

Resident Spotlight



Nancy was born and raised in Suamico, WI. She met a wonderful man, Jerry, in high school and they quickly became sweethearts. Jerry joined the Air Force when he was only 17 and moved to Colorado. They couldn't stand to be apart, so he came home and married Nancy when she was only a junior and went back to Colorado where she finished school. When Jerry was done with his service they moved back to Suamico where they raised their four children. Nancy worked for the Howard/Suamico school district until she retired. Nancy loves to read and can rarely be found without a book in her hands. She also sang for many years in her church choir. She and her husband loved to take motorcycle trips and visited many places. They were also snowbirds and enjoyed spending the winters out in Arizona. We are so glad you are here, Nancy!

Powerback Rehabilitation

We recommend you engage in physically and/or intellectually stimulating activities on a regular basis to enhance your overall wellness. To help you with this, we've created the Age In Motion® online library of wellness and exercise classes that are 18 to 35 minutes long. You can access these wellness offerings at any time, day or night, from the comfort of your own home by visiting:

<https://forms.gle/g26wC3ki19TAAUN56>

Gratitude Meditation: Review the benefits of gratitude and meditation practices then join in a guided meditation.

Maximize Your Memory: Engage your mind with inter-active brain health classes to support cognitive wellness.

Seated Tai Chi: Practice slow, graceful movements combined with deep breathing exercises while seated.

Functional Strength: Designed to strengthen all major muscle groups in a way that transitions to increased ease of daily function.

Upper Body Exercises: A series of seated exercises meant to increase muscle strength of the upper body and improve posture.

Progressive Muscle Relaxation: Engage in this mind-body technique that involves slowly tensing and then relaxing each muscle group in the body.



BAKA presents
EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE

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January Birthdays at Emerald Bay!



January 2nd– Jeanne Z.

January 3rd– Helen C.

January 4th– Nancy L.

January 27th– Lorraine S.

January 29th– Dick V.

January 30th– Jerome S.



Resident Testimonial



Kathy B.

“Everybody is so friendly here! I just love my tablemates - they have become very dear friends to me. I also love the view of the woods out my window. I often see wildlife like deer and turkeys, and even a stray kitty now and then.”

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~Remembering Our Friends~



Linda A. Haag, 97, Green Bay passed away on Tuesday, December 13, 2022 at Emerald Bay in Hobart. Linda was born on March 10, 1925 in Gillett to Frank and Elsie (Strei) Zastrow. She was a graduate of Gillett High School. On August 12, 1944, she married Erwin Haag. He preceded her in death on October 28, 1986. Over the years, Linda worked at Fabry Glove Co., retiring in 1990. She also volunteered over 3000 hours at Bethesda. She enjoyed quilting and made hats for cancer patients. Linda was a member of Redeemer Lutheran Church, where she was involved with the Altar Guild, LWML, serving as chairman, and made silk banners for the church.



Jerri (Holist Huggins) Abrahamson, age 88 of Kewaunee passed away on Monday December 5, 2022 at Emerald Bay Assisted Living Memory Care facility in Hobart. She was born on March 17, 1934 in Beloit, WI to the late Harold and Evelyn Hollst and grew up in Beloit.

She married Wally Huggins and the couple had two daughters, Debra Jensen-DeHart (Robert DeHart) and Darcy (Merrill) McCoy.

She worked in clerical jobs at Freeman Shoe Company for many years.

She later married James Abrahamson and moved to Racine to live and work. In 1987, the Abrahamsons moved to Kewaunee, bought an elegant Victorian home and operated it as a Bed & Breakfast across the street from Lake Michigan. The home became a great gathering place for family and friends, especially at holiday time.



William C. Lancelle, 91, died peacefully December 5, 2022, with his family at his side. Dr. Rosa Hill delivered him to the late Jerry and Marie Lancelle on November 6, 1931, at home. Bill married the former Florence Ambrosius on July 10, 1956. They celebrated 66 years together.

Bill was a very successful farmer, being a chartered member of the National Farmers Organization. He also helped initiate the FFA into the West De Pere school curriculum. He served on the town board of Hobart for 11 1/2 years. Bill was proud to be a veteran in the U.S. Army, serving two years in the Korean War.

Bill and Florence loved to travel, and have been in all of the original 48 states. After retirement he spent time in his shop woodworking. He enjoyed making different things for his children, grandchildren, and great-grandchildren. He was a Hobart resident his entire life.

We wish to thank all the residents of the Emerald Bay community for caring so very much, Unity Hospice for the care given to Bill, and the entire staff at Emerald Bay for always being there for Bill.



On December 8, 2022, the Lord called Richard "Dick" Seering to his heavenly home. He was born to Edward and Violet Seering on September 9, 1928. He was united in marriage to Lorraine Indermuehle on May 20, 1950. They were blessed with one daughter and one son. He enjoyed a successful career with Mercury Marine/Brunswick Corporation. He frequently traveled overseas. His hobbies included hunting, fishing and gardening.

Executive Director Corner



All habits proceed through four stages in the same order: **cue, craving, response, and reward.** This four-step pattern is the backbone of every habit, and your brain runs through these steps in the same order each time. So, make some new habits, like visiting more or letting go of that one thing that keeps you from an old friend. Because you never know just how much they may need you. Enjoy life to the fullest. Start 2023 with more laughs than cries and more hugs than not.

Nurses Corner



January is
International
Brain Teaser
Month

Mental stimulation is just as crucial to us as physical health. International Brainteaser Month hopes to encourage everyone to challenge their minds more often.

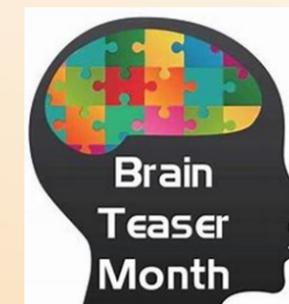
Like all muscles in our body, the brain needs exercise to stay strong and sharp. Seniors may find it more difficult to remember dates, times, or find themselves struggling to complete certain mental tasks. Brain teasers are known to help maintain memory and sharpen focus. Keeping the brain active can help reduce the risk of memory loss and loss of other cognitive functions.

What is a brain teaser?

A brain teaser is a puzzle, riddle, problem or question. They are exercises designed to keep the mind active.

Some examples of brain teasers and other ways to keep your mind active include:

- Word puzzles, such as crosswords or word searches
- Card games
- Chess, Scrabble
- Reading
- Sudoku
- Mechanical puzzles (ex. Rubik's Cube)
- Riddles
- Logic grids/puzzles
- Trivia



~Remembering Our Friends Cont.~



Patricia A. Vandenhoven passed away peacefully on Friday, December 30, 2022 at age 67. Born in Green Bay, Wisconsin to her parents, Ed and Sarah Vandenhoven. She graduated from Preble High School and then went on to attend UW - Green Bay and Bellin College for her nursing degree. She worked at Brown County Mental Health Services as a nurse for 34 years. She loved outpatient psychiatric nursing. Also, for 10 years she volunteered at Wellspring Women's Center.

Some things that Pat enjoyed were knitting, swimming, making jewelry, attending her monthly card club, drawing, helping others in need, and spending time with her family especially her time being a grandma to her 6 grandkids. Pat was known for her smile, sense of humor, witty personality, kindness, caring heart, and was always willing to help others.

Meet Our New Resident!



Doug was born and raised in Pembine, WI. He was always heavily involved in sports his whole life. In high school he was in basketball, football, baseball, and track. Doug admitted that he and his friends would often hitchhike 10 miles to Peshtigo to look for girls, which is where he met his wife, Barb. After graduating he received a scholarship and went to Oshkosh for teaching. He then returned to Pembine and taught high school for about six years. From there he moved to Peshtigo and taught Driver's Education for over 30 years. He said that was his students favorite subject because everyone wanted to pass that class! All through the years he continued to staying active in sports and officiated for basketball and football. In his spare time he enjoys a round of golf, traveling, and spending time with family and friends. Welcome Doug!

Barb was born and raised in Niagra, WI. She was a cheerleader in high school, and also in a girl's club. After graduating she went to school down in Milwaukee to be a beautician. When she came home for the summer she met Doug, and decided not to go back to school. After they were married she stayed home for a while to raise their three children. When her youngest started school she began working at the local Peshtigo Newspaper as a typist, and then as a supervisor for the tellers at the Peshtigo State Bank. During her career she also took care of her father for 17 years. After she retired, they moved to Green Bay so that she could babysit her daughter's children. Barb enjoys flower gardening, dancing, traveling, camping, and going out to eat with friends and family. Welcome Barb!



Mike was born in Green Bay and spent most of his life in the area. He grew up in the city, but then moved to a farm. When he was a kid he loved to get up early and go to Bay Beach with his friends and spend the whole day there. After graduating he joined the Army. He is married to a wonderful, very funny lady, Dorothy. During his career he worked for a Volkswagen dealer-

ership where he was a mechanic and did other odd jobs. He enjoyed fishing and hunting but said he stopped after he met his wife because after he caught her he didn't need anything better. They both loved to go to Happy Holsen's Dance Club, and they enjoy spending time with their friends and family. Welcome Mike!



Dates to Remember

Events happening in January

January 4th– Outing to Walmart & the Casino

January 10th– Organ Recital with Margaret

January 12th– Karaoke with Brad

January 17th– Resident Council Meeting

January 18th– Good for the Soul Music

January 20th– Cooking Club

January 24th– Piano Recital with Millie

January 27th– Happy Hour Paddle Ball Game

January 31st– Men's Club



Employee Spotlight



Michele is a Med Passer and CNA at Emerald Bay. She was born and raised in Chicago and attended college for nursing there. In 2006 she moved to Green Valley, WI, and attended NWTC to get her CNA. She has been married for 29 wonderful years, and has three children. Throughout her career she has worked at various nursing homes and did in-home health care. She loves animals and has 3 cats, 2 dogs, and 5 chickens. In her spare time she enjoys fishing and going up to her uncle's cottage in Wausaukee, WI. Michele loves the residents here and said they are like a second family to her. We are blessed to have you here, Michele!

Fun Times in December



Holiday Crafts



Hillcrest School Visit



Poetry Readings

Dates to Remember

Events happening in January Memory Care

BAKA presents
EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE



January 4th– Spaghetti Social

January 11th– Hot Toddy Social

January 14th– Ice Cream Social

January 18th– Music with John and Cass

January 20th– Happy Hour with Ice Cream Sundae's

January 27th– National Chocolate Cake Day

RESIDENT SPOTLIGHT



Jan was born and raised in Manitowoc, WI. This is where she met her best friend and partner in life, Jim. Jim and Jan were married for an amazing 47 years and raised two daughters Chrissy and Cheryl. Now Jan has four wonderful grandchildren. Jan had traveled all over the country selling jewelry at every large fair and flea market they could find. They sold gold plated jewelry, sterling silver pendants, necklaces and rings. Eventually they returned to Green Bay and opened their first jewelry store at east town mall called The Jewelry Box.

Bay Park Square was then the next big move where they rented a kiosk. Jan has a passion for crafts, gardening, playing cards with friends, and visiting with family. We are so glad you are at Emerald Bay, Jan.

