

November 2021



Cassia Updates

Cassia Connection

We're thrilled to see a longstanding partnership blossom, allowing Cassia to offer more living options to those we serve. The partnership involves the First Evangelical Free Church in Maplewood, Minnesota. For many years, a significant number of church congregants have been residents at New Harmony in St. Paul, which serves older adults and others in need.

Now, the connection between the two organizations is growing. During the past year, Cassia purchased seven acres of land from the church and is building a new care community with updated features, to be called Harmony Gardens. As always, Cassia assists people of all faiths and traditions.

The new community will offer independent and assisted living, memory care, care suites, skilled nursing and rehabilitation. We are grateful for this partnership, as we work together to build the chapel and a continuum of services for residents now and in the future.

Jenna Zark

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Spiritual Care

"On this mountain the LORD of hosts will make for all peoples a feast of rich food, a feast of well-aged wines, of rich food filled with marrow, of well-aged wines strained clear. ⁷And he will destroy on this mountain the shroud that is cast over all peoples, the sheet that is spread over all nations; he will swallow up death forever. ⁸Then the Lord GOD will wipe away the tears from all faces, and the disgrace of his people he will take away from all the earth, for the LORD has spoken. ⁹It will be said on that day, Lo, this is our God; we have waited for him, so that he might save us. This is the LORD for whom we have waited; let us be glad and rejoice in his salvation. Isaiah 25:6-9

Wouldn't you love to go to the mountain Isaiah writes about? There is a feast with rich food and wine for all peoples. The shroud, let's say it's COVID, is destroyed and the Lord swallows up death forever. Then, the Lord wipes away the tears from all faces. Isaiah paints a beautiful picture of how the Lord takes care of us, cares for us and tends to us. When we are dealing with difficult situations, we can remember that the Lord is there for us, helping us, comforting us and saving us from sin, death and the devil. And, even in those tough times, God provides. So, let us be glad and rejoice, giving thanks and praise to God, from whom all blessings flow.

Let us pray: Generous and loving God, thank you for all the blessings you give us new every morning. Help us to be generous and grateful with all that you have given us. May we live our lives in honor and service to you, loving our neighbors with our time, talents and treasures. In Jesus' holy name pray Amen

Chaplain Rev. Nancy Carlson
VP Spiritual Life, Cassia

In the Chapel

Spiritual Care Activities

Sundays:

11 AM Catholic service, Channel 68
2 PM Protestant Worship in the Chapel and on Channel 68

Tuesdays:

10 AM Hymn Sing or Praying in Color
11:00 AM Men's Group in the Chapel

Wednesdays:

10 AM Worship in the Chapel and on Channel 68
1 PM Rosary service on Channel 68, pre-recorded from somewhere in the world. Rosary is led on Channel 68 by a local church and sometimes it is a Rosary service from Leeds Cathedral in England or the shrine at Lourdes in France!

Worship Services

3rd: Gethsemane Lutheran (ALL SAINTS)
7th: Chapel View
10th: Chapel View
14th: Zion Lutheran
17th: Mills Church
21st: Chapel View
24th: Chapel View
28th: Chapel View (Advent 1)

At the Wednesday worship service, there will be a **Healing Service** once a month that includes individual prayer and anointing with oil, along with Holy Communion. All are welcome to attend whether you are in need of healing or want to pray for someone in need of healing.

Also, a **Service of Morning Prayer** will happen at least once a month, on Wednesdays at 10 AM in the Chapel. The service will include prayer, scripture and hymns. It will be led by one of the chaplains. Please join us for this great way to start your day!

After Hymn Sing on Tuesdays, all men are invited to a **Men's Group** at 11:00a in the Chapel with Chaplain Erik or Brad. Come for a lively discussion about a variety of topics and good fellowship.

Fridays:

10 AM Chaplain Kristi Zabriskie facilitates a **Grief and Transition group** in the Chapel. This group is open to those who are experiencing grief or loss or having a hard time with life transitions. You are welcome to come for support, to talk and to listen. Please contact Chaplain Kristi if you have any questions at 952-697-3835 or kjzabriskie@augustanacare.org.

Both Chaplain Erik and Chaplain Kristi are available to support residents and their families, along with all of our team members. One of us is in the building every day except for Saturday. Please feel free to call the Chaplain Office at 952-697-3835 and leave a message. We look forward to visiting with you.

Find us on Facebook at Chapel View
Senior Health and Living!

We share some of the fun we've been
having and upcoming events!

November Events

Major Happenings

1st: Manicures and Music
2nd: Long Word, Short Word
4th: Resident Council and
Food Committee
5th: Happy Hour
7th: Piano w/ Jane
9th: Jeopardy
10th: Fall Comforts
11th: Veteran's Day Music w/ Scott B.
12th: Bowling for Bucks
15th: Word Ladder
16th: Sunshine Committee
18th: Mindful Meditation
18th: Chapel View 500
19th: Exotic Treats
22nd: Mad Gabs
23rd: Turkey Bowling
26th: Wine and Canvas
30th: Silver Notes Performance

Weekly Activities

Bingo every Monday and Wednesday at 2:00p!
Movie and Popcorn every Saturday!
Worship every Wednesday and Sunday!
Rosary every Wednesday at 1:00p!
Men's Group every Tuesday at 11:00 in the chapel!
Grief and Transition Every Friday at 10:00a in the chapel!
Manicures every other Monday at 10:00a!
Piano Tunes every Monday and Wednesday at 3:30p

**See the activity calendar for all times and locations*

Resident Birthdays

4th: Karen G.
4th: Donna L.
7th: Lamoyne W.
16th: Barb T.
18th: Kenny P.
25th: Millie P.
28th: Alfie J.



31a
AN AUGUSTANA/ELIM AFFILIATION
community news

Resident Council Minutes

FOOD COMMITTEE

Esther asked all how the food has been and if they liked the new menus. Remarks such as, “Very good” came forward. Many like the changes in the fall/winter menu. Esther announced that some of the items we had ordered are no longer available, such as cauliflower. Unfortunately, she had to take it off the menu but will continue to try to get the vegetable in. Esther stated some of the snacks are changing as well due to unavailability from vendors. Rice crispy bars will now be available as well as Burlington farms cookies (sugar free), and regular Sun chips in addition to the cheddar ones. Esther wanted all to know that the menu may continue to change based on what the residents want and what is available to order. Esther added brats and sauerkraut, German potato salad and German chocolate cake for the Oktoberfest meal. Esther also added pizza to the menu. One resident asked if pepperonis could be added to the pizza. Esther said she would add pepperonis to some of the pizzas. Esther asked all if they noticed “Catch of the day” on the menu. It was Sea Bass this week. One resident stated she preferred the lemon pepper fish but many others said they liked the Sea Bass. One resident stated she didn’t like the skin on it. Esther stated next time they would be taking the skin off. Esther informed all that when serving a new item, she likes to walk around and get an idea of what everyone thinks of the new product. Esther asked all what they would like for the noon Halloween meal. It falls on a Sunday this year but there will also be a costume contest and Halloween party on Friday, Oct. 29th. One resident suggested taco salad for Halloween. Another resident stated she didn’t want that. Esther replied, stating, “We can do something special that day and have two options!” The residents agreed on taco salad or pepperoni pizza, corn, and pumpkin pie. Esther asked all if there was anything else folks would like to see changed on the menu. One resident stated she would like more seasoning in the food. One resident asked if we could have potato pancakes. Esther stated we tried it in the past and was not a hit but she would look into it. Many asked about going to different fast food joints and restaurants. Laura informed all we would talk about bus outings later in the meeting.

DISCUSSION OF OLD BUSINESS

Laura read over last month’s minutes and asked all what they thought of the new programs that went on in September. One resident stated, “I think the activities have been wonderful and I attended just about every one of them.” Laura followed that comment up by thanking residents for trying new things and attending the activities. One resident commented that the women were very competitive during Battle of the Sexes, in which they came out victorious. Laura stated the gentlemen would have a chance to retaliate in October. One resident stated she missed the balloon activities. Laura reminded all that we love and miss the balloon games such as balloon volleyball but it’s not considered a “COVID friendly” activity as we are all touching the balloon. We do use a balloon with the pool noodles but we are unable to play games where we share items. One resident stated she enjoyed bowling and Laura announced we will do that again in November. One resident stated she wanted to do another program like the fruit, cheese, and chocolate tastings. Laura said we could do more like that in the near future and that the pizza parties would start back up in January. One resident stated she enjoyed making bruschetta and Laura announced we would do more cooking groups in October and upcoming months. Laura asked all if they enjoyed doing educational programs such as the Seven World Wonders and Amazing Artists. One resident stated Jessie was doing a fantastic job leading those groups.

DISCUSSION OF NEW BUSINESS

Laura announced that the upcoming Thursday, there will be an opportunity to do early voting for the Hopkins Mayor, City of Hopkins Council Member, and School Board Member for Hopkins Public Schools. The voting will take place Thursday, Oct. 14th at 10:00a in the Chapel. TR staff will come around and ask every resident if they would like to vote and will fill out the needed paperwork for an absentee ballot. Election judges from the city of Hopkins will be here to help residents vote.

Paula then took the floor with COVID updates to share. Paula stated we are no longer in outbreak status and are only testing the unvaccinated staff. The list of unvaccinated staff is getting shorter and shorter as employees decide to get vaccinated. Minnesota hasn't yet made the vaccine mandatory for all staff in care facilities as some facilities might have to close down due to not enough staff. One resident asked about the residents. Paula stated all the residents are vaccinated on the 1st floor aside from one and three upstairs. COVID can still infect vaccinated people so we are continuing to be as careful as we can be. At this point, 90% of our staff are vaccinated and that is one of the highest rates of all the facilities in our organization. Paula also mentioned the booster shots and that we would be providing the booster for our residents. We will be able to distribute it once our pharmacy has the Moderna booster. Paula reminded all that we had visitors from the state who were at CV to interview residents to ask residents about their quality of life. This information then goes online and is used for other consumers who want to come to Chapel View to get treatment or live and gives them an idea of what it's like here. The scores will be posted online on the state website sometime early next year. Paula will announce the results when we get them. Some residents stated they were interviewed. Paula asked all how the temperatures in the building have been. Some stated more on the cooler side but comfortable. Paula asked if folks are getting heated blankets when they request them. Some replied yes. Paula stated the heat will officially come on after Oct. 15th but we will continue to adjust the heating and cooling throughout the day to make temperatures more comfortable throughout the day and night. Paula suggested wearing thicker socks if you are someone who gets cold easily but reiterated to let staff know so we can make sure you are comfortable. Paula mentioned Fred's office has changed locations. It has moved up the hall, closer to the nurse's station. The move will open up a shared resident room in the East hall. This way we can accommodate more residents or patients from the hospital. We have been fortunate to not have the staff concerns other facilities and hospitals have been facing due to COVID. There are many sites having trouble staffing their facility. They have had to close down wings and are unable to take in new patients. Chapel view has hired many new staff that are still learning. Paula asked all to let us know if things are going well or not and what changes could be made. To wrap it up, Paula mentioned on Monday, Oct. 11th, Bob Dahl the CEO of Cassia and Paul Libbon, the Regional Director of Operations and others from home office were coming to present Chapel View with an award for Continuous Improvement. Other facilities within Cassia nominated us. Paula praised all the staff who made this award possible. The brief award ceremony will be in the Chapel at 2p, the same time as bingo so bingo will be moved to the main dining room. Paula thanked the residents for their flexibility so the ceremony could take place.

One resident asked about the flu shots, stating she received a letter regarding information about it. Paula announced it would be Oct. 18th and residents don't have to do anything unless they don't want the flu shot, in which they would have to contact Chapel View by the 16th of Oct. to decline. Laura mentioned on behalf of another resident not at the meeting, that staff are too loud in the hallways at shift change and in the evenings. One resident agreed and stated she doesn't like being woken up when staff are helping her roommate. Paula stated you can request to not be disturbed but if your roommate needs assistance in the night, they will still have to come in. Staff are instructed to do "rounds" every two hours where they check on residents to make sure they are okay. They are instructed to make themselves known before entering but also be quiet as to not disturb residents but also try not to frighten the resident. One resident stated she appreciates being checked on in the night. Paula reminded all to use their call lights if they need anything or if they need to have a nurse or aide ask a neighbor to quiet down, turn down TVs, or turn lights off.

OPEN FORUM

Laura announced we might have an opportunity to do a travel club where there is a tour guide in the actual place we are touring and we join them virtually. We are able to interact with the guide and ask questions. Laura will inform everyone as the trials become available. At the very least, we will continue the travel groups we have been doing. Laura asked all if there were any movies they would like to see. Laura mentioned two movies that were being considered for upcoming weeks. Some stated “Guys and Dolls” would be a good choice for the upcoming Saturday and the documentary about Glen Campbell will be the following Saturday. Laura announced there would be a Relaxation Hour every day at 1p on channel 68, except for Wednesdays because that is the time for Pray the Rosary, and Sundays as activities is not in the building. The program will consist of relaxing music and scenic videos and pictures. This is for anyone who likes to relax after lunch and would enjoy some quiet time. Residents are able to watch this in their rooms or common areas if all agree to watch it. This program is posted on the calendar. Laura asked all if there was anywhere else folks would like to go on the bus. Laura reminded all that we can go to restaurants but residents bring their own money so it is fair for all residents. The bus can also take people to stores, the arboretum, or grocery stores. One resident asked if she could go to McDonalds and Laura stated yes, absolutely. Another resident asked if she could go to Kohl’s and Laura added it to the list. One resident asked if the coffee shop would be opening anytime soon. Laura informed all that we are still waiting to be able to open the coffee shop. Paula chimed in and stated residents can reserve the coffee shop for small gatherings with family and friends but we are still discouraging eating with visitors as that means they have to take off their masks. Laura asked all if there were any other questions, concerns, comments, or complaints. None came forward. Odel made the motion to adjourn the meeting.

**Gold Stars**

***Moriah G., Director of Health Info-** “She jumped in as a health unit coordinator and nurse when we needed her! Her willingness to help where ever needed is appreciated beyond words!”-Director of Nursing

***Jeris, CNA-** “For giving patients manicures who missed on manicure day.” –activities

Contact Laura, Ellie, or Jessie to nominate an outstanding staff member!





Pumpkin Painting

OCTOBER 2021





Halloween Craft

OCTOBER 2021





COSTUME CONTEST



Winner!







