

EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE

MONTHLY Newsletter

November Issue, 2024

Kayla's Korner

November is National Home Care and Hospice Month

During November, we should take time to recognize the professionals including nurses, aides, therapy staff, social workers, among others who work for Hospice and Home Care agencies.

Hospice can include palliative care to relieve symptoms and give social, emotional, and spiritual support.

Hospice care is designed to provide pain management, symptom control, psychosocial support, and spiritual care to patients and their families when an illness cannot be cured.

In our community, Home Care and Hospice agencies provide services in addition to what residents receive from our care staff.

Home Care can offer services such as:

- Wound care for pressure sores or surgical wounds
- Injections
- Supervising of prescription medications
- Monitoring of serious illness and unstable health status
- Speech therapy
- Physical rehabilitation
- Pain management



Emerald Bay is hosting a Thanksgiving Dinner on November 22nd, from 4:00 to 6:00PM! Gather with friends and family to enjoy a delicious feast featuring traditional favorites and seasonal specialties. This warm and inviting event will include live music and a chance to connect with your neighbors and share what you're thankful for. Don't miss this opportunity to celebrate the season of gratitude together.

Please call 920-544-5041 to RSVP!

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EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE

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



TAKE CHARGE OF YOUR HOLIDAY HEALTH

Make health and safety a personal focus during the holiday season. To be best prepared, take the steps outlined below to help you and your loved ones enjoy the holiday festivities.

The following may have a significant impact on your overall health and wellness: depending on where you live, cold and irregular sleep patterns, consuming an unhealthy diet such as lacking fruits and vegetables, indulging in a bit too much wine or a few too many cocktails, and over committing on your social calendar. Consider how the common cold may deplete your energy and impact your mood. Take charge of your health and wellness so you can enjoy the fun and laughter during the holidays.

Tips for Remaining Safe During special occasions and holidays:

- Wash your hands often to help prevent the spread of germs.
- Bundle up to stay dry and warm by wearing appropriate outdoor clothing for your climate.
- Manage stress through the support of others, connecting socially, and getting plenty of sleep.
- Fasten your seat belt, and don't drive when tired.
- Ask your physician what exams you need: Research notes elevated cardiovascular-based events over the holidays.
- Get your vaccinations to help prevent illness and disease.
- Practice fire safety: Don't leave space heaters, food cooking on stoves, or candles unattended.
- Decorate with lights that have a consistent glow. Turn off all decorations with lights before bed or leaving your residence.
- Prepare food safely: Wash hands and surfaces often, avoid cross-contamination, and cook foods to proper temperatures.
- Eat plenty of nutrient-rich fruits and vegetables to help lower the risk of illness.
- Stay active for at least 30 minutes daily to help your overall health.

Tyler's Take

Join us for the Emerald Bay Retirement Community Veterans Day Ceremony on November 11th at 1:30 PM, as we honor and celebrate the brave men and women who have served our country. The event will take place at in our Dining Room, featuring guest speakers, musical performances, and more. Everyone is welcome to attend and show their appreciation for our veterans. Let's come together as a community to pay tribute to those who have fought for our freedom.

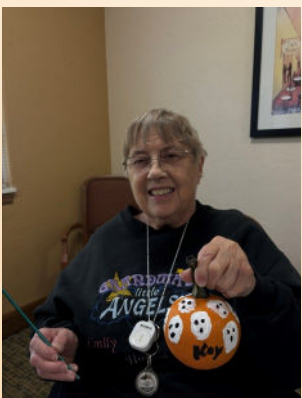
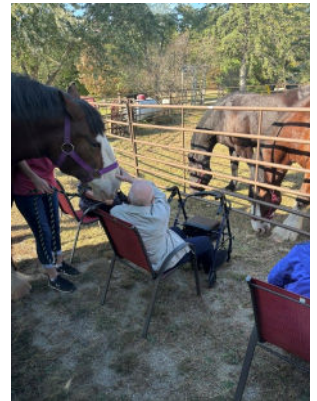
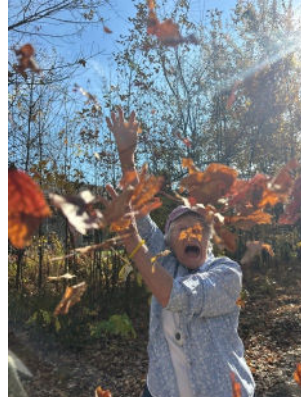


November Birthdays at Emerald Bay!

Frankie H., Marlyn T., Bill H., Dennis B., Fred J., Karen S., Kay S., Cheryl F., Gayle G., Jan H., Pudge E., Randy S., Nancy Bl., Barb W.,



Reminiscing October



Resident Spotlight



Meet Delores, a remarkable resident who grew up in Shawano. After high school, she started her

career working at a brewery and later at J.C. Penney. In 1948, she married her sweetheart, Tom, in Minnesota, where they lived for three years before moving back to the Shawano area. Delores describes Tom as an honest and handsome man with a strong work ethic, who was deeply caring and devoted to his family. Together, Delores and Tom shared a unique passion for beekeeping for an impressive 58 years. They raised four children and are proud grandparents to six grandchildren, 20 great-grandchildren, and three great-great-grandchildren—plus one more on the way!

In her younger years, Delores enjoyed ice skating, dancing, gardening, baking, and following local bands around the area. Today, she loves to knit, exercise, play bingo, and meet new people. Her favorite aspect of living at Emerald Bay is the friendly community and caring staff. Delores appreciates how clean everything is and happily states that she couldn't have found a better place to call home! We love having her as part of the Emerald Bay family and can't wait to make many more memories with her!

Employee Spotlight



Meet David, a dedicated team member from Sayner, WI. David describes himself as a "sportoholic," always ready to play any sport his body allows. He has a deep love for nature and spends his free time exploring trails, golfing, and enjoying the great outdoors whenever he can. Many of David's favorite memories revolve around his parents and the time he spent caring for them, which ultimately led him to the caregiving profession. He has faced traumatic, life-threatening events that have shaped his perspective, making him grateful for each day

and everything he has accomplished. His positive outlook and gratitude shine through in all that he does.

At Emerald Bay, David appreciates his fellow coworkers, who create a family-like atmosphere, as well as the residents who have welcomed him into their lives as if he were a part of their own family.

We are thrilled to have such a vibrant soul as part of our team. Thank you, David, for your dedication and warmth!

Dates to Remember

Events happening in November

November 1 Walmart Outings

November 5 Election Day

November 6 Veterans Supporting Veterans

November 8 Barnes & Noble Outing & Science Show

November 11 Silent Concert & Veteran's Ceremony

November 13 Tornado Drill & Music with Daniel L.

November 14 Anston 4-H Club Visit

November 15 Mulva Cultural Center Tour & lunch Outing

November 20 Resident Meeting & Fire Drill

November 21 November Birthday Bash

November 22 The Automobile Gallery & Thanksgiving Dinner

November 27 Music with Mike R.

November 29 Kroc Center Outing & Buzzes Bowling Alley Outing

Welcome to Emerald Bay

Marva P.

Welcome to our community! We're thrilled to have you with us. Here, you'll find a warm, friendly environment with plenty of activities and opportunities to connect. Whether you're exploring our spaces, joining in events, or relaxing with neighbors,

we hope you quickly feel at home. If you need any assistance, our team and residents are here to help. We're excited for this new chapter and look forward to creating wonderful memories together!

November Highlights: **Your Guide to Upcoming Events**

- ***One-On-One Activities***— One-on-one activity sessions just for you! These personalized sessions offer an opportunity for individualized engagement and enjoyment tailored to your interests and preferences. To sign up, write your name in your preferred time slot at the sign-up table in the lobby!
- Mark your calendars for Wednesday, November 13th at 11 AM as we invite you to join us for ***Menu Marvels***, our exciting dining event! Collaborate with our kitchen team to taste-test potential additions to our weekly dining menu. Your feedback is valuable as we strive to create delicious meals that satisfy every palate. Don't miss this chance to influence our culinary offerings and enjoy a flavorful experience together!
- Join us in the Activities Room for our ***Technology Class*** on Tuesday, November 19th, at 4 PM with. You'll receive personalized assistance with any technology-related questions or concerns you may have. Whether you need help with your phones, computers, iPads, or TVs, we are here to guide you through it all. This is a great opportunity to enhance your tech skills and resolve any issues you may be facing. We look forward to seeing you there and helping you get the most out of your devices!
- Join us on Wednesday, November 20th, at 1:30 PM in the Pub for our ***Resident Council Meeting***! This is a great opportunity to voice your ideas and suggestions for improvements within our community, as well as to share any positive experiences you'd like to highlight. Your input is important to us, and we look forward to hearing your thoughts. Together, we can make our community even better!
- Join us on Thursday, November 21st, at 3:15 in the Pub for a special ***Birthday Bash*** as we gather to celebrate all the November birthdays in our Emerald Bay community. Let's come together for singing, socializing, and enjoying delicious birthday treats! It's a wonderful opportunity to connect with fellow residents, share stories, and make new memories. Don't miss out on this joyful celebration of life and community spirit!
- Mark your calendars for ***Podiatry Day*** on November 25th! We're excited to welcome a podiatrist who will be here all day to provide nail clipping services. This is a great opportunity to take care of your foot health! To reserve a time, please sign up at the table in the lobby or let Jake or Paige know that you'd like to participate. Don't miss out on this chance for some well-deserved pampering for your feet!

Memory Care

Dates to Remember

Events happening in November

November 8 Mulva Cultural Center Outing

November 11 Veterans Day Ceremony

November 13 Music with Daniel L.

November 14 World Diabetes Awareness Day

November 20 Fire Drill & Music with Good for the Soul

November 22 Narrow Bridge Lunch Outing

November 27 Music with Mike R.

November Birthdays!

Barb B. & Janice D.



Quote of the Month

Fall is proof that change is beautiful

Resident Spotlight



We are excited to shine our spotlight on Laura! Originally from Milwaukee, she spent five years working in the medical records department of a hospital after high school, where she developed a keen interest in healthcare. Laura was married to Dr. Mark B., a dentist, whom she met when he was a bartender in Milwaukee. Their love story blossomed, leading them to adopt two wonderful girls who are her greatest pride and joy.

Laura enjoys going on walks, watching the Green Bay Packers,

and getting to know her neighbors. She often participates in our community activities and shares her passions.

One of Laura's favorite things about life at Emerald Bay is the ability to relax and engage in meaningful conversations with all the residents. We enjoy Laura's energetic spirit and the warmth she brings to our community. Her presence truly enriches the lives of people she meets, and we're so grateful to have her with us!

Employee Spotlight



We are thrilled to shine our spotlight on Michelle! Hailing from Los Angeles, California. Michelle joined our team at Emerald Bay six months ago, and we couldn't be happier to have her on board.

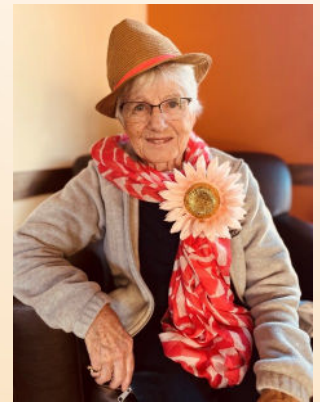
When she's not at work, Michelle enjoys a variety of hobbies, including swimming, gardening, fishing, and thrifting. Her enthusiasm for these activities translates into her work, bringing a vibrant energy and a deep appreciation for connection to both

colleagues and residents. Michelle's favorite part about working at Emerald Bay is the residents, who inspire her every day. Guided by her faith and belief in God, she brings positivity and compassion to our team.

We are so grateful to have Michelle as part of our Emerald Bay family!

Reminiscing October

Memory Care



November Word Search

Find the words in the puzzle. Words can go in any direction.
Words can share letters as they cross over each other.

J	K	P	G	K	J	S	P	L	H	L	T	C	J	O
C	F	K	K	Z	E	H	Z	L	E	G	H	R	X	W
U	I	A	U	T	U	M	N	A	T	L	A	A	S	V
N	H	D	L	X	T	G	V	B	J	K	N	N	G	G
Q	G	A	E	L	Q	E	F	T	O	U	K	B	B	Y
Q	M	E	R	R	S	F	M	O	A	Y	S	E	Z	W
W	G	B	J	V	R	K	T	O	O	I	G	R	V	Z
V	W	W	O	A	E	X	K	F	C	U	I	R	U	E
Z	G	Q	C	Y	C	S	I	S	O	B	V	Y	P	F
L	Q	S	W	T	R	E	T	P	C	Z	I	Q	J	G
Z	L	M	S	S	E	N	L	U	F	K	N	A	H	T
E	H	I	T	U	R	K	E	Y	S	P	G	R	B	E
O	I	G	H	U	P	I	L	G	R	I	M	S	B	Y
J	L	T	D	C	E	C	Y	D	R	E	E	A	Z	J
P	S	I	R	C	L	L	B	M	G	S	Z	Y	L	J

Cocoa

Cranberry

Harvest

Fall

Football

Pilgrims

Leaves

Thankfulness

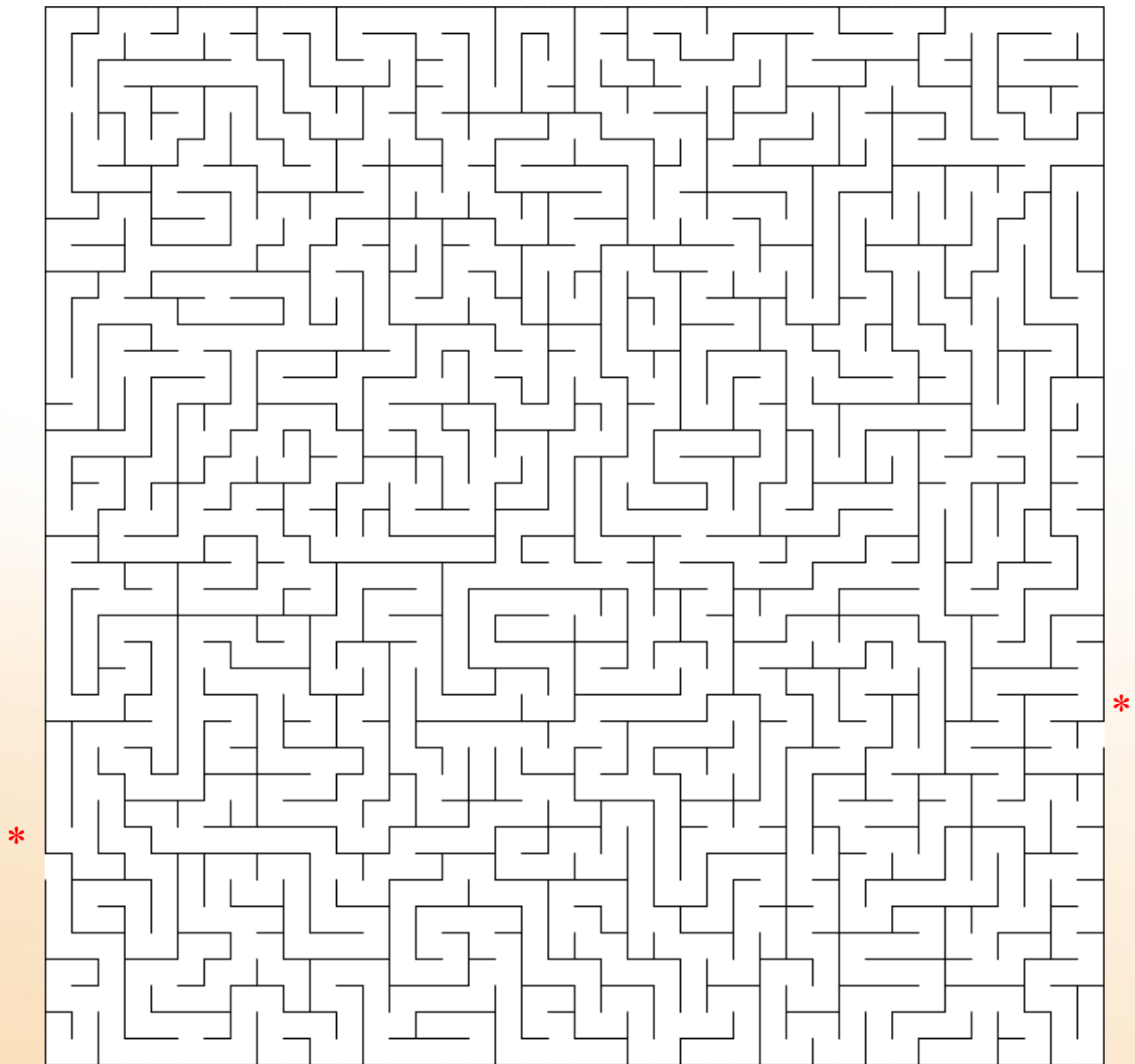
Thanksgiving

Scarf

Cider

Turkeys

ESCAPE THE MAZE!





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

Shelle Tegen

Executive Director

Phone: 920-460-8468

Email: Eb.Director@bakaenterprises.com

Lynsee Bohan

Business Office Manager

Phone: 715-923-3575

Email: Eb.bom@bakaenterprises.com

Kayla Carter, RN

Phone: 715-889-2528

Email: Kayla.Carter@bakaenterprises.com

Lou Vivirito

Resident Care Coordinator

Phone: 920-660-3110

Email: Eb.rcc@bakaenterprises.com

Tyler Namoff

Community Relations Director

Phone: 217-778-0591

Email: Tyler.Namoff@bakaenterprises.com

Paige Cornelissen

Social Coordinator

Phone: 920-660-4082

Email: Eb.activities@bakaenterprises.com

Trish Nunez

Administrator

Phone: 920-362-1578

Email: trish.nunez@bakaenterprises.com