



## Lets Celebrate!

### Staff Birthdays

Amanda M.	6/1
Ben R.	6/3
Alexis R.	6/4
Merrilee H.	6/7
Dawn A.	6/12
Nancy M.	6/19
Sara R.	6/25
Madelynn A.	6/26

### Staff Anniversaries

Ben R.	6/5	1 year
Heidi C.	6/11	1 year
Merrilee H.	6/21	2 years
Marianne S.	6/24	1 year

### Resident Birthdays

Joan S.	6/5
Arlene M.	6/9
Shirley J.	6/18
Beverly H.	6/26
Anne B.	6/27
Ron B.	6/28
Myra O.	6/28

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

- June holds the distinction of having the most birthdays on average of any month.
- June 6th, 1944, is etched in history as D-Day, the day Allied forces launched a massive invasion of Nazi-occupied Normandy, France, during World War II.
- On June 10th, 1913, Death Valley, California, recorded a temperature of 134°F (56.7°C), the highest temperature ever documented in the Northern Hemisphere.
- In June 1964, Douglas Engelbart publicly unveiled the first computer mouse, a groundbreaking invention that revolutionized human-computer interaction.
- Judy Garland, best known for her portrayal of Dorothy Gale in The Wizard of Oz, was born on June 10th, 1922 in Grand Rapids, MN.



## From the Executive Director

Residents and Families of Fremont Village -

I am excited to share that our team is growing — and fast! Over the past few weeks, we've welcomed a number of new faces in our Nursing department. These new faces include several new Home Health Aides and a new LPN. Each of these individuals bring a wealth of experience, fresh perspectives and enthusiasm to our community!

We're thrilled to have them on board and can't wait to see the impact they'll make! Please help me in welcoming them to the Fremont Village family!

Sincerely,

Kendra Chambliss



**Tammy L. - LPN**  
**Alexis R. - HHA**  
**Olivia B. - HHA**  
**Olivia G. - HHA**  
**Vangie P. - HHA**  
**Aubree E. - HHA**  
**Terri S. - HHA**  
**Lisa S. - HHA**

## Employee Spotlight

**Tell us about your family!**

*I live with my mom, dad, older brother, and our goldendoodle; Jax.*

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

*I can play the piano.*

**What is your favorite season?**

*Summer!*

**What is on your bucket list?**

*Traveling the world.*

**What are some of your hobbies?**

*Tennis, baking, and hanging out with friends.*

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

*Cook, I love trying new things and learning how to cook from friends and family.*

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

*Switzerland, I love mountains.*

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

*Getting to know residents, I love seeing how happy they get when you remember what they like.*

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

*I wanted to be a vet, but right now I'm thinking a doctor or something in healthcare.*



**Addison Surratt**  
Dietary Aide

## A Message from our Chaplain



"Joy does not simply happen to us. We choose to have joy and keep choosing it every day."

Henri Nouwen

The difference between happiness and joy is that happiness is getting what you want where joy is wanting what you get. We feel happy when life is going great and nothing is disappointing us. Then something frustrating comes along that upsets our happy existence and we are glum. I experienced this when I lost my job in 2008 during the great recession. It was during that time that I met a delegation of missionaries from Zimbabwe Africa. While we had been dealing with a recession for less than a year, Zimbabwe had been economically distressed for decades due to government corruption. They did not know from day to day if their electricity in their homes would work or if there would be food on the shelves in the grocery stores. Yet despite their not getting electricity and food they wanted, they felt deep joy every day. These folk made a deliberate choice to dwell in joy. They were joyful for the things they already had, their families, their church, their very lives. They did not let the challenges of life overwhelm the gifts they already possessed.

Life is full of setbacks which can make us feel sad, disappointed, and even angry. Choosing joy does not dismiss these feelings. We must get through these feelings to get over them. What joy tells is that the defeat will not be the final word.

"Weeping may linger in the night, but joy comes in the morning" Psalm 30: 5

Peace, Chaplain Jean

## Dementia Support Group

Wednesday June 4th at 5:00pm in the Community Room.

Please contact Mary Ann with any questions.

Maryann.Mulvihill@LifesparkSL.com



## Did You Know...?

June is the month with the longest daylight hours in the Northern Hemisphere, marking the start of Summer.

## Family Council Happy Hour!

Join us for our quarterly Family Council meeting on **August 21st 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

## June is Alzheimer's and Brain Awareness Month

June is recognized as Alzheimer’s and Brain Awareness Month to bring attention to and spread the word about Alzheimer’s disease and other dementia-related conditions. The Alzheimer’s Association states that worldwide, there are more than 55 million people who are living with Alzheimer’s or some other form of dementia.

According to CDC, the top five working signs for Alzheimer’s are as follows:

- Memory loss that disrupts daily life: forgetting events, repeating yourself or relying on more aids to help you remember (like sticky notes or reminders).
- Challenges in planning or solving problems: having trouble paying bills or cooking recipes you have used for years.
- Difficulty completing familiar tasks at home, at work, or at leisure: having problems with cooking, driving places, using a cell phone or shopping.
- Confusion with time or place: having trouble understanding an event that is happening later or losing track of dates.
- Trouble understanding visual images and spatial relations: having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.

How can I make my brain memory stronger?

- Stay mentally active with puzzles, games, learning new skills, and engaging in social activities can significantly improve memory and cognitive function.

Have a great Summer!  
Patti



## June Outings

- Monday, June 23rd - Santa Lucia's Ice Cream at 1:30pm
  - Tuesday, June 24th - Zimmerman Farmer's Market at 3:30pm
- Remember to please sign up in the 'Outing Binder' by the mailboxes!



Let's go June!

Summer is here and so will be the hot temperatures. Please report any issues with air conditioners or feel free to reach out with questions. It's a great month to open windows and let the sun and breeze in. Severe storms can happen and as a reminder, we have all the information on drills, real life emergencies and evacuation processes at the front desk. Stay "sky aware" and please enjoy the beautiful weather June brings us here in Minnesota!

- Dan, Maintenance Director

## Maintenance

# Community Events

## Wednesday, June 4th - National Cheese Day!

Join us in the Bistro at 2pm for a cheese fondue snack.



## Wednesday, June 11th - Safety Presentation

June is National Safety Month! Please join us in the Pub at 3:30pm for a Safety Presentation.



## Friday, June 13th - Father's Day Lunch!

Father's Day Lunch 11:30am-1pm.



## Wednesday, June 25th - National Strawberry Parfait Day!

Stop by the Bistro at 2pm for a delicious parfait.

## Trivia

Of the countless film classics released in June, many of the best belong to Steven Spielberg. Which of the following June releases did Spielberg agree to direct in exchange for a promise that the studio would then produce one of his passion projects: Schindler’s List?

- A) Raiders of the Lost Ark    B) Jurassic Park  
C) Minority Report                      D) E.T.                      Answer: B

## Presentation Event

Join us on Friday, June 27th at 2pm for a CELEBRATION of Classic Country Music! Hosted by Trevor Brown, the presentation will feature information on how the genre came to be. There will be great music, some prizes, and lots of fun!

## Memorial Service

Please join us in the Dining Room on Tuesday, June 17th at 2:30pm, for a memorial service with Chaplain Jean, honoring Residents that have passed.


## What's Cookin' in the Kitchen



Join us on Friday, June 13th for a Beers and Brats Father's Day Lunch! 11:30am-1pm.

Please sign up at the front desk by Tuesday, June 10th  
\$12 per Guest  
Maximum of 4 Guests

# June 2025 - Assisted Living

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
10:30 <b>PD</b> Christ our Lig... 1:00 <b>P</b> Walks with Kel... 2:00 <b>P</b> Games, Puzzles, P...	1	9:45 <b>L</b> Walking Group ... 10:45 <b>CR</b> Gentle Fitness... 1:30 <b>P</b> Word Games [P] 2:30 <b>P</b> Bunco, Left Cente...	2	10:00 No Brenda Today! 12:45 <b>P</b> Spark Forklift... 2:00 <b>CR</b> Church with Chapl... 2:30 <b>P</b> Games in the Pub ...	3	9:45 <b>L</b> Walking Group ... 10:45 <b>CR</b> Gentle Fitness... 1:30 Outdoor Games Weathe... 2:00 <b>B</b> National Cheese ... 2:30 <b>O</b> Coney Island Bags...	4	9:45 <b>L</b> Walking Group ... 10:45 <b>CR</b> Gentle Fitness... 1:00 <b>CR</b> Catholic Bible St... 1:00 <b>PD</b> Diamond Art/Color... 2:30 <b>O</b> Coney Island Bags... 3:30 <b>P</b> Safety Presentati...	5	10:45 <b>CR</b> Gentle Fitness... 1:00 <b>CR</b> Balloon Ball [... 1:00 <b>FR</b> Really Big Show [... 2:30 <b>MD</b> Happy Hour Neil D...	6	1:00 <b>P</b> Walks with Kel... 2:00 <b>P</b> Games, Puzzles...	7
10:30 <b>PD</b> Christ our Lig... 10:30 <b>CR</b> Church with Jo... 1:00 <b>P</b> Walks with Kelly ... 2:00 <b>P</b> Games, Puzzles, P...	8	Happy Birthday Arlen... 9:45 <b>L</b> Walking Group ... 10:45 <b>CR</b> Gentle Fitness [C... 1:30 <b>P</b> Word Games [P] 2:30 <b>P</b> Bunco, Left Cente...	9	10:00 <b>FR</b> Sit and be Fit... 12:45 <b>P</b> Spark Forklift... 2:00 <b>CR</b> Church with Chapl... 2:30 <b>P</b> Games in the Pub ...	10	9:45 <b>L</b> Walking Group ... 10:45 <b>CR</b> Gentle Fitness... 1:00 <b>CR</b> Catholic Bible St... 1:00 <b>PD</b> Diamond Art/Color... 2:30 <b>O</b> Coney Island Bags... 3:30 <b>P</b> Safety Presentati...	11	9:45 <b>L</b> Walking Group ... 10:30 No Tai Chi Today! 10:30 <b>B</b> It's Cookie Day T... 1:00 <b>PD</b> Horse Racing [PD] 2:30 <b>P</b> Bingo [P] 3:35 <b>P</b> Resident Council ...	12	10:45 <b>CR</b> Gentle Fitness... 11:30 <b>MD</b> Special Father... 1:00 <b>CR</b> Balloon Ball [CR] 2:00 <b>P</b> Social Hour [P]	13	1:00 <b>CR</b> Bible Study wi... 1:00 <b>P</b> Walks with Kel... 2:00 <b>P</b> Games, Puzzles, P...	14
Father's Day													
10:30 <b>PD</b> Christ our Lig... 1:00 <b>P</b> Walks with Kelly ... 2:00 <b>P</b> Games, Puzzles, P...	15	9:45 <b>L</b> Walking Group ... 10:45 <b>CR</b> Gentle Fitness... 1:30 <b>P</b> Word Games [P] 2:30 <b>P</b> Bunco, Left Cente...	16	10:00 <b>FR</b> Sit and Be Fit... 1:00 <b>P</b> Grip Game Prac... 2:30 <b>PD</b> Memorial Service ...	17	Happy Birthday Shir... 9:45 <b>L</b> Walking Group ... 10:45 <b>CR</b> Gentle Fitness [C... 1:30 Outdoor Games Weathe... 2:30 <b>O</b> Coney Island Bags...	18	9:45 <b>L</b> Walking Group ... 10:30 <b>P</b> Drumming [P] 10:30 <b>B</b> It's Cookie Day T... 2:00 <b>P</b> Monthly Birthday... 2:30 <b>P</b> Bingo [P]	19	10:45 <b>CR</b> Gentle Fitness... 1:00 <b>CR</b> Balloon Ball [... 2:30 Happy Hour Music in ...	20	1:00 <b>P</b> Walks with Kel... 2:00 <b>P</b> Games, Puzzles...	21
10:30 <b>PD</b> Christ our Lig... 1:00 <b>P</b> Walks with Kel... 2:00 <b>P</b> Games, Puzzles, P...	22	9:45 <b>L</b> Walking Group ... 10:45 <b>CR</b> Gentle Fitness... 1:20 <b>L</b> Santa Lucia Ice C... 1:30 <b>P</b> Word Games [P] 2:30 <b>P</b> Bunco, Left Cente...	23	10:00 <b>FR</b> Sit and Be Fit... 1:00 <b>P</b> Grip Game Prac... 2:00 <b>CR</b> Church with Chapl... 2:30 <b>P</b> Games in the Pub ... 3:20 <b>L</b> Zimmerman Farmers...	24	9:45 <b>L</b> Walking Group ... 10:45 <b>CR</b> Gentle Fitness... 1:00 <b>CR</b> Catholic Church S... 2:00 <b>B</b> National Strawber... 2:30 <b>O</b> Coney Island Bags...	25	Happy Birthday Bev ... 9:45 <b>L</b> Walking Group ... 10:30 <b>FR</b> Tai Chi with Patt... 10:30 <b>B</b> It's Cookie Day T... 11:00 <b>FR</b> Monthly Chat with... 1:00 <b>PD</b> Horse Racing [PD] 2:30 <b>P</b> Bingo [P]	26	Happy Birthday Anne ... 10:45 <b>CR</b> Gentle Fitness... 1:00 <b>CR</b> Balloon Ball [CR] 2:30 <b>MD</b> Happy Hour Music ...	27	Happy Birthday Myra ... 1:00 <b>P</b> Walks with Kel... 2:00 <b>P</b> Games, Puzzles, P...	28
1:00 <b>CR</b> Church with Jo... 10:30 <b>PD</b> Christ our Lig... 1:00 <b>P</b> Walks with Kelly ... 2:00 <b>P</b> Games, Puzzles, P...	29	9:45 <b>L</b> Walking Group ... 10:45 <b>CR</b> Gentle Fitness... 1:30 <b>P</b> Word Games [P] 2:30 <b>P</b> Bunco, Left Cente...	30	<div><p>Schedule is subject to change.</p></div>									

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>OT Other</div> <div>PD Private Dining Room</div>				