



Our FREE table will be out on Friday, February 27th at 10:45. Please feel free to put your gently used items on it for others! We'll remove the table on Monday, March 2nd.



The Landmark  
of Fridley  
A Lifespark Community

*Age Magnificently*

## New Year's Eve at Landmark



## Landmark Ledger

**February 2026**

### February Outings

**Festival Foods/Dollar Store**  
**Monday, Feb. 9th 2 pm**

These stores are right next to each other!  
Festival is similar to CUB Foods.

**Perkins**  
**Friday, February 27th 11 am**

Well known for all you can eat breakfasts,  
Perkins how homestyle meals served in a warm  
and friendly atmosphere

### Employee Birthdays

- Sheron G 2/05



### Employee Anniversaries

Kenya A 2/7  
Shahnaaz O 2/13  
Haifa H 2/13  
Winter T 2/18  
Alicia C 2/21  
Brendan 2/25

Cupid is stopping by our community! Residents and families are invited to join us for a Valentine's Day celebration filled with sweet treats, cheerful LIVE music, and lots of smiles. Dress in your favorite red and pink and stop by our Valentine's photo booth to capture the fun! Come share the love, laughter, and good company as we celebrate friendship and togetherness. Family and friends are always welcome! We can't wait to see you there!

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



Notes from our Executive Director

Dear Residents, Families, and Friends,

As we welcome February, we are reminded of the importance of connection, kindness, and community. This month offers many opportunities to come together, celebrate friendships, and enjoy meaningful moments despite the winter season.

Thank you to our dedicated staff, wonderful residents, and supportive families for making our community such a warm and caring place. Your trust and involvement mean so much to us.

We look forward to sharing a heart-filled February with you and, as always, my door is open if you need anything.

Warm regards,  
Ranya Abueid  
Executive Director  
Landmark of Fridley



Our Management Team



Brendan Yang  
Business Office  
Manager



Becky Soule  
Director of Health  
Services



Kristi  
Asst. Director of  
Health Services



Patti DuFresne  
Marketing Director



Cliff Johnson  
Maintenance  
Director



Emily Berthiaume  
Memory Care  
Coordinator



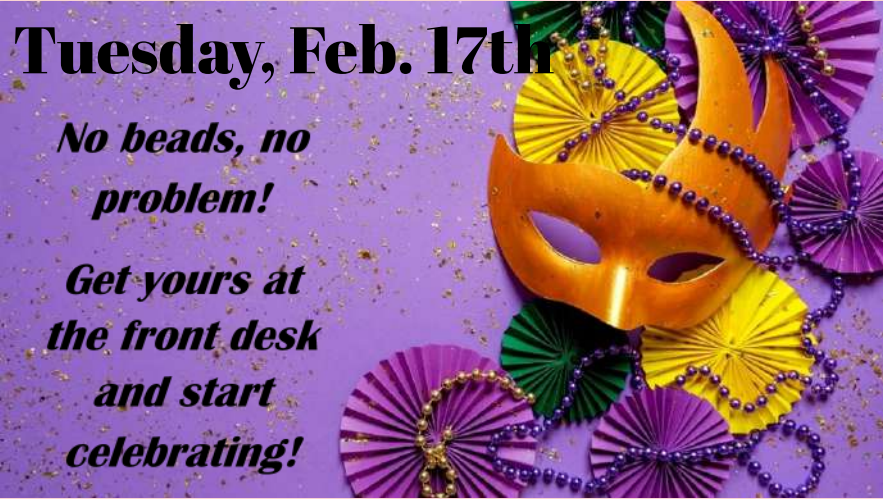
George Trawick  
Culinary Director



Tracy Ochsner  
Community Life  
Director

Happy January Birthday to the following residents!

- Joseph W 02/04
- Shirley E 02/08
- Josie W 02/15
- Jim D 02/20
- Phyllis B 02/22
- Patricia R 02/23
- Janet M 02/26



Introducing Flannel Fridays!

We're excited to launch Flannel Fridays! Each Friday, we invite everyone to wear flannel as a fun way to bring warmth, smiles, and togetherness to our community.



My life has been the poem I would have writ; But I could not both live and utter it.  
-Henry David Thoreau

We have come around again to the month of valentines and hearts, flowers and chocolates and sentimental sayings. We share words of love with others, and perhaps we also feel grief when remembering those loves we've lost. This year, consider offering some words of love to yourself. If your life, like Thoreau's were a poem, what words would it include? What parts of you would it celebrate? Have you persevered through a challenge? Survived a heartbreak? Risen to a challenge? What words would you use to describe what is most lovable about you? How would you put into words the arc of your life? Poems don't have to rhyme, and they don't even have to be long. Try writing a short love poem to yourself this month. And if you're feeling brave, find someone to share it with! Love grows when we share it with others.

Sincerely,  
Chaplain Kent