

Hello all!

If you have any extra cards whether it be thank you, birthday, sympathy, blank, etc. there will be a bin in the Wellness Room for them. Anyone who would need a card would be able to pick one of the ones donated to the bin.

As we enter this season of gratitude, I'm especially thankful for all the heartwarming moments we've shared—whether it's laughter during an activity, a quiet chat, or celebrating special days together. These memories are what make our community so special. I am sorry to say November 20th will be my last day here at Landmark and I will miss having these wonderful moments with you all.

Jessey Marquez
Community Life Director

Special Events

- 11/3 Outing: Walmart 1:30PM
- 11/5 Sing-Along with Jan 3:00PM -MC
- 11/6 Horse Races 1PM -S
- 11/10 Chef Chat 3:30PM D-R
- 11/10 Documentary: Mexican Cuisine 2:30PM -S
- 11/11 Veterans day Ceremony 1PM -DR
- 11/12 Guac. With Jorge 2:30PM -MR
- 11/20 Cuisine With Ranya 1:00PM -MR
- 11/20 Birthday Party 3:00PM -DR
- 11/21 Music Ministries 10:00AM CH
- 11/27 Thanksgiving
- 11/13 Outing: Basilica of St Mary 12:30PM
- 11/19 Resident Council 2:00PM -CH
- 11/29 Spring Lake Park High School Jazz Band 3:30PM -DR

Honoring Spark



Julie W.

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



Schar L.



The Landmark
of Fridley
A Lifespark Community

Age Magnificently



November Community Newsletter

Discover what's going on in our community.

Resident Birthdays

- **11/2 Mary J.**
- **11/5 Lu F.**
- **11/10 Pattie K.**
- **11/13 Joanne Z.**
- **11/23 Mike M.**
- **11/23 D.**

Move in Anniversary

- **Patty K. 5 Years**
- **Tim S. 5 Years**
- **Brian S. 3 Years**
- **Mary W. 3 Years**
- **Cinda H. 2 Years**
- **Barb H. 2 Years**
- **Janet M. 1 Year**
- **Joe W. 1 Year**

Staff Birthdays

- **11/11 Vera G.**
- **11/19 Keona P.**
- **11/20 Charlette W.**
- **11/26 Milcart R.C.**

Welcome

Linda H.

This November, I'm especially thankful for the time I've spent with each of you here at Landmark of Fridley.

Getting to know you, the residents—the stories, the laughs, the everyday moments—has been the most rewarding part of my role. This building isn't just where we work and live; it truly feels like a community, and I'm grateful to be part of it.

Wishing you all a warm and joyful Thanksgiving season.

With heartfelt thanks,
Ranya Abueid
Executive Director

Business Office

As we hit the middle of the fall season, it's a good time to review any updates to billing or financial paperwork. If you have questions about statements, payment options, or need assistance with documentation, we're here to help.

We appreciate your continued cooperation and encourage families to reach out with any concerns—keeping communication open helps us serve you better.

Wishing you a smooth and stress-free month.
Brendan Yang
Business Office Manager

Nursing Department

As you all know, flu season is here. Many of you have received the Flu and/or COVID vaccine and that is great. Remember you could still acquire the flu or COVID. It is expected to be a tough flu season according to some in the medical field.

Please be aware of any symptoms you have including a cough, runny nose, and body aches. If you just feel sick, please stay in your apartment, let a nurse know so we can assess and test for COVID if needed. Meals can be delivered to your apartment at no extra charge. The biggest things to remember are washing your hands, staying hydrated, staying in your apartment, and this will help stop the spread of the flu or covid. Also, family members who are sick should not visit the facility.

Wash your hands. keep healthy, keep hydrated

Best Regards
Becky Soule
Director of Nursing

Landmark is excited to announce our new maintenance man, Cliff. He comes to us with years of experience with working in senior living communities. He is diligent, kind, and ready to get to work making this community even better.

If you see him in the halls, make sure to give him your warmest welcome.

Landmark Staff

Housekeeping

Housekeeping services include regular cleaning, tidying space, and organizing the home space. This can significantly improve seniors overall well being and promote a sense of home and comfort. If you would like to add housekeeping services please reach out to the front desk.

Best Wishes,
Desiree
Director of Housekeeping

Culinary Department

I am more than pleased to announce that we have a few more additions to our culinary team.

- **Wendy Denning**
- **Darartu Koroso**

Due to scheduling conflicts, Chef Chat will be on the second Monday at 3:30PM moving forward. Thank you for your understanding.

Warm Wishes,
George Trawick III
Culinary Director

Marketing Department

We enjoy every moment and memory we get to spend with you. Thank you for allowing us to spend this time with you.

Landmark is excited to announce we have a new Marketing Director, Patti DuFresne. If you see her around make sure to give her a warm welcome.

Landmark Staff