

Housekeeping services play a vital role in enhancing the quality of life for seniors in assisted living at Landmark of Fridley by ensuring their environment is clean and organized. Many seniors face challenges managing daily cleaning tasks due to physical limitation. Therefore, I am requesting that the cleaner be allowed to clean regularly once a week. Regular cleaning not only addresses health concerns but also alleviates feelings of frustration and helplessness.

Desiree
Director of Housekeeping

Maintenance Department

Please take all maintenance requests to Front Desk, it will be put into our system and create a more effective and streamline way for repairs to be done in a timely matter.

Troy Sufka
Maintenance Deptament


Nursing Department

I invite you to explore Stress Reduction. Prolonged or severe stress can have lasting impact on your mental health and physical health including; anxiety, depression, digestive issues, heart problems, head aches, body pain, high blood pressure, and poor concentration. Try these steps to help reduce the long term impacts of stress.

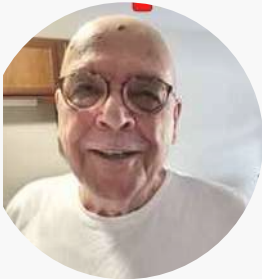
1. Deep breathing and meditation
2. Listen to music
3. Get enough sleep
4. Engage in social intraction
5. Eat a healthy and balanced diet
6. Exercise

Edna Nyaribo
Director of Nursing

Remembering our Neighbors



Glenn T.



Fred H.

Though they are no longer with us, those we have lost never truly leave. Their friendship and memory stays with us.

Chaplin

Many of us are well-acquainted with grief. Indeed, as we have experienced losses and changes and endings, we may experience grief as a constant companion – one that sometimes stirs suffering within us. Author Kate Bowler shares a blessing for us in times of grief, recognizing that grief is a holy space in which we can encounter the presence of the divine and the compassion of others. Receive this excerpt from this blessing from Kate’s book Good Enough: Blessed are you, dear, dear one, doing this holy work of suffering what must be suffered. Of grieving what has been lost. Of knowing the unthinkable truth that must be known. This grief can make you feel on the other side of glass from the world around you, a force field separating your different realities. Yet blessed are you in your reality, for yours is the one most seen by God, who breathes compassion upon you, even now. Who has walked this path, and who leans toward you, gathering you up into the arms of love. Rest now, dear one. You are not alone.



Our Community Newsletter

Discover what's going on in our community.

Resident Birthdays

- Florence A. 5/11
- Paul F. 5/17
- Millie B. 5/20
- Rodney F. 5/21
- Mary W. 5/22
- Darlene M. 5/23
- Alice L. 5/26
- Jim B. 5/29

Move in Anniversary

- Peter A. 2 Years
- Jim B. 2 Years
- Marcy O. 1 Year
- Warren S. 3 Years

Please Welcome

- Dave A.
- Alda and Norm S.

T.V completion i estimated for May 15th. If you have any questions or concerns afterwards please notify front Desk.

Window Washing has been rescheduled for May, we will have exact dates for you soon.

Ranya Abueid
Executive Director

Business Office

If you have questions about billing please feel free to reach out.

Brendan Yang
Assistant Executive Director

Marketing Office

Discover the Joys of Senior Living at The Landmark of Fridley: A Community That Cares

Welcome to The Landmark of Fridley—a vibrant senior living community where each day brings new opportunities for connection, comfort, and joy.

Why Choose Us?

- Personalized Care: Our compassionate team provides tailored support, from daily assistance to specialized healthcare services, helping you live fully and independently.
- Active Lifestyle: Enjoy a wide range of activities—from fitness classes and crafts to gardening and social events—designed to suit all interests.
- Comfortable Living: Choose from cozy, modern living spaces equipped with everything you need to feel at home.
- Delicious Dining: Savor nutritious, chef-prepared meals with menus that cater to your tastes and dietary needs.
- Strong Community: Experience the warmth of a close-knit community where friendships flourish and memories are made.

Come see how fulfilling senior living can be at The Landmark of Fridley!

Join Us for a Tour!

We invite you to visit our community and see firsthand the wonderful lifestyle we offer. During your tour, you'll have the opportunity to meet our friendly staff, explore our community, and learn more about the services and amenities available to our residents.

Contact Us Today!
David O'Brian
Marketing Director

We heard the music in the kitchen is distracting, from here on out we will make sure the music will be turned off during meal times.

If you have any further questions or concerns feel free to reach out!

Caleb Bynum
Culinary Director

Community Life

Keep an eye on the calendar for a few time changes on activities and a couple new activities beginning this month.

Due to popular demand BINGO is moved back to 2PM.
Movie Night has been moved back into the Chapel but is still at 6PM Fridays.
Book Club has moved to Wednesdays at 2PM.

This Month's Life Long Learning event is about the Oregon Trail. It is an interactive event on he mobile T.V and will be held in the Dining Room.

The flag ceremony is to replace the American flag outfront of our community. Boy scout troop 167 will be attending to assist in the transition of our flags out front. Please join!

The Free table will NOT be setup until AFTER Fitness the last Friday of the month.

Jessey Marquez
Community Life Director

All Outings on the calendar require sign up beforehand.
Sign up sheets can be found at front desk.

Special Events

- 5/1 Life Long Learning Event 2PM -DR
- 5/5 Cinco de Mayo Margaritas at Dinner
- 5/7 Sing a-long with Jan 3PM -MC
- 5/9 Mother's Day BINGO 2PM -DR
- 5/10 Outing: Sculpture Garden 12:45PM -L
- 5/11 Mother's Day
- 5/12 Outing: Walmart 1:45PM -L
- 5/14 Live Music: Tim Patrick 1PM -DR
- 5/16 Flag Ceremony 5:30PM -L
- 5/19 Live Music: Fridley High School Band 11:30AM -PA
- 5/21 Resident Council 1PM -CH
- 5/22 Birthday Party 3PM -S
- 5/26 Memorial Day
- 5/28 Live Music: Jim Kirkendall 2PM -DR
- 5/30 Free Table -WR