



May your troubles  
BE LESS AND YOUR  
blessings be more  
AND NOTHING BUT  
happiness come  
THROUGH YOUR DOOR.  
-Irish Blessing



## Lets Celebrate!

### Staff Birthdays

Kyleigh B. 3/7  
Kelly M. 3/14  
Martha A. 3/27  
Anna L. 3/28

### Staff Anniversaries

Sara R. 3/4 1 year  
Shanna W. 3/4 1 year  
Caleb Z. 3/4 1 year  
Patti A. 3/13 3 years  
Kenzie C. 3/18 2 years  
Youngor T. 3/23 3 years

### Resident Birthdays

Roman B. 3/1  
Warren W. 3/6  
Ron M. 3/24  
Greg W. 3/24  
Dar R. 3/31

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

- One of the most popular musical films of all time, "The Sound of Music," starring Julie Andrews and Christopher Plummer, premiered on March 2nd, 1965.
- The first-ever stock car race was held on the Daytona Beach Road Course on March 8, 1936.
- March is the second busiest month for U.S. travel, after July.
- March 1, 1961: President John F. Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education, and other basic human needs.
- National Minnesota Day is celebrated annually on March 1. It was established in 2017 by National Day Calendar to recognize Minnesota as the 32nd state to join the Union and to celebrate its unique history and culture.
- Established on March 1, 1872, by President Ulysses S. Grant, Yellowstone was the world's first national park, created to protect over 2 million acres of unique geothermal features, including Old Faithful.
- Girl Scouts of the USA was founded on March 12, 1912, in Savannah, Georgia, by Juliette "Daisy" Gordon Low. Inspired by meeting Robert Baden-Powell (founder of the Boy Scouts) in England in 1911, Low sought to bring girls into the outdoors and foster self-reliance, community service, and physical activity.



## From the Executive Director

Hello Residents and Families of Fremont Village!

It's that time of year again for our bi-annual Employee Excellence Awards! 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 multiple times and nominate multiple people! Three winners (one in each category) will be chosen by the Leadership Team in early April, and each winner will receive a \$250 bonus!

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

Thank you,

Kendra Chambliss



## Employee Spotlight



### Tell us about your family!

*I am a wife and mother of 5 beautiful children: 3 girls and 2 boys.*

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

*That's why it's a secret.*

### What is your favorite season?

*Summer and Fall.*

### What is on your bucket list?

*To travel the world.*

### What are some of your hobbies?

*Cooking, traveling, baking, and gardening.*

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

*I would rather cook. There's nothing that satisfies me more than my own cooked meal.*

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

*To travel the world.*

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

*Building deep, loving, and trusting relationships with the residents and co-workers.*

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

*I have always wanted to be a chef.*



**Youngor Tokpa**  
Home Health Aide



## A Message from our Chaplain



### Welcoming the First Signs of Spring

As winter begins to loosen its grip, we start to notice small but meaningful changes—the sun lingering a bit longer, the birds finding their voices again, and the quiet promise of warmth returning. These early signs remind us that even the longest season eventually gives way to new life.

As spring approaches, we're reminded that renewal is always possible. Hope grows in the smallest moments: a patch of grass emerging, a brighter evening sky, a gentle breeze through an open window.

As your chaplain, it is a blessing to walk with you through every season. Whether you are entering spring with joy or with questions, please know you are not alone. May the coming days bring you peace, light, and a renewed sense of hope.

With gentle blessings,  
Chaplain Jean



## Resident Spotlight



### Where were you born/where did you grow up?

*I grew up in Lasalle, MN.*

### What did you do for a living?

*I was in Nurse's training, raised my kids, and fostered more than 40 children (all newborns) through Lutheran Social Service.*

### What are some of your hobbies?

*Play games and visit with other ladies.*

### What is your favorite childhood memory?

*Growing up on a farm, riding horses, and just enjoying the country life.*

### What is your favorite food?

*Chocolate.*

### Tell us about your family!

*I was married for 68 years. I lost my husband 2 years ago. I have 3 children: 2 daughters and 1 son.*



**Janice Hopkes**

Apartment 205 - Moved in 1/24/26

## Nursing News

### We made it to March!

I can see Spring at the end of the tunnel.

The days are finally getting longer. The sun rises earlier and then sets later. On March 8th we get to "Spring Forward" and set all the clocks ahead one hour. Hopefully the longer days will help us all to better our sleep habits.



### Some ideas to promote good sleep:

1. Spend time in bright light during the day, natural light or equivalent brightness.
2. Exercise regularly for a deeper sleep. Aim for 30 minutes per day, 5 days per week.
3. Eat your meals at consistent times of each day.
4. Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime.
5. Use a consistent routine with a relaxing wind down to help get the sleep you need.
6. Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment.

**Enjoy the Spring weather and get some healthy Zzzzzz.**

- Fremont Nursing Team

## March Outings

- Walmart in Elk River - Monday, March 23rd at 1:15pm
- Vitta's Mexican Bar & Grill - Wednesday, March 25th at 11:45am

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

## Maintenance

March is here and closer to the season changing. Keep in mind with stronger sunshine combined with warmer temperatures during the day and cold at night, we will be seeing "refreeze" on pavement and sidewalks. Please take caution while outside of the building or garages, the black ice can be hard to see on asphalt.

One thing we want to stress is that you please be sure your front door to your apartment is always closed when you're NOT inside. If you leave for a meal in the dining room, or just a walk down the hall, we want to make sure your front door is closed. This is a fire code, it prevents any fire to spreading into the hallways. Each apartment has a fire-rated door to slow down any spread of fire. Also, the walls and ceiling are rated for an hour, which is crucial time for our fire sprinkler system to do the job it's meant for, if ever needed. Reminder; anytime the building alarm sounds, please remain in your room and go about as normal. Staff will immediately respond to the area of alarm activation and remove any and all residents that might be affected. We will come and get you if you are in any potential danger. If you have any questions, please feel free to talk to Dan with Maintenance or stop down at the front desk and let someone know you have questions and we'll answer everything we can for you or your family. Thanks!

- Dan, Maintenance Director

## Community Events

### Monday, March 2nd - National Banana Cream Pie Day

Stop by the Bistro at 2pm for delicious pie.



### Tuesday, March 17th - St. Patrick's Day!

Join us at 2:30pm in the Pub for Social Hour. Dress in your St. Patty's Day best and enjoy a Shamrock Shake.

### Monday, March 23rd - National Chip and Dip Day

Enjoy different dips made by staff and vote on your favorites! 1:30pm - 3pm in the Bistro.



## Family Council

We are looking for more family members to join our Family Council!

Family Council meets once per quarter to discuss questions, comments, concerns, suggestions, etc. Please join us!

**Next Meeting: May 21st at 5:30pm**

## Important Dates

-**Dementia Support Group** - Wednesday, March 4th at 5pm in the Community Room

-**Chef Chat with Sue** - Wednesday, March 18th at 2pm in the Pub

-**Family Council Happy Hour** - Thursday, May 21st at 5:30pm in the Bistro

## Lifelong Learning



Join us at 2pm in the Private Dining Room, on the first Thursday of each month for a virtual presentation.

**Next Presentation: March 5th at 2pm**

## Veterans Presentation

**Join us for a visit with Veterans! Refreshments will be served.**



Friday, March 13th at 10:30am in the Multi-Purpose Room on 1st Floor.

# March 2026 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Happy Birthday Roman 1</b> 9:30 <b>SP</b> Christ our Light Catholic Service - 2nd Floor [PDR] 1:00 <b>SO</b> Mexican Train - 2nd Floor PB [PB]	10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>2</b> 1:00 <b>IN</b> Wheel of Fortune - 2nd Floor [PB] 1:00 <b>IN</b> Cribbage Group - 2nd Floor [PDR] 2:00 <b>SO</b> National Banana Cream Pie Day - 1 Floor [B] 2:30 <b>VO</b> Bunco, Left Center Right - 2nd Floor [PB]	10:00 <b>PH</b> Sit and Be Fit with Brenda - 2nd Floor [FR] <b>3</b> 12:45 <b>SP</b> Triathlon Whizzer - 2nd Floor [PB] 2:00 <b>SP</b> Church with Chaplain Jean - 1st Floor [MPR] 2:30 <b>IN</b> Farkle or No Name Card Game - 2nd Floor [PB]	10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>4</b> 1:00 <b>IN</b> Knitting and Crocheting Group with Lucy - 2nd Floor [PB] 1:00 <b>IN</b> Arts and Crafts! - 2nd Floor [PB] 2:30 <b>SO</b> Coney Island Bags - 1st Floor [MPR]	10:00 <b>SO</b> It's Cookie Day Thursday! 1st Floor <b>5</b> 10:30 <b>PH</b> Let's Chair Dance- 2nd Floor [PB] 12:45 <b>SP</b> Tryathlon - Crank - 2nd Floor [PB] 2:00 <b>VO</b> Art & History Journey Through the Civil War - 2nd Floor [PDR] 2:30 <b>IN</b> Bingo - 2nd Floor [PB]	<b>Happy Birthday Warren W. 6</b> 10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR 1:00 <b>PH</b> Balloon Ball - 1nd Floor [MPR] 2:00 <b>SO</b> Social Hour - 2nd Floor [PB]	10:00 <b>PH</b> Let's Dance! - 1st Floor [LC] <b>7</b> 11:00 <b>PH</b> Table Ball - 1st Floor [LC] 1:00 <b>IN</b> 500 Club or Cribbage - 2nd Floor [PB] 2:30 <b>SO</b> Resident Walking Group - 2nd Floor [PB]	
9:30 <b>SP</b> Christ our Light Catholic Service - 2nd Floor [PDR] <b>8</b> 1:00 <b>SO</b> Mexican Train - 2nd Floor PB [PB]	10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>9</b> 1:00 <b>IN</b> Horse Racing - 2nd Floor [PB] 1:00 <b>IN</b> Cribbage Group - 2nd Floor [PDR] 2:30 <b>VO</b> Bunco, Left Center Right - 2nd Floor [PB]	10:00 <b>PH</b> Sit and Be Fit with Brenda - 2nd Floor [FR] <b>10</b> 10:00 <b>SO</b> Nail Painting - Sign up - 2nd Floor [PB] 12:45 <b>SP</b> Triathlon Whizzer - 2nd Floor [PB] 2:00 <b>SP</b> Church with Chaplain Jean - 1st Floor [MPR] 2:30 <b>IN</b> Farkle or No Name Card Game - 2nd Floor [PB]	10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>11</b> 1:00 <b>PH</b> Let's Jump Jive and Boggie - 2nd Floor [PB] 1:30 <b>IN</b> Jeopardy - 2nd Floor [PB] 2:30 <b>SO</b> Coney Island Bags - 1st Floor [MPR]	10:00 <b>SO</b> It's Cookie Day Thursday! 1st Floor <b>12</b> 10:30 <b>PH</b> Drumming - 2nd Floor [PB] 12:45 <b>SP</b> Tryathlon - Crank - 2nd Floor [PB] 2:30 <b>IN</b> Bingo - 2nd Floor [PB] 3:35 <b>VO</b> Resident Council Meeting	10:30 <b>SO</b> Veteran Presentation <b>13</b> 10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR 1:00 <b>PH</b> Balloon Ball - 1nd Floor [MPR] 2:20 <b>SO</b> Happy Hour Music Main Dining Room with Bill	10:00 <b>PH</b> Let's Dance! - 1st Floor [LC] <b>14</b> 11:00 <b>PH</b> Table Ball - 1st Floor [LC] 1:00 <b>IN</b> 500 Club or Cribbage - 2nd Floor [PB] 2:30 <b>SO</b> Resident Walking Group - 2nd Floor [PB]	
9:30 <b>SP</b> Christ our Light Catholic Service - 2nd Floor [PDR] <b>15</b> 1:00 <b>SO</b> Mexican Train - 2nd Floor PB [PB]	10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>16</b> 1:00 <b>IN</b> Cribbage Group - 2nd Floor [PDR] 1:00 <b>IN</b> Wheel of Fortune - 2nd Floor [PB] 2:00 <b>SO</b> Monthly Birthdays [PB] 2:30 <b>VO</b> Bunco, Left Center Right - 2nd Floor [PB]	10:00 <b>PH</b> Sit and Be Fit with Brenda - 2nd Floor [FR] <b>17</b> 10:30 <b>SO</b> Scavenger Hunt to Find the Lucky Four Leaf Clover! 12:45 <b>SP</b> Triathlon Whizzer - 2nd Floor [PB] 2:00 <b>SP</b> Church with Chaplain Jean - 1st Floor [MPR] 2:30 <b>SO</b> Shamrock Shakes for St. Patrick's Day - 1 Floor [B] 3:00 <b>IN</b> Farkle or No Name Card Game - 2nd Floor [PB]	10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>18</b> 1:00 <b>IN</b> Knitting and Crocheting Group with Lucy 1:00 <b>SP</b> Catholic Connect - 1 Floor [MPR] 2:00 <b>VO</b> Chef Chat with Sue - 2nd Floor [PB] 2:30 <b>SO</b> Coney Island Bags - 1st Floor [MPR]	10:00 <b>SO</b> It's Cookie Day Thursday! 1st Floor <b>19</b> 10:30 <b>PH</b> Let's Chair Dance- 2nd Floor [PB] 12:45 <b>SP</b> Tryathlon - Crank - 2nd Floor [PB] 2:30 <b>IN</b> Bingo - 2nd Floor [PB]	10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>20</b> 1:00 <b>PH</b> Balloon Ball - 1nd Floor [MPR] 2:20 <b>SO</b> Happy Hour with Scott - 2nd Floor [MDR]	10:00 <b>SO</b> Games in the Pub with the High School Students <b>21</b> 1:00 <b>IN</b> 500 Club or Cribbage - 2nd Floor [PB] 2:30 <b>SO</b> Resident Walking Group - 2nd Floor [PB]	
9:30 <b>SP</b> Christ our Light Catholic Service - 2nd Floor [PDR] <b>22</b> 1:00 <b>SO</b> Mexican Train - 2nd Floor PB [PB]	10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>23</b> 1:00 <b>IN</b> Cribbage Group - 2nd Floor [PDR] 1:00 <b>VO</b> You Be the Judge - 2nd Floor [PB] 1:15 <b>SO</b> Walmart Outing - Sign up Only 1:30 <b>SO</b> National Chip and Dip Day [B] 2:30 <b>VO</b> Bunco, Left Center Right - 2nd Floor [PB]	<b>Happy Birthday Ron M. 24</b> <b>Happy Birthday Greg</b> 10:00 <b>PH</b> Sit and Be Fit with Brenda - 2nd Floor [FR] 10:00 <b>SO</b> Nail Painting - Sign up - 2nd Floor [PB] 2:00 <b>SP</b> Church with Chaplain Jean - 1st Floor [MPR] 2:30 <b>IN</b> Farkle or No Name Card Game - 2nd Floor [PB]	10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>25</b> 11:45 <b>SO</b> Lunch Vitta's Mexican Bar&Grill - Sign up Only [L] 1:00 <b>SP</b> Catholic Communion Service 2:30 <b>SO</b> Coney Island Bags - 1st Floor [MPR]	10:00 <b>SO</b> It's Cookie Day Thursday! 1st Floor <b>26</b> 10:30 <b>PH</b> Drumming - 2nd Floor [PB] 1:00 <b>IN</b> Art and Craft Day! - 2nd Floor [PDR] 2:30 <b>IN</b> Bingo - 2nd Floor [PB]	10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>27</b> 1:00 <b>PH</b> Balloon Ball - 1nd Floor [MPR] 2:20 <b>SO</b> Happy Hour with Manny - 2nd Floor [MDR]	10:00 <b>PH</b> Let's Dance! - 1st Floor [LC] <b>28</b> 11:00 <b>PH</b> Table Ball - 1st Floor [LC] 1:00 <b>IN</b> 500 Club or Cribbage - 2nd Floor [PB] 2:30 <b>SO</b> Resident Walking Group - 2nd Floor [PB]	
9:30 <b>SP</b> Christ our Light Catholic Service - 2nd Floor [PDR] <b>29</b> 1:00 <b>SO</b> Mexican Train - 2nd Floor PB [PB]	10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>30</b> 1:00 <b>IN</b> Wheel of Fortune - 2nd Floor [PB] 1:00 <b>IN</b> Cribbage Group - 2nd Floor [PDR] 2:30 <b>VO</b> Bunco, Left Center Right - 2nd Floor [PB]	<b>Happy Birthday Dar 31</b> 10:00 <b>PH</b> Sit and Be Fit with Brenda - 2nd Floor [FR] 2:00 <b>SP</b> Church with Chaplain Jean - 1st Floor [MPR] 2:30 <b>IN</b> Farkle or No Name Card Game - 2nd Floor [PB]	 Schedule is subject to change.			<b>EM</b> Emotional <b>SP</b> Spark Performance <b>IN</b> Intellectual <b>PH</b> Physical <b>VO</b> Vocational <b>SO</b> Social <b>SP</b> Spiritual <b>OT</b> Other	<b>B</b> Bistro 1st Floor <b>FR</b> Fitness Room 2nd Floor <b>L</b> Lobby - 1st Floor <b>LC</b> Legacy Court 1st Floor <b>MDR</b> Main Dining Room - 2nd Floor <b>MPR</b> Multi-Purpose Room 1st Floor <b>PB</b> Pub 2nd Floor <b>PDR</b> Private Dining Room 2nd Floor