



Monthly Newsletter

August 2025



Taking a break is **PRODUCTIVE**

Boundaries are **healthy**

You can do what you
set **YOUR MIND** to

Changes are painful but **worth it**

Someone loves you for **who you are**

Good **ENERGY** attracts **good people**



Lets Celebrate!

Staff Birthdays

Jade C.	8/8
Erica D.	8/8
Justin T.	8/14
Ashley A.	8/21
Evan J.	8/28
Ellaine H.	8/31

Staff Anniversaries

Itzel E.	8/8	1 year
Casey I.	8/16	3 years
Ellaine H.	8/20	1 year
Ethan M.	8/20	1 year
Justin T.	8/20	1 year
Amanda M.	8/29	1 year
Brooke A.	8/31	2 years

Resident Birthdays

Patty V.	8/6
Pat G.	8/7
Ron H.	8/12
Sandy S.	8/14
Vera B.	8/19
Pat P.	8/25
Mary F.	8/27

Did You Know... August Fun Facts!

- On August 12th, 1984, Harmon Killebrew is the first player on the Minnesota Twins inducted into the Baseball Hall of Fame. He blasted 573 home runs over the course of his career.
- The Mona Lisa was stolen on August 21, 1911, by Vincenzo Peruggia, a former Louvre employee, in one of the most famous art heists in history.
- On August 28th, 1963, Martin Luther King Jr. delivered his iconic "I Have a Dream" speech during the March on Washington.
- World War 1 began on August 4th, 1914, when Britain declared war on Germany.
- In August 1762 the sandwich, as we know it, was created when the Earl of Sandwich requested meat between two pieces of bread.
- August is the only month that does not start on the same day of the week as any other month in a standard year. However, in leap years, it shares the same starting day as February.
- The eruption of Mount Vesuvius in August of 79 AD was a catastrophic event that buried the Roman cities of Pompeii and Herculaneum under ash and volcanic material, preserving them for centuries.



From the Executive Director

Residents and Families of Fremont Village -

We are excited to announce the launch of our new Employee Excellence Awards program! This program is designed to celebrate and recognize our many outstanding staff members! Residents, families and staff are encouraged to nominate a staff member who goes above and beyond in one of the following categories: Customer Service, Teamwork, or Quality Caregiver.

Pick up a nomination form at the front desk and submit your completed form back to the front desk. You can vote mulple times and nominate multiple people! Three winners (one in each category) will be chosen by the Leadership Team in early September, and each winner will receive a \$250 bonus!

Nominations are open from August 1st - August 31st, 2025. Help us honor the incredible contributions of out team by participating in the Employee Excellence Awards!

Thank you,
Kendra Chambliss



Employee Spotlight



Tell us about your family!

I live with my husband and two sons that are ages 5 and 15.

What is your secret talent no one knows about?

I can touch my tongue to my nose.

What is your favorite season?

Fall.

What is on your bucket list?

Travel Europe! Especially the U.K., Netherlands, and Belgium.

What are some of your hobbies?

Fishing, reading, camping, and gardening.

Would you rather cook or order in, and why?

Order in, I cook all the time so I would choose ordering in if I could.

If you could live anywhere, where would it be?

Minnesota - I love our state!

What is your favorite thing about your job?

Bringing joy to the resident's lives. I love to make them smile and laugh.

What did you want to be when you grew up?

A teacher.



Courtney Paulson
Home Health Aide

A Message from our Chaplain



Yesterday I went on a bike ride. The sun was shining yet there were clouds in the distance. Six miles into the ride, the clouds gathered, and it started sprinkling so I turned around to go back home. Suddenly the sprinkling turned suddenly into a full out deluge. Within a minute I was SOAKING WET! For a while, the rain was heavy, but I pushed through and kept riding. However, as I got closer to my house, the lighter the rain became. By the time I reached my house the rain was just sprinkling and by the time I changed out of my wet clothes, the clouds had parted, and the sun was shining.

This bike ride reminded me that while we like to think we are always in control of the circumstances of our lives, uncontrollable things happen such as a sudden decline in health, the death of a loved one receiving a life limiting diagnosis. We do what we can do to push through and learn to live into a new normal. Yet, we cannot do this alone, it takes a community of support to help us deal with life's surprises. Here at Fremont Village, I have seen how in this community you support each other in dealing with the uncontrollable situations that life gives you. Through the support of this community the storms of life become lighter, the clouds part and you all shine on each other.

Chaplain Jean

Dementia Support Group

Wednesday August 6th at 5:00pm
in the Community Room.

Please contact Mary Ann
with any questions.



Maryann.Mulvihill@LifesparkSL.com

Did You Know...?

The number of days in August has changed over time. It was initially 30 days, then reduced to 29, and finally set to 31 days by Julius Caesar.

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

August is National Wellness Month.

Tips to focus on:

- Make self-care a priority.

-Build healthy routines that support your mental, physical, and emotional well-being.
- Stay hydrated.

-Keep moving.

-Simply slow down.

-Reminder to put yourself 1st.

You must take care of yourself before you can care for others!



Friendly Reminders:

- 1. Call buttons/pendants are for emergencies only.**
2. Your scheduled services have a 30-minute window prior to and after the scheduled time on your services.
3. Your medications have a 60-minute window before and after the scheduled time for completion.

Have a great August!

Patti Armstrong,
Director of Health Services



July Outings

- Thursday, August 14th - Brookview Winery & Cidery at 12:30pm
 - Tuesday, August 19th - Zimmerman Farmer's Market at 3:30pm
- Remember to please sign up in the 'Outing Binder' by the mailboxes!



Maintenance

August is here and so are the "Dog Days" of summer! Please stay hydrated if you leave the building for any type of outing. Look for shade, bring an umbrella, and limit your time outdoors. Please let me or any staff member know if you are having issues or if you have questions with your air conditioner. As a reminder, if you want information regarding "Emergency Preparedness", ask the front desk and they will provide information. For all fire alarms, we are to approach as sheltering in place unless staff notifies you otherwise. Enjoy what we have left of summer, soak in the sun and heat but remember to be prepared!

- Dan, Maintenance Director

Community Events

Friday, August 1st - Happy Hour with a Violinist

Join us at 2:30pm in the Main Dining Room for Happy Hour with a violin performance.



Tuesday, August 5th - National "Day" Out

Join us on the patio from 2pm-4pm for a variety of games and treats!

Thursday, August 21st - National Senior Citizen Day

Join us in the Pub at 1:30pm for a Root Beer Float in honor of all senior citizens.



Tuesday, August 26th - National Dog Day

Join us at 2pm on the patio for a celebration of dogs that will include mini corn dogs.



Trivia

Which president of the United States signed the Voting Rights Act in August 1965?

- A) John F. Kennedy
- B) Ronald Reagan
- C) Lyndon B. Johnson
- D) Richard Nixon

Answer: C

Mums for Alzheimers Association

Order Mums from Nelson's Nursery by August 31st to fundraise for the Alzheimer's Associaton. Mums are \$25 and you can visit nelsonnursery.com or see Martha for more details.

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

Sue wants to know what you think of the new Rise and Dine Menu!

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

August 2025 - Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 SP Christ our Light Catholic Service on TV [PD] 31 2:30 SO Meet with Friends in the Pub for Games!	<div><p>Schedule is subject to change.</p></div> <div>◀ August continued</div>	<div>EM Emotional SP Spark Performance IN Intellectual PH Physical VO Vocational SO Social SP Spiritual OT Other</div>	<div>B Bistro CR Community Room FR Fitness Room L Meet in the Lobby LC Legacy Court MD Main Dining Room O Outside P Pub PD Private Dining Room</div>		10:45 PH Gentle Fitness [CR] 1 1:00 PH Balloon Ball [CR] 1:00 SP Really Big Show [FR] 2:30 SO Music with Gabe the Violinist [MD]	10:00 IN Let's Sing/Mind Spark Music [LC] 2 1:00 EM Walking with Kelly or Emily [P] 2:00 SO Games with Kelly or Emily [P]
10:30 SP Christ our Light Catholic Service on TV [PD] 3 2:30 SO Meet with Friends in the Pub for Games!	9:45 PH Walking Group [L] 4 10:45 PH Gentle Fitness [CR] 1:00 VO Word Games/Trivia 1:00 VO Veterans Join Corporal Welle over coffee and donuts for an empowering conversation [CR] 2:30 IN Bunco, Left Center Right [P]	10:00 PH No Brenda Today 5 10:30 SO Church with Chaplain Jean [CR] 12:45 SP Grip Games [P] 2:00 SO National Day Out Games, Cake Walk, Mini Donuts & Lot's of Fun to be Had! [B]	Happy Birthday Patty V. 6 9:45 PH Walking Group [L] 10:45 PH Gentle Fitness [CR] 1:00 IN Let's do some Horse Racing! [P] 2:30 SO Coney Island Bags Outside Weather Permitting [O]	Happy Birthday Pat G. 7 9:45 PH Walking Group [L] 10:30 EM Tai Chi with Patty [FR] 10:30 EM It's Cookie Day Thursday! [B] 1:00 IN Let's meet to talk about competing against another building during the month of August! [P] 2:00 VO Lifelong Learning - American Women During the American Revolution [PD] 2:30 SO Bingo [P]	10:45 PH Gentle Fitness [CR] 8 1:00 PH Balloon Ball [CR] 1:00 SP Really Big Show [FR] 2:00 SO Social Hour [P]	1:00 EM Walking with Friends [P] 9 1:00 SP Bible Study with John and Shirley [PD] 2:00 SO Games with Friends [P]
10:30 SP Christ our Light Catholic Service on TV [PD] 10 2:30 SO Meet with Friends in the Pub for Games!	10:00 IN Book Club [CR] 11 10:45 PH Gentle Fitness [CR] 1:00 VO Word Games/Trivia 2:30 IN Bunco, Left Center Right [P]	Happy Birthday Ron H. 12 10:00 PH Sit and Be Fit with Brenda [FR] 10:00 EM Nail Painting - Sign up [P] 12:45 SP Grip Games [P] 2:00 SP Church with Chaplain Jean [CR] 2:40 IN Games in the Pub [P]	9:45 PH Walking Group [L] 13 10:45 PH Gentle Fitness [CR] 1:00 SP Catholic Bible Study [CR] 1:00 VO Ladies Art Class [PD] 2:30 SO Coney Island Bags Outside Weather Permitting [O]	Happy Birthday Sandy S. 14 9:45 PH Walking Group [L] 10:30 PH Drumming [P] 10:30 EM It's Cookie Day Thursday! [B] 2:30 SO Bingo [P] 3:35 VO Resident Council Meeting [P]	10:45 PH Gentle Fitness [CR] 15 1:00 PH Balloon Ball [CR] 1:00 SP Really Big Show [FR] 2:30 SO Music with Darrell Main Dining [MD]	10:00 IN Let's Sing/Mind Spark Music [LC] 16 1:00 CR Saturday Matinee [CR]
10:30 SP Church with John and Shirley 17 10:30 SP Christ our Light Catholic Service on TV [PD] 2:30 SO Meet with Friends in the Pub for Games!	9:45 PH Walking Group [L] 18 10:45 PH Gentle Fitness [CR] 1:00 VO Word Games/Trivia 2:30 IN Bunco, Left Center Right [P]	Happy Birthday Vera B 19 10:00 PH Sit and Be Fit with Brenda [FR] 12:45 SP Grip Games [P] 2:00 SP Church with Chaplain Jean [CR] 2:40 IN Games in the Pub [P]	9:45 PH Walking Group [L] 20 10:45 PH Gentle Fitness [CR] 1:00 SP Book Signing with Susie - Excuse Me, Sir, Is This Hell [P] 1:00 IN Ladies Craft [PD] 2:30 SO Coney Island Bags Outside Weather Permitting [O]	SO National Senior Citizen Day! 21 9:45 PH Walking Group [L] 10:30 EM Tai Chi with Patty [FR] 10:30 EM It's Cookie Day Thursday! [B] 11:00 VO Monthly Chat with Aegis 1:30 SO Root Beer Floats [B] 2:30 SO Bingo [P]	10:45 PH Gentle Fitness [CR] 22 1:00 PH Balloon Ball [CR] 1:00 SP Really Big Show [FR] 2:30 SO Happy Hour Music with Ken Main Dining [MD]	10:00 IN Let's Sing/Mind Spark Music [LC] 23 1:00 EM Walking with Kelly or Emily [P] 2:00 SO Games with Kelly or Emily [P]
10:30 SP Christ our Light Catholic Service on TV [PD] 24 2:30 SO Meet with Friends in the Pub for Games! 10:30 SO Church with John and Shirley	Happy Birthday Pat P. 25 9:45 PH Walking Group [L] 10:45 PH Gentle Fitness [CR] 1:00 VO Word Games/Trivia 2:30 SO Bunco, Left Center Right [P]	10:00 PH Sit and Be Fit with Brenda [FR] 26 10:00 EM Nail Painting - Sign up [P] 12:45 SP Grip Games [P] 2:00 SP Church with Chaplain Jean [CR] 2:00 SO National Dog Day! 2:40 IN Games in the Pub [P]	Happy Birthday Mary F. 27 9:45 PH Walking Group [L] 10:45 PH Gentle Fitness [CR] 1:00 IN Let's do some Horse Racing! [P] 1:00 SP Catholic Communion Service [CR] 2:30 SO Coney Island Bags Outside Weather Permitting [O]	10:30 PH Drumming [P] 28 10:30 EM It's Cookie Day Thursday! [B] 1:30 SO Celebrate July Birthdays! 2:30 SO Bingo [P]	10:45 PH Gentle Fitness [CR] 29 1:00 PH Balloon Ball [CR] 1:00 SP Really Big Show [FR] 2:00 SO Social Hour	10:00 IN Let's Sing/Mind Spark Music [LC] 30 1:00 EM Walking with Kelly or Emily [P] 2:00 SO Games with Kelly or Emily [P]
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