

May 2022



Cassia Updates

Cassia Connection

We are thrilled to introduce you to Cassia's new Co-Vice-Presidents of Spiritual Life Sarah Ciavarri and David Juve. Chaplain Sarah is ordained in the Evangelical Lutheran Church in America. She served as-Director of Spiritual Care/Chaplain at Apple Valley Village for more than 14 years. She will continue her work and training to promote resilience throughout Cassia, in conjunction with her new duties.

Chaplain David Juve is currently Director of Spiritual Care/Chaplain at Fargo Elim. He has served in church ministry for more than 25 years, and is also the Lead Volunteer Chaplain for the Fargo Police Department. He is Ordained with the Evangelical Free Church of America. David will remain as the Chaplain at Fargo as well as fulfilling his new position.

Both chaplains exemplify compassion, leadership, integrity, passion, innovation and great spiritual insight. We hope you will join us in welcoming them to their new roles.

Jenna Zark

Director of Communications
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Spiritual Care

A favorite reading at funerals and at times of death is Psalm 23 which says, "Yea though I walk through the valley of the shadow of death, thou art with me." Maybe you've hiked through a valley with high mountains on either side. I lived in rural WV in my early 20's and we lived in a narrow valley, a holler, between two Appalachian foothills. By 4 in the afternoon you couldn't see the sun because it already was behind a mountain ridge. As a prairie girl who was used to seeing for miles, I felt very closed in. We might think valleys like these are the lowest place on earth.

But we'd be remiss. The lowest place on earth, the lowest valley is actually right where the Jordan River flows. Let's think about that for a moment. The lowest place on earth, the deepest place we can walk is right by the Jordan River. Right where Jesus walks into the river and is baptized. Isn't that something? This gives me chills because Psalm 23 reassures us that the Lord is with us in our valleys of the shadow of death and not only is Jesus with us, but he went to the lowest point of the earth to be baptized. Matthew 3:13 says, "Then Jesus came from Galilee to the Jordan to be baptized by John." Jesus takes away the sin of the world and long before the cross, he already was going to the lowest points when he entered the Jordan to show that God goes to the deepest, lowest points of our pain. To redeem us. To free us from our sins. To make sure we see the ~~sun~~, the Son again.

Lord God, thank you for walking beside us in the valleys and teaching us to trust Your goodness more deeply. We pray for our broken world, our friends and family who suffer today, those close by and those far away. May we have the peace of Christ which passes all understanding. In Jesus' name we pray, amen.

Sarah Ciavarri

Vice President of Spiritual Life

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!

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.

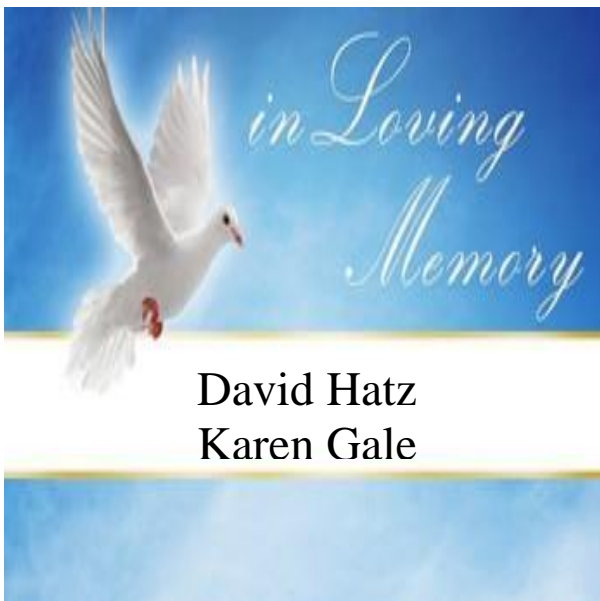
Also, a **Service of Morning Prayer** will happen at least once a month, on Wednesdays at 10 AM in the Chapel. The service will include prayer, scripture and hymns. It will be led by one of the chaplains. Please join us for this great way to start your day!

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!

Important Announcements



YOU'RE INVITED TO CHAPEL VIEW'S

Mother's Day Event

COME CELEBRATE MOM!

SATURDAY, MAY 7TH • 2-3:30 PM

WE WILL BE ASSEMBLING FAIRY GARDENS WHILE
ENJOYING LIVE PIANO MUSIC!

Please RSVP to Laura by May 4th

Phone: 952-697-3848 or Email: Laura.flicker@cassialife.org



Please make sure to RSVP if you haven't yet! We want to make sure we have enough supplies for everyone! If you feel inspired, feel free to bring your own pots or trinkets. We should have enough for everyone though. Thank you!

Major Happenings

2nd: Muffin Monday
 3rd: Classic Tunes with Lowell
 5th: Resident Council and Food Committee
 6th: Fiesta Friday
 7th: Mother's Day Event
 10th: Nerf Knockdown
 12th: Sundae Social
 13th: Spring Craft and Games with Girl Scouts
 16th: Gorgeous Grandmas and Sunshine Committee
 19th: Music with Matthew
 20th: Happy Hour
 24th: Tunes with Scott and Dinner Music with Jane
 26th: Jeopardy
 31st: Wine and Canvas

Weekly Activities

Manicures every other Monday at 10:00a!
Bingo every Monday and Wednesday at 2:00p!
Piano Tunes every Monday and Wednesday at 3:30p
Men's Group every Tuesday at 11:00 in the chapel!
Worship every Wednesday and Sunday!
Rosary every Wednesday at 1:00p!
Breathing and Relaxation every Thursday at 10:15 in the chapel!
Java Club every Thursday at 10:45a and 3:00p!
Java Memory every Tuesday at 3:15p
Grief and Transition Every Friday at 10:00a in the chapel!
Movie and Popcorn every Saturday!

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

Resident Birthdays

Kathleen W. 23rd
Rosie E. 30th



Resident Council Minutes

FOOD COMMITTEE

Esther greeted all and asked how the food has been. Positive remarks came forward. Esther asked how the home opener meal earlier that day was. Residents stated they liked it. Esther asked the resident if the food had been hot. The residents stated "Yes". Esther then asked if there were any concerns regarding the food and if everyone was getting what they wanted. One resident stated that he would like onion rings. Esther stated that we did not have the fryer for those. Laura added that they had gotten onion rings in the past and had made some for a Men's Cooking Group and the heat from the air fryer set off the fire alarm. Esther asked the residents if they liked the new pizza. The residents stated that they liked this pizza more than the previous. One resident requested receiving sausage or pepperoni pizza instead of only cheese. Esther said that she would see what she can do. Another resident requested larger slices and Esther replied by saying that residents could always ask for more. Esther asked if there was anything residents wanted to see on the new Spring/Summer menu, starting April 24th. A couple suggestions came forward and Esther added that it would also include more fresh fruits, soup and sandwiches, chicken salad, more cake, as well as fun desserts. One resident stated she would like bigger cookies. Esther stated that today the residents would plan the Mother's Day lunch. The residents agreed on BBQ ribs, steak fries or mashed potatoes, mini corn on the cob, and lemon cake. Esther stated that she would put banana cream pie on the menu the Sunday before Mother's Day as that was also suggested. Esther then asked if there was anything else the residents wanted on the menu. One resident stated she would like green beans. Another resident stated he would like Dairy Queen, and Esther reminded him that they had Dairy Queen Dilly Bars last summer. One resident stated she would like ice cream for dessert. Esther stated that either ice cream or sorbet is on the menu about once a week. One resident stated that she would like to see lighter noon meals, like a sandwich. Another resident requested brownies for dessert more often. Another resident stated that she did not feel the need for a big dessert all the time and would be happy with more cookies. Esther took note of all the comments and thanked the residents for their input.

DISCUSSION OF OLD BUSINESS

Laura stated that there were a lot of topics mentioned in the last meeting that she would go over briefly before Paula's announcements. Laura stated that there was a pizza party last month and that there would be another party in May for those who were not invited to the first one. Laura then brought up last month's nursing concerns and the talk during resident council with Fred. Laura recapped what was discussed; water not being passed out in the mornings, and asked if there were any changes with that. One resident stated yes, and that those changes had just started. Another resident stated that he is still seeing water passed out in the afternoon but not in the morning. Laura read about residents reporting staff being on their personal phones. One resident mentioned that staffs are still using their personal phones. Laura read that residents also mentioned that their beds were not being made on the weekends and weekend showers were not happening as often, staff were not helping residents to the bathroom when requested, and that residents were feeling a lack of respect. Laura then asked the residents if they had seen any improvements with these issues. One resident said that there have been some improvements. Laura stated that there is a large amount of staff to talk to about these issues, so the changes may take a little bit of time to improve. One resident mentioned that the state surveyors were asking about respect. Laura stated that state surveyors were in the building this week and wanted resident's honest opinions on life at Chapel View. Laura stated that another issue brought up from last meeting was employees speaking their native language around residents. Laura stated that sometimes with their strong accents, they can be mistaken for speaking another language. Laura asked if the residents had noticed any changes with that. A couple residents stated there was no change and that the staff members were still speaking their native language. Laura stated that last meeting there was discussion on having Bingo be played every other Saturday. She stated she still needed to find more volunteers to help with Bingo on Saturdays and that residents would have to be willing to give up the movie on that day and she did not see people willing to give up their popcorn and movie. Laura also stated that the Java music club has been doing well. Laura also mentioned the seed starters and how big the plants had grown already. Laura stated that last month there was an outing to Hoagies and to the Original Pancake House. Laura stated that the Star Program and Cassia Logo Pin Program had been brought up last meeting for thanking staff members for doing a good job. Laura stated that there are a lot of caring people in the building and that nominating them for their hard work is a good way to help them feel recognized.

DISCUSSION OF NEW BUSINESS

Paula started the discussion on new news regarding Covid at Chapel View. Paula stated that there were two new Covid cases in the past two days that were unrelated to each other and there was only one resident who was exposed and would be tested on days 5 and 7 after their exposure date. Paula stated that when a staff member gets Covid, they are interviewed for contact tracing to see who they had contact with for more than 15 minutes. Paula then stated that in Hennepin County, rates of Covid cases are still substantial. Paula stated that a letter went out the day before regarding the first Covid case, and that a letter would go out today regarding the second case. The letter was passed out during Bingo and to each resident's first contact. Paula stated that these Covid cases do not change anything with visitations from family and that residents could still eat and drink with family, 6 feet apart from others. Paula then stated that residents could have family members visit and eat together for Easter and that families should call the front desk to reserve a space. Paula stated that Chapel View would pilot an electronic device for visitors, staff, and vendors to screen for Covid. She stated it would make the signing-in process faster.

Paula then discussed the concerns for nursing from the month before. Paula stated she is following up on all of those concerns and that the best thing to do when something happens is to let staff know right away so it can be addressed in real time. Paula then introduced Matilda, the Regional Director of Clinical Services who was listening in and helping to monitor the state surveys. Paula stated that the state surveyors may be leaving the building later in the day and that she would let residents know how it went. Paula stated that she thought it was going very well, but she would not know the results of the survey until it is completed. Paula then addressed the resident concerns Laura had read off previously and stated she had received a suggestion to order a certain colored phone for the facility's phones so that residents and supervisors would know whether a staff member was using a facility phone or their personal cellphone. Paula stated that they do huddles at nursing stations and discuss phone usage and staff receive reminders. Paula then stated that in conversation earlier in the day, it was brought up that another staff member was seen on their phone in an office. She stated that their office was in a very visible area, and it was where they took their breaks. She stated that staff will often go on their phones to check emails and should either go to the break room or close their doors because it could be viewed as distracting, even if they were on a break. Paula then asked if the residents had any other questions for her. A resident's spouse came forward and stated that she received a notification that she was eligible for a 2nd booster shot and was wondering if there was any news regarding more booster shots for residents. Paula replied, saying that she had not yet heard any news from the home office regarding 2nd booster doses for residents. Paula stated that they were still vaccinating residents as they entered the building, and staff upon being hired if they were not already vaccinated and/or received a booster. Paula stated that Chapel View's vaccine participation rate was still high and that there were only 4 staff members who were not vaccinated. Paula stated that about 70-75 staff members has received their booster. Paula stated that non vaccinated staff members were tested twice a week, and that vaccinated staff members who had not yet received a booster were also being tested twice a week. Paula stated that while the vaccine was proven to be effective, its effectiveness drops off over time, similar to a flu shot. One resident said that there were medical or religious reasons that some staff members would not receive the vaccine and were exempt under federal regulations. Paula stated that exemptions were granted through the home office. One resident asked if he had to worry about Covid. Paula stated that he did not, and that was the job of the staff and other healthcare providers. One resident's spouse stated that she thought in the future, boosters would need to continue to be done on a yearly basis. Paula agreed. Paula then praised the residents for being so good at wearing masks. Paula stated that the state surveyors were impressed by how rapidly the facility took action on the new Covid case from the day before and that she felt good about how everyone was handling infection control. Paula then thanked the residents for their time. Laura added that the staff would have a short training from a dental hygienist student on the importance of oral care and maintenance sometime next week. Laura also stated that there would be several new activities coming up in the next month. Drinks and Ink would be a happy hour with the addition of temporary tattoos for residents. Laura mentioned that there had been quite a bit of happy hours in the past month and that they would not continue to be as frequent and to anticipate them about once a month. Laura also stated that bowling for bucks and wine and canvas would continue to be on the calendar once a month. Laura stated there

would be a new activity in April called "Sips around the World" which involves trying beverages from around the world. Laura mentioned that exotic fruits, candies, and cheeses had been tested previously and were well attended. Another new activity will be making flower bombs on Earth Day, using wildflower seeds, soil, and clay. Laura also mentioned that the flower bombs would make great gifts for family members and would be fun to throw on the shorelines during fishing outings. Laura went on to say that there will be many fishing outings in the summer so all that want to can attend at least once. Laura stated that Brad had started a group called "Breathing and Relaxation" every Thursday morning. Laura asked the residents how they liked it. One resident said she had been enjoying it. Laura added that she thought it was an excellent therapeutic meditation group. Laura stated that Java Club was another new program on Thursdays for residents to get together, drink coffee, and have some light and deep conversations with one another. Laura then asked how those who had attended Java Club liked it. One resident said it was interesting and that they had talked about famous people they had met amongst other fun topics. Laura stated that since many residents wanted to attend Java Club, there would now be two groups, one in the morning, and one in the afternoon. Laura added that Java Club is all about conversation and connections with others. Laura mentioned there would be more Garden Club activities coming up. She stated that Garden Club would grow flowers year round to keep in rooms, common areas, outside, etc. Laura stated that the current plants were doing very well. Laura also stated that one of the residents had thought of doing an Easter egg hunt. Laura stated that she bought 150 plastic eggs to fill with candy.

OPEN FORUM

Laura asked the residents if they were enjoying the activities. One resident said that she enjoyed the variety of activities. Another resident asked about future outings. Laura stated that last month, residents had gone to Target, Wal-Mart, Famous Dave's, Bachmann's, Hoagies, and Original Pancake House. Laura stated that next Wednesday there would be an outing to Target and that an outing to Goodwill would be the following Wednesday. Laura asked the residents where they would want to go and reminded all that the bus was available Monday mornings and all day Wednesdays. One resident stated he wanted to go to a museum. Laura stated that they could and that there were plans to go to the Minneapolis Institute of Art at some point, adding that it is free and accessible. One resident stated they had gone to a museum with a lot of electronics in the past that was really fun. Laura stated that she could look into going to Pavek again. Laura stated that there are plays put on by the Hopkins Art Center that residents could attend. Laura also stated that Brad would love to take residents to the arboretum to see the tulips. Laura also stated that later in the Spring/Summer, there would be a trip to the Rose Gardens. Laura added bowling was another option. Laura told the residents to let her know when they would like to go on an outing and where they would like to go and she would try to make that happen. One resident stated he would like to go to the arboretum. Laura asked the resident if he wanted to go in April. The resident stated he could go in April, May, or June. Laura stated that she would check with Brad to see when the Tulip display would start. Laura asked if there were any other restaurants or outings residents wanted to go to. One resident stated she would like to go to a Chinese restaurant. Laura stated that she thought that "Wok in the Park" would be a good option, in St Louis Park. Laura took note of the suggestion. One resident stated he wanted to shop at Kmart. Laura stated that Kmart went out of business. She added that the resident had gone to Target and Wal-Mart recently and asked if he wanted to go to a thrift store or Tj Maxx. One resident's spouse added that 5 below might be a good option, with everything in the store being \$5 or less. Laura agreed. One resident asked how many people could attend outings. Laura stated there was room for 4 wheel chairs and 6 or 7 seats on the bus, but with Covid, there could only be a max of 10 people on the bus. Laura asked if there were any other issues, movie ideas, or activity suggestions. One resident asked if Laura's baby would come to any events in the summer. Laura stated that she may come to the Mother's Day event. Laura stated she may also bring her daughter in the summer for outdoor music. One resident asked if there would be a picnic along with the music outside. Laura said that there would be barbeques this summer once a month and outdoor music twice a month, without food. One resident asked if Harpo, the therapy dog would be coming in later that day. Laura stated that Harpo's visit had been cancelled due to being in an outbreak status. Laura then explained that Harpo was a golden doodle who some of the residents had met several months earlier. She stated he would now be coming every Thursday at 4 pm. Laura stated that before Harpo, Zeus had visited us for 11 years, but he passed away in the past year. Paula added one last note: She stated that the Fire Marshall had come in earlier in the week to check the building structure, safety, and emergency preparedness. He had found zero deficiencies. Paula gave thanks to Terry, Justin, Anne, Donovan, and all the housekeepers for their great job regarding building safety. Laura added that the residents are living in a top notch facility. Motion to adjourn made by Odel B, seconded by Karen M.





It's that time!!

When getting rid of unwanted household items this year, please consider donating to Chapel View!
The residents are always looking forward to different bingo prizes and the best ones come from YOU!

Popular items that we accept:

- Jewelry/ accessories
- Decorations/knick knacks
- Toiletries
- Stuffed animals
- Cards/games
- Hats
- Sports garb



Gold Stars



*Kebeh – CNA, *Anita –Nurse, *Josephine -Nurse

“They always help the NA-R’s, answer lights, sit with residents who can’t sleep, and provide extra TLC”-
Director of Nursing **Contact Laura, Ellie, or Jessie to nominate an outstanding staff member!**

APRIL

Wine & Canvas



APRIL

DRINKS & INK

