











Monthly Newsletter

May 2025



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

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Tom L.	5/5
Marlis L.	5/7
Richard D.	5/14
Neil W.	5/2

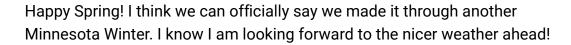
Did You Know... May Fun Facts!

- 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 -





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 @Lifespark SL.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



Sondra Panagiotatos

Housekeeping

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?

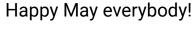
New York

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 stoires.

What did you want to be when you grew up?

A Comedian.





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 then 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

A Message from our Chaplain

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

Please contact Mary Ann with any questions.

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

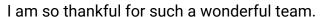
Nurse's Week is May 6th - May 12th

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.



- 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.

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10:30 PD Christ our Light Catholic Service on TV [PD] 1:00 P Walk's with Kelly Emily or Dawn [P] 2:00 P Games, Puzzles, Pool, Shuffleboard, Mexican Train [P]	10:30 PD Christ our Light Catholic Service on TV [PD] 10:30 CR Church Service with John and Shirley [CR] 1:00 P Walk's with Kelly, Emily or Dawn [P] 2:00 P Games, Puzzles, Pool, Shuffleboard, Mexican Train [P]	Mother's Day 10:30 PD Chinist our Light Catholic Service on TV [PD] 1:00 PD Walks with Kelly, Emily Chawn [P] 2:00 PD Games, Puzzles, Pool, Shuffleboard, Mexican Train [P]	10:30 PD Christ our Light Catholic Service on TV [PD] 10:30 GR Church Service with John and Shirley [CR] 1:00 P Walk's with Kelly, Emily or Dawn [P] 2:00 P Games, Puzzles, Pool, Shuffleboard, Mexican Train [P]	Sunday Sunday Fremont Village SENIOR LIVING Schedule is subject to change.
Happy Birthday Neil 26 Memorial Day 1:00 P Walk with Emily [P] 2:00 P Bunco [P]	10:45 CR Gentle Fitness [CR] 19 12:00 L New Hong Kong Buffet [L] 1:00 Sing Along 2:30 P Bunco [P] 6:00 P Walks with Dawn [P] 6:35 P Cards, Games with Dawn [P]	10:45 QR Gentle Fitness [CR] 12 1:00 P Word Games and Trivia [P] 2:30 P Bunco [P] 6:00 P Walks with Dawn [P] 6:35 P Cards, Games with Dawn [P]	10:45 CR Gentle Fitness [CR] 5 2:30 M Cinco de Mayo Celebration [M] 6:00 P Walks with Dawn [P] 6:35 P Cards, Games with Dawn [P]	Assisted Living Monday Monda
10:00 FR Sit and Be Fit with 27 Brenda [FR] 12:45 P Spark Forklift 2:05 GR Church with Chaplain 2:30 B National Popsicle Day 2:40 P Games in the Pub [P] 6:00 P Walks with Dawn [P] 6:35 P Cards, Games with Dawn [P]	10:00 FR Sit and Be Fit with 20 Brenda [FR] 12:45 P Spark Forklift 12:00 Walmart Outing 2:05 CR Church with Chaplain Jean [CR] 2:40 P Games in the Pub [P] 6:00 P Walks with Dawn [P] 6:35 P Cards Games with Dawn [P]	10:00 FR Sit and Be Fit with 13 10:30 GR Book Club [CR] 10:345 P Spark Forklift Challenge 12:45 P Spark Forklift Challenge 2:05 GR Church with Chaplain Jean [CR] 2:40 P Games in the Pub [P] 6:00 P Walks with Dawn [P] 6:35 P Cards Games with Dawn [P]	10:00 R Sit and Be Fit with Berenda [FR] 12:45 P Spark Forkiff 2:05 CR Church with Chaplain Jean [CR] 2:40 P Games in the Pub [P] 3:35 P Chef Chat with Sue [P] 6:00 P Walks with Dawn [P] 6:35 P Cards, Games with Dawn [P]	B Bistro CR Community Room FR Fitness Room L Lobby M Main Dining Room O Outside P Pub PD Private Dining Room
10:45 CB Gentle Fitness 28 [CR] 1:00 CB Catholic Church 1:00 Weekly Chronicle 2:30 Coney Island Bags Outside Weather Permitting [0] 6:00 P Walks with Dawn [P] 6:35 P Cards, Games with Dawn [P]	10:45 CR Gentle Fitness 21 1:00 PD Ladies Craft Group [PD] 1:00 Weekly Chronicle 2:30 Coney Island Bags Outside Weather Permitting [P] 6:00 P Walks with Dawn [P] 6:35 P Cards, Games with Dawn [P]	Happy Birthday Richard 14 10:45 CR Gentle Fitness 1:00 Weekly Chronicle 1:00 CR Paint and Sip - Sign Up Only [CR] 2:45 O Coney Island Bags O coney Island Bags O coney Island Bags Permitting [0] 6:00 P Walks with Dawn [P] 6:35 P Cards, Games with Dawn [P]	Happy Birthday Marlis 7 10:45 CR Gentle Fitness [CR] 1:00 PD Ladies Craft Group [PD] 1:00 Weekly Chronicle 2:30 Coney Island Bags Outside Weather Permitting [O] 6:00 P Walks with Dawn [P] 6:35 P Cards Games with Dawn [P]	Wednesday Happy Birthday to 5/5 Thomas Lidholm 5/7 Marlis Lane 5/14 Richard DeSchane 5/26 Neil Warner
10:30 B Tai Chi with Patty 29 10:30 B It's Cookie Day 1:00 O Shuffleboard, Jumbo Jenga, Bags and more [P] 2:30 P Bingo [P] 6:05 P Cards, Games with Dawn [P]	10:30 P Drumming [P] 22 10:30 P Drumming [P] 10:30 B It's Cookie Day 1:00 O Shuffleboard, Jumbo Leprga, Bags and more [O] 2:00 B National Vanilla Pudding 2:30 P Bingo [P] 6:00 P Walks with Dawn [P] 6:35 P Cards, Games with Dawn [P]	10:30 FR Tai Chi with Patty 15 [FR] 10:30 B it's Cookie Day Thursday! [B] 1:45 P Monthly Birthday's [P] 2:30 P Bingo [P] 6:00 P Walks with Dawn [P] 6:35 P Cards, Games with Dawn [P]	10:30 P Drumming [P] 8 10:30 P Drumming [P] 10:30 B It's Cookie Day Thursday! [B] 1:00 O Shuffleboard, Jumbo Jenga, Bags and more [O] 3:45 P Resident Council Meeting [P] 6:00 P Walks with Dawn [P] 6:35 P Cards, Games with	Thursday 10:30 B Tai Chi with Patty 1 10:30 B It's Cookie Bay 10:30 Shuffleboard, Jumbo Jenga, Bags and more [0] 1:00 D Lifelong Learning - American Women During the American Revolution [P] 6:00 P Walks with Dawn [P] 6:00 P Walks with Dawn [P] 6:00 P Walks with Dawn [P]
10.45 © Gentle Fitness 30 1.00 © Balloon Ball 1.00 FR Really Big Show [FR] 1.00 Weekly Chronicle 2.00 P The Beatles Anniversary Celebration with Trevor [P]	10:45 CR Gentle Fitness 23 1:00 CR Balloon Ball 1:00 FR Really Big Show [FR] 1:00 Weekly Chronicle 2:30 MD Happy Hour Music Main Dining Room [MD]	10.45 CR Gentle Fitness 16 1:00 CR Balloon Ball [CR] 1:00 FR Really Big Show [FR] 1:00 Weekly Chronicle 2:30 MD Happy Hour Music in the Main Dining Room [MD]	10:45 CR Gentle Fitness [CR] 9 11:30 Mother's Day Brunch- Sign up 1:00 CR Balloon Ball [CR] 1:00 RR Really Big Show [FR] 1:00 Weekly Chronicle	Friday 10:45 © Gentle Fitness [CR] 2 1:00 © Balloon Ball [CR] 1:00 FR Really Big Show [FR] 1:00 Weekly Chronicle 2:30 Happy Hour Music Main Dining Room
National SMILE Day! 10:00 P Meet with Friends for coffee in the Pub [P] 1:00 P Walks with Kelly, Emily 1:00 Weekly Chronicle 2:00 P Games, Puzzles, Pool, Shuffleboard, Mexican Train [P]	10:00 P Meet with Friends for coffee Friends for coffee in the Pub [P] 1:00 P Walk's with Kelly Emily or Dawn [P] 1:00 Weekly Chronicle 2:00 P Games, Puzzles, Pool, Shufflelboard, Mexican Train [P] 3:00 R St. Paul Winter Camival Knighting of Bob and Mary Fredell [CR]	10:00 Meet with Friends 17 for coffee in the pub [P] 1:00 Walk's with Kelly, Emily of Dawn [P] 1:00 Weekly Chronicle 2:00 P Games, Puzzles, Pool, Shuffleboard, Mexican Train [P]	10:00 P Meet with Friends 10 for coffee in the Pub [P] 1:00 P Walk's with Kelly Emily or Dawn [P] 1:00 Weekly Chronicle 2:00 S Games, Puzzles, Pool, Shuffleboard, Mexican Train [P]	Saturday 10:00 P Meet with Friends for coffee in the pub [p] 1:00 P Walk's with Kelly, Emily or Dawn [p] 1:00 Weekly Chronicle 2:00 P Games, Puzzles, Pool, Shuffleboard, Mexican Train [p] 3:00 P Bible Study with John and Shirley [pD]