



## Lets Celebrate!

### Staff Birthdays

Astella M.	1/4
Janet H.	1/18
Sarah W.	1/24
Gracie F.	1/26
Courtney P.	1/28

### Staff Anniversaries

Emily T.	1/1	1 Year
Camille E.	1/15	1 Year
Michelle L.	1/20	2 Years
Suzanne B.	1/22	1 Year
Joanne M.	1/23	2 Years
Madelynn A.	1/30	2 Years
Juliet C.	1/30	1 Year

### Resident Birthdays

Gayle M.	1/7
Marylew L.	1/8
Vera H.	1/9
Jack K.	1/9
David M.	1/10
Gerald P.	1/23
Janice K.	1/24

## Did You Know... January Fun Facts!

- The month of January was named for the Roman God, Janus. Janus had two heads, symbolizing one head looking backward and one looking forward.
- Ellis Island opened on January 1st, 1892. Since opening, over 20 million people have immigrated to the United States.
- On January 3rd, 1959 Alaska became a state.
- The Portuguese landed in South America (now Brazil) on January 1st, 1502. They named the city Rio de Janeiro, which means 'River of January'.
- The History Channel was launched January 1, 1995.
- On January 4th, 2025, Earth will reach perihelion, which is the point in the planet's orbit where it is closest to the sun. At perihelion, Earth will be 91,405,993 miles from our bright star.

## From the Executive Director

*Happy New Year*

Join me in welcoming our new Business Office Manager; Hailey! Hailey comes from the Childcare industry and is excited to learn all the odds and ends of Senior Living. Hailey loves to spend her free time reading, floating on the lake up north, and playing all sorts of games with her nieces and nephew. Hailey's role at Fremont Village will include all things billing; monthly statements, depositing rent checks, etc. She can be reached via phone, or by email at [Hailey.Swedberg@LifesparkSL.com](mailto:Hailey.Swedberg@LifesparkSL.com). I know she looks forward to building relationships with all of you!

Best,  
Kendra Chambliss



**Hailey Swedberg**

Business  
Office  
Manager

## Employee Spotlight

### Tell us about your family!

*I live with my parents, my older sister, and our two dogs. One is a yorkie terrier named Murphy, and the other is a three-legged rottweiler named Dakota!*

### What is your secret talent no one knows about?

*This isn't really a secret, but I can wiggle my eyebrows.*

### What is your favorite season?

*Fall because I love Halloween and I love watching the trees change.*

### What is on your bucket list?

*I really want to go see the Macy's Thanksgiving Day Parade and ground hogs day in person.*

### What are some of your hobbies?

*When I'm not working or at school, I'm usually listening to music, working out, or reading.*

### Would you rather cook or order in, and why?

*I think I'd rather order in than cook something myself, even though I know it's more expensive. It's just a lot easier and food always tastes better when someone else makes it.*

### If you could live anywhere, where would it be?

*I really like big cities, so if I could live anywhere I'd choose a nice apartment in New York City.*

### What is your favorite thing about your job?

*My favorite part of my job is getting to talk to the residents and getting to know more about them, but rolling silverware is a close second.*

### What did you want to be when you grew up?

*When I was really little, I had dreams of becoming a WNBA player, but now, I've settled for becoming a pharmacist.*



**Brooke Duerr**

Dietary Aide

## A Message from our Chaplain

John Wesley, a faith leader in eighteenth century England and co-founder of the Methodist movement, was known for beginning each year with a covenant renewal ritual. The idea behind this annual renewal was to use the transition from year to year as a time check in with one's own spirit, to renew one's faith, and to evaluate and re-commit to one's values and consider how to live them out in the year ahead. If you were creating your own renewal ritual for this new year, 2025, what would you include? What do you believe in? What do you value? Is there anything from 2024 that you need to release so that your spirit can be at peace? What will ground you in the year ahead? How can the people around you in this community support and encourage you in being the person you choose to be...and how can you support your neighbors in the same way? May this month of January be for each of us another moment where we can begin, become, and believe!

Happy new year!

## Dementia Support Group

Wednesday Jan. 8th at 5:00pm in the Community Room.

Please contact Maryann with any questions.

[Maryann.Mulvihill@LifesparkSL.com](mailto:Maryann.Mulvihill@LifesparkSL.com)



## Did You Know...?

Guinness World Records notes that the lowest temperature ever recorded occurred on July 21, 1893 at Vostok Station in Antarctica, measuring -128.6 F.



## Family Council

We are looking for more family members to join our Family Council! Family Council meets once per quarter to discuss questions, comments, concerns, suggestions, etc. Please join us!

**Next Meeting:** Feb. 20th at 5pm

## Shopping List

To help you stay organized in the new year, we have a free refrigerator magnet shopping list available to anyone interested!

The shopping list will allow you, staff and/or family note the items you are in need of in preparation for your next shopping adventure. Please see Tammy at the Front Desk if you would like one.

## Nursing News

### 7 Health Habits for 2025

- Stay Hydrated:** Did you know you can get fluids from more than “drinking more water”? Fruits, vegetables and soups add liquids to your diet.
- Get Plenty of Sleep:** Strive for a minimum of 7 hours of sleep per night.
- Practice Stress Reducing Techniques:** Deep breathing, gentle yoga, and meditation.
- Stay Socially Active:** Participate in activities, community meals, visiting your neighbors.
- Stay Mentally Active:** Puzzles, reading, cards.
- Exercise: Walking, Gentle Fitness Class, Sit and Be Fit,** Utilize the Activity Room Equipment.
- Eat a Balanced Diet:** Fruits, Vegetables, Whole Grains, Lean Protein, and Healthy Fats.

Happy New Year from your Fremont Nursing Team!



## January Outings

- Monday, January 20th at 1:15 pm - Shopping outing to Walmart
- Wednesday, January 22nd at 11:45 am - Lunch outing to Jack and Jim's

Remember to please sign up in the 'Outing Binder' by the mailboxes!

## Welcome New Residents

Bob & Mary Fredell - 220



## Community Events

### Wednesday, January 15th - National Strawberry Ice Cream Day!

Join us in the Bistro at 2pm to enjoy some ice cream!



### Friday, January 24th - National Activities Professional Day!

Join us on the 24th by thanking our amazing Community Life team; MaryAnn, Kelly, and Emily!

### Friday, January 31st - National Hot Chocolate Day!

Join us in the Pub at 1:30pm for a Hot Chocolate Bar!



### Friday January 31st - A Celebration of Elvis!

Join us in the Pub at 2pm for a fun presentation in honor of Elvis' birthday!

## Trivia

Which of the following presidents was born in January?

- A) Bill Clinton
- B) Richard Nixon
- C) Ronald Reagan
- D) Barack Obama

Answer: B

## Random Fact



A snowflake consistently has six sides.

## Maintenance



Happy New Year! Hope everyone had a wonderful holiday! Just a reminder, report any issues to care staff or the front desk regarding maintenance issues in your home. If you plan on leaving for any appointments, visiting loved ones, or just going out and about, dress warm, watch your steps and take it slow. Although we take measures to reduce ice and snow on sidewalks and entrances, it is crucial to pay attention and take it slow. Let's stay safe and have an amazing start to 2025!  
- Dan, Maintenance Director

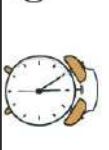
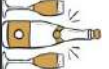
## Resident Referral

Fremont Village offers a rent incentive for any current Resident who refers another Resident, to live at Fremont Village. See Martha for details!

## What's Cookin' in the Kitchen

Fun Food Fact:  
The average wait time in a restaurant is now 20 minutes and greater. We, at Fremont Village, pride ourselves on serving you under 15 minutes, even with special orders. We are grateful for the food service team and all their hardwork!

# January 2025 - Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>10:30 Christ our Light 5</b> Catholic Service on TV [PD] Games with Friends! [P]</p>	<p>CR Community Room FR Fitness Room L Lobby MD Main Dining Room P Pub PD Private Dining Room</p>	<p><b>Happy Birthday to Gayle Moonen</b> 1/7 Marylew Lindell 1/8 John Klein 1/9 Vera Heins 1/9 David Martin 1/10 Gerald Peterson 1/23 Janice Krebsbach 1/24</p>	<p><b>Happy New Year!</b> New Year's Day 1:00 Meet in the Pub for Games [P] 6:00 Cribbage, Cards or other games in the Pub [P]</p>	<p>11:00 Let's Sing [P] 2 1:00 Drumming Class [P] 1:00 Mexican Train, Cards, Pool [P] 2:30 Bingo [P]</p>	<p>11:00 Gentle Fitness [CR] 3 1:00 Beach Ball [CR] 2:00 Farkle, Cardcoverall, Left Center Right, Cards [P]</p>	<p>10:00 Meet with Friends for coffee in the Pub [P] 4 2:00 Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p>
<p><b>10:30 Christ our Light 12</b> Catholic Service on TV [PD] Games with Friends! [P]</p>	<p>11:00 Gentle Fitness [CR] 6 11:00 Gentle Fitness [CR] 1:00 Word Games and Trivia [P] 1:30 Men's group meet to play Pool, Shuffleboard [P] 2:30 Bunco [P]</p>	<p><b>Happy Birthday to Gayle</b> 7 10:00 Nail Painting - Sign up please [P] 1:30 Worship with Chaplain Jean [CR] 2:30 Chef Chat with Sue [P] 2:45 Farkle, Left Center Right or Cards [P] 6:00 Meet with Friends to work on the Puzzle [P]</p>	<p><b>Happy Birthday Marylew</b> 8 11:00 Gentle Fitness [CR] 1:00 Catholic Bible Study [CR] 2:30 Coney Island Bags [CR] 6:00 Cribbage, Cards or other games in the Pub [P]</p>	<p><b>Happy Birthday John K. and Vera H.</b> 9 10:30 Tai Chi with Patty [FR] 1:00 Drumming Class [P] 1:00 Mexican Train, Cards, Pool [P] 2:30 Bingo [P] 3:45 Resident Council Meeting [P]</p>	<p><b>Happy Birthday David M.</b> 10 11:00 Gentle Fitness [CR] 1:00 Beach Ball [CR] 2:30 Social Hour [P]</p>	<p>10:00 Meet with Friends for coffee in the Pub [P] 11 2:00 Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p>
<p><b>10:30 Christ our Light 19</b> Catholic Service on TV [PD] Games with Friends! [P]</p>	<p><b>Martin Luther King Jr. Day</b> 20 11:00 Gentle Fitness [CR] 1:00 Word Games and Trivia [P] 1:15 Walmart Outing [L] 1:30 Men's group meet to play Pool, Shuffleboard [P] 2:30 Bunco [P]</p>	<p>10:00 Nail Painting - Sign up please [P] 14 12:45 Spark Challenge [CR] 1:30 Worship with Chaplain Jean [CR] 2:45 Farkle, Left Center Right or Cards [P] 6:00 Meet with Friends to work on the Puzzle [P]</p>	<p>11:00 Gentle Fitness [CR] 15 11:45 Lunch Outing - Sign up 2:30 Coney Island Bags [CR] 6:00 Cribbage, Cards or other games in the Pub [P]</p>	<p><b>Happy Birthday Gerald P.</b> 16 10:30 Tai Chi with Patty [FR] 12:45 Spark Challenge Crank Day [CR] 2:30 Bingo [P]</p>	<p><b>Happy Birthday Janice K.</b> 17 11:00 Gentle Fitness [CR] 1:00 Beach Ball [CR] 2:00 Really Big Show 2:30 Happy Hour Music in Main Dining [MD]</p>	<p>10:00 Meet with Friends for coffee in the Pub [P] 18 2:00 Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p>
<p><b>10:30 Christ our Light 26</b> Catholic Service on TV [PD] Games with Friends! [P]</p>	<p>11:00 Gentle Fitness [CR] 27 1:00 Word Games and Trivia [P] 1:30 Men's group meet to play Pool, Shuffleboard [P] 2:30 Bunco [P]</p>	<p>12:45 Spark Challenge [CR] 28 1:30 Worship with Chaplain Jean [CR] 2:45 Farkle, Left Center Right or Cards [P] 6:00 Meet with Friends to work on the Puzzle [P]</p>	<p>11:00 Gentle Fitness [CR] 29 2:30 Coney Island Bags [CR] 6:00 Cribbage, Cards or other games in the Pub [P]</p>	<p>12:45 Spark Challenge Crank Day [CR] 30 2:30 Bingo [P]</p>	<p>11:00 Gentle Fitness [CR] 31 1:00 Beach Ball [CR] 1:30 Hot Chocolate Bar [P] 2:00 Special Presentation with Trevor about Elvis [P]</p>	