



Leadership Team

Executive Director

Shelby Wigren

Director of Health Services

Tabatha Troff

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



HISTORIC HAPPENINGS

June 6, 1872 - Pioneering feminist Susan B. Anthony was fined for voting in a presidential election at Rochester, New York.

June 10, 1652 - In Massachusetts, silversmith John Hull opened the first mint in America, in defiance of English colonial law. The first coin issued was the Pine Tree Shilling, designed by Hull.

June 14, 1922 - Warren G. Harding became the first U.S. President to broadcast a message over the radio. The event was the dedication of the Francis Scott Key Memorial in Baltimore.

June 20, 1782 - The U.S. Congress officially adopted the Great Seal of the United States of America.

June 25, 1991 - Following the collapse of Soviet rule in Eastern Europe, the republics of Croatia and Slovenia declared their independence from Yugoslavia.

IMPORTANT COMMUNITY REMINDERS

- ❖ 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
- ❖ Be sure to leave your washer machine open inbetween loads of laundry. This helps the washer dry out and helps prevent mold and build-up.

JUNE HIGHLIGHTS

- ❖ SAVE THE DATE - Senior Scam Prevention Seminar
- ❖ Fridley 49er Days!
- ❖ Landmark of Fridley Family Picnic

JUNE BIRTHDAYS

- ❖ Lorraine S June 3
- ❖ Marie D June 5
- ❖ Jerita H June 10
- ❖ David G June 10
- ❖ Luis C June 20
- ❖ Jan J June 20
- ❖ Brian S June 25

NEW RESIDENTS

- Pete A Apt 330
- Joel M Apt 317
- Jody M Apt 334
- James B Apt 106

important

Health Updates



HEALTH UPDATES

- ❖ Masks are no longer required in our community. Please be respectful and consider wearing one if you aren't feeling well.
- ❖ If you are feeling under the weather please remain in your apartment and notify the front desk so nursing can determine if a COVID test should be done.
- ❖ If you are interested in the mobile dentistry option please be sure to inform Tabatha Troff as soon as possible.

SENIOR SCAM PREVENTION SEMINAR

On Tuesday June 13th, The Landmark of Fridley will be hosting Detective Volk with the Fridley Police Department as he gives an informational presentation around scams, specifically ones that target seniors in our area. This presentation is open to the public.

The presentation will start at 10:00 am in our Sandee's Bistro. A Question and Answer with Detective Volk will follow the presentation.

FRIDLEY 49ER DAYS

June 15th, Landmark of Fridley will be participating in the Fridley 49er Days Parade.

For more information regarding Fridley 49er Days check out their Facebook or website. <https://www.ci.fridley.mn.us/766/Fridley-49er-Days>

LANDMARK OF FRIDLEY FAMILY PICNIC

We are looking forward to our Annual Family Picnic. This year it will take place on June 28th.

Keep an eye out for more information regarding the event. Be sure to tell your family to save the date.

GARDENING DONATIONS

Our community is hoping for some gardening donations to fill our large planter boxes that are located throughout the community.

Things we are looking for would be vegetables, flowers, and fresh soil for the boxes. As well as gloves and gardening tools for our residents to use as they are tending to the plants.

*“Far up in the deep blue sky, Great white clouds are floating by;
All the world is dressed in green; Many happy birds are seen,
Roses bright and sunshine clear Show that lovely June is here.”*

— F. G. Sanders

LIFE AT LANDMARK



“I wonder what it would be like to live in a world where it was always June.”
– L. M. Montgomery



MANAGING GRIEF AND HEARTACHE

“In order to get through grief, you must allow yourself to grieve.”

As you journey through grief, it can feel like your life will never again feel normal. While the grieving process never truly ends, there are some ways you can preserve your well-being, reaching a place where you can once again feel peace.

The most important thing to remember is that grief has a timetable all its own—and often, it will take up to a year or longer before you begin to feel like your normal self. Allow grief to work itself out without trying to rush it.

Grief has its own pace. Ultimately, though, it’s important to give voice to your pain, and the best way to do that is to find someone you feel safe talking to—either a close friend, family member, or the members of a grief support group. Take time to reminisce, laugh and cry.

Self-Expression can be a healthy way to deal with stress and grief, and there are several forms this can take like journaling and drawing.

Maintaining mental and emotional health will also require you to attend to your physical well-being, and that includes exercise. Physical activity strengthens emotional health. Good nutrition is just as important.

More than anything else, be patient with yourself. Grief is a natural way to deal with traumatic events, and you’re not going to feel like your old self again right away. Allow some grace as you take things one day at a time, working out your grief at the pace that seems right to you.

“Blessed are those who mourn, for they shall be comforted.”

Rev. Jeff Bergman

Senior Living Chaplain



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ALEXANDRITE

BARBECUE

D-DAY

DIPLOMA

FATHER'S DAY

FLAG DAY

GARDEN

GEMINI

GRADUATION

HONEYSUCKLE

JUNE

JUNETEENTH

LEMONADE

LONGEST DAY

OUTDOORS

PEARL

PICNIC

ROSE

SOLSTICE

STRAWBERRY

SUMMER

THIRTY DAYS

VACATION

WEDDING

© 2023 powder-to-print.com



June 2023 Activity Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|------------------------------------|
| <u>Every Sunday-Saturday</u> 10:15 Devotions (WR) 10:30 Exercise (WR) | | | | 1 1:00 Walmart 3:00 Thirsty Thursday (SA) | 2 1:00 BINGO & Happy Hour (DR) | 3 2:00 500 Club (SA) |
| 4 9:00 Eagle Brook Church (CH) | 5 11:00 Store Open 1:00 Manicures (SA) 1:30 Women's Social Hour (SA) | 6 1:00 Treats/ Games | 7 1:00 Resident Council Meeting (SA) 1:30 Welcoming Party (SA) 2:30 Arm Chair Tour: History (WR) | 8 1:00 Dollar Tree Outing 3:00 Thirsty Thursday (SA) | 9 1:00 BINGO & Happy Hour (DR) 6:30 Movie Night(MR) | 10 2:00 500 Club (SA) |
| 11 9:00 Eagle Brook Church (CH) | 12 11:00 Store Open 1:00 Manicures (SA) 2:00 Educational Speaker (CH) | 13 1:00 Craft (SA) 3:00 UNO Club/R.L. | 14 2:30 Arm Chair Tour: Ocean (WR) Flag Day | 15 | 16 1:00 BINGO & Happy Hour (DR) | 17 2:00 500 Club (SA) |
| 18 9:00 Eagle Brook Church (CH) Father's Day | 19 11:00 Store Open 1:00 Manicures (SA) 1:30 Father's Day Event (SA) | 20 1:00 Horse Race (SA) | 21 1:00 Resident Birthday Party (SA) Summer Solstice | 22 3:00 Thirsty Thursday (SA) | 23 1:00 BINGO & Happy Hour (DR) 6:30 Movie Night (MR) | 24 2:00 500 Club (SA) |
| 25 9:00 Eagle Brook Church (CH) | 26 11:00 Store Open 1:00 Manicures (SA) 1:30 Women's Social Hour (SA) | 27 1:00 Treats/ Games 3:00 UNO Club/R.L. | 28 12:00 Landmark Family Picnic (Back Parking Lot) | 29 2:30 Popcorn and Movie (MR) | 30 1:00 BINGO & Happy Hour (DR) | |