



## Lets Celebrate!

### Staff Birthdays

Patti A.	5/24
Brooke D.	5/29
Joanne M.	5/31
Caleb Z.	5/31

### Staff Anniversaries

Heather O.	5/8	2 years
Emma C.	5/11	2 years
Sarah W.	5/14	1 year
Gracie F.	5/15	1 year
Caley S.	5/22	2 years

### Resident Birthdays

Tom L.	5/5
Marlis L.	5/7
Richard D.	5/14
Neil W.	5/26

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

- In May 1997, the Minnesota Twins retired number 34, worn by fan favorite Kirby Puckett.
- The Empire State Building opened it's doors on May 1st, 1931. At the point of it's construction, it held the record for being the tallest building in the world.
- The Kentucky Derby, the longest-running sports event in the United States, is held on the first Saturday in May, blending sports, fashion, and tradition.
- Clint Eastwood, Queen Victoria, John F. Kennedy, and Catharine the Great were all born in May.
- On May 20th 1932, Amelia Earhart became the first woman to fly solo across the Atlantic.
- The American Red Cross was founded by Clara Barton on May 21, 1881. The organization today provides volunteer disaster relief in the U.S. and abroad.
- May 30th 1973, The Pennsylvania Evening Post became the first daily newspaper published in America.



## From the Executive Director

Residents and Families of Fremont Village -

Happy Spring! I think we can officially say we made it through another Minnesota Winter. I know I am looking forward to the nicer weather ahead!

I am pleased to inform you that you now have the option to receive your statements by email instead of by mail. Switching to electronic statements offers several benefits, such as faster delivery, convenient access, and eco-friendly. To start receiving your statements by email, simply email Hailey Swedberg, Business Office Manager at [Hailey.Swedberg@LifesparkSL.com](mailto:Hailey.Swedberg@LifesparkSL.com). If you prefer to continue receiving paper statements by mail, no action is needed.

We're excited to offer this new option and appreciate your continued support.

Sincerely,

Kendra Chambliss



## Employee Spotlight

### Tell us about your family!

*I have 3 grown children - 2 sons and 1 daughter, and 5 grandchildren. I am married and have 2 step children. I have 2 Dachshunds named Captain Louie and Roscoe.*

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

*No secret talents here...*

### What is your favorite season?

*Spring*

### What is on your bucket list?

*Skydiving*

### What are some of your hobbies?

*I love camping and fishing.*

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

*Cook, I like to challenge myself by trying new things I haven't made before; like Greek, Spanish, and Chinese food.*

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

*New York*

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

*This isn't just a job I come to everyday, it's family. I love spending time with all the residents and listening to their stories.*

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

*A Comedian.*



**Sondra Panagiotatos**

Housekeeping

## A Message from our Chaplain

Happy May everybody!



This is my favorite month of the year because Spring is finally here! The flowers start peeking out of the ground, the trees are budding and the weather is warm. It is amazing how weather can affect our moods. During the winter we might feel a bit down because we aren't outside that much. We miss the sights and sounds of nature. Our skin craves the nutrition of vitamin D from the sun. As the snow melts and the landscape gets greener we feel as if we are going to burst into the great outdoors ready to enjoy another season of summer.

Each change of season reminds me of the scripture passage in the third chapter of Ecclesiastes. "For everything there is a season and a time for every matter under heaven" (Eccl. 3: 1) It brings home the knowledge that there is something greater than ourselves that drives the cycles of life and we can trust in this higher power to care for us through the changes of our lives.

- Chaplain Jean O'Bresky

## Dementia Support Group

Wednesday May 7th at 5:00pm in the Community Room.

Please contact Mary Ann with any questions.

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



## Did You Know...?

May was once considered a bad luck month to get married, coming from the poem: Marry in May and you'll rue the day.

## Family Council Happy Hour!

Join us for our quarterly Family Council meeting on **May 15th at 5:30pm**. We will have drinks and snacks available, and we will discuss any questions, comments, concerns, or suggestions you might have.

We hope to see you there!

## Greeting Cards

Fremont Village has greeting cards available for residents. These include birthday, anniversary, sympathy, thank you, etc.

Please stop by the front desk if you are in need of a card for a special occasion.



## Nursing News

### Nurse's Week is May 6th - May 12th

This year's theme is **Care, Lead, Inspire — Repeat**. It's a cycle that defines the profession. Nurses care deeply for patients, teams and communities. They lead with integrity and vision, often in the most complex and challenging environments.

**Fremont Village has incredible nurses who embody the spirit of compassion and care.**

Casey, Joanne, and Paige are the nurses who ensure the health and well-being of our folks that receive services in Assisted Living and Legacy Court. They are here for the residents, families, and staff.

**Casey- Caring, Amazing, Selfless, Energetic, Yearning.**

**Joanne- Joy, Optimistic, Amazing, Nourishing, Nice, Easygoing.**

**Paige- Patient, Active, Intelligent, Gracious, Eager.**

I am so thankful for such a wonderful team.

- **Patti**



### May Outings

- Monday, May 19th - Lunch Outing - New Hong Kong Buffet in Elk River at 12pm
- Tuesday, May 20th - Shopping at Walmart - 1pm

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

### Ladies on the Loose

Bring your girlfriends and come and join us for some fun!

Saturday, May 10th 11:00am - 2:00 pm  
at Fremont Village

Multiple Vendors, Shopping, Appetizers, Wine Tasting, and a Grand Prize Drawing at 2:30 pm!

## Maintenance



May is upon us and so are our chances for severe weather. Fremont Village has an Emergency Preparedness plan in place, and we have policies and procedures if we get hit with a significant storm. We keep a binder for Emergency Preparedness at our front desk. Residents and family are encouraged to ask questions if they have any. As a reminder, let's all stay "sky aware" and be mindful of the weather and any potential risks for the day/night. If you're outside enjoying the day and you become aware of any watch, severe thunderstorm or tornado, please move inside and sign back in at the front desk so that staff know you're back in the building. If there is a **tornado watch**, we want to close windows and blinds immediately. If it turns into a **warning**, move into any interior room without windows. Bring a blanket and pillow for added protection from any potential flying debris/broken glass. Shelter in place and do not leave the building during any severe weather event. If the need arises that we have to evacuate after the storm, we have transportation, medication lists, shelters, and other items in place. We encourage everyone to look into a weather radio, WCCO 830AM on the radio or tune into the news on TV for live updates. Mother nature is unpredictable, yet amazing, let's be prepared and know what to do just in case.

- **Dan, Maintenance Director**

## Community Events



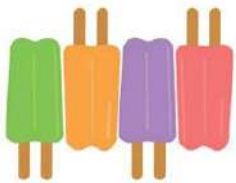
### Monday, May 5th - Cinco De Mayo Celebration!

Join us in the Dining Room at 2:30 pm for a Fiesta.



### Thursday, May 22nd - National Vanilla Pudding Day!

Join us at 2pm in the Bistro for a tasty pudding treat.



### Tuesday, May 27th - National Popsicle Day

Stop by the Bistro at 2:30pm for your favorite flavor of popsicle!



### Saturday, May 31st - National SMILE Day!

Let's spread the happiness and wear a smile all day!

### Trivia

In Hawaii, May Day is known as?

- A) Aloha Day      B) Welina Day  
C) Lei Day      D) Komo Mai Day

Answer: B

### Presentation Event

Join us on Friday, May 30th at 2pm for a CELEBRATION of Sgt. Peppers Lonely Hearts Club Band by the Beatles. Hosted by Trevor Brown, the presentation will feature incredible stories on how the album came together, music, trivia, prizes, and lots of fun!

### Special Event

Fremont Village will be hosting a Paint and Sip class on Wednesday, May 14th.  
\$25 per person.  
See Mary Ann for details!

### What's Cookin' in the Kitchen



Join us on Friday, May 9th for a Mother's Day Brunch  
11:30am-1:00pm.

Please sign up at the front desk by Tuesday, May 6th  
\$12 per Guest  
Maximum of 4 Guests

New Menu starts Sunday, May 11th.

May 2025 - Assisted Living

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