette (Adela May) Colby: brother-in-law: Roger (Karen) Colby and Meryl Colby.

The family would like to extend a special thank you to the staff at Emerald Bay and ProMedica Hospice, and to the "neighborhood family" in Lake Sandia.

Fun Times in September



Thibby's Ice Cream Social



Corvette Car Show



Dates to Remember

Events happening in October Memory Care

October 2nd– Packer Game Social

October 11th– Music with John & Cass

October 13th– Music with Goldeen

October 19th– Fall Craft Project

October 26th– Cosmic Bingo

October 29th– Halloween Party



RESIDENT SPOTLIGHT

Bill was born and raised in Michigan. Once he graduated he went into the Marines. After the Marines, Bill had become an Urban Planner. He would help develop towns and even helped name the town of Freedom, Wisconsin! He even lived in Hawaii and named quite a few state parks there. Bill now has two daughters, five grandchildren, and six great grandchildren. For fun Bill enjoys golfing, camping, wood working, and church activities. We are so glad you are here at Emerald Bay, Bill!

