

EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE

MONTHLY Newsletter

December Issue, 2024

Kayla's Korner

Winter is here, which increases the risk of falling as we are faced with wet and cold weather, ice and snow.

For those age **60 and over, 30% will have a fall at least once a year.** This increases to 50% for those aged 80. These statistics significantly

Some tips to help avoid falls when going out in inclement weather include:

- Choose appropriate footwear
- Use a mobility aid if feeling unsteady
- Keep your hands free while walking (to aid in regaining balance)
- Keep active — gentle exercise will keep strength up and help keep joints from becoming stiff
- Take small, slow steps and be aware of your surroundings



*We ask that if you do need to go outside after there is snow or ice on the ground, please ask a family member or staff member to assist

*In addition, please ensure proper winter gear is worn (winter coat, hat, gloves, etc.) Hypothermia can develop in older adults after even mild exposure to cold weather or a small drop in temperature.

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EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE

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TAKE CHARGE OF YOUR HOLIDAY HEALTH

Every holiday season, we celebrate the 4 F's: fun, friends, family, and food. However, we are often so caught up in our festivities that we forget about another important factor—fitness. Not only can exercise help our bodies maintain physical health as we eat holiday treats, but it can also promote mental and emotional health. These types of health are just as important, especially since this holiday season carries the additional stress associated with the coronavirus pandemic. Here are just a few ways that regular exercise can help support your mental and emotional health this holiday season.

Reducing stress—Exercise can be an excellent stress reliever after a long day. Exercise increases levels of a chemical called norepinephrine in the body, which impacts the brain's response to stress. Increasing levels of this chemical through exercise can help the brain more effectively handle stress and reduce mental pressure.

Reducing depression and anxiety- Exercise can also help alleviate symptoms of anxiety and depression. By increasing levels of serotonin, endorphins, and other anti-depressive chemicals, exercise promotes feelings of calm and happiness. Studies have shown that exercise can reduce anxiety and depression in patients after about nine weeks of regular activity.

Inspiring creativity. Got writer's block? Try putting down your pencil and returning after a short brisk walk. According to a study published in the Journal of Experimental Psychology, exercise can boost creativity for up to two hours after your workout session. For an additional creative boost, exercise outdoors to allow yourself to connect to nature.

Increasing self-esteem. Feeling healthier physically can boost your confidence and cause you to feel better emotionally. By helping you sleep better, giving you more energy, and toning various muscles in your body, exercise can raise your alertness and your self-esteem. Additionally, exercise can make you focus more easily, helping you stay organized and concentrate on important aspects of your life.

Preventing cognitive decline. As you age, so does your brain. When diseases like Alzheimer's kill brain cells, the brain shrinks and loses several functions. However, exercise can help the brain fight this cognitive decline. Working out boosts chemicals in the brain that defend the brain's hippocampus against degeneration, protecting memory and learning. Next time you find yourself in a rut or in need of a mood booster, get out and get active. Your body and mind will thank you for it later.

Social Buzz

Get ready for some holiday cheer on **December 18th** from **6:00 to 7:30 PM** at our **Christmas Tea and Social Party!** Bring your friends and family for an evening of festive sing-along tunes, special guest surprises, and plenty of delicious hors d'oeuvres. Sip on cozy cups of tea or hot cocoa as we celebrate the Christmas spirit together! We can't wait to see you there!



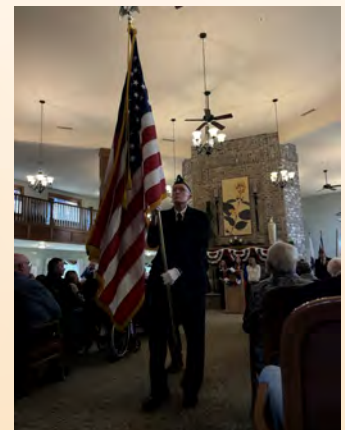
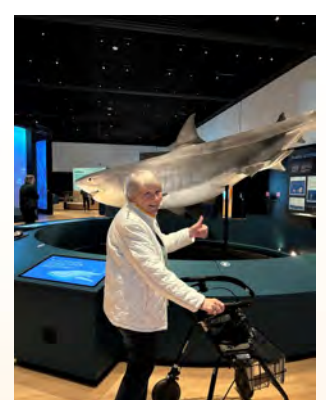
December Birthdays at Emerald Bay!

Marian R., Charlotte L., Joanne R., Beverly R., Roselle C.,
Tom K., Arlene L., Pat F.



Happy
Birthday!

Reminiscing November



Resident Spotlight

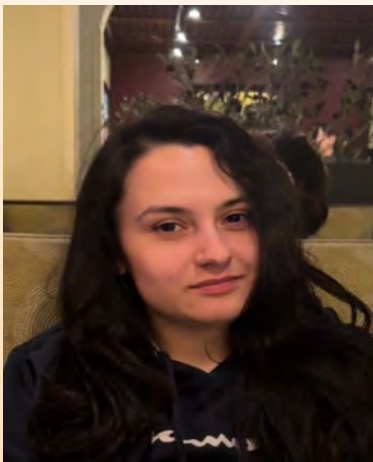


Meet Katie, a long-time Green Bay native and the 14th of 16 children! Katie's life story is filled with love, family, and music. She met the man of her dreams, Irvin, at a dance at the Bluestone, and they were married when she was just 20. Together, they started a family of 8 children. After raising her kids, Katie worked as a secretary for a pill factory and also served as the head of the IBM department for Joanne's Wholesale. Over the years, Katie's family has grown to include 16 grandchildren, 26 great-grandchildren, 1 great-great-grandchild, with two more on the way! Katie loves spending time with

her large family at their cabins in Mountain, where she enjoys making memories and sharing her love for music. She is a very talented musician, able to play the harmonica, accordion, and keyboard by ear. Katie is thrilled to call Emerald Bay her home. She loves her lovely apartment and how beautiful the entire facility is, both inside and out. She also enjoys taking walks on the walking trail and has made so many wonderful new friends.

We are so excited to have Katie here with us and look forward to more cherished memories with her!

Employee Spotlight



This month, we're excited to shine the spotlight on Angie! Originally from Negaunee, Michigan, Angie moved to Green Bay when she was 8 years old. Outside of work, Angie enjoys crocheting, reading, discovering new shows to binge-watch, and, of course, keeping her son entertained.

Angie's favorite part about working at Emerald Bay is the wonderful people she collaborates with daily. She truly appreciates the supportive and cohesive team dynamic here. Beyond her coworkers, Angie also finds joy in

building connections with the residents. She loves seeing their smiles and cherishing the moments when they accomplish their personal goals.

One of Angie's fondest memories at Emerald Bay is how welcoming and kind the people were when she first joined the team. She recalls how everyone was encouraging and helpful, making it easy for her to ease back into her healthcare career.

We are so fortunate to have Angie as part of the Emerald Bay team. Thank you, Angie, for everything you do!

Dates to Remember

Events happening in December

-
- December 3** Birder on Broadway-White Christmas Play
-
- December 6** Woodman's & Walmart Outing
-
- December 9** Sing Along with Special Guest
-
- December 10** Wheel Wash
-
- December 11** Vitals Clinic & Good for the Soul Entertainment
-
- December 12** Pulaski HS Christmas Concert & Voyageur Park Lights
-
- December 13** Bay Park Square Mall Outing
-
- December 15** Peace Lutheran Church Carolers
-
- December 16** Mission Karaoke Christmas Entertainment
-
- December 17** WW2 Speaker & Festival of Trees Outing
-
- December 18** Unity Carolers, Jukebox Dave Christmas Concert
-
- December 18** Christmas Tea & Social Party
-
- December 19** Sing Along Entertainment & Botanical Garden Lights
-
- December 20** Pizza Ranch & Seroogy's Outing
-
- December 21** King's Carolers
-
- December 23** Dudley Birder Chorale Entertainment
-
- December 27** Kroc Center Outing
-
- December 31** Organ Recital with Margaret & New Years Eve Party
-

Obituaries

Saying Goodbye to our Dear Friends

Dorothy E. “Dot” Reeners



Dorothy E. “Dot” Reeners, age 97, of Hobart passed away Thursday November 21, 2024 in Hobart.

Dot was born April 30, 1927 in Rochester, NY, daughter of the late Raymond and Ruth (maiden name) Fish. She was united in marriage to Robert G. Reeners in Rochester, NY on May 7, 1949 and celebrated 71 years of marriage prior to his death on September 2, 2020.

Dot was an avid bowler who bowled for years in the Green

Bay Women’s Classic League where she bowled many 600+ series throughout the years.

She has been a resident of Green Bay and Hobart for over 62 years. Dot and her husband sold produce for decades at the Green Bay Farmer’s Market in downtown Green Bay.

Dot spent many years line dancing at the YMCA with a group called “The Honky Tonk Kickers”. This group danced at nursing and retirement homes. She learned to play the organ late in life and loved to read. Most of all, Dot loved her family and always remembered every birthday, anniversary and special occasions.

Survivors include her children: Denise Koenigs; Scott (Barb) Reeners; a son-in-law: Dave Juelich; six grandsons: Jason (Stephanie), Ryan (Stacy), Corey (Megan) and Adam Juelich; Joshua (Sarah) and Ross (Amy) Koenigs; five great grandchildren: Ian, Madeline,

Nathan, Liam and Allison; nieces, nephews, other relatives and friends. Dot was preceded in death by her parents Raymond & Ruth Fish, her husband Robert G. Reeners and a daughter Deborah “Debbie” Juelich.

A public visitation with the family was held on Wednesday, December 4, 2024 from 4:00 p.m. to 6:00 p.m. at the Lyndahl Funeral Home. A Funeral Service will be held at Arlington National Cemetery, Arlington, Virginia at the time of her burial, next to her husband at a later date.

In Lieu of flowers, donations in Dot’s name can be sent to her favorite charity, Boy’s Town.

Expressions of sympathy may be sent to the family by visiting www.lyndahl.com

The family would like to extend their deepest appreciation and gratitude to the wonderful staff at Emerald Bay Assisted Living facility, Hobart, WI for their loving care of Dot as well as their sincerest appreciation to the staff of St. Croix Hospice.

Obituaries

Saying Goodbye to our Dear Friends

Joyce Davis Cucullu



Joyce Davis Cucullu, age 92, passed away on November 22, 2024. Joyce was born on March 5, 1932 to Charles and Alice Davis in Chicago, IL.

Joyce grew up in Chicago and graduated from Bowen High School. She went to the University of Illinois and graduated with a degree in Architecture in 1954. She married Charles Cucullu

on June 16, 1956 at Holy Name Cathedral in Chicago. She lived in South Holland IL after she was married and then moved to Doylestown PA in 1971 when her husband was transferred to that area for his career. In retirement, she and Charles moved to Boulder City NV where they lived for many years.

Joyce had many interests and quilting was one of her favorites. Many family members were gifted with beautiful quilts over the years which are now treasured heirlooms for all of us. She also enjoyed trains and travel and her Canadian trip on the Rocky Mountaineer with her friend and neighbor Amy was a special memory for Joyce.

Joyce's additional interests included Antiques Roadshow and watching hummingbirds. She was an avid stamp collector and enjoyed watching James Bond movies with her grandchildren.

Joyce was preceded in death by her husband Charles and her son Douglas. She is survived by her son Charles (Mary) Cucullu and her 4 grandchildren Nicole (James) Baxter and their children Emily and Calvin; Katie (Mike) Crandall and their son Jackson; Lauren (Todd) Swanson and their children Charley, Morgan and Parker; Tyler Cucullu and his fiancé Britt Tyree.

Thank you to the wonderful care givers at Emerald Bay Memory Care and Moments Hospice for the support and assistance you provided to Joyce in the last years of her life. Also, thank you to all who remembered Joyce while she lived at Emerald Bay with a card, a call, or flowers. Even as her memory was failing, know that you added a smile or a welcome distraction from the confusion and frustration of dementia. You provided Joyce with moments of happiness and the family appreciates how you kept Joyce in your life.

Memory Care

Dates to Remember

Events happening in December

December 11 Girl Scout Carolers

December 12 Pulaski HS Christmas Concert

December 13 Movie Outing

December 16 Mission Karaoke Christmas Entertainment

December 18 Music with Good for the Soul

December 25 Christmas Party

December 27 Narrow Bridge Lunch Outing

Quote of the Month

“When I’m worried and I can’t sleep I count my blessings instead of sheep.” — Irving Berlin

Resident Spotlight



We are thrilled to shine the resident spotlight on Janice! Born and raised in Green Bay, WI, Janice has led an adventurous life.

In her younger years, she loved skiing, snowmobiling, traveling, and spending time working on her yard. Now, she enjoys meeting with her neighbors at Emerald Bay and going on exciting outings.

One of Janice's favorite things about living at Emerald Bay is how accepted she feels in everything she does. She truly values the sense of community and the warm, welcoming atmosphere.

Janice was married to her late husband, Don, in the early years of their life together. The couple both worked at Saccone Oil Company

before purchasing Arby's franchise. One of Janice's proudest accomplishments is building and growing their successful business together.

Janice and Don also adopted two wonderful children, a son and a daughter, and today Janice is the proud grandmother of four grandchildren and three great-grandchildren.

We are so grateful to have Janice as part of our Emerald Bay family and look forward to creating many more memories with her!

Employee Spotlight



We are excited to shine this month's employee spotlight on Laura! Born and raised in Montello, WI, Laura is a dedicated team member who loves spending time with her family. Outside of work, she enjoys bowling, fishing, and hunting, embracing the joys of the great outdoors.

Laura's favorite part of working at Emerald Bay is the opportunity to connect with the residents. She finds great fulfillment in making

a positive impact in their lives. What motivates Laura to be the best version of herself is her desire to set a strong example for her children, teaching them to always strive to be their best selves and to show kindness to others.

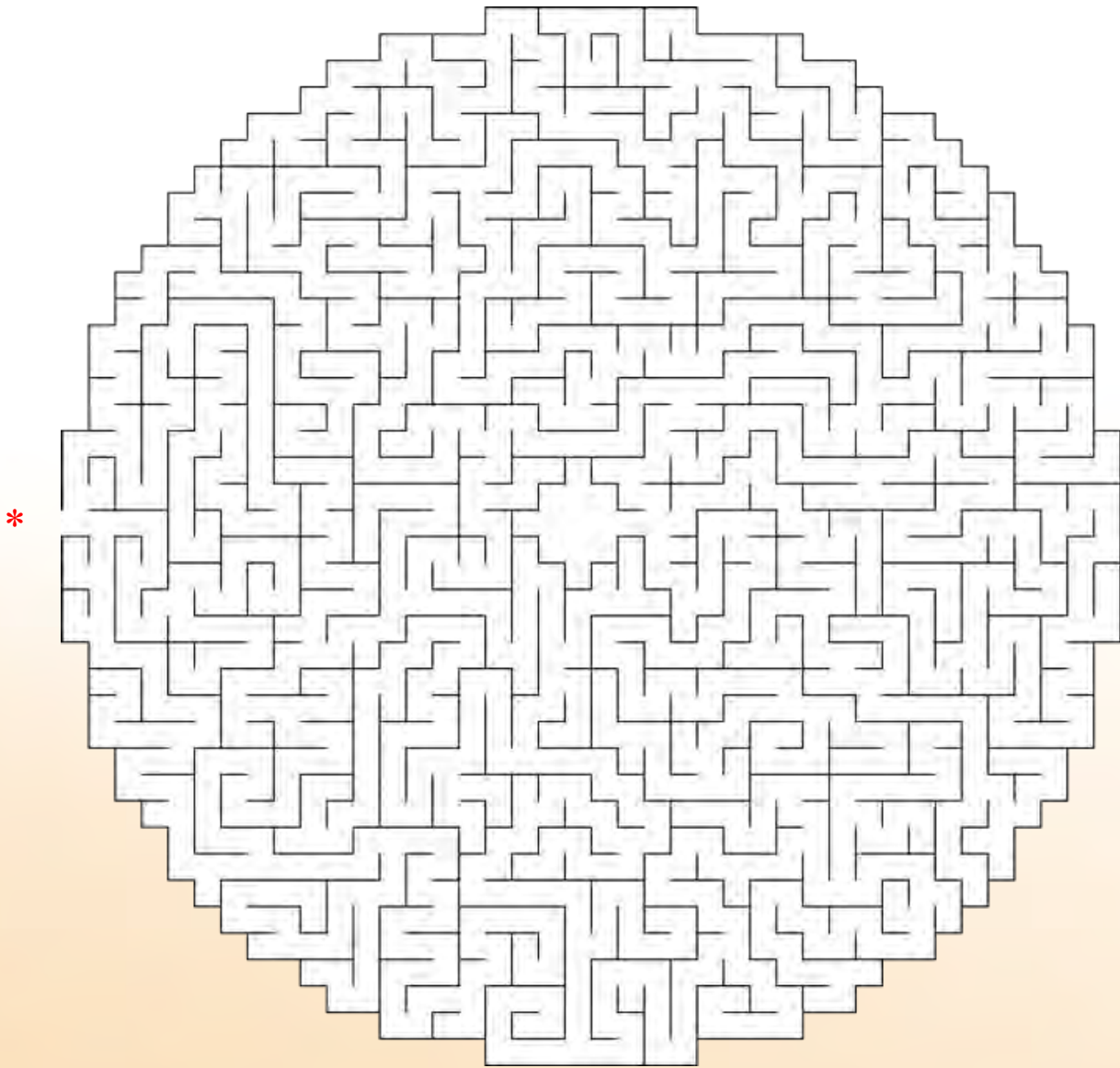
Laura has been with Emerald Bay for four months now, and we are so grateful for her dedication and hard work. Thank you, Laura, for all you do!

Reminiscing November

Memory Care



ESCAPE THE MAZE!



December Word Search

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

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

Carolers

Eggnog

Elf

Frosty

Gingerbread

Noel

Nutcracker

Peace

Reindeer

Snowman

Stockings



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