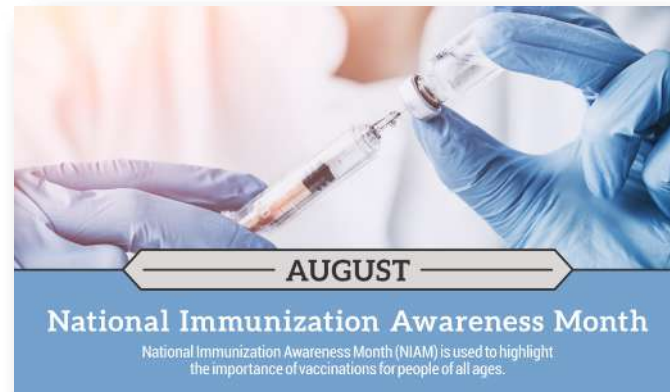




Fremont Village
SENIOR LIVING
A Lifespark Community

Age Magnificently

Fun Facts & Games



Fremont Village
SENIOR LIVING
A Lifespark Community

Fremont Village Senior Living | 26369 2nd Street East, Zimmerman, MN 55398 | (763) 340-0026



Our Community Newsletter

Discover what's going on in your neck of the woods.

Lets Celebrate!

Staff Birthdays

Anna Houk	8/1
Maggie Fischbach	8/9
Kayla Bakke	8/11
Christa Kennedy	8/17

Staff Anniversaries

Martha A.	8/16
Kendra C.	8/16
Casey I.	8/16

Resident Birthdays

Pat G.	8/07	(312)
Eugene S.	8/07	(201)
Sandy S.	8/14	(008)
Terry T.	8/14	(009)
Dale R.	8/17	(214)
Vera B.	8/19	(223)
Kathleen H.	8/23	(106)
Patricia P.	8/25	(219)
Robert F.	8/31	(325)

Did You Know... August Fun Facts!

- August is named after the Roman Emperor Augustus.
- Originally, August did not have 31 days. August had only 30 days, while July, which was named after Julius Caesar, had 31 days. Augustus did not want his month to have fewer days than Julius' month, so he added a day to August, making it 31 days.
- August has 2 birthstones: Peridot and Sardonyx.
- August has 2 birth flowers: Gladiolus and Poppy.
- The word "August" comes from the Latin word "Augustus", which means "inspiring reverence or admiration. Today, the word "August" is often used to describe something that is impressive, majestic or awe-inspiring.

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From the Executive Director

Life expectancy has increased by 10 years since 1950. As people live longer quality has become increasingly important. Senior care facilities are thriving and allow people to safely live as fulfilling life as possible. Here at Fremont Village, we try to consider what is most important to seniors in their retirement years and how to best meet their needs. Here's a look at 5 things seniors value most.

1. Good Health— At Fremont Village we take residents' health care seriously and aim to provide the best possible care, with our great team of aides, our outstanding nurses and our in-house provider. Did you know you can be seen by a primary care provider here in the building? Ask for more details.

2. Relationships— Participating in activities and meeting people in the building can help create new relationships and provide a sense of community and belonging. We offer many different activities providing an opportunity to meet your neighbors and develop new relationships. Haven't seen anything that catches your interest, let us know we are always open to adding new activities.

3. Exercises— Physical activity benefits the body, mind and spirit at any age. We hold regular exercises, have a wellness room with machines, weights and bands which residents are welcome to use at any time. If the door is locked your key fob will open it.

4. Food— Food is an important part of self-care and community in terms of sharing meals and celebrations. We provide 3 meals a day as well as nutrition talks, recipe ideas, and other food related activities. If there is something you would like to see on the menu let us know and we will do what we can to accommodate your requests.

5. Independence— Most people value their independence and want to be self-reliant as long as possible. As we age, we inadvertently need more help with certain tasks. We are here to provide as little or as much help as you need while allowing you to be as independent as possible.

Colleen

Nursing News

Healthy Habits

Diet and Exercise are the two most important changes you can make. Even if you have never been active, it's never too late to get started. A healthy diet and physical activity are good at any age. These healthy habits strengthen muscles and bones.



Employee Spotlight

Tell us about your family!

My family consists of my parents and younger brother. My mom is an Occupational Therapist and my dad owns a construction business.

What is your secret talent no one knows about?

My shoulders are double jointed.

What is your favorite season?

Summer, because I love lake days!

What is on your bucket list?

Touring Antelope Canyon in Arizona, or going hiking in Banff, Canada.

What are some of your hobbies?

Spending time with my friends and family, going to the gym, hot yoga, traveling, coffee dates, shopping and swimming.

Would you rather cook or order in, and why?

Cook, because I like to make food for myself and to try to make new things.



**Meet
Caley Snow**
Home Health
Aide

If you could live anywhere, where would it be?

Montana, if I could move my whole family with me, otherwise I enjoy living close to friends and family.

What is your favorite thing about your job?

Putting a smile on the residents' faces!

What did you want to be when you grew up?

A Veterinarian, but now I want to be a Pediatric Physician's Assistant.

Main Events & Info

Outings

- ▶ Santa Lucia's Ice Cream on Monday August 7th
- ▶ Walmart Princeton on Monday August 21st

Welcome our New Residents!

- ▶ Richard DeSchane (221)
- ▶ Don Lundell (229)
- ▶ Robert Funk (325)

Online Payment Portal

Fremont Village offers an online payment option for our residents' monthly rent:

www.EmergeTechnology.net/#/FremontVillageSL/

Random Fact

The first week of August is called Simplify Your Life Week.

Chef's Corner

Some things to look forward to this month are...

- ▶ **Sunday August 6th** - National Root Beer Float day! Serving Root Beer Floats in the Dining Room at 2:00pm.
- ▶ **Thursday August 10th** - National Banana Split day! Serving Banana Splits in the Dining Room at 2:00pm.
- ▶ **Thursday August 17th** - Coffee with the Cook at 1:30pm.
- ▶ **Saturday August 26th** - National Cherry Popsicle Day. Serving Cherry Popsicles in the Dining Room at 2:00pm.



Community Events

Saturday August 26th is Fremont Village's Summer Fun-Raiser event!

11:00am - 2:00pm



We are raising money for the **ALZHEIMER'S ASSOCIATION**



A Message from our Chaplain

"You too, be patient and stand firm, because the Lord's coming is near." — James 5:8, NIV

Good day Everyone,
Do you ever think that life is full of waiting. In fact, we must wait daily. Perhaps, it's waiting for lunch or dinner, or waiting at a stop sign or waiting to buy something from a store, or perhaps it's just waiting as you get used to some change in life.

In our spiritual life, we also experience seasons of waiting. We may feel that our prayers are going unheard. Maybe we have a decision to make but do not know which direction to take. No matter the case, waiting can be tough and confusing.

However, during times of waiting, we are not alone. God is with us no matter where we are in life, even during periods of waiting.

Patience is often far from easy. It can seem impossible to wait for God's timing and plan for our lives. However, patience and faith come hand-in-hand.

To wait patiently for the Lord's timing, we must have faith and trust in His plan for us. Just because we do not know the plans that God has for us, does not mean we cannot place our trust in Him.

During our waiting, we can draw strength from God's words and promises. Psalm 21:14 tells us to "be strong and take heart and wait for the Lord." In circumstances of waiting, we can cling to hope and the fact that our suffering, confusion, or other emotions will not last forever. We can rely on God for peace even in the unknown.

When this happens, we may notice that in every season God is with us, both in and out of the waiting. When we are content, He is by our side. While we are waiting, He is still there. There is a time to wait and to stop waiting; and in all circumstances, God is there for us.

Keep your calendar handy and take advantage of the many activities that are available at 'The Fremont Village' this month. On the Spiritual side you may have an interest in the Worship and Praise Services to the various Bible studies. I would also enjoy visiting with you at any time. Let's chat! **Rev. Jeff Bergman, Senior Living Chaplain**

Miscellaneous

Guest Suite

Fremont Village has a Guest Suite! The Guest Suite can be reserved for \$75 per night, and includes a free meal each day! Please see the Front Desk for details.

Trivia!

Which famous actress and singer, known for her role as Dorothy in "The Wizard of Oz," was born on August 24th, 1919?

A) Judy Garland C) Audrey Hepburn
B) Gringer Rogers D) Julie Andrews

Answer: A

Did You Know?

August was once the 6th month of the year! In the Roman Calendar, August was know as "Sextilis", the Latin word for 6. It wasn't until 700 BC when January & February were added to the calendar, and August was bumped down to become the 8th month of the year.

Guest Meals

Guests are welcome to join their loved one for a meal in the Dining Room. The cost is \$12 per meal and can be paid with either a check, or billed to the resident's account. Checks can be made payable to Fremont Village and put in the Drop Box, located on first floor, to the left of the mailboxes.

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays 8/7 - Pat Gimm 8/7 - Eugene Skelton 8/14 - Sandra Steen 8/14 - Terry Tegg 8/17 - Dale Roth 8/19 - Vera Burgoyne 8/23 - Kathleen Harvey 8/25 - Patricia Pool		1 10:30 Happy Stitchers - Pub 12:30 Grip Game! Pub 2:00 Bunco - Screen Porch weather Permitting or Pub	2 11:00 Gentle Fitness - F 1:00 Nail Painting - P 1:30 Praise and Worship - CR 2:30 Coney Island Bags - CR	3 10:30 Bible Study with Jeff - PD 12:30 Grip Practice - P 1:00 Bean Bags - Outside weather permitting 2:30 Bingo - P	4 11:00 Gentle Fitness - F 1:00 Really Big Show - CR 1:30 Balloon Volleyball - CR 2:30 Happy Hour - Live Entertainment Main Dining Room!	5 10:30 Happy Feet Walkers Meet in the Lobby 2:00 Meet with Friends in the Pub for Games, Puzzles and Visit 5:00 Play Shuffleboard in the Pub Room!
6 10:30 John and Shirley - CR 10:30 Christ our Light Catholic Service on U-Tube - P 1:00 Happy Feet Walkers meet in the Lobby 3:00 Games in the Pub with a Friends	7 11:00 Gentle Fitness - F 12:30 Grip Practice - P 12:45 Santa Lucia's Ice Cream Shop-Sign up needed 1:00 Let's play shuffleboard outside weather permitting 2:30 Left Center Right - Screen Porch weather permitting or Pub	8 10:30 Happy Stitchers - Pub 12:30 Grip Game! - CR 1:45 Balloon Volleyball - CR 2:30 Bunco - Screen Porch weather Permitting or Pub	9 11:00 Gentle Fitness - F 1:30 Praise and Worship - CR 2:30 Coney Island Bags - CR	10 10:30 Bible Study with Jeff - PD 12:30 Grip Practice - P 1:00 Bean Bags Outside weather permitting. 2:30 Bingo - P	11 11:00 Gentle Fitness - F 1:00 Really Big Show - CR 1:30 Balloon Volleyball - CR 2:30 Happy Hour - Live Entertainment Main Dining Room!	12 10:30 Happy Feet Walkers Meet in the Lobby 2:00 Meet with Friends in the Pub for Games, Puzzles and Visit
13 10:30 Christ our Light Catholic Service on U-Tube - P 1:00 Happy Feet Walkers meet in the Lobby 3:00 Games in the Pub with a Friends	14 11:00 Gentle Fitness - F 12:30 Grip Practice P 1:00 Let's play shuffleboard outside weather permitting 2:30 Left Center Right - Screen Porch weather permitting or Pub	15 10:00 Resident Council Meeting - CR 10:30 Happy Stitchers - Pub 12:30 Grip Game! - CR 1:45 Balloon Volleyball - CR 3:00 Catholic Mass - CR	16 11:00 Gentle Fitness - F 1:00 Nail Painting - P 1:30 Praise and Worship - CR 2:30 Coney Island Bags - CR	17 8:00 HAPPY BIRTHDAY Dale R. 10:30 Bible Study with Jeff - PD 12:30 Grip Practice - P 1:00 Bean Bags Outside weather permitting 2:30 Bingo - P	18 11:00 Gentle Fitness - F 1:00 Really Big Show - CR 1:30 Balloon Volleyball - CR 2:30 Happy Hour - Live Entertainment Main Dining Room!	19 10:30 Happy Feet Walkers Meet in the Lobby 2:00 Meet with Friends in the Pub for Games, Puzzles and Visit
20 10:30 Church with John and Shirley - CR 10:30 Christ our Light Catholic Service on U-Tube - P 1:00 Happy Feet Walkers meet in the Lobby 3:00 Games in the Pub with a Friends	21 Senior Citizen's Day 11:00 Gentle Fitness - F 12:30 Grip Practice - P 12:45 Walmart Outing-Sign up needed 1:00 Let's play shuffleboard outside weather permitting 2:30 Left Center Right - Screen Porch weather permitting or Pub	22 10:30 Happy Stitchers - Pub 12:30 Grip Game! - CR 1:45 Balloon Volleyball - CR 2:30 Bunco - Screen Porch weather Permitting or Pub	23 11:00 Gentle Fitness - F 1:30 Praise and Worship - CR 2:30 Coney Island Bags - CR	24 10:30 Bible Study with Jeff - PD 12:30 Grip Practice - P 1:00 Bean Bags Outside weather permitting 2:30 Bingo - P	25 11:00 Gentle Fitness - F 1:00 Really Big Show 1:30 Balloon Volleyball - CR 2:30 Happy Hour - Live Entertainment Main Dining Room	26 10:30 Happy Feet Walkers Meet in the Lobby 2:00 Meet with Friends in the Pub for Games, Puzzles and Visit
27 10:30 Christ our Light Catholic Service on U-Tube - P 1:00 Happy Feet Walkers meet in the Lobby 3:00 Games in the Pub with a Friends	28 11:00 Gentle Fitness - F 12:30 Grip Practice - P 1:00 Let's play shuffleboard outside weather permitting 2:30 Left Center Right - Screen Porch weather permitting or Pub	29 10:30 Happy Stitchers - Pub 12:30 Grip Game! - CR 1:45 Balloon Volleyball - CR 2:30 Bunco - Screen Porch weather Permitting or Pub	30 11:00 Gentle Fitness - F 1:00 Nail Painting - P 1:30 Praise and Worship - CR 2:30 Coney Island Bags - CR	31 10:30 Bible Study with Jeff - PD 12:30 Grip Practice - P 1:00 Bean Bags outside weather permitting 2:30 Bingo - P		