

MONTHLY Newsletter

July Issue, 2024

Celebrating JULY!

Kayla's Korner

UV Awareness Month: Protecting Your Skin

"According to the CDC, UV radiation from the sun helps produce vitamin D but can cause sunburn, premature aging, and skin cancer with overexposure. Protecting against UV radiation is crucial year-round.

As you enjoy the summer sun, it's essential to remember that while your skin naturally produces vitamin D when exposed to UV rays, there are safer ways to ensure we get enough of this vital nutrient. Dietary sources and vitamin supplements are recommended over UV exposure, as they do not increase the risk of skin cancer and provide a reliable way to meet your needs.

UV rays are strongest between 10 am and 4 pm, particularly during spring and summer months, though their intensity can vary with location and weather conditions. Cloud cover does not fully block UV rays, and they can reflect off surfaces such as water, sand, and even grass, increasing exposure levels.

To protect yourself and others:

- Find shade during the peak sun hours of 10 am to 4 pm.
- Wear protective clothing like long sleeves & pants.
- Use a wide-brimmed hat to shade your face, ears, and neck.
- Wear sunglasses that block both UVA and UVB rays to safeguard your eyes.
- Apply sunscreen with SPF 15 or higher, ensuring it provides broad-spectrum (UVA and UVB) protection.

By following these simple precautions, you can enjoy the outdoors safely while protecting your skin from harmful UV rays. Remember, a little prevention goes a long way in maintaining healthy skin and overall well-being." -District Health Department.

JULY! **NATIONAL HOT DOG MONTH**

FUN FACTS:

- A hot dog is a sausage but a sausage isn't necessarily a hot dog.
- A hot dog without meat or poultry cannot be called a hot dog.
- A standard beef hot dog is 190 calories and offers 7 grams of protein and 30 percent of Vitamin B12.
- Hot dogs are an approved space food and have been eaten by astronauts on their way to the moon.
- Americans eat a lot of hot dogs, especially on July 4th, when they consume about 70 million hot dogs.
- The world's most expensive hot dog sold for \$169 and had various gourmet toppings.
- Mustard is the most popular hot dog topping, followed by ketchup.
- Hawaii eats the most hot dogs per capita in the U.S.



This Issue

Kayla's Korner
Powerback Rehabilitation
Meet our new residents
Resident & Employee Spotlight
Obituaries
Dates to Remember
Paige's Social Buzz

EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE

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

Powerback Rehabilitation

Powerback Rehab

As we age, skin loses elasticity, and we often see a reduction in muscle tone and bone density. In addition, the water content in tendons decreases, and as a result, tendons get stiffer. Research from the Journal of Aging found that after age 55, flexibility decreases by approximately 6 degrees in the shoulders and hips. All these factors can contribute to the natural decrease in our flexibility. Any part of the body that has joints can be affected, resulting in chronic aches and pains. The great news is that while joint flexibility may decrease with age, potentially affecting normal daily function, older adults maintain the ability to improve flexibility through stretching exercises. Join us every Tuesday at 9:30AM in the activity room for a therapist led exercise session to maximize flexibility as we age!

The Benefits Of Flexibility While Aging

- Reduces risk of injury
- Strengthens muscles
- Enhances mobility
- Improves posture
- Decreases pain
- Improves range of motion (ROM)
- Improves walking ability
- Increases muscle blood flow
- Improves circulation
- Enhances balance & coordination
- Decreases risks of falls & injuries

To learn more about our services, contact us at 920-600-8583 or stop by the Powerback therapy gym located on the first floor across from the nursing offices.



Tyler's Take

Welcome to the Emerald Bay Retirement Community's official Instagram page!

Discover a vibrant community where every moment is filled with joy, connection, and the beauty of retirement living. Follow along for glimpses into our enriching activities, stunning surroundings, and heartwarming stories that define life at Emerald Bay. Join us on this journey of laughter, friendship, and cherished memories. Follow us on Instagram @Emeraldbayliving
#EmeraldBayRetirement #RetirementLiving #CommunityLove

Are you passionate about fostering a warm and welcoming community? Join us at Emerald Bay as an ambassador for new residents! As an ambassador your firsthand experience and enthusiasm for our lifestyle will make you the perfect guide to help newcomers settle in and feel at home. Whether you enjoy sharing stories, offering helpful tips, or simply lending a listening ear, your involvement as an ambassador will play a crucial role in building lasting friendships and connections within our community. Embrace the opportunity to make a difference and create meaningful experiences for others at Emerald Bay. Sign up today at the reception desk and be a part of our welcoming team!



**Happy
Birthday!**

July Birthdays at Emerald Bay!

Irene K., Duane K., Ted P., Al B., Bob G., Jim W.,
Audrey T., Milton C., Mary B.



Meet Our New Residents!



Marian Rienecker

Welcome to Emerald Bay Marian! Marian is originally from Phoenix, Arizona. For most of her life she worked for the telephone company working on the plugs and wires. She raised three boys! One lives

here in Wisconsin while the other two are still in Arizona. Marian really enjoys bowling as she was on a league for many years!



Antoinette

Welcome to Emerald Bay Antoinette! Antoinette is originally from the South of France in Haute-Garonne! As far as work, she has done a little bit of everything but mostly working as a waitress and

a housekeeper. Antoinette has one child. Since retiring, Antoinette enjoys walking, reading books, being around people and spending time with her pet bird (a white cockatoo from South Australia!).



Tom Hamilton

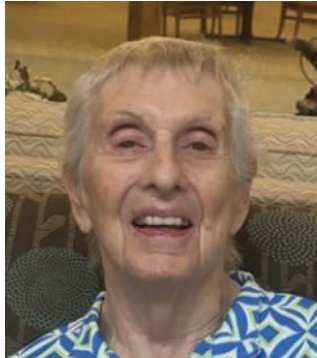
Everyone please welcome Tom! He is originally from Indiana but has spent most of his life right here in Wisconsin! For over 40 years Tom worked at Prange's as an Executive until he retired. He has three sons and 10

grandchildren! Tom has enjoyed traveling around the world (Japan four or five times and to Europe four times!), fishing at his cabin in Boulder Junction right on the lake, singing in the Dudley Birder Chorale (they sang at Carnegie Hall in New York!), running in the first two Bellin Runs and being an active member in the Downtown Rotary Club.

Nancy Brown

Welcome to Emerald Bay Nancy! While she spent a few months living in Appleton, WI, Nancy has lived in Florida for the past 15 years along with her son who was working for the Jacksonville Jaguars! For most of her life, Nancy worked in administration. She has three children. Her son now lives in Arizona and works for the Arizona Cardinal while her two daughters reside here in Wisconsin. Since retirement, Nancy has traveling all across the world and has been to every state besides four! Now she enjoys spending time with her friends and family, especially her grandchildren. She also loves watching sports! Nancy just loves life in general!

Meet Our New Residents!

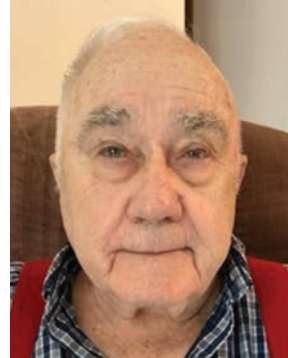


Jim & Pudge Edinger

Welcome to Emerald Bay Jim and Pudge! Originally from Green Bay, WI, Jim worked as a Sales Engineer for 25 years while Pudge was a High School English Teacher at Premontre for 23 years! Jim and Pudge have been married for 69 years! Together they have raised five children and had a few pet dogs along the way. Since retiring, Jim and Pudge enjoy spending time at their cabin on the lake, playing bridge and they love listening to the “oldies” on their jukebox. Make sure to say hi if you see them around the community!

Phyllis Reignier

Everyone please give a warm welcome to Phyllis! She is originally from Green Bay, WI and spent most of her life working in the restaurant industry. Phyllis has four children and shared that when her kids were younger, they would always have some type of pet whether it was a dog or cat. Since retiring Phyllis enjoys shopping and visiting with friends and family.



Jerry & Beverly Schmidt

Emerald Bay would like to give a warm welcome to Jerry & Beverly! Originally from the Upper Peninsula in Michigan, after they got married, they moved to Green Bay once Jerry landed his job. They will be married for 71 years this August! Jerry worked as a Service Engineer for the Hudson Sharp Machine Company for 43 years. Beverly worked up until they got married and then was a homemaker. Together they raised five children and had a Poodle named Andre. After retirement, Jerry & Beverly enjoyed going up to their hunting camp and going to Grand Marais, MI to pick fresh blueberries. Now a days Jerry enjoys gardening and Bev loves to crochet.

Vera “Jean” Baker

Welcome to Emerald Bay Jean! Jean is from Green Bay, WI and for most of her life she worked in sales! She has four children and enjoys playing solitaire games and dancing!

Reminiscing June

Father's Day Celebration!



Sweet Sweet Ice Cream in
the Hot Summer Heat!



A fun day visiting the Wisconsin
Discovery Museum!

Resident Spotlight



This month's resident spotlight is none other than Jan Herm! Jan moved into Emerald Bay in _____ and has been a great addition to

our community! Jan is originally from Clintonville, WI. After marrying her husband Ron on Christmas Day in 1960, they moved to the Green Bay area where they spent most of their lives. Together they raised 4 children: Brad, Denise, Shannon and a baby boy Trevor who passed away at only six weeks old. Jan also has four grandchildren.

While never working "full time", Jan spent 17 years at St. Mary's Hospital as a ward clerk in the emergency room and loved it! She then worked at a Bellin clinic for 12 years as a receptionist. Her husband Ron worked at Paper

Converting for over 40 years. Together Jan and her husband loved to travel to different countries, go on road trips and were even ballroom dancers! Ron passed away in 2021. Jan always loved to volunteer. She enjoys helping when she is needed. Jan also enjoys flower gardening, dancing and she is very involved in her church: Zion Lutheran! She loves to meet new people and make new friends. Her smile is one of our favorite things about her at Emerald Bay!

Jan's favorite color is fuchsia and her favorite song is New York, New York!

Employee Spotlight



Say hello to our employee spotlight for July, Carrie Schwartz! Carrie is from Mishicot, WI but now resides in DePere, WI. She has five kids ages 20, 18, 16, and a set of 12 year old twins! Carrie also has one dog and four cats!

Carrie has been with Emerald Bay for almost two years! Her favorite part about working at Emerald Bay are the residents. Hearing their stories and being able to help them. "As hard as it is not to consider the residents family, they are my family!"

Obituaries

Saying Goodbye to our Dear Friends

Susan R. Tebon



Susan R. Tebon, 78, of the Town of Gardner, died peacefully surrounded by her family on Sunday, June 2, 2024. She was born September 30, 1945 at the Farragut Naval Hospital in Idaho. Her parents were John and Muriel (Rymer) Vandersteen. She was a proud Wildcat and graduated from Green Bay West High School in 1963. Susan was employed at Kellogg Citizens Bank in Green Bay before embarking on a 30-year

career as a medical assistant for several clinics in Sturgeon Bay, Algoma and De Pere.

Susan was a member of St. Francis Xavier Catholic Church in Brussels. On June 5, 1981 she married Albert J. Tebon. He preceded her in death on August 22, 1994. She enjoyed spending time with her friends and family at her home on the bay, which she referred to as her little piece of heaven. Susan could often be found fishing, gardening and watching the sunset.

Surviving family include her three daughters, Wendy (Curt) Foth, Brenda (Steven) Abrahamson, René (Doug) Forsythe, and their father, Rod Baudhuin; 10 grandchildren and one great-granddaughter, Brett, Erin, Garrett and Gabe Foth, Nathan (Jen) Abrahamson [and their daughter, Isla], Hannah (Collin) Kempfert, Isaac Abrahamson, Leah (Jeston) Glish, Andrew Forsythe, Kelsey Forsythe; brother, Tommy (Michelle) Vandersteen; step-children, Sherry Hansen, Sally (Tom) Teich and her extended Tebon family.

Preceding her in death were her parents, John and Muriel Vandersteen; husband, Al Tebon; two stepchildren, Bruce Tebon, and Terry Tebon.

A celebration of her life will be held at Door County Fire Company for friends and family on Sunday, June 30, 2024 from 2:00 p.m. to 5:00 p.m. Burial will be at St. Francis Xavier Catholic Cemetery, Brussels. Her family would like to thank Emerald Bay Assisted Living Community, Bellin Hospital and UW Health for providing exceptional and compassionate care. Their dedication and support made a profound difference.

Memorials in her memory can be directed to Door County Land Trust to honor her love of the outdoors. Arrangements have been entrusted with Huehns Funeral Home in Sturgeon Bay. Expressions of sympathy, memories, and photos of Susan may be shared with her family through her tribute page at www.huehnsfuneralhome.com. Love, Mom, Dick, Brenda, Steve & Robin, and Jody & Pat.

Obituaries

Saying Goodbye to our Dear Friends

Martha O. Kielbicki



Martha O. Kielbicki, 86, of Hobart passed away on Monday, June 10, 2024, at St. Mary's Hospital in Green Bay. She was born on November 15, 1937, to the late Athanasius and Hilda (Borchert) Strigun in Lithuania. In October of 1951, she moved to the states.

On October 6, 1956, Martha married Tadeusz "Tad" Kielbicki in Chicago; he preceded her in death on April 27, 2018. She worked for the Burlington Railroad, Marshal Fields, Alden's in Chicago, and MJ&R in Menominee. They had moved to Menominee in 1966 and had attended Resurrection Parish when they resided in Menominee. In 1990, following Tad's retirement they moved to Shawano. Martha enjoyed dancing, knitting, riding her bicycle, joking, laughing, and cooking, especially ethnic heritage foods.

Martha is survived by her sons, Stephan (Debbie) Kielbicki of Gresham and Florian (Kim) Kielbicki of Sheboygan; daughter, Adela Kielbicki of Menominee; brother, Manfred "Fred" (Carol)

Strigun of La Crosse; sister, Juliana "Julie" (Walter) Johnson; grandchildren: Nick and Brandon Aman, Autumn Paavola, Cameron and Tarra Kielbicki, Jordan (Thalia) Hendricks; Joshua Kielbicki; and Crystal (Mark) Sampson; and great grandchildren: Dayne, Zofia, Nathaniel, Gemme, Weston, and Chase. In addition to her parents and husband, Tad, she was preceded in death by her daughter, Danuta "Diane" and a great grandson, Brody.

Visitation will be held at Thielen Funeral Home on Friday, June 28th from 9:30-11:30am. A Time of Family Memories will be held at 11:30m. Burial will be in Riverside Cemetery in Menominee.

Obituaries

Saying Goodbye to our Dear Friends

Thomas D. Duffek



Thomas D. Duffek, 96, Green Bay, passed away peacefully in his sleep in the early morning hours on Tuesday, June 18, 2024. Tom was born in Matoon, WI on December 26, 1927, son of the late Clara (Duffek) Meverden. He married the love of his life, Delores Balke, on October 30, 1948 and they shared 75 years together, rarely being apart from each other.

Tom was a member of Redeemer Lutheran Church in Green Bay. He was a veteran of WWII, serving in Japan and a member of the American Legion Post 11 Sullivan-Wallen in Green Bay. Tom was a beekeeper for 58 years, starting out as a hobby and expanding into a successful business with his wife as Duffek Apiaries. Beekeeping was Tom's passion and the honey he produced was enjoyed by family, friends, relatives, locals, tourists, and many businesses. Tom and Delores loved to polka and would attend dances with friends and relatives at various ballrooms throughout the years. They also enjoyed watching the weekly

televised Lawrence Welk Show. They took many bus trips to various casinos and traveled to many countries with tour groups, including New Zealand, Hawaii, Germany, Austria, Switzerland, China, to name a few.

Survivors include his wife, Delores and 4 children and 9 grandchildren: son, Richard Duffek of Green Bay; daughter, Brenda Paltzer of Freedom and her children: Michelle (Paul) Ramus and Jeremy (Kelly) Paltzer; son, Steven (Robin) Duffek of Sobieski and their children: Jason (Kim) Duffek, Erik (Jana) Kurth, and Stephanie (Ryan) Polakoski; daughter, Jody (Pat) Cota of Hortonville and their children: Jennifer Bougie, Jaci (Luke) Strasburg, Brad (Melanie) Bougie, Greg Cota (fiancé Jenna Krueger). He is also survived by 24 great-grandchildren, with one on the way, and two great-great-grandchildren, with one on the way. Tom is further survived by brother-in-law and sister-in-law, William (Cynthia) Balke of Plymouth; sister-in-law, Carol St. Louis-Herb of Connecticut; sister-in-law, Barbara Wix of Fond du Lac; sister-in-law, Sheri Balke of Shawano; and many nieces and nephews.

Tom was preceded in death by his mother, Clara and stepfather, Grover Meverden; mother-in-law and father-in-law, Truman and Esther Balke; brothers, Jerome Meverden, Charles Meverden, Leroy Meverden; sister, Edwina Weisnicht; brothers-in-law, James Weisnicht, Arthur Balke, George Trewyn, Howard Dieck,

Andrew Pockat, Thomas St. Louis, James Herb, Robert Wix; sisters-in-law, Delores Meverden, Alice Meverden, LaVerne Trewyn, Lorraine Pockat; son-in-law, John Paltzer; granddaughter, Melissa Cota; as well as many relatives and friends.

Friends and family will gather at Redeemer Lutheran Church, 210 S. Oneida Street, Green Bay, from 9:30 a.m. to 11:00 a.m. on Friday, June 28; Service to follow at 11:00 a.m. with Pastor Paul Pett officiating and military honors to conclude the service. A private family entombment will be at Nicolet Memorial Gardens Mausoleum in Green Bay. To send online condolences, please go to www.BlaneyFuneralHome.com.

For those unable to attend, services will be livestreamed on Redeemer Lutheran Church's website <https://redeemrlutherangb.com/media> or viewed at a later time on their YouTube channel www.youtube.com/@rlcgb. The family would like to thank Pastor Paul Pett, the staff at Emerald Bay Retirement Community, St. Croix Hospice, and Blaney Funeral Home for their care and support. Dad, we know you peacefully entered God's kingdom when he handed you your "exit ticket" and opened the doors to his heavenly kingdom. You will be missed more than words can say and we will join you someday in heaven when we receive our tickets. You will always be loved, remembered, and treasured. Love, Mom, Dick, Brenda, Steve & Robin, and Jody & Pat.

A Prayer for Those Who Have Died

God of Consolation,

We remember those who died.

For those who passed away quietly,
we ask for a joyful passage into your spacious
heart.

For those who suffered great pain,
we ask for respite and the comfort of your
compassionate embrace.

For those who died too soon, in sudden and
unexpected ways,
we ask for peace and surrender into your loving
care.

Grant all of those who have died the grace of your
eternal light and life.

Amen.

Dates to Remember

Events happening in July

July 2	For the love of Goats!
July 4	4th of July Party! Wear Red, White & Blue!
July 5	Hy-Vee & Walmart Outing
July 9	Wellness Seminar & Pippin Musical Outing
July 10	Vitals Clinic, Menu Marvels & Music Entertainment with Wally!
July 12	Village Grille lunch Outing!
July 15	Music Entertainment with Mission Karaoke!
July 16	Fishing Trip Outing & Resident Council
July 17	Corvettes of the Bay
July 19	Packer Hall of Fame Tour
July 23	Voter's Registration
July 24	Music Entertainment with Mike & Menu Marvels
July 25	July Resident Birthday Bash!
July 26	Swimming & Indoor Track at the KROC Center
July 26	Buzzes Bowling Alley Outing
July 27	Independence Day Party! (Open to the public!)

Paige's Social Buzz: Latest Happenings In July

- **One-On-One Activities-** I'm excited to offer personalized 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!
- Join us on the back patio this Tuesday, July 2nd at 10:15 AM for a special visit from **For the Love of Goats!** Discover the art of crafting goat soap and lotions, meet adorable baby goats, and even support them by purchasing their handmade products. Don't miss this unique opportunity to connect with nature and learn something new! We can't wait to see you there!
- Get Ready for a Star-Spangled Thirsty Thursday Happy Hour! Join us on Thursday, July 4th at 3:15 in the Pub for a red, white, and blue extravaganza! Our themed **4th of July Party** will feature delicious eats, cool snow cones, refreshing drinks, and more. Plus, don't miss our spirited contest for the best-dressed resident in patriotic attire! It's the perfect way to enjoy good company, great food, and festive fun. See you there!
- Mark your calendars for Wednesday, July 10th and Wednesday, July 24th as we invite you to join us for **Menu Marvels**, our exciting new 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!
- Get Involved: **Voter Registration Day** with Paige! Join Paige in the Activities Room on Tuesday, July 23rd for an important event at Emerald Bay Retirement Community. This is a fantastic opportunity for new residents to register to vote, fill out absentee ballot forms, and gain valuable insights into the voting process. Whether you're a seasoned voter or new to the community, this event promises to be informative and empowering. Let's make our voices heard together!
- Join us on Thursday, July 25th for a special **Birthday Bash** as we gather to celebrate all the July 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!
- Join Us for a Spectacular **Independence Day Party!** Celebrate Independence Day with us on Saturday, July 27th from 11am to 3pm at Emerald Bay Retirement Community! Bring the whole family for a fun-filled day featuring face painting, bouncy houses and more exciting activities. It's a fantastic opportunity to enjoy the holiday spirit together with our community and guests from all around. We can't wait to see you there!



EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE

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

Shelle Tegen
Executive Director

Phone: 920-460-8468

Email: Admin@bakaenterprises.com

Kirsten Benson
Business Office Manager

Phone: 715-938-5810

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: Ebactivities@bakaenterprises.com