

The Landmark of Fridley Post

February 2023 Newsletter

Leadership Team

Executive Director

Shelby Wigren

Director of Health Services

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Marketing Director

Amanda Stene

Community Life Director

Jill Cartwright

Business Office Manager

Sam Bergman

Maintenance Director

Adam Larson

Dietary Director

Sandy Kolanda

Housekeeping Manager

Helena Stezewski

FEBRUARY IS NATIONAL CANCER PREVENTION MONTH

National Cancer Prevention Month focuses on the things we can control to lessen our odds of developing cancer. Five of the top recommendations for lessening our risk include:

- Regular exercise
- Maintaining a healthy weight
- Eating healthy foods
- Quitting or never starting smoking
- Limiting alcohol use

Other actions that help to prevent cancer or catch it early include routine checkups, treating or preventing other health conditions, and knowing your risk factors. We can't stop every form of cancer yet, but we do have the tools to decrease our risk factors. *Source: NationalDayCalendar.com*

"In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other." – Linda Ellerbee

IMPORTANT COMMUNITY REMINDERS

- ❖ It is cold out, make sure you close your windows. If you call about your room being cold this is the first we will tell you to check.
- ❖ Don't forget to sign out if you are leaving the building
- ❖ **Refer a Friend Bonus** ~ If you refer a friend and they move in you will receive a \$500 credit towards rent

FEBRUARY HIGHLIGHTS

- ❖ Valentine's Day Cupcake BINGO
- ❖ New Activities
- ❖ Your Legacy: Family, Church, and Charity Presented by Thrivent

FEBRUARY BIRTHDAYS

Maxine Burns ~ 2/5
Josie Witte ~ 2/15
Scharlyn Portlance ~ 2/16

Linda Dootson ~ 2/22
Dorothy Tetzlaff ~ 2/22





HEALTH UPDATES

- ❖ Please remind visitors to wear a mask in the common areas of the community at all times
- ❖ Norovirus has been going around. If you have these symptoms notify the nurse and remain in your apartment for 2 days after symptoms are gone. Wash your hand FREQUENTLY with soap and water.

Vomiting Diarrhea Stomach Cramping
 Low-grade Fever or Chills Headache Muscle Aches



VALENTINE'S DAY CUPCAKE BINGO

On Tuesday February 14th from at 2:00pm please join us in the Dining Room for a special Valentine's Day BINGO.

Winners will be given long stem roses. Cupcakes will be provided to all at the beginning for all.



NEW ACTIVITIES FOR THE MONTH OF FEBRUARY

February will be jam packed full of new opportunities and activities for our residents to participate in. From fancy tea parties to adult coloring club, the Community Life Department has something for everyone.

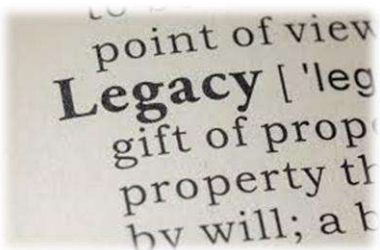
Be sure to check out the Activity Calendar to see all the great new things taking place at The Landmark

YOUR LEGACY: FAMILY, CHURCH, AND CHARITY

Plan on giving after you're gone? Are there people and organizations you want to help financially? Attend Your Legacy: Family, Church and Charity to learn how you can provide for your loved ones, your church and your community's future, according to your legacy plan.

Presented by Thrivent on Thursday, February 23, 2023 at 7:00 p.m. This event will be open to the public in The Landmark of Fridley's Sandee's Bistro

Reserve Your Place Today
 Please call Amanda Stene at 763-571-7355 or visit connect.thrivent.com/kelseyschultz by February 22, 2023.
 Refreshments will be served.
 This session is hosted by Kelsey Schultz.



“While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch.” – Patience Strong



February 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:15 Devotions (WR) 10:30 Exercise (WR) 2:00 Karaoke w/Emmy (WR) 3:00 Armchair Travel (WR)	2 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Lifespark Challenge (WR) 2:00 Cub Foods 3:00 Trivia & Treats (SA)	3 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 BINGO & Happy Hour (DR) 3:00 Movie & Popcorn (WR)	4 1:00 BINGO & Father Ron (DR) 2:00 500 Club (SA) 6:00 Puzzle Time (DR)
5 9:00 Eagle Brook Church (CH) 10:30 Service – Father Ron (CH) 6:00 Board Games (MR)	6 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Manicures (SA) 1:30 Women’s Social Group (SA)	7 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Lifespark Challenge (WR) 1:30 Live Music (DR)	8 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Resident Council (SA) 2:00 Craft (SA) 3:00 Armchair Travel (WR)	9 10:15 Devotions (WR) 10:30 Exercise (WR) 11:00 Walmart 1:00 Lifespark Challenge (WR) 3:00 Trivia & Treats (SA)	10 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 BINGO & Happy Hour (DR) 3:00 Trivia & Treats (SA)	11 12:00 Coffee with Lifespark Complete 1:00 BINGO & Father Ron (DR) 2:00 500 Club (SA)
12 9:00 Eagle Brook Church (CH) 10:30 Service – Father Ron (CH) 5:30 Super Bowl (MR)	13 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Manicures (SA) 1:30 Women’s Social Group (SA)	14 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Lifespark Challenge (WR) 2:00 Valentine’s Day BINGO (DR)	15 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Tabletop Game (SA) 3:00 Armchair Travel (WR)	16 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Lifespark Challenge (WR) 2:00 Target	17 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 BINGO & Happy Hour (DR) 1:00 LifeSpark BigShow (WR)	18 1:00 BINGO & Father Ron (DR) 2:00 500 Club (SA) 6:00 Puzzle Time (MR)
19 9:00 Eagle Brook Church (CH) 10:30 Service – Father Ron (CH) 6:00 Board Games (MR)	20 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Manicures (SA) 2:00 Tea Party (SA)	21 10:15 Devotions (WR) 10:30 Exercise (WR) 2:30 Men’s Club -Forklift (CH)	22 10:15 Devotions (WR) 10:30 Exercise (WR) 1:30 Live Music (DR) 3:00 Armchair Travel (WR)	23 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Lifespark Challenge (WR) 3:00 Trivia & Treats (SA)	24 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 BINGO & Happy Hour (DR) 3:00 Trivia & Treats (SA)	25 1:00 BINGO & Father Ron (DR) 2:00 500 Club (SA) 3:00 Resident Lead Card Games (SA)
26 9:00 Eagle Brook Church (CH) 10:30 Service – Father Ron (CH) 6:00 Board Games (MR)	27 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Manicures (SA) 1:30 Women’s Social Group (SA)	28 10:15 Devotions (WR) 10:30 Exercise (WR) 1:00 Lifespark Challenge (WR) 3:00 Wine and Cheese Tasting (SA)				