

April 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

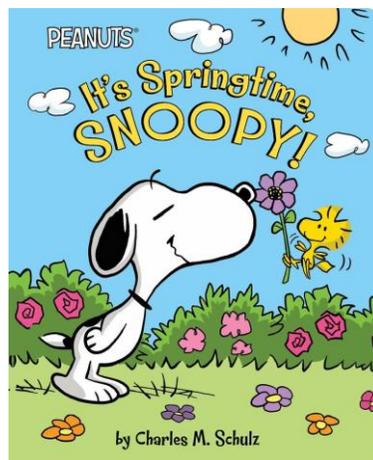
Director of Maintenance  
David McDonald

Pastor  
Joan Cornelison

## Springtime

Throughout the year, there are certain days which hold special significance; the first day of spring, or the Vernal Equinox, is most certainly one of these special days. On the Equinox – which this year falls the 20<sup>th</sup> of March – the length of day and night fall into balance. The word “equinox” comes from the Latin, meaning “equal night”.

This moment of balance has been celebrated by human



cultures for thousands of years, and it's easy to understand why. After a long winter, it's wonderful to think that, from this moment onwards, the days will get ever longer and the nights shorter, and to know that the days will get warmer and the sun will shine brighter.

Spiritually, the beginning of spring is an excellent time for new beginnings; to focus on acts of creation and growth – to spring into action. There is a huge amount of spiritual energy available to us at this time, and many people use this energy without even realizing it – this is the energy that drives spring cleaning!

There are many ways you can use this energy; not just in clearing out the clutter of the year gone by. It's a perfect time to plant flowers in your garden, or to begin new creative projects – especially if it's a project you have never tried before. It's also an ideal time to forge new relationships and to accept new challenges in your life.

## What is the Easter Story?

I count it as a great honor to hold Church services for our residents here at Fremont Fountain View and I am excited and very much looking forward to doing the Easter, or as some call it the Resurrection Sunday service.

The Easter celebration what is arguably the most important event in all of human history: Jesus rising from the dead. All of Christianity and all eternity hinges on the truth of the resurrection. If Jesus did not rise from the dead, then our faith is lacking in meaning and is just another interesting philosophy. But if the resurrection is true, then it is the clearest proof that Jesus is exactly who he claimed to be – the Son of God and the Savior of the world. All of the evidence points to the truth of the resurrection, and the result is changed lives.

The death and resurrection of Jesus means that there is hope in this hopeless world; that there truly is a God; and that not only does he understand us, but he became one of us. He took our sins upon himself and is alive today. Romans 10:9 says that *“If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.”*

It is that simple. If we truly believe he is who he says he is and that he rose from the dead as he said he would, it will forever change the way we think and live.

This is the time of year that life begins to bloom around us. Spring replaces winter, and there is a sense of rejuvenation and refreshing—a feeling that the old is being made new all over again. It is fitting that we celebrate the resurrection at this time of year, and also fitting that we embrace the new life offered to us through our living Savior.

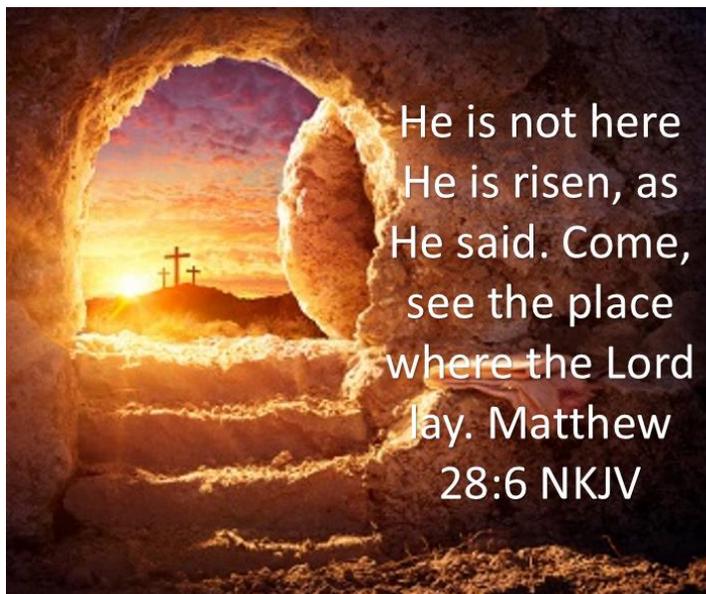
Jeff Wellman L.E.D.

## Fremont Fountain View celebrated 2 Special March Birthdays!

Hank Terpstra turned 97 and Vivian Tenbrink turned 101



May you have all the love your heart can hold, all the happiness a day can bring, and all the blessings a life can unfold!



He is not here  
He is risen, as  
He said. Come,  
see the place  
where the Lord  
lay. Matthew  
28:6 NKJV

## 2022 Annual Baruch Wing-A-Thon fundraiser

Our 2022 Wing-A-Thon was a blast. Once again Fremont Fountain View teams were on top of their game and remain the reigning wing eating champions

All funds raised will be going to the completion of our Koi Pond that will be placed in the entrance garden for family and residents to enjoy.

The winning team was the Fire Eaters Luke Kimes and Stephanie (Bushman) Busman with 161 wings. Second place were Jake Wellman and Simon Haack, the Wing Kings with 158 wings. 3<sup>rd</sup> place was Keeping up with the Wingdashians, (Katrina Huffman and Adriana Wheeler) and 4<sup>th</sup> were the Wingle-Berries Stephanie (Mounts) Munts and Gabrielle Huffman

Fremont also raised the most money once again out of all the Baruch facilities, with a grand total of \$1530.00



**Way to Go  
Fremont  
Fountain  
View**

## It's all about the smile

Many see smiling simply as an involuntary response to things that bring you joy or inspire laughter. While this is certainly true, it overlooks an important point: Smiling can be a conscious, intentional choice. It appears that whether your smile is genuine or not, it can act on your body and mind in a variety of positive ways, offering benefits for your health, your mood, and even the moods of people around you.

Smiling Helps You Stay Positive

Smiling Helps You Live Longer

Smiling Relieves Stress

Smiling Elevates Mood

Smiling Is Contagious

Smiling Boosts the Immune System

Smiling May Lower Blood Pressure

Smiling Reduces Pain

Smiling Makes You Attractive

Smiling Suggests Success

Take a note from one of the pages from Linda's life! No words are needed! JUST A SIMPE SMILE!



## New Faces on the Block

With every new resident or staff member brings new adventures for us all here at Fremont Fountain View. We look forward to the new adventures our 2 new residents will bring. Join us in welcoming Betty and Joe!

### Welcome Betty Trapp



### Welcome Joe Witte

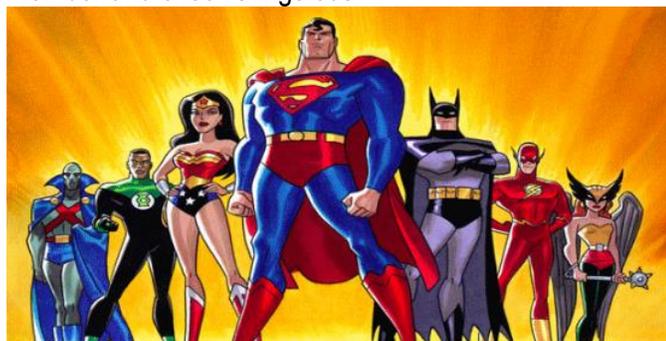


## We all Need a Hero



April 28 is Superhero Day. Are you shocked that such a holiday exists? After all, American pop culture has been overrun by superheroes like Iron Man, Captain America, Spider-Man, Superman, Batman, or Wonder Woman.

On April 28<sup>th</sup> Fremont Fountain View will be overrun by super Hero's. The staff will be dressing up like their favorite Super Hero. Stop on in April 28<sup>th</sup> for a visit with your family member and check things out.



## Mother's Day Flower Basket Sale



It's that time of year. It's time for our Fremont Fountain View Annual flower basket fundraiser.

All orders need to be placed by April 20<sup>th</sup> for the Mother's Day sale and May 20<sup>th</sup>

for the Memorial day sale

The price of the baskets are going to be \$18 each this year.

Get your orders in now. Contact Jeff or Nicole or stop on in at Fremont Fountain View for a visit and place it then.

## Resident of the Month for April

Hank is a ray of sunshine here at Fountain View. Always a song on his heart or a story to tell. Hank is a blessing to all!



## Fountain View Lanes Bowling Champion

Congratulations Andrew Landheer

