

February 2022

Fremont Fountain View

A program of Baruch Senior Ministries 501 (c)



Management at your service

“Baruch Senior Ministries seeks to honor God by serving people as they age.”

Administrator
Shelley McDonald

Resident care Manager
Katrina Huffman

Life Enrichment Directors
Jeff Wellman
Nicole Wandzilak

Director of Food Service
Lorraine Wellman

Director of Housekeeping
Sue Cotton

Director of Maintenance
David McDonald

Pastor
Joan Cornelison

February – A month dedicated to Love

February is often known for being a month dedicated to and all about love. But February is not only about valentines and sweethearts; instead, it can also be a month for self-love and self-care, fostering relationships with family and friends, and loving others.



Self -Love

Self-love is about intentionally taking care of yourself and who you are. It's about getting enough rest, and giving yourself the time, love and attention to recharge your mind, body, heart and soul. When you find yourself stressed out, impatient, and irritable with others, take time out for yourself.

This includes physically caring for yourself by eating healthy and exercising regularly.



Love your loved ones.

It's easy to get a little anxious about whether you've found the perfect way to show someone that you care. But it doesn't have to be about the size of a gift or the amount that you spend – simple acts can go a long way.

Leave a loving note on the kitchen counter next to the coffee pot. Stop by the grocery store for a bouquet of flowers – just because it's a Tuesday. Say that you love your loved ones – every.single.day. Family and life are precious, so don't wait for the 14th of the month to say it out loud.



Spread love to others

Actively taking the time to focus on being your best self and focusing on your family and friends enables you to be more compassionate and giving, and to love others in a better way. Volunteer at your local Food Bank. Give blood at an upcoming blood drive. Start spring cleaning early and donate your unused or outgrown clothing to a shelter or organization in need. No good deed can be too small!

February is a month to celebrate our most treasured relationships. So, take time this February to focus on all the ways you can do this, and see all the reasons it's known as the month of love.



Afternoon of Bowling



Bowling has returned to Fremont Fountain View Lanes.

Vivian Tenbrink took to the lanes and was the winner at almost 101 years old.

February Resident of the Month William "Zeke" DeLong



Congratulations William "Zeke" DeLong
Your upbeat positive attitude and enthusiasm
for life is a blessing to all of us here at
Fremont Fountain View.

Baking with Jeff

This month I baked a first for me. We made a most delicious carrot cake. Dessert was a hit. Next we tackle Peanut Butter cookies



More Baking with Jeff

Time for some good ol' fashion peanut butter cookies. Rolled up and baked to perfection. Thank you Vivian and Georgie for helping roll them out, they turned out so yummy! Baked with LOVE!



February Birthdays

Pat Vroma	2-1-21
Shelley McDonald	2-23-21
Andy Landheer	2-25-21



Your February birthday is pretty special because fewer babies are born during the month of February. That just means you don't have to share the spotlight on your birthday and we can celebrate just how wonderful and special you truly are.

The Greatest Gift "LOVE"

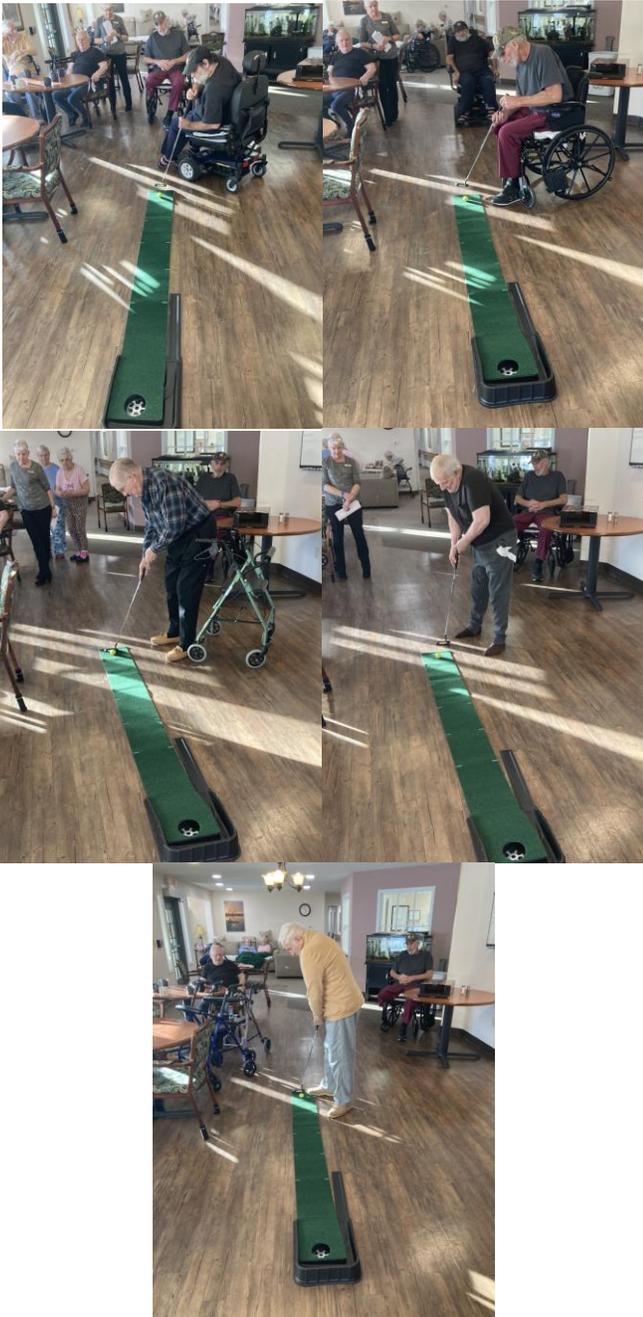
1 Corinthians 13

⁴ Love suffers long *and* is kind; love does not envy; love does not parade itself, is not ⁱⁿpuffed up; ⁵ does not behave rudely, does not seek its own, is not provoked, ⁱⁿthinks no evil; ⁶ does not rejoice in iniquity, but rejoices in the truth; ⁷ bears all things, believes all things, hopes all things, endures all things.

¹³ And now abide faith, hope, love, these three; but the greatest of these *is* love.

MLM Group Golf and Coffee Hour

Here at Fremont fountain View, Men's Live's matter! "MLM" We started up a men's round table coffee time and rolled out the greens and did a little golfing and fellowship. It is awesome to sit and listen to the stories the men remember from the "Good old days!"



Gayle making the residents look gorgeous!



National Tootsie Roll Day



About 64 million Tootsie Roll candies will be manufactured on February 23, Tootsie Roll Day.

On this day in 1896,

inventor Leo Hirschfield first began selling the chewy chocolate confections out of his small Brooklyn candy shop.

The candies grew so popular that Hirschfield distributed them throughout New York using a horse and buggy.

The unique name was a no-brainer for Hirschfield. He had been calling his five-year-old daughter Clara by the nickname "Tootsie" all her life. Or had he?

"Tootsie" was also the name of a child actress hired by the company to hawk its products, a name that company marketers then applied to the new candy.