

MONTHLY Newsletter

January Issue, 2025

Kayla's Korner

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.



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

- Word puzzles
- Card games
- Reading
- Sudoku
- Mechanical puzzles (ex. Rubik's Cube)
- Riddles
- Trivia

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EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE

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



New Year, New You!

Get a start in the New Year on your healthiest self. Each person has an individual set of health needs. A wellness plan should take into consideration the individual's environment or living situation, body type, emotional well-being and support systems.

Here are items to consider when establishing your personal wellness plan:

- It's an active process, which means it takes time and intentionality.
- It needs awareness, which means paying attention to the different aspects of your life.
- It requires choices, which means you're in the driver's seat.
- Set a goal to participate in physical activity every week.
- Begin your day with morning stretching.
- Go for a walk for 10-15 minutes several times a week.
- Join a live exercise program available in your community.

Benefits of Wellness:

- Increased strength and flexibility
- Increased cardiovascular performance
- Reduced impact of chronic conditions
- Improved neurocognitive function
- Reduced risk for falls
- Improved mental health and well-being
- Decreased stress
- Enhanced management of illness
- Improved pain management
- Improved sleep
- Improved blood pressure
- Increased mental focus

Social Buzz

We wanted to let you know about an update to our newsletter schedule. Going forward, our newsletter will be sent out quarterly, with the next edition arriving in April.

For January, we have some great entertainment lined up: Enjoy live music with **Fernando** on **January 15th at 3:30pm** and **Good for the Soul** on **January 29th at 3:30pm**. We hope you have a great January and look forward to keeping you informed and connected with all the happenings at Emerald Bay!

January Birthdays at Emerald Bay!

Sue R., Helen C., Nancy L., Vera B., Antoinette E., Jane S., Shirley T.,
Lorraine M., Bette K., Lorraine S., Dick V., Diana (Memory Care)



Resident Spotlight



Meet Arlene, originally from Marathon, Wisconsin, and raised in Wausau. Later in life, she moved to Green Bay, where she

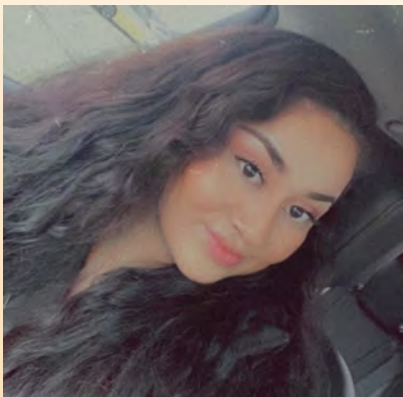
worked as a secretary for St. John's Baptist Church for 32 years, dedicating much of her time to the community. She was married to her husband, Jerry, whom she describes as a gentle and easy-going man. Jerry earned the nickname "Cookie Man" due to his work as an Archway cookie distributor. Together, they had two children. Arlene is especially proud of her beautiful family, which has grown to include four grandchildren and two great-grandchildren.

In her younger days, Arlene

enjoyed knitting, playing card games, camping, and snowmobiling. Now at Emerald Bay, she loves staying active with bingo, workouts, entertainment, playing cards, and taking bus trips. Arlene says she enjoys every aspect of life here—especially the wonderful residents, staff, and the delicious food.

We are so happy to have Arlene as part of our Emerald Bay family and look forward to making many more memories with her!

Employee Spotlight



We are excited to shine our spotlight on Paola, a valued

member of the Emerald Bay team! Originally from Mexico, Paola has called Wisconsin home since she was five, growing up in Green Bay. In her free time, she enjoys going on walks with her dog, listening to music, and shopping. Paola loves connecting with the residents, caring for their needs, and listening to their stories. One of her favorite memories since joining Emerald

Bay was receiving a warm welcome from a resident on her first few days. The kindness made her feel genuinely happy and inspired, setting a positive tone for her first week.

We are so lucky to have Paola on our team and are grateful for her compassion and dedication! Thank you, Paola!

Memory Care Resident Spotlight



We are thrilled to announce our January Resident Spotlight, Bob! Bob is originally from Green Bay

and worked at Fort Howard Paper for 34 years. He was married to Sue, who dedicated much of her life to staying at home and taking in foster children. Over the course of 40 years, Sue lovingly cared for 272 newborns. Together, Bob and Sue raised 5 children, and Bob is now proud to have 9 grandchildren and 5 great-grandchildren.

Bob enjoys a variety of hobbies, including camping, boating, and traveling. He even had the

opportunity to drive the boat for the Water Board Warriors. Currently, Bob loves going on outings, participating in many fun activities, and, when the weather allows, enjoys relaxing outside. Bob's favorite thing about living at Emerald Bay is the delicious food and the kind, caring staff who make every day special.

We are so happy to have Bob as part of our Emerald Bay community!

Memory Care Employee Spotlight



We are excited to share our Memory Care Employee Spotlight on Ashlynn! Originally from New Franken, Ashlynn now lives in Green Bay. In her free time, she enjoys crafting, going to the gym, and spending quality time with her dog and family.

Ashlynn's favorite part about working at Emerald Bay is learning the residents' stories and listening to them reminisce about

their lives when they were younger. She is motivated to be her best self by seeing the positive impact she makes on the residents every day.

Ashlynn has been with us for 4 months now, and we are thrilled to continue making wonderful memories together. Thank you, Ashlynn, for all that you do!

Obituaries

Saying Goodbye to our Dear Friends

Kenneth (Ken) Trinkner September 7, 1930 — December 25, 2024

Continued

In addition to handling the large events at church, Ken was responsible for training all the altar servers at St. Francis for over two decades, a job he took great pride in. He and his wife also served mass at all the funerals for many years and Ken was a lector and communion distributor. Finally, Mr. Trinkner served his church community as a diocesan trained acolyte at St. Francis, was an associate to the Pastor, and around the altar for 17 years.

Ken was not only a man of faith, but a man of community. He was a member of the Knights of Columbus, The Share Program of De Pere, and The De Pere Christian Outreach. At the Outreach Ken served as a building and grounds chairman, day manager at the store, a member of the board of directors and 3 terms as President and Vice-President. As recognition for all of Ken's community involvement a grateful community awarded him "The Roses for Living Award." The Rotary Club of De Pere gave this honor to Ken. In 2000 St. Norbert's College awarded him the prestigious Silver Knight Award, achievements he proudly displayed in his home for his entire life.

Ken was also involved in the Brown

County 4-H organizations and he served as the chairman of the Cultural Arts Committee and President of the Brown County 4-H for many years. On the club level Ken and his wife, Marlyn, served as drama, speech, and demonstration leaders. Ken's club won first place out of 21 clubs in the county drama competition, an achievement that brought him much joy.

Ken is survived by his wife of 68 years, Marlyn, and 4 children: Susan (Michael) Cohen of Madison, WI, Cindy (Michael) Trinkner-Peot of Sister Bay, WI, Greg (Marge) Trinkner of Green Bay, WI and Joan (Lutfi) Shahrani of Madison, WI. Eleven grandchildren, Matthew (Brenda) Schmitt, Emily (Daniel) Bopf, Ross (Briana) Cohen, Annie (Brent) Cohen, Andrew Peot, Aubrey Peot, Chelsea (Tanner) Taves, Tasha (Tony) Poplin, Jassem (Emily) Shahrani, Taj (Meghan) Shahrani and Zane (Kira) Shahrani, and ten great-grandchildren. One sister, Ellie Zirbel of Madison and one sister-in-law, Dorothy (Dottie) Trinkner of Sturgeon Bay. He is further survived by nieces, nephews and other relatives and many friends. In addition to his parents he was preceded in death by, his sister Dorothy Mae Trinkner, his siblings

Gordon Trinkner, Richard Trinkner and Mary Quade, his brother-in-law Charles Quade, sister-in-law, Bernice Trinkner, his son-in-law, David Schmitt and his daughter Jean Ann Trinkner.

Ken will be remembered as a natural born teacher, filled with the spirit and as an exceptional father by his family and those that knew him.

There was little Ken would not do to help another, and he lived his life by the values of his faith and the kindness of his heart.

"Well done, good and faithful servant" Matthew 25:21.

A celebration of Ken's life was held at St. Francis Xavier Catholic Church, 220 S. Michigan Street, De Pere, on Tuesday, December 31, with visitation from 9:00am until 10:45am followed by Mass of Christian Burial at 11:00am. Burial was in Mt. Olivet Catholic Cemetery. Cotter Funeral and Cremation Care assisted the family.

In lieu of flowers, memorial funds have been established in his name for Unity Hospice.

Reminiscing December



January Word Search

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

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

CHILL

HIBERNATE

SKIING

EARMUFFS

JANUARY

SNOWFALL

FIREPLACE

MITTENS

TOBOGGAN

FROZEN

RESOLUTION

WINTER



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: 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