

Happiest New Year, My Friends!

I hope you all had a wonderful holiday season and were able to spend meaningful time with your loved ones.

I'm pleased to share that Simone will be stepping into the Receptionist Role here at the Landmark of Fridley. While she will no longer be part of the Nursing Department, we are excited to see her grow in this new role and continue supporting our community in a different way. Please join me in congratulating and welcoming her!

As we begin the new year, I also want to ensure everyone has access to clear and helpful information regarding EW/MA waivers and any recent UCARE changes. Informational flyers will be available at the front desk. If you have any questions or would like assistance, please feel free to ask-I'm more than happy to walk you or a family member through the process.

Wishing you all a happy, healthy, and successful year ahead!

Warm regards,  
Brendan Yang  
Business Office Manager

## January Outings

**Restaurant - Bizzee Bees**  
**Friday, January 9 11 am**

**Large portions, breakfast all day long and  
fantastic pies! Sign up early as space is limited!**

**Shopping - Walmart**  
**Monday, January 19th 2 pm**



## Employee Birthdays

Zubar H 1/1  
Mika R 1/23



## Employee Anniversaries

Felecia H 1/9/24  
Joseph R 1/11/24  
Aida M 1/31/24  
Davin M 1/23/25  
Katima S 1/23/25



# Age Magnificently



## Landmark Ledger

### January 2026

**Welcome to the New Year edition of The Landmark Ledger! As we begin another year together at Landmark of Fridley, we look forward to new memories, shared moments, and many opportunities to connect as a community. This year brings fresh activities, special events, and everyday moments that make Landmark a wonderful place to call home.**

**Thank you for being an important part of our community. We are grateful to share another year with you and wish you good health, happiness, and plenty of smiles in the months ahead.**

**Warm regards,  
The Leadership and Staff of Landmark of Fridley**

**6490 Central Avenue NE-Fridley, MN 55432 763-571-7355**

## From the Executive Director

We've got some exciting updates coming to The Landmark! We'll be doing a few remodeling projects around the building, including new flooring, a refreshed kitchen, and better lighting. These improvements are all about making The Landmark an even more comfortable and welcoming place to call home. Looking forward to a New Year filled with more opportunities to connect, more activities and more memories!

My door is always open ~

**Ranya Abueid**

Executive Director



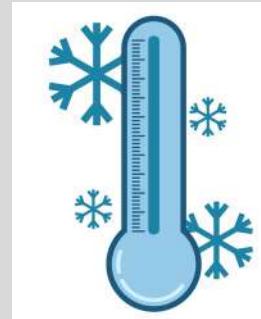
**When the snow and ice show up, it's penguin walk time! Slow steps, stay steady, and stay safe**

### Cold Weather Tips for Staying Safe & Cozy

As temperatures drop, a few simple steps can help keep everyone warm and safe:

Layer up: Wear warm layers, including hats and gloves.  
Choose safe footwear: Non-slip shoes help prevent falls on icy surfaces.  
Keep warm indoors: Make sure your apartment is comfortably heated  
Keep moving: Gentle activity indoors helps with circulation.  
Stay hydrated: Drink plenty of fluids, even when it's cold.  
Ask for help: Staff and neighbors are always happy to assist.

Let's stay warm, safe, and cozy all winter long!



## CALLING ALL LANDMARK SUPER SENIORS

The SPARK Challenge competition is on! We have two days of physical competition- Tuesday at 1:00 is our Walking Part of the Tryathlon and Thursday at 1:00 is our Arm Part of the Tryathlon. Come to Sandees and check it out! We are always looking for new team members, participants, spectators, and cheerleaders. All are welcome - come be a SUPER SENIOR with us!!!

**Join me in welcoming Jorge as our new Community Life Assistant. Jorge will be primarily in Memory Care, but we guarantee you'll see him around the building at different activities!**

## Marketing Department

**Let's Welcome Our New Neighbors**  Here are some suggestions for our sweet new residents~

**Say hello and introduce yourself—keep it friendly, not overwhelming.**

**Help them find their way around (dining, mailboxes, activities).**

**Invite them to sit with you or join in on activities.**

**Be patient—moving in can be emotional and a little nerve-racking.**

**Give them time and space to settle in.**

**Share helpful tips and speak positively about our community.**

**Respect everyone's differences.**

**Remember: We've all been new before—be the friend you would've wanted!**

**Warmly**

**Patti Dufresne**

**Marketing Director**

*Life at Landmark*

