

Resident Spotlight



Arnie was born and raised in DePere. After school he joined the Army for two years during the Korean War. In November of 1957 he married his loving wife Nancy. They then had their 8 children! Which now they have 28 grandchildren and two more on the way. Arnie ran his own business called Arnie's floors where he installed flooring and carpeting. After their first child was born, Arnie and his brother built their house. He has always enjoyed exercising and he and Nancy were members of the YMCA. For fun, he enjoys building bird houses, being outside, going camping, and going on road trips to visit family members. We are so glad you are here, Arnie!



Powerback Rehabilitation

According to the National Institutes of Health (NIH) sleep plays a vital role in one's health and well-being. Although we are physically still, our brains are actively restoring our bodies during sleep. Brain function and overall physical health (including how well you think, your memory, reactions to others, as well as heart, circulatory, respiratory, and immune systems) are all affected by the amount of sleep you get. If you find it hard to get enough sleep or are waking tired on a regular basis, consult a health professional.

Tips for getting better sleep:

- Set up a regular sleep schedule.
- If needed, take a short power nap in the afternoon for 30 minutes. Set a timer for your afternoon nap.
- Avoid eating large meals before bedtime.
- Avoid caffeinated beverages in the afternoon and evening.
- Avoid alcoholic beverages late in the evening as it may cause sleep fragmentation or poor quality of sleep.
- Establish a regular exercise schedule each day and finish it at least 3 hours before bedtime. Consult a physical therapist for an individualized exercise program or a Physical Therapy Annual Evaluation.
- Reduce the use of electronic devices and tv at least 1-2 hours before bedtime to decrease the impact on your sleep cycle.
- Keep your sleep environment at a cool temperature and dark.
- If your environment is noisy, consider using earplugs.



BAKA presents
EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE
650 Centennial Centre Blvd.
Hobart, WI 54155
Phone: (920) 544-5041

Emerald Bay Directory
Shawn Ramirez
Executive Director

Phone:
715-508-0944
Email:
Shawn.Ramirez@bakaenterprises.com

Kasey Nabbefeld
Assistant Executive Director

Phone:
920-740-1013
Email:
Kasey.Nabbefeld@bakaenterprises.com

Kayla Carter RN
Registered Nurse

Phone:
715-889-2528
Email:
Kayla.carter@bakaenterprises.com

Allie Bloom
Community Relations Director

Phone:
920-207-2635
Email:
Allie.Bloom@bakaenterprises.com

Doug Jacobe
Transportation Specialist

Phone:
920-471-5441

March Birthdays at Emerald Bay!



March 1st– June N.
March 5th– Joyce C.
March 5th– Gail K..
March 12th– Shirley M.
March 12th– Jerry T.
March 13th Jim S.
March 19th– Jean W.
March 23rd– Jim E.
March 26th– Jim D.
March 26th– Roberta K.
March 27th– Nancy T.



Resident Testimonial



Nancy B.

“I really like the angels that live here. I like our nice apartment. I especially love the activities like dime bingo, exercise, church, and of course happy hour! I also love the activities directors Kris and Stephanie, our driver Doug, and beautician!”

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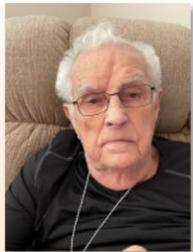
Meet Our New Resident!



Yvonne was born in her rural home in Oconto County. She grew up in the country in the Oconto Falls and Gillett area. She attended a one-room school-house through 8th grade, and then went to Gillett High School. After graduating she worked for a grocery store until she got married to a wonderful man named, Harvey. They started a farm and began their family of six. Yvonne loves to grow vegetables and had beautiful flower gardens. She also enjoys sewing, cooking, baking, and collecting castle figurines. She and her husband enjoyed traveling, especially out west. One of their favorite places to visit was Glacier Park. Welcome Yvonne! We are so glad you are here!



Betty was born and raised in Outagamie County. After she had graduated she had met her husband Carl and they started their family. Betty was then a stay at home mom to raise her 6 children! After they had grown she had started working at the Senior Center in Oneida as the assistant cook for several years before retiring. For fun, Betty enjoys traveling, camping, going out to eat, gardening, and spending time with her family. We are so happy you are here, Betty!



Dick was born and raised in Hartford Wisconsin. After high school he went onto college at Georgia Tech for engineering. The majority of Dick's career was spent working with the State of Wisconsin DOT Real Estate. After he had retired he flew to Oregon and took a cruise along the Alaskan Coast and went to Glacier National Park! Dick is married to his lovely wife, Mary Ellen and has a son and two daughters who he loves to spend time with. For fun, Dick enjoys tennis and listening to his grandson sing who is a country music singer. He even preformed on Broadway for Les Misérables! We are so glad you are here, Dick!



Theresa was born and raised on her family's farm in Roselawn, WI. After graduation she worked on the farm until she married her husband Morton. They then moved to Pulaski and she worked at the shoe factory in Pulaski. They have three children. When the kids were in high school, Theresa worked at the Pulaski High School swimming pool for 30 years. Theresa has always loved dogs. She and Morton trained dogs at a dog club in Green Bay. She also loves to read, working on crossword puzzles, vegetable and flower gardens, and going to fish fries with friends and family. Welcome to Emerald Bay Theresa! We are so glad you are here!



Dates to Remember in March

March 1st– D2 Lunch Outing

March 7th– Organ Recital with Margaret

March 10th– Skye the Therapy Dog

March 15th– Dollar Tree Outing

March 17th– St. Patrick's Day Happy Hour

March 21st– Poetry Reading with Myrtle

March 21st– Garden Club

March 22nd– Library, Uncle Mike's and Casino Outing

March 28th– Entertainment with Don Bongers



Employee Spotlight



Jordyn was born in Green Bay and grew up in the Bonduel and Cecil area. In high school she was in choir for three years. After graduating she worked for about a year as a daycare teacher, and then started working as a caregiver. Jordyn LOVES car shows! She and her family enjoy working on cars together. Her dad is even helping her restore a '68 Mercury Cougar XR7 for her! She also enjoys going to movies, swimming, and bowling. Jordyn loves taking care of the residents here at Emerald Bay, and especially enjoys listening to all their stories. We are glad you are here, Jordyn!



Fun Times in February



Mardi Gras Party



Homemade Valentine's Gnomes



Valentine's Day Social



Automobile Outing



Dates to Remember in March

March 6th– Oreo Cookie Social

March 9th– Popcorn Social

March 17th– St Patrick's Day

March 22nd– Music with John & Cass

March 30th– Cosmic Bingo



RESIDENT SPOTLIGHT



Jim has been married for 54 years to his lovely wife, Barb. They have three children and seven grandchildren who he loves spending time with. Jim managed Pioneer Distributing a wholesale company. He has lived in Hobart for 48 years and is a member of St. Joseph's Parish. For fun, Jim loves to go hunting in Northern Wisconsin. He also has gone salmon fishing in Alaska! We are so glad you are here, Jim!



Selena grew up in Shawano and attended Shawano High school. She had then went on to attend the University of Wisconsin–Milwaukee for two years to pursue a career in nursing. She enjoys reading, playing with her two dogs, Koko and Scooter. Selena also loves to spend time with her family and friends. Prior to working at Emerald Bay she was a school teacher at Bonduel Elementary School. We are so glad you are apart of our team, Selena!

~Remembering Our Friends~



Lambertha M. "Betty" (Peters) Adrians Johnson Sprangers, 89, died peacefully with family by her side on Friday, February 24, 2023, following a lengthy illness. She was born on June 2, 1933, in Milbank, South Dakota to Peter and Lambertha (Spanjers) Peters. The family moved to Green Bay when Betty was 16. In 1951, she graduated from St. Joseph Academy. After graduation, Betty began her career working for Wisconsin Public Service. In 1956, Betty married Don Adrians and together they focused on raising their four children in Green Bay. As Packer season ticket holders, they enjoyed many games together. Don passed away in 1980. Betty married Walt Johnson in 1985. In 1989 she retired as Office Manager from The An-Ser to spend more time with her retired husband. They enjoyed traveling and visited all 50 states. Both avid golfers, the two wintered in Florida to enjoy the game year-round. Walt passed away in 1998. In 2000, Betty married Florian Sprangers in Green Bay and together they moved and made their home in Bartow, Florida. Together they enjoyed golf, cruise ship travel, church choir, and happy hour with their many Floridian friends. Florian passed away in 2011. After living in Florida for 20 years, Betty returned to Green Bay in 2020 to be closer to her family. During her life, Betty enjoyed singing in numerous church choirs, various forms of needlework, reading, and of course golf. She cherished her independence, always had a positive attitude and a smile, and was resilient in the face of adversity. The Adrians family extends a special thank you to everyone at Emerald Bay Memory Care where Betty had made her home and Unity Hospice for their compassionate care. In lieu of other expressions of sympathy please direct memorials to Unity Hospice.



Richard J. Vogel, 94, Green Bay, passed away Wednesday, February 1, 2023. He was born June 27, 1928, in Newton, WI to Richard and Anna (Geiger) Vogel. Richard grew up in Newton and graduated from Lincoln High School in Manitowoc, WI. He served in the U.S. Army during the Korean War. After leaving the service Richard attended Gale Institute in Minneapolis where he obtained his certificate in Railroad Telegraphy. On September 25, 1954, he married Hedy Binversie at Holy Trinity Catholic Church, School Hill. Together they moved to Green Bay in 1963. Hedy preceded Richard in death on March 14, 2019. Richard worked as a dispatcher for Chicago Northwestern and Fox River Valley Railroad for over 40 years. He retired in 1993 but then took on a job at Hertz Rental for 19 years until he retired for the second time in 2012. Richard was a lifelong member of St. Agnes Church where he was an usher for over 50 years, and a member of the Men's Club. Richard was a member of the American Legion Post 11 and had been a Post Commander. He enjoyed fishing, gardening, traveling, and playing cards. He loved to spend time with his family. He cherished the time with his grandchildren, which included Grandparent's Day at school and their sporting events. The Vogel family would like to extend a special thank you to the staffs of Emerald Bay Retirement Community and Unity Hospice for their sincere compassionate care given to Richard.



Bernice McNeely Kulju, 87, of Green Bay Wisconsin, passed away peacefully in the early morning hours of January 30, 2023 with her family by her side. Bernice was born on May 27, 1935 in Powers Michigan to Donald and Margaret McNeely. She grew up on a farm, but after graduation, she left to attend Northern Michigan University in Marquette MI to obtain her teaching certificate. Bernice then acquired a teaching position in the area and rented a room from Charlotte and Art Lehtinen. Their cousin, Roy Kulju, came over for a blind date with the "new teacher in town" and a love story between Roy and Bernice continued for 62 years! After getting married, Roy and Bernice settled in Green Bay WI where they lived out the rest of their lives. They had two children, Kirsten and Mark, so Bernice stayed home to care for them. Once their kids were older, Bernice worked for many years in the Howard-Suamico School District in a variety of roles—substitute teaching, administrative positions, and library aide. During retirement, Roy and Bernice spent several months of every winter taking their RV down to Florida to get out of the cold weather in Wisconsin. They went to multiple cities in Florida to visit friends and to also spend time with their daughter and grandsons in Florida. Bernice was an avid and very talented crafter. She was an amazing quilter (we have all benefited from getting beautiful quilts) and has won many awards from entering quilting shows. She was also very talented in sewing, knitting, crocheting, cross stitch, and needlepoint. After Roy's passing in 2021, Bernice moved into Emerald Bay Retirement Community in Hobart Wisconsin. She made many new friends there, was very active in all the activities, and even entered some of her craft projects into the craft shows held by the facility. The family wishes to extend their thanks to the wonderful staff at Emerald Bay Retirement Community for their continued wonderful care of Bernice, especially Randy and the activities director Kris.

Nurses Corner

March is Save Your Vision Month



Save Your Vision Month was established by the American Optometric Association (AOA) to raise awareness about eye health and healthy habits to follow. Because our vision diminishes over time, older adults must be extra diligent with steps to protect their eyesight. Common problems older adults can experience include age-related macular degeneration and cataracts. Cataracts are the most common age-related issue affecting the eyes. Symptoms can include:
Cloudy, blurry, or dim eyesight
Seeing double or see halos of light
Struggle to see in low light
Light sensitivity
While vision changes are an expected part of aging, some vision problems have no warning signs so routine eye exams are important.

Kayla Carter, R.N.

Food choices for eye health:

- Broccoli, kale, cooked spinach, oranges, and tangerines
- Fish, eggs, and whole grains
- Oranges, grapefruits, and papayas
- Almonds, pecans, and sunflower seeds
- Lean red meat, beans, and whole grains

Lifestyle changes to prevent eye complications:

- Wear sunglasses
- Take breaks when reading
- Monitor your blood pressure and blood sugar if diabetic or family history of diabetes
- Exercise your eyes
- Schedule routine eye exams
- Stop smoking



Source: meetcaregivers

Executive Director Corner



The cold weather is almost gone. This makes room for sunshine and rain. Blooming flowers and trees. Sitting outside with that warmth of the sun on your face. Enjoying the smell of the rain or the sound of thunder. However, you choose to enjoy spring and summer, do it with your loved ones. Make time to see them or to cook for them. Laugh with them cry with them because tomorrow is not promised. Enjoy the small things and don't sweat the big thing. Because everything will work out as it should.

