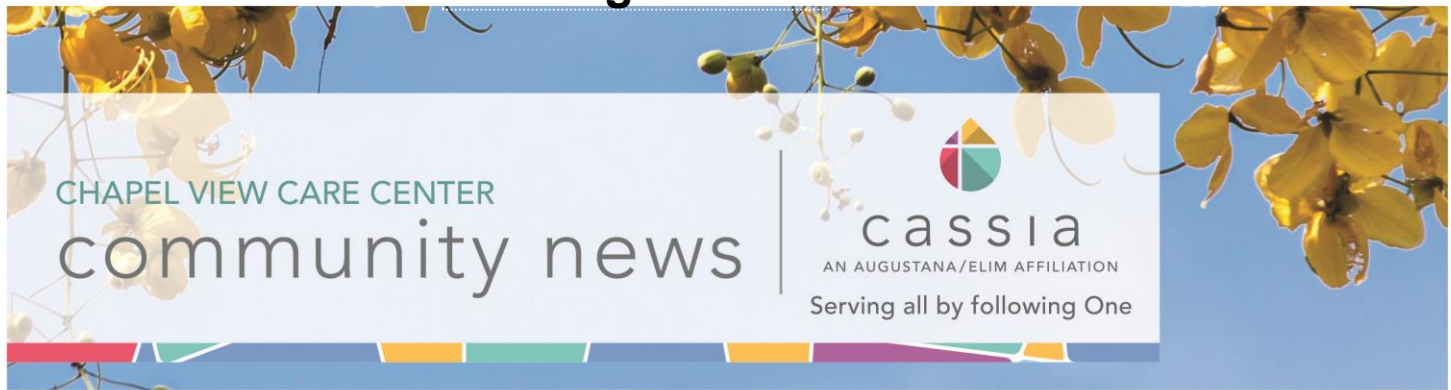


**August 2022**



## Cassia Updates

### Cassia Connection

Recent grant awards from the Department of Human Services are making a significant difference at Lake Ridge Senior Health and Living! Lake Ridge is able to put specific emphasis on improving mental health, mobility and incontinence. The care community uses advanced technologies and collects data through scientific methods and partnerships, such as the Empira Collaborative, to learn and execute proven methodologies. Empira aims to enrich lives by bringing out the best in older adults through practical application of evidence-based practices. These partnerships and advancements are not typically available at skilled nursing sites, so the opportunity to use them is extraordinary. The MOVE FORWARD program uses virtual reality to boost brain activity while providing new experiences, such as a virtual trip to the Badlands. Other technologies help analyze resident data for better sleep, smart incontinent technology and bladder visualization. Congratulations, Empira and Lake Ridge, for attaining grants that change residents' lives.

#### **Jenna Zark**

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

### Spiritual Care

Jeremiah 32:19 says, "Your eyes are open to all the ways of mortals."

Some of the best teaching I've heard on the subject of prayer says that we are to be honest with God because God already knows us more deeply than we know ourselves. That's because God created us. God knows those things about us that we would prefer no one knew! We can try to hide from God but it doesn't work. Psalm 130 says that you can flee to the furthest point, to the most remote place you can think of to hid but you won't be alone. God will be there with you.

God knows our ways and our hearts and loves us anyway! As you go through the blessing of this day, be aware of things you might be trying to hide from God. Maybe you will uncover areas of life that need reconciliation, of sins to confess, of things that need attention. Be honest with God about these things because God will never forsake you!

Lord, You are always with us, Father, and for this we give you thanks. You walk with us and promise not to leave. You are our constant companion; let this be a comfort to us today so that we may radiant the love of Christ to all people. 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!

The next **Celebration of Life** service is August 21<sup>st</sup> at 2p in the chapel.

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.

Due to budget cuts, we only have one part time Chaplain; Chaplain Erik, and he is available to support residents and their families, along with all of our team members every Tuesday, Wednesday, and every other Sunday. Please feel free to call the Chaplain Office at 952-697-3835 and leave a message.



James "Jimmy" Strom  
Jewyll Peterson

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

**\*New\***

### **Life Celebration Ceremony**

Instead of waiting to honor the lives of our residents after they pass on, we want to start a new monthly program where we can celebrate their lives while they are still with us!

Each month, we will take an hour to honor one or two residents with stories, pictures, and sharing what we enjoy about that resident. We can best make this happen with assistance from family to supply photos, memories, and family trees of the legacy they have made.

We will welcome family and friends of the featured resident to this event as well. We hope to start in September. If you would like your loved one to take the opportunity to be one of the first to be honored, let me know! We can be flexible with the date to make sure you can attend the event.

Contact Laura Flicker with any interest!

Laura.flicker@cassialife.org or 952-697-3848



**Major Happenings**

2nd: Tunes w/ Lowell  
4th: Resident Council and Food Committee  
5th: Happy Hour  
11th: Bowling for Bucks  
12th: Resident BBQ  
16th: Summer Craft  
18th: Resident Birthday Social  
19th: Sunshine Committee  
19th: Wine and Canvas  
23rd: Jeopardy  
25th: Target Practice  
26th: Outdoor Music w/ Matthew  
30th: Home Grown Eats  
31st: Beer and Bingo

**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  
**Java Mentors** Every Monday at 3:30p in the chapel!  
**Movie and Popcorn** every Saturday!

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

**Resident Birthdays**

1st: Jojo A.  
25th: Sharyn G.  
28th: Jan T.  
31st: Lexy J.



# Resident Council Minutes

## **FOOD COMMITTEE**

Esther greeted everyone and asked how the food has been, positive remarks came forward. She then asked if everyone had been getting their snacks, then said they had. Esther stated, once again, the inflation continues to affect the kitchen and supplies we use. There have been some bumps in the road getting items in and we have to supplement others. She stated this is continuing but the items that are difficult to get in change every month. This month, there have been difficulties getting some soups, ice cream novelties, jelly packets, and peanut butter. Other changes include switching some of the menu items such as teriyaki meatballs to meatloaf, which is popular. Esther stated, "Variety is the spice of life, right?" Esther asked all how the last outdoor BBQ went. Positive remarks came forward. Esther asked all if they would like brats for the July BBQ. The residents agreed. Esther stated there would also be watermelon, baked beans, and potato salad. Esther asked for suggestions for the August BBQ.

No suggestions came forward. Esther suggested hotdogs. One resident said, "Hotdogs and hamburgers are old." When asked what she would like instead, she mentioned a BBQ pork chop. After further discussion, it was decided that pork chops would be too tough and difficult for many to eat. Esther said the greatest challenge is keeping all 200 people she serves daily, happy at the same time.

Residents said with their hotdogs they would like baked beans, potato chips, lemonade, and watermelon. One resident asked if they needed more help in the kitchen. Esther stated she did hire a new evening staff, named Riley. Esther asked if there were any other questions or comments. One resident asked about cold cereal. Esther stated, we always have it, you just have to ask! Esther also announced our dietitian, Laura O., had her baby boy on July 3rd and will be on maternity leave for three months. Our temporary dietitian's name is Sheila. Laura thanked Esther for her continued efforts of trying to please everyone.

## **DISCUSSION OF OLD BUSINESS**

There are still no restrictions for visitors as far as COVID policies. Testing will still occur if residents are exposed or show symptoms. Shopping and fishing trips will continue. A few were had last month and there will be more to come. Residents who wanted to go shopping voiced it. Laura took note. Some mentioned they wanted to go fishing, Laura wrote those names down as well. Laura mentioned we are limited by wheelchair spaces available on the bus and boat but we will have many opportunities to go this summer. Some folks will even be able to go fishing twice! There have been three trips so far, and there are five more planned. One resident wanted to thank the activity staff for all their efforts with the outings and fun activities put on, stating "I don't know how you do it all!" Laura thanked her for her appreciation and stated, "It's a team effort!" Laura stated we would be able to do more arboretum trips in the future as well. Laura mentioned we do have resident volunteers who help out around the building and mentioned if others wanted to help out, we would take it! Laura did mention these are not paid jobs. Laura asked all how the walking/ resiliency program with Shannon and Brad has been going. Many positive remarks came forward.

## **DISCUSSION OF NEW BUSINESS**

Paula greeted everyone with an announcement about Terry Bush. Terry has been working as the Maintenance director for over 13 years. Back in December, Terry started spending half of his days at a sister site, Redeemer in Minneapolis, to help with some disasters. It became clear that they needed more assistance at that site, which Terry was able to provide. Terry has accepted a permanent position at Redeemer, where he is needed most. Terry has been a top notch leader here at Chapel View and we are very grateful to have had him here. Terry will be over at Redeemer exclusively by the end of July. Andrew, Jeff, and Mark will be here at Chapel View to hold down the maintenance department moving forward. In all the years with Terry in charge, we have only had one minor issue with inspection and we will continue to run a first class operation here at Chapel View. The residence applauded Terry for all his efforts. This isn't goodbye, as he will still be with the organization. Terry thanked everyone and shared how grateful he is to have worked at Chapel View, and that he will miss everyone here. Paula thanked Terry for his time. Paula then announced that Cassia, as well as all the other care organizations in MN, have been struggling financially because of the aftermath of COVID and the



inflation of goods. Paula stated, "Our expenses have gone sky high. We have had difficulty recruiting staff, as we want to find quality staff and there has been a shortage of workers. It's a very competitive market so we did make large wage increases last August and then we did another increase in January and are continuing to keep wages as high as we can but it's still not enough. All the other providers are competing for the best staff as well. We have been utilizing "pool staff" that you probably have met. We have one on the day shift and one on the evening shift for now. Sometimes they only stay for 12 weeks at a time. Inflation from products and services also expands to the workforce, causing challenges. We end up spending more money than we are being reimbursed. The state adjusts these rates of reimbursement once per year. This leaves us to make it work with the budget we have, to last for the whole year." Paula asked everyone what they have to do when prices in their own home would go up. "You have to eliminate things from your budget. Our organization [Cassia] is really struggling. Fortunately for Chapel View, we have kept our occupancy full in the care center as well as the apartments. We are doing very well with revenue, but the costs are playing havoc with our finances as well as for the rest of the organization. We have been asked to make significant cuts so we can survive as an organization. Some other organizations have had to close their doors. Somehow the tide needs to turn so this industry can survive. The state is sitting on \$9 billion in excess funds and is not spending that right now. We are trying to make decisions that don't impact resident care. One of the decisions I've had to make was to eliminate Chaplain Kristi's position so we now have a part time Chaplain, Erik. That was a hard message to give her and we will have an opportunity to say goodbye" (the following day). Paula stated she will continue to keep the residents posted on more changes to come. Paula mentioned there have been economic downfalls in the past, such as 2008 and 2009, where we have had to make cuts to survive. "We will survive, we will come out of it, and we will try to make it as painless as possible." Paula asked if anyone had any questions; one resident asked if Pepper (the robot) would help take any of the pressure off. Paula mentioned she didn't want anyone thinking the robot would be replacing any humans. The technology is very expensive so we decided to not go through with having Pepper at our facility at this time. Laura announced that Grief and Transition, the Friday morning group ran by Chaplain Kristi, will be discontinued until we could find someone else to run it. Another resident asked about Chair Yoga, which was run by a volunteer. Laura informed the group that our volunteers, like staff, must also be vaccinated to work closely with residents. Mary Kay, the yoga instructor wanted everyone to know that she misses them and wishes she could be there, but it was against her religion/beliefs to get vaccinated. So unless the policy changes, she will not be back to teach. Paula and Terry thanked everyone and exited the meeting.

### **OPEN FORUM**

Laura mentioned that the following day we will be saying goodbye to Kristi in the morning, and Ellie, who is moving to Florida, in the afternoon. Residents talked about how unfortunate it was to be losing them both. Laura mentioned that Brad would be joining the activity staff for 20 hours a week and would also be working with residents for the Move Forward/ Resiliency grant. Laura mentioned Java club would continue as well. Laura asked all what they thought of the Spelling Bee we did last month, positive remarks came forward. Laura mentioned we would continue with the monthly birthday socials as well. Also coming in July would be outdoor music and a visit from the Hopkins Raspberry Fest Royalty, where we will have raspberry Sundaes. Laura stated that Arthur, who was the Raspberry King from 1999-2000 would also be playing his harmonic at that event. There will also be a Plant Based Food Taste Testing in July. Residents were skeptical but Laura was confident they would enjoy it. One resident mentioned she has had an Impossible Burger and she really enjoyed it. The resident mentioned she thought it was pretty expensive, and Laura said we would also be comparing prices with the group (prices for the plant based items ended up being less expensive than the meat option aside from one of the eight items). Laura stated, with recent budget cuts, we would be having fewer food and alcohol groups but we would still have some! Laura thanked all for coming to this very informative meeting. Motion to adjourn made.

# WANTED DONATIONS

When getting rid of unwanted household items, instead of bringing to Goodwill, please consider donating to  
**Chapel View Care Center!**

Popular items our senior residents love receiving for birthday gifts & bingo prizes includes...

- Jewelry
- Small Decor & Knick Knacks
- Stuff Animals
- Quilts & Blankets
- Hats
- Sports Garb
- Books & Devotionals
- Cards/Games/Word Search Puzzles
- Accessories - scarves, purses, wallets, etc.
- Toiletries
- Perfume/ Cologne

For more info contact:  
**Laura Flicker**  
Director of TR/Activities & Volunteer Services  
Laura.flicker@cassialife.org  
Direct: (952) 697-3848

## ★ ★ ★ ★ ★ Gold Stars ★ ★ ★ ★ ★

**\*Jeris, CNA-** “He used his entire break to console a resident going through a challenging time.”- nursing

**\*Labon, CNA-** “He takes such good care of me! Always checking on me even when I don’t put my light on!” -1st floor resident

**\*Jessie, Activities-** “She works hard and is always going out of her way for people.”- 1st floor resident

**\*Maintenance Dept.** “They have been doing so much for me every time I need something!”- 1st floor resident

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



# Raspberry Royalty Ice Cream Social





JULY

# Fishing Trip





# Outdoor

## EXERCISE





# July Resident Birthday Social





# July Resident Birthday Social





# CHAPEL VIEW'S GARDEN

