

Hi Neighbors,

With fall brings crafts, cozy socials, and our book club! If you would like to join the book club please sign up with Jorge so I can get the correct number of books. This session will be "The Nightingale".

A little friendly reminder: If you'd like to join us on one of our outings, make sure to sign up by the day before. This helps us plan for a safe and smooth trip for everyone. If your name's not on the submitted roster, you won't be able to join, and we'll have to catch you on the next one — and we don't want you to miss out on the fun!

Here's to laughter, fall colors, and good company!

Jessey Marquez

Community Life Director

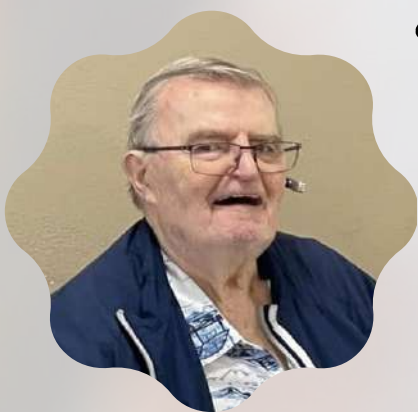
## Special Events

- 9/1 Labor Day
- 9/3 Sing Along with Jan -MC 3PM
- 9/4 Life Long Learning: Birds of Alaska -S 2PM
- 9/8 Outing: Lyndale rose garden -L 2PM
- 9/10 Chef Chat -DR 1PM
- 9/10 Book Club starts -L 3:30PM
- 9/10 S'more Night -L 5:30PM
- 9/11 9/11 Remembrance -DR 1PM
- 9/16 Fishing for Prizes -DR 12:30PM
- **9/19 Music Ministries -CH 10AM**
- **9/20 Car Show -L 2:30PM**
- **9/22 Autumn Equinox**
- **9/23 Live Music: Scott Beaumont -DR 1PM**
- **9/26 Landmark Homecoming -DR -5:30PM**
- **9/26 Flu Clinic -CH 9:30AM-12:30PM**

## Remembering our Neighbors



*Mary Lou B.*



*Rodney F.*

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

*Paul F.*



The Landmark  
of Fridley  
A Lifespark Community

# Age Magnificently



## Our Community Newsletter

*Discover what's going on in our community.*

## Resident Birthdays

- **9/7 Mary Jo K.**
- **9/12 Marilyn M.**
- **9/18 Jeff B.**

## Staff Birthdays

- **9/1 Shahnaaz O.**
- **9/3 Yanni A.**
- **9/5 Winter T.**
- **9/14 Makayla B.**
- **9/20 Wakeama G.**

## Move in Anniversary

- **Marie D. 4 Years**
- **Diane K. 9 Years**

## Welcome

- **Artis H.**



<div>Executive Director</div> <div>As the vibrant hues of autumn begin to paint our surroundings, I’m reminded of the beauty in change and the comfort of tradition. Fall is a season that invites reflection, warmth, and togetherness—values we hold dear in our community.</div> <div>Most importantly, autumn reminds us to slow down and savor the moments—whether it’s a quiet chat by the fireplace or a shared laugh during bingo night. Thank you for being part of this wonderful community. Let’s make this season one to remember.</div> <div>Ranya Abueid Executive Director</div>	<div>Marketing Department</div> <div>The Heart of Our Community: A Message of Thanks To our wonderful residents, families, and friends, As we reflect on another month here at The Landmark of Fridley we are continually reminded of what makes this community so special: all of you. It is your friendly smiles, engaging stories, and the genuine connections you share with one another that create the warm, welcoming atmosphere we all cherish. The moments of shared laughter in the dining room, the creative energy in our craft classes, and the thoughtful conversations around the community are what truly defines life here. Your unique contributions, whether big or small, are the heart and soul of our community and make it a truly wonderful place to call home. On behalf of the entire team, thank you for your vibrant spirit and for the kindness you show one another every day. We are deeply grateful to serve such an extraordinary group of people and feel privileged to work in your home.</div> <div>Kindest regards, David O'Brien Director of Marketing</div>
<div>Business Office</div> <div>Happy Fall, everyone! As the leaves turn and the air gets crisp, it’s a great time to check in on any billing questions or updates you might need. Whether it’s reviewing statements or planning ahead for the holidays, I’m here to help make things easy and stress-free.</div> <div>Brendan Yang Business Office Manager</div>	<div>Maintenance Department</div> <div>For any maintenance concerns, please do not stop me in the hall to notify me, let Jorge know at the front desk and he will put in a work order. This allows maintenance requests to be filed and completed in a more streamline fashion.</div> <div>Troy Sufka Maintenance Depatment</div>
<div>Nursing Office</div> <div>Focus on Roses Not Thorns</div> <div>Growing older comes with challenges. Among these are losing loved ones, concerns about finances, and maintaining independence. Following are tips to stay positive and keep things in perspective.<ul style="list-style-type: none"><li>– Accept changes in your life. Letting go of things you can’t control will reduce your stress.</li><li>– Remember to be thankful for the good things in your life.</li><li>– Acknowledge your feelings if you experience a loss. Rather than bury your emotions, talk to a friend or professional. Keep a journal.</li><li>– Maintain your sense of purpose. You have a lifetime of wisdom and experience to share.</li></ul>Cultivate Positive Relationships: Foster connections with family and friends, as social interactions can enhance emotional well-being. Practice Mindfulness and Stress Management: Engage in activities like yoga or meditation to manage stress and promote mental clarity. Embrace Change: Accept the aging process with a positive attitude, focusing on the wisdom and experiences gained over the years.</div> <div>Best Regards, Becky Soule Director of Nursing</div>	<div>House Keeping</div> <div>Housekeeping services are always here to support our seniors for cleanliness. Please let us know your situation for cleaning and organizing your room and we will provide tailored services to your individual needs.</div> <div>Best Wishes, Desiree Director of Housekeeping</div> <div>Culinary Department</div> <div>Please give a warm welcome to George our new Culinary Director! He comes to us with an expansive list of experience. We are excitedfor him to join the Landmark team and hope you are just as excited as we are. There will Be a chef Chat Wednesday 9/10 in the Dining room at 1PM. Bring your questions and warm welcomes!</div> <div>Landmark staff</div>