

January 2022



Cassia Updates

Cassia Connection

Cassia's approach to recruiting staff includes discovering where team members' interests lie and then helping them to grow their careers. We offer free certified nursing assistant training and our CARE fund helps employees dealing with financial emergencies. The CARE Fund is entirely supported by generous donors. Select sites also provide scholarships at several colleges where employees can get tuition discounts. Many scholarships are supported by donors and grantors, who deserve much gratitude. In addition, Cassia's Live, Work, Give Program offers events where people can envision life at Cassia.

Thanks to a LeadingAge Minnesota grant, farmers markets were held at various Minnesota campuses, offering employees fresh produce to lessen food expenses. Produce was also given to community members, along with information about job opportunities. Cassia's Iowa communities hosted fairs that resulted in several people being hired.

"Our goal," says Human Resources Director Jeri Rosenberg, "is to show people that working here is not just about a job. It's about being part of a community."

Jenna Zark

Director of Communications
Cassia
7171 Ohms Lane, Edina, MN 55439
Direct: 952-855-5168

Spiritual Care

When they had heard the king, they set out; and there, ahead of them, went the star that they had seen at its rising, until it stopped over the place where the child was. When they saw that the star had stopped, they were overwhelmed with joy. On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh. Matthew 2:9-11

Epiphany happens every year on Jan. 6. It is when Christians celebrate the revelation, the epiphany, of God coming into the world in the form of the baby, Jesus Christ. When a baby is born, we often bring gifts, something to welcome this baby to the world. The magi's gifts weren't the usual baby books and rattles. No, they brought gold, frankincense and myrrh, very costly gifts, more fitting for a king than a baby. If I was going to see a friend's new baby, I would not be able to afford these gifts. There are estimates that these gifts are worth over \$120 million today. Instead of bringing Jesus gold, frankincense and myrrh, what gifts can you give? Can you give money to someone in need? Can you give companionship to someone who is lonely? Can you give music to someone who would enjoy it? Giving our gifts away for the sake of our neighbors gives us an epiphany that it truly is better to give than to receive.

Let us pray: Gracious and glorious God, thank you for coming into the world in the form of baby Jesus. Open our hearts and minds to your revelation. May we see anew all the ways you bless us. May we open our hands to share those blessings with others. In Jesus' name we pray. Amen.

Chaplain Rev. Nancy Carlson
VP Spiritual Life, Cassia

Special Announcements

Resident Gifts

If you were wondering where your loved one's gifts came from...

This Christmas, residents and patients received gifts from a couple organizations. The first round of gifts was from a group of Mary Kay women who live nearby. They gifted each resident a bottle of hand lotion, holiday socks, and an ornament.

Residents were also visited by the Hopkins Fire Department with gifts from the community through a program called Be Santa for a Senior that Home Instead organizes each year. We provide a paper ornament with resident names and gift ideas for that resident. The ornaments are hung on Christmas trees at various Lunds and Byerlys. Folks from the community take the ornaments and shop for that person, wrap the gifts, and return them to Lunds and Byerlys. Home Instead then teams up with the local FD and brings the gifts to the residents. Every resident and patient received gifts through both programs.



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

- 2nd: Chapel View
- 5th: Gethsemane
- 9th: Zion Lutheran
- 12th: Chapel View
- 16th: Chapel View
- 19th: Aldersgate United Methodist
- 23rd: Spirit of Christ Lutheran
- 26th: Chapel View
- 30th: Chapel View

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.



Pat Dougherty

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

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



January Events

Major Happenings

4th: America Says
5th: Vision Board 2022
6th: Resident Council
7th: Let's Get Baking
10th: Fortune Telling
11th: Wine and Canvas
13th: Jeopardy
14th: Music with Jeff B.
17th: Noodle'robics
20th: Hot Cocoa Social
21st: Name that Tune
24th: Mystery Short Stories
25th: Winter Craft
27th: Card Creations
28th: Battle of the Sexes

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

1st: Ginny R.
7th: Christine W.
8th: Phyllis N.
12th: Roger H.
13th: Carol B.
13th: Jack C.
22nd: Jimmy S.
23rd: Linda W.
25th: Lorraine G.
26th: Maxine W.



Resident Council Minutes

FOOD COMMITTEE

Laura O. and Kelly K. represented Esther for the meeting. Laura asked, "How has the food been?" One resident asked for BBQ chips awhile back and had been provided with some. One resident suggested taking the lemon pepper fish off the menu. Laura O. stated when we serve it, we will provide an alternative for that resident. Laura O. asked for any other comments. Laura F. asked how everyone liked the new snacks. Kelly mentioned the Lorna Dunes were back for a short time but are out of stock again. She followed that up by saying we have Teddy Grahams as a substitute. Laura O. asked everyone to help plan the Christmas and New Year's Day Menu. The residents agreed on ham, scalloped potatoes, peas and carrots, and French silk pie for Christmas and roast beef, au gratin potatoes, cauliflower and carrots, and cherry pie or lemon meringue pie for New Years. Laura O. asked if anyone else would like any requests sent to the kitchen. One resident stated the carrots are too soft at times. Laura O. took note. One resident asked for more sweet potatoes. Laura O. mentioned the variety of sweet potatoes we currently serve such as baked, mashed, and tots but can talk to Esther about adding more. Laura F. asked if there was anything else, no comments came forward.

DISCUSSION OF OLD BUSINESS

Laura and Paula asked if folks are still hearing the garbage truck. Paula had asked the company to wait until after 7a to do pickups. Some stated it was still noisy. (Paula called Dick's Sanitation the following morning and asked for later pickups. Per their records they actually picked up at 6:30 a.m. that day and Paula said that's way too early. They have been asked to not come until 7am or later.) Temperatures in the building were discussed. Many felt the temps have been comfortable. Laura reminded all about using their trust accounts so their money is safe and can be accessed from the front desk. Laura mentioned utilizing the late programs provided by activities three times per week. The programs are on Monday, Wednesday, and Thursday from 5:45p to 6:30p. There is a variety of discussions and activities at these times. Laura encouraged participation and stated this can help folks stay engaged in the evening instead of going to bed right after dinner.

Laura wanted feedback on some of the activities put on the past month. Laura asked all what they thought of Happy Hour. A few positive comments came forward. Laura stated we would be doing it again the following day and would have more drink opportunities with a full bar! Turkey Bowling was also discussed. Laura asked all what the residents thought about the special event. The residents stated they enjoyed it!

DISCUSSION OF NEW BUSINESS

Paula thanked Laura O. and Kelly for stepping in for Esther while she is on a well-deserved vacation. There is a staffing shortage throughout the country and Chapel View is feeling that at times. We are doing our very best to recruit quality staff to fill the need in our kitchen, housekeeping, nursing, and laundry. Management has had to step in and get the jobs done while we look for the right people to fill the roles. Some facilities are training the National Guard to be nursing assistants. Luckily, we have not had to use that resource. Paula mentioned we are still feeling the effects of the pandemic. Paula asked all if they have met the new beautician, Megan. She will be working at CV on Wednesdays and also works at

other Cassia cites. She is very good and works fast. There will be another beautician joining her at some point to help give haircuts to the Apartment residents. Paula mentioned the care rates will be changing as they do annually. The facility does not calculate the rates but a third party determines that. There will be a delay this year and we will inform you and/or your families once we are informed. Letters have been sent to your families about the delay and information regarding the new rate changes. One resident mentioned that when staff go above and beyond, they should be nominated for a star. She reminded all other residents that when you take the time to recognize a staff person for doing something great, they are more likely to do it again and it encourages them to continue to work hard. Paula thanked the resident and informed the residents there is also a new, additional way to recognize staff. There is a form that is to be filled out at the front desk and recognizes staff for following our mission. Cassia is based on the following pillars: Compassion, integrity, excellence, innovation, stewardship, unity, respect, and collaboration. You can nominate a staff person for one of the categories listed above. The staff person will receive a Cassia logo pin that will fill one of the eight spots on their badge. One resident stated we can't give gifts to staff but recognizing them for their hard work is a great way to treat them. Paula followed the comment by saying some families also want to give back to the staff and one way a family was able to do that was by funding a pizza party for the staff. If you are interested in treating the staff in some way, talk to Paula for ideas! Paula brought up the vaccine mandate. We do fall under the mandate and all of our staff have to be vaccinated by Dec. 8th. We did have staff that were unvaccinated, many decided to get the vaccine by the deadline, and four other staff have opted out for religious or medical reasons. Those that have opted out for religious or medical exemptions will continue to be tested weekly. Almost all of the residents and patients are vaccinated as well. Paula mentioned that there will be a staff Christmas party on the 16th of Dec. where we will have dishes from around the world to best accommodate the tastes of all the staff. There will also be a raffle for very nice prizes for staff and all will be gifted a \$25 Target gift card. Paula asked all if there were any questions for her. None came forward. Paula mentioned she hopes all enjoy all the Christmas décor around the building. Many comments came forward that they did! Paula thanked all and mentioned her door is always open. Laura mentioned the resident-made holiday cards were for sale. Proceeds will go back to the residents for Pizza parties, extra cash at bingo, or whatever the residents would like to do with it. Laura stated the totals would be announced after Christmas. Bean soup mix and fruit cake are also available for purchase and the proceeds will be going towards the Chapel View Auxiliary. Laura announced the gift shop is open at select times or you can ask Laura and she can open it for you. Laura stated residents will also have the opportunity to make a gift for their loved ones at an upcoming program. Other holiday programs happening in December include: gingerbread house decorating, a hot cocoa bar, cookie decorating, holiday music programs, and on the week of Christmas, there will be a staff and resident 5 Days of Christmas celebration. On Monday the 20th, dress in Christmas colors (red, green, silver, gold), Tuesday the 21st there will be a Hot Cocoa bar, Wednesday the 22nd wear ugly/holiday sweaters, Thursday the 23rd is cookie decorating, and Friday the 24th is wear holiday socks. The events are posted on flyers around the building and in the resident newsletter (Day by Day). There will also be Big Prize Bingo on Monday (20th) and Wednesday (22nd) where residents can win very nice prizes or get gifts for their family or friends. Laura asked for any other suggestions or if there were any other holiday traditions residents wanted to do this year, none came forward. Discussion on having a Family Council came up after reading the resident right. Paula informed all that we have had a Family Council in the past and very few attended which could be a good thing as it could indicate that there

are very few issues or concerns from family at this time. (A letter went out a couple days after the meeting and invited families to express interest in having a council.)

OPEN FORUM

One resident stated he really liked listening to the musical group, the Silver Notes. Laura asked if anyone noticed one of the singers was our Monday piano player. Many said yes! One resident suggested having Santa come in to take pictures with. Paula volunteered Justin, the intern to be Santa. One resident thanked another resident for playing harmonica in Men's group the day before. The group applauded the resident and Laura invited him to play at Happy Hour the next day. Another resident mentioned how much her roommate enjoys his playing as well. Laura asked all if anyone wanted to see any particular Christmas movies. White Christmas will be shown on the 24th, one suggested the Polar Express and Miracle on 34th street. Laura asked if there were any destinations folks would like to go to. One resident mentioned going to get BBQ at Famous Dave's, Laura took note. Laura mentioned the bus would be going to Walmart, Hot Comics, Target, and to see Christmas lights in December. Motion made to adjourn.



Gold Stars



***Donovan and Terry from Maintenance and Abel, Anna, Cameron, Ann, Patty from Housekeeping,** - "They all do so much for me! Most of them even drop what they are doing to lend a hand. I love having them around, even if it's just for a quick visit!" -1st floor resident.

***Patty, Housekeeping-** "She deep cleaned my room and helped me organize, something I've been trying to do for months!" -1st floor resident

***Margaret, CNA-** "She's so hard working and cheerful! Always ready to help me whenever I need something." -1st floor resident

***Alexis, CNA-** "She answers other groups call lights and is helping everyone, not just her group. She is amazing!" -1st floor nurse

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



Happy HOUR

DEC 2021





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MAKING
DEC 2021