



Lets Celebrate!

Staff Birthdays

Heidi C.	7/8
Olivia B.	7/10
Camille E.	7/10
Sienna T.	7/10
Suzanne B.	7/20
MaryAnn M.	7/27
Precious J.	7/29
Chelsie P.	7/30

Staff Anniversaries

Natalie G.	7/18	1 year
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Resident Birthdays

Lila W.	7/7
Lylias H.	7/9
Kerri C.	7/14
Ringo S.	7/23
Albertine R.	7/28

Did You Know... July Fun Facts!

- July was an important time for the space race of the '60s. The first crewed mission to the Moon, the Apollo 11 Mission, launched on July 16, 1969. Four days later, on July 20, 1969, Neil Armstrong made history by taking the first step on the Moon while declaring, "That's one small step for man, one giant leap for mankind!"
- The first U.S. postage stamps went on sale on July 1, 1847.
- It was in July that the rabies vaccine was first successfully given to a patient. The French microbiologist Louis Pasteur administered the vaccine to a nine-year-old, Joseph Meister, on July 6, 1885. The child had been bitten by a rabid dog, and Louis Pasteur, unsure whether the vaccine would be successful, decided it was worth testing. Fortunately for the boy, it worked!
- In 1933, on July 7, construction began on one of Minnesota's most iconic landmarks - the Stone Arch Bridge in Minneapolis. The bridge was originally built to support the transportation of flour and lumber across the Mississippi River, but today it is primarily used as a pedestrian crossing.
- The Philadelphia Zoo, the first zoo in the U.S., opened on July 1, 1874.



From the Executive Director



Residents and Families of Fremont Village -

The Minnesota Department of Human Services (DHS) and the Minnesota Board on Aging (MBA) are conducting resident quality of life and family satisfaction surveys in licensed assisted living (AL) communities across the state. DHS and MBA have been directed to complete this work by the Minnesota Legislature under Minnesota Statute 256B.439.

DHS and MBA have contracted with Vital Research (Vital) to conduct these surveys. The Family Satisfaction Surveys will be mailed out from DHS on behalf of Vital. The Resident Quality of Life Surveys will be conducted on Tuesday July 15th by a group of specially trained staff from Vital.

For more information regarding these surveys, please refer to the letter sent out with the July statements.

Thank you in advance for your participation!

Kendra Chambliss



Employee Spotlight



Tell us about your family!

I have 4 siblings, and I am the middle child. I recently got engaged and have two cats and a dog.

What is your secret talent no one knows about?

I am funny and very indecisive.

What is your favorite season?

Summer!

What is on your bucket list?

Travel the world.

What are some of your hobbies?

Hanging out with family and friends, TikTok, and going to concerts.

Would you rather cook or order in, and why?

Order in - I don't like a mess.

If you could live anywhere, where would it be?

Orlando, Florida.

What is your favorite thing about your job?

Learning about the residents and making a difference in their lives.

What did you want to be when you grew up?

Oral Surgeon.



Heidi Corrigan

Lead Certified
Nursing Assistant

A Message from our Chaplain



Each season of life holds its own unique blessings. Here in our community, we are surrounded by individuals whose lives are rich with stories, resilience, and grace. As your chaplain, I often find myself humbled by the quiet strength and deep wisdom that resides in these halls.

In this season, I invite each of you to reflect on the small joys—sunlight streaming through the windows, a kind word from a neighbor, the laughter that echoes from our shared moments. These are not small at all; they are reminders that even now, we are growing in compassion, in courage, in love.

The book of Ecclesiastes tells us: "To everything there is a season, and a time to every purpose under the heaven." Even here, even now, our lives are filled with purpose. Whether it's encouraging someone who needs a listening ear or simply taking a moment to be still and grateful—we each have a role in making this community one of warmth and belonging.

May you feel the spirit of life in each step you take, and may this place continue to be a sanctuary for your heart and soul.

Peace,
Chaplain Jean

Dementia Support Group

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

Please contact Mary Ann
with any questions.

Maryann.Mulvihill@LifesparkSL.com



Did You Know...?

The Battle of Gettysburg, one of
the most significant battles of the
American Civil War, occurred from
July 1st to 3rd in 1863.

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

New Nurses at Fremont!



Tammy Larsen, LPN will be working full time 1-9:30pm and every other weekend 10am-6:30pm. She has many years of nursing experience and is from Zimmerman. We are so happy to have her on our Team. Please join me in welcoming her to our Fremont family.

Madilyn Hagen, LPN will be working Part-time 12:30pm-9pm and every other weekend 10am-6:30pm. Fremont’s very own “Madi”, she came through the ranks at Fremont as HHA, CNA, and now LPN! She plans to continue her career by becoming an RN. We are so happy to still have her on our team.



Patti Armstrong,
Director of Health Services

July Outings

- Monday, July 21st - Munsinger Gardens/Lunch Outing at 10am
 - Tuesday, July 29th - Zimmerman Farmer's Market at 3:30pm
- Remember to please sign up in the 'Outing Binder' by the mailboxes!



Happy July!
We all welcome the warmth and the fun in the sun with activities this time of year. Just remember to be safe, hydrate, find shade if needed, and make sure you have a cool place to retreat to if necessary. Please report to staff if your AC is not working or if you need help adjusting temperatures. It's still severe weather season and we need to remember what to do in case of severe weather "watches and warnings". If you have any questions, ask Dan with Maintenance or stop by the front desk and we can get you information that is always readily available for "Emergency Preparedness". Stay safe, stay cool, get outside and have some fun! We hope everyone has a wonderful 4th of July!

- Dan, Maintenance Director

Maintenance

Community Events

Tuesday, July 1st - National Creative Ice Cream Flavors Day

Join us at 2pm in the Bistro for a variety of ice cream flavors!



Tuesday, July 8th - National Freezer Pop Day

Stop by the Bistro at 2pm for a freezie treat.

Wednesday, July 23rd - National Lemon Day!

Join us for a glass of refreshing lemonade at 2pm in the Bistro.



Thursday, July 31st - National Avocado Day

Join us for chips and fresh guacamole in the Bistro at 2pm!

Trivia

Every Independence Day, how many times does the Liberty Bell ring?

- A) 7
- B) 12
- C) 10
- D) 13

Answer: D

Presentation Event

Join us on Friday, July 25th at 2pm for a CELEBRATION of all of your favorite musical acts! Hosted by Trevor Brown. There will be great music, trivia, prizes, and treats!

Leave a Review!

Please leave a Google Review for Fremont Village! There is information on how to do this at the front desk, by the visitor sign-in book.

What's Cookin' in the Kitchen




On the 4th of July we will be serving hot dogs and hamburgers with your favorite summer sides.

The new Rise and Dine Menu will start on July 15th!

Please leave a suggestion in the suggestion box located on the dining room wall, by the kitchen doors. We want your feedback!

July 2025 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday to 7/7 Lila Wilson 7/9 Lylas Hodgson 7/14 Kerri Crosby 7/23 Rinold Saathoff 7/28 Albertine Ricard		10:00 No Brenda today! [FR] 1 10:00 Grip Game Practice [P] 1:30 Church with Chaplain Jean [CR] 2:00 National Creative Ice Cream Flavors Day [B] 2:30 Games in the Pub [P]	9:45 Walking Group [L] 2 10:45 Gentle Fitness on YouTube [CR] 1:00 Horse Racing! [PD] 2:30 Coney Island Bags Outside Weather Permitting [O]	9:45 Walking Group [L] 3 10:30 Drumming [P] 10:30 It's Cookie Day Thursday! [B] 1:00 Word Games/Trivia [P] 2:30 Bingo [P]	Independence Day 4 10:45 Gentle Fitness [CR] 1:00 Balloon Ball [CR] 2:00 Games in the Pub with Friends [P]	10:00 Let's sing with Legacy Court [L] 5 1:00 Walks with Kelly or Emily [P] 2:00 Games with Kelly or Emily [P]
10:30 Christ our Light Catholic Service on TV [PD] 6 2:30 Meet with Friends in the Pub for Games!	Happy Birthday Lila 7 9:45 Walking Group [L] 10:45 Gentle Fitness [CR] 1:00 Outside Games 2:30 Bunco, Left Center Right - Community Room	10:00 Sit and Be Fit with Brenda [FR] 8 10:00 Grip Game Practice [P] 11:00 Book Club [CR] 1:00 Walking with Emily [P] 1:30 No Chaplain Jean Today [CR] 2:00 National Freezer Pop Day! [B] 2:30 Games in the Pub [P]	Happy Birthday Lylas 9 9:45 Walking Group [L] 10:45 Gentle Fitness [CR] 1:00 Catholic Bible Study [CR] 1:00 Ladies Craft [PD] 2:30 Coney Island Bags Outside Weather Permitting [O]	9:45 Walking Group [L] 10 10:30 Tai Chi with Patty [FR] 10:30 It's Cookie Day Thursday! [B] 11:00 Monthly Chat with Aegis 1:00 Word Games/Trivia [P] 2:00 Life Long Learning - Adventures of Benjamin Franklin [CR] 2:30 Bingo [P] 3:35 Resident Council Meeting [P]	10:45 Gentle Fitness [CR] 11 1:00 Balloon Ball [CR] 2:30 Happy Hour Music Main Dining Room [MD]	10:00 Let's sing with Legacy Court [L] 12 1:00 Walks with Kelly or Emily [P] 1:00 Bible Study with John and Shirley [CR] 2:00 Games with Kelly or Emily [P]
10:30 Christ our Light Catholic Service on TV [PD] 13 2:30 Meet with Friends in the Pub for Games!	Happy Birthday Kerri 14 9:45 Walking Group [L] 10:45 Gentle Fitness [CR] 1:00 Outside Games 2:30 Bunco, Left Center Right - Community Room	10:00 Sit and Be Fit with Brenda [FR] 15 10:00 Nail Painting - Sign up [P] 12:45 Grip Games Scrimmage [P] 2:00 Church with Chaplain Jean [CR] 2:30 Games in the Pub [P]	9:45 Walking Group [L] 16 10:45 Gentle Fitness [CR] 1:00 Shuffleboard [BP] 2:30 Coney Island Bags Outside Weather Permitting [O]	9:45 Walking Group [L] 17 10:30 Drumming [P] 10:30 It's Cookie Day Thursday! [B] 1:00 Word Games/Trivia [P] 1:30 Monthly Birthday's [P] 2:30 Bingo [P]	10:45 Gentle Fitness [CR] 18 1:00 Balloon Ball [CR] 2:30 Happy Hour Music Main Dining Room [MD]	10:00 Let's sing with Legacy Court [L] 19 1:00 Walks with Kelly or Emily [P] 2:00 Games with Kelly or Emily [P]
10:30 Church with John and Shirley [CR] 20 10:30 Christ our Light Catholic Service on TV [PD] 2:30 Meet with Friends in the Pub for Games!	9:45 Walking Group [L] 21 9:45 Munsinger Gardens/ Lunch Outing [L] 10:45 Gentle Fitness on YouTube [CR] 1:00 Arm Chair Travel to New Zealand [P] 2:30 Bunco, Left Center Right - Community Room	10:00 Sit and Be Fit with Brenda [FR] 22 12:45 Grip Games Challenge [P] 2:00 Church with Chaplain Jean [CR] 2:30 Games in the Pub [P]	Happy Birthday Ringo 23 9:45 Walking Group [L] 10:45 Gentle Fitness [CR] 1:00 Catholic Church Service [CR] 2:00 National Lemon Day! [B] 2:30 Coney Island Bags Outside Weather Permitting [O]	9:45 Walking Group [L] 24 10:30 Tai Chi with Patty [FR] 10:30 It's Cookie Day Thursday! [B] 2:30 Bingo [P]	10:45 Gentle Fitness [CR] 25 1:00 Balloon Ball [CR] 2:00 Who is on your Mt. Rushmore of musicians? [P]	10:00 Let's sing with Legacy Court [L] 26 1:00 Walks with Kelly or Emily [P] 2:00 Games with Kelly or Emily [P]
10:30 Church with John and Shirley [CR] 27 10:30 Christ our Light Catholic Service on TV [PD] 2:30 Meet with Friends in the Pub for Games!	Happy Birthday Albertine 28 9:45 Walking Group [L] 10:45 Gentle Fitness [CR] 2:30 Bunco, Left Center Right - Community Room	10:00 Sit and Be Fit with Brenda [FR] 29 10:00 Nail Painting - Sign up [P] 12:45 Grip Games Challenge [P] 2:00 Church with Chaplain Jean [CR] 2:30 Games in the Pub [P] 3:20 Zimmerman Farmers Market - Sign up [L]	9:45 Walking Group [L] 30 10:45 Gentle Fitness [CR] 1:00 Shuffleboard [BP] 2:30 Coney Island Bags Outside Weather Permitting [O]	9:45 Walking Group [L] 31 10:30 Drumming [P] 10:30 It's Cookie Day Thursday! [B] 2:00 National Avocado Day! [B] 2:30 Bingo [P]	 <small>Schedule is subject to change.</small>	B Bistro BP Back Patio CR Community Room FR Fitness Room L Meet in the Lobby MD Main Dining Room O Outside P Pub

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					PD Private Dining Room	