



Our Community Newsletter

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



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

Lets Celebrate!

Staff Birthdays

Pauline V.	4/11
Madilyn H.	4/12
Madison B.	4/26
Marissa J.	4/29
Shawn S.	4/29

Staff Anniversaries

Tammy A.	1 Year
Courtney P.	1 Year
Julie V.	1 Year

Resident Birthdays

David L.	4/03
Carol B.	4/08
Sherrill S.	4/13



Did You Know... April Fun Facts!

- The etymology behind the word "April" comes from the verb "aperire", which means "to open". It's commonly believed that the word refers to the season of trees and flowers begin to "open" or bloom.
- April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year.
- On April 14th, 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.
- April 30th, 1789, George Washington was inaugurated as the First President of the United States.

From the Executive Director

Spring has come! It is time for fresh air, housecleaning and decluttering. Have you ever noticed how you feel when you walk into a tidy home vs a cluttered one. They say that clutter in the home can cause stress, anxiety, poor sleep and depression. Spring cleaning can be overwhelming when you think of all the chores that need to be done, but if you tackle it one room at a time it is more manageable. You'll quickly see results which will provide motivation to keep going.

Along with spring cleaning, it's a good time to declutter. Get rid of the clothes that you no longer wear, household items that may be piling up on the counter or piles of paper that seem to be never ending.

Not only will this provide us with a sense of peace, it also decreases the risk of fires, bugs and other uninvited guests.

Happy Spring,

Colleen



Nursing News

We are so excited to announce a new addition to our Nursing Team!

Emily brings a lot of experience to our nursing team from the ground floor and up. She started her career as a HHA, went to school to become a LPN and then earned her RN last summer.

Emily lives in Milaca. She is married to Josh Massey and they have a new baby boy, Oliver (3 months old).

Emily will be working 4 evenings per week and every other weekend.

This will provide additional support for our residents and our staff.

Please join us in welcoming her to Fremont Village!



Emily Massey, RN

Employee Spotlight

Tell us about your family!

I have 6 brothers and 3 sisters. My dad was in the Air Force so we moved around quite a bit when we were younger.

What is your secret talent no one knows about?

My brother is really into ancestry.com, and he said we are related to Taylor Swift. I like to sing!

What is your favorite season?

I like the Fall!

What is on your bucket list?

Road trip to Disney World with the family!

What are some of your hobbies?

I play video games and read.

Would you rather cook or order in, and why?

After cooking all day and being the only person home (two cats), the 3 kids (2 daughters and 1 son) are all grown and moved out, I don't cook that much at home.



Theresa Baldwin
Cook

If you could live anywhere, where would it be?

Illinois because I lived there before and I liked it!

What is your favorite thing about your job?

Eating 😊 and I also like the desert making!

What did you want to be when you grew up?

I love to dance so I wanted to be a ballerina!

Resident Updates

April Outings

April 18th 11:45am - Lunch at Guadalajara Mexican Restaurant

April 22nd 12:45pm - Shopping at Walmart

Welcome New Residents!

Daniel Voce (12)

Dementia Support Group

Wednesday April 10th at 5:00pm in the Community Room.

Random Fact

April 15th is Tax Day. There was a time when only 1% of Americans owed income taxes.

What's Cookin' in the Kitchen



Comment



Comment Cards

We would love for you to fill out our Dining Comment Cards! The cards are located in the Dining Room, near the entrance to the kitchen. Anyone can fill out a card; Resident or family member. We would love to hear your comments, what you like, what you don't like, what suggestions you may have, or what you may not have liked. These will help us to adjust our menus to better serve our Residents!

Community Events

Wednesday April 3rd – National Walking Day

Join us in Lobby at 1pm for a walk around the community!



Tuesday April 16th - National Wear your PJs to Work Day!

Join us by wearing your comfy clothes!

Monday April 22nd - Earth Day!

Join us in the Lobby at 1pm to walk around the community and pick up trash.



Wednesday April 24th - National Administrative Professionals Day

Help us celebrate Michele (Administrative Assistant) and all that she does for the community!

Wednesday April 24th - National Volunteer Day!

Help us thank our wonderful volunteers by joining us for card making in the Pub at 1pm.



Maintenance

As many of you may already know, we recently hired a full time Maintenance Director, Rich. Rich comes to us with many years of experience, and he will be at the community four days per week. If you need something fixed in your apartment, please contact the front desk at 763-340-0026 to have a Work Order put in.

Rich is also available for additional services such as hanging pictures or curtains, adding additional shelves, etc. These services would have a cost associated with them, and the cost would be communicated prior to the work being done. Please contact the front desk for this as well.



Miscellaneous

Volunteer

If you would be interested in volunteering at Fremont Village, please contact MaryAnn: MaryAnn.Mulvihill@LifesparkSL.com

Trivia

The first Earth Day in the United States occurred in which year?
A) 1980 B) 1970
C) 1960 D) 1950

Answer: B

Communication System

A reminder that we have a communication system via email. Please email Kendra if you would like to be added to our email list. Kendra.Chambliss@LifesparkSL.com

Random Fact

The phrase "April Showers bring May Flowers" comes from a poem from the 1500s by Thomas Tusser.

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fools' Day 11:00 Gentle Fitness - First Floor 1:30 Word Games with Becky - P 2:00 Let's play Name that Tune - P 2:30 Left, Center, Right -P	2 1:00 Forklift Practice - P 2:00 Word Games - P 2:30 Bunco - P	3 11:00 Gentle Fitness - First Floor 12:30 Nail Painting - Sign-up Pub 1:00 Let's Travel to New Zealand - You Tube - P 2:30 Coney Island Bags - CR	4 1:00 Forklift Practice - P 2:00 Name that Tune - P 2:30 Bingo - P	5 11:00 Gentle Fitness - First Floor 1:00 Balloon Volleyball - CR 2:30 Happy Hour Music Main Dining Room	6 2:00 Meet with Friends in the Pub for Games, Puzzles and Visit
7 9:30 Shuttle - Christ our Light Church Service 10:30 Christ our Light Catholic Service on U-Tube - P 1:30 Games in the Pub with Friends	8 11:00 Gentle Fitness - First Floor 12:30 Wellness Chat - F 1:30 Let's Travel to Australia - P 2:00 Let's play Name that Tune - P 2:30 Left, Center, Right -P	9 Eid al-Fitr 1:00 Forklift Practice - CR 1:45 Word Games - P 2:30 Bunco - P	10 11:00 Gentle Fitness - First Floor 2:30 Floor Coney Island Bags - CR	11 1:00 Mexican Train, Pool, Shuffleboard in the Pub 1:30 Sing-a-Long - MD 2:30 Bingo - P	12 11:00 Gentle Fitness - First Floor 1:00 Balloon Volleyball - CR 2:30 Happy Hour Social - P	13 2:00 Meet with Friends in the Pub for Games, Puzzles and Visit
14 9:30 Shuttle - Christ our Light Church Service 10:30 Christ our Light Catholic Service on U-Tube - P 1:30 Games in the Pub with Friends	15 Tax Day 11:00 Gentle Fitness - First Floor 1:00 Mexican Train, Pool, Shuffleboard 2:00 Let's play Name that Tune - P 2:30 Left, Center, Right -P	16 10:00 Resident Council Meeting - Pub 12:45 Scrimmage Forklift Game - CR 2:30 Bunco - P	17 11:00 Gentle Fitness - First Floor 12:30 Nail Painting - Sign up 2:30 Coney Island Bags - CR	18 1:00 Let's Travel - P 1:30 Sing-a-Long - P 2:30 Bingo - P	19 11:00 Gentle Fitness - First Floor 1:00 Balloon Volleyball - CR 2:00 March and April Birthday Celebration - P 2:30 Happy Hour Social - P	20 2:00 Meet with Friends in the Pub for Games, Puzzles and Visit
21 9:30 Shuttle - Christ our Light Church Service 10:30 Christ our Light Catholic Service on U-Tube - P 1:30 Games in the Pub with Friends	22 Passover Begins 11:00 Gentle Fitness - First Floor 12:45 Walmart Outing - Sign up 1:00 Earth Day if it's nice clean up around building 2:00 Let's play Name that Tune - P 2:30 Left, Center, Right -P	23 12:45 Forklift Game - CR 2:00 Word Games - P 2:30 Bunco - P	24 11:00 Gentle Fitness - First Floor 1:00 Catholic Service with Deacon Mark - CR 2:30 Coney Island Bags - CR	25 1:00 Mexican Train, Pool, Shuffleboard, Darts 2:30 Bingo - P	26 11:00 Gentle Fitness - First Floor 1:00 Balloon Volleyball - CR 2:30 Happy Hour Music Main Dining	27 2:00 Meet with Friends in the Pub for Games, Puzzles and Visit
28 9:30 Shuttle - Christ our Light Church Service 10:30 Christ our Light Catholic Service on U-Tube - P 1:30 Games in the Pub with Friends	29 11:00 Gentle Fitness - First Floor 1:30 Word Games - P 2:00 Let's play Name that Tune - P 2:30 Left, Center, Right -P	30 12:45 Forklift Game - CR 2:30 Bunco - P				