

February 2024

# Fremont Fountain View

A Program of Baruch Senior Ministries



## Management at your service

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

Administrator

Shelley McDonald

Resident Care Manager

Latasha Robinson

Activity Director

Nicole Wandzilak

Director of Food Service

Lorraine Wellman

Director of  
Housekeeping  
Sue Cotton

Director of Maintenance  
David McDonald

Chaplain  
Val Vandelaar

## What's for Breakfast?

February is a month that brings with it an array of breakfast-themed celebrations, making it a time for food enthusiasts to indulge in their morning cravings. Let's take a quick tour of some of these scrumptious occasions.

Hot Breakfast Month in February reminds us of the warmth and comfort that a steaming bowl of oatmeal, a plate of scrambled eggs, or a hearty breakfast burrito can bring to a chilly winter morning. It's a time to appreciate the heartiness of hot breakfast options, even if they take a bit longer to prepare.

Bagel and Lox Day (Feb. 9) caters to lovers of this classic combination. With a bagel as the sturdy base and lox (smoked salmon) as the star, this day is all about the savory and satisfying flavors that have become a breakfast staple for many.

Mardi Gras, which is French for “Fat Tuesday,” marks the culmination of the festive Carnival season on February 13. While the day is famous for its lively parades and vibrant masks, it's also an opportunity to savor some delicious breakfast treats. Traditional dishes like beignets and king cakes take center stage, offering a sweet and hearty start to the day.

Fat Tuesday is also Pancake Day, an event celebrated worldwide with fluffy stacks of pancakes drizzled with syrup or piled high with fresh fruits and whipped cream. Observers relish the simple pleasure of this beloved breakfast food.

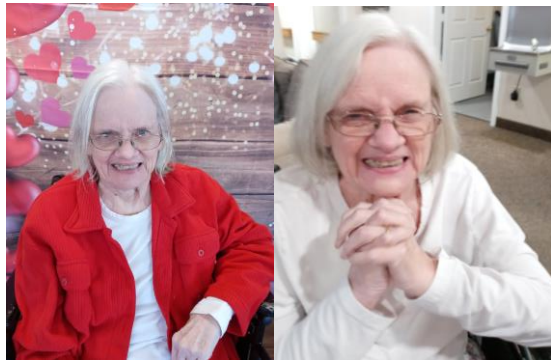
Finally, Muffin Day (Feb. 20) rounds off the month with a celebration of these handheld treats. Whether you prefer blueberry, chocolate chip, or bran muffins, be sure to indulge in a sweet or savory snack on the go.

Whether you're savoring a fluffy stack of pancakes or nibbling on a warm muffin, these celebrations remind us of the joy that breakfast can bring to our lives.



## In Loving Memory Linda Guikema

Heaven gained another angel. Linda went to be with the Lord in January. Nicknamed “giggles” by staff, she was often in a good mood, and would giggle as staff would say or do something silly. Every Sunday, her daughter Jayne would come visit her, usually with an ice cream, coffee, etc. Linda was indeed well loved and is dearly missed.



## February Birthdays

2-14.....Jennifer Huddleston

2-23.....Shelley McDonald

2-25.....Andy Landheer



First bowling champion  
of 2024

Congratulations Luke!





## God Is LOVE

*"Dear friends, let us **love** one another, for **love** comes from God. Everyone who **loves** has been born of God and knows God. <sup>8</sup> Whoever does not **love** does not know God, because God is **love**. <sup>9</sup> This is how God showed his **love** among us: He sent his one and only Son into the world that we might live through him. <sup>10</sup> This is **love**: not that we **loved** God, but that he **loved** us and sent his Son as an atoning sacrifice for our sins. <sup>11</sup> Dear friends, since God so **loved** us, we also ought to **love** one another. <sup>12</sup> No one has ever seen God; but if we **love** one another, God lives in us and his **love** is made complete in us" 1 John 4:7-12.*

Looking at our passage, we see the word love bolded thirteen times! God does the **initiating** of his love by *sending his one and only Son, Jesus, into the the world (vs.9) to die on the cross for the forgiveness of our sins (vs.10)*. God did not have to send Jesus. He could have left us in our sin. Yet, God's love is so deep and so wide (Ephesians 3:18-19) he rescued us from our sin. He **initiated** our redemption through the blood of Jesus. In verses 8,11 and 12, we see God's love is not passive, rather it changes and transforms us. We cannot love if we do not know God, because God is love. We are his creation, made in his image, and an extension of his love. God's love drives us to care for a person in need, to offer empathy to a grieving friend, to rejoice with one who comes to know Christ.

Today, I offer you a challenge - how will you **initiate** God's love to another person encountering a mental health crisis, a friend with differing political views, apologizing to your brother or sister, asking forgiveness for your mistakes or listening well to someone else's feelings and concerns.

You and I do not love because we want to. We love because God first loved us. His love creates a desire within us to be obedient to him in giving his love to those around us. We love because God's love changes and transforms us.

The month of February is about LOVE. As Valentine's Day approaches, take the **initiative** to love others as God loves you and watch it change and transform you and the person you shared it with.

Chaplain Val





## Winter Crafts And Hot Chocolate



Did someone say Bingo?



## The Art of Being Humble

February 22 prefers not to call attention to itself. It is Be Humble Day, a day not to brag, boast, or call attention to your accomplishments. The words *humble* and *humility* come from the Latin word *humus*, which means “earth,” literally the dirt beneath our feet. To be humble is to have a modest estimate of one’s own worth and to never have a superior attitude over others. Humility is perhaps the greatest of virtues.

In our loud, proud, and power-driven society, humility can be viewed as a weakness. However, humility has often proven to be a leader’s greatest strength. Humility comes from the self. Humility is also attractive to others, often because a good and humble leader will sacrifice personal gain for the benefit of the entire group. Humble leaders also do not create their identity from their accomplishments. Identity and accomplishment are entirely separate. This is why a humble leader will remain flexible. When their choices are criticized, they do not take it personally but rather are willing to learn from their mistakes. Taking a day to be humble may make us all stronger leaders, whatever our tasks.

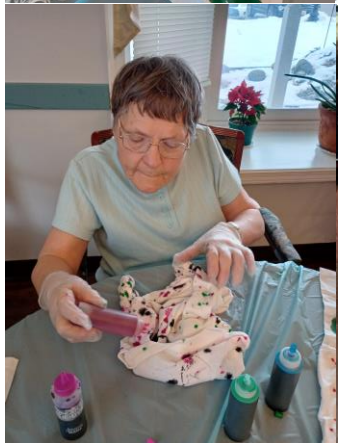
## Volunteers Needed

Would you enjoy calling Bingo? Or setting up pins for a bowling game? Or crafting? We have a variety of fun activities you can do all while getting to know some wonderful people. If interested in becoming a volunteer, call 231-924-5050 and ask for Nicole

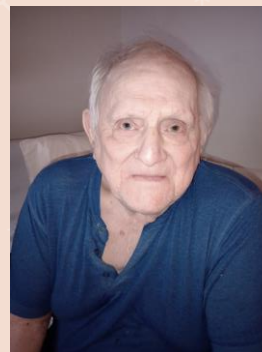




## Tie Dye Party



## February Resident of the Month: Mac Harris



With the most votes, it was agreed that Mac is always kind to staff. He has been helpful with other residents as well, making a point to stop and offering greeting and kind words.  
Congratulations Mac!

## Music and Exercise

A fun way to exercise, bringing out the maracas and the tambourines.

