

September 2022



Cassia Updates

Cassia Connection

In August, Cassia's Trinity Springs location launched a program called "Meet Your Neighbor." The program highlights individual residents' stories, photos and other ideas that can help others get to know them better. Each participant's photos and information will be on display for a select period of time. "Meet Your Staff" will be added to the "Meet Your Neighbor" process as well.

Residents will then meet at a gathering, sitting at tables and talking together for a brief period until a "Time's UP," is called. Those attending will receive pads and pens to write down the names of the people they meet, their room numbers and something fun to be associated with them. Organizers say the program is to help residents get acquainted on a deeper level than they might be able to do otherwise.

Thank you, Trinity Springs, for sharing your innovative idea with us!

Jenna Zark

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Cassia
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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:

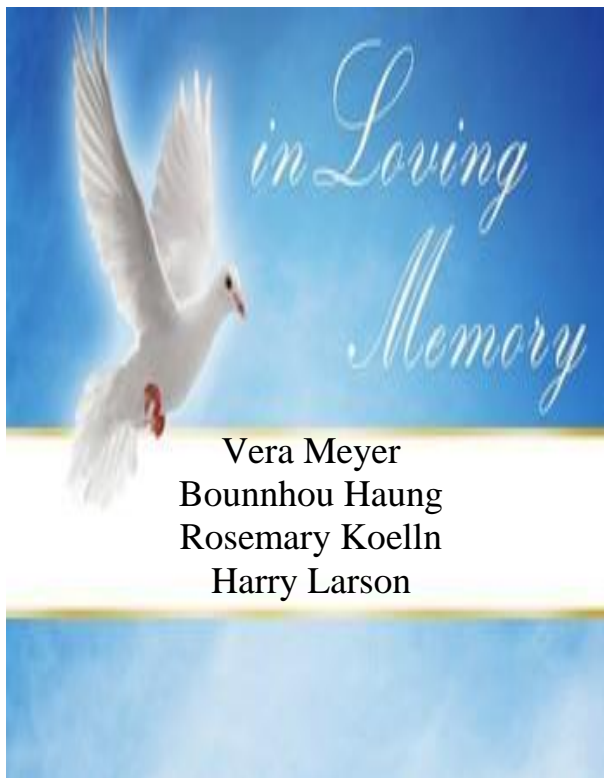
10 AM Worship in the Chapel and on Channel 68
1 PM Rosary service on Channel 68, pre-recorded from somewhere in the world. Rosary is led on Channel 68 by a local church and sometimes it is a Rosary service from Leeds Cathedral in England or the shrine at Lourdes in France!

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.



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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!

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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 as well.

Contact Laura Flicker with any interest!



Gold Stars



- *George L., CNA- “He’s funny and makes sure my day starts on the right foot.”-1st floor resident
- *Labon, CNA- “He is always in such a good mood, it’s contagious!” -1st floor resident
- *Leah, CNA- “She’s always careful and takes her time with me. I appreciate her!”- 1st floor resident
- *Jeremiah, Nurse. “He’s kind and efficient! Just how I like my nurse to be!”- 1st floor resident
- *Carmen, Houseskeeping. “She takes the time to talk to me and makes me feel seen and heard. She’s so sweet!” 1st floor resident
- *Pedro, CNA “I feel like I can always count on him. When he’s working with me, I know it’s going to be a good day!”- 1st floor resident

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



Major Happenings

1st: Resident Council and Food Committee
 2nd: Drinks, Ink, and Carnival Games
 6th: Resident Birthday Social
 8th: America Says
 9th: Catholic Communion
 13th: Chocolate Tasting
 15th: Jammin' w/ Lowell
 16th: Sunshine Committee
 19th: Muffin Monday
 20th: Summer Send-off Sundae Social
 22nd: Travel Club
 23rd: Life Celebration
 27th: Wine and Canvas
 29th: Jeopardy

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

9th: Clarence P.
10th: Florence B.
13th: Marlene D.
16th: Paul W.



Resident Council Minutes

FOOD COMMITTEE

Esther greeted all and asked everyone how the food has been. Many said, "Good." Esther asked all what they would like to plan for the Labor Day noon meal. After discussion, residents agreed on boneless BBQ pork ribs, mini corn on the cob or creamed corn, potato salad, and watermelon. Esther announced the date for the upcoming BBQ, which is Friday, August 12th, where we will be serving hotdogs, baked beans, and chips, as the residents agreed upon the month before. Esther asked all if they have been getting their snacks at night, many replied, "No." Esther stated she would let Fred know as the aides are supposed to pass them. The kitchen sends the snack cart down every night at 7pm and nursing hands them out. The cart can be found at the nurses' station. The cart is also sent down at 3pm. Ice water is also passed at 3pm. Esther announced that September 18th will be the beginning of the fall/winter menu. Esther asked all if there was anything they wanted to see on the new menu. One resident asked about chili. Esther said it would be on the menu in September. Meatloaf, turkey Swiss sandwiches on rye with wild rice soup are also on the new menu. One resident asked if pie would be on the menu. Esther said we will continue to have pie every Sunday. One resident asked if any of the desserts are homemade. Esther listed many of the desserts that are made in house, but said the pies are store bought. One resident complimented the cherry strudel. Laura asked if there were any difficulties getting items in this past month. Esther said it has improved and very few items are hard to get in but she has had to switch to other brands for some products. Esther added apples are hard to get at times. Esther was notified that seafood, turkey, and ketchup were going to be difficult to get in the near future. Esther also added we would be serving turkey burgers in the coming month, accompanied with noodles and vegetables. One resident mentioned the sweet and sour chicken was good, and another resident mentioned the spaghetti was very good. Esther was glad folks were enjoying the food. Esther told all to let her know if there was anything else they wanted on the new menu as she exited the meeting. Many thanked her for all that she does.

DISCUSSION OF OLD BUSINESS

Laura asked all if they read the Day by Day (resident newsletter) and mentioned the font was bigger on the last issue, in hopes that more folks could see it better. No comments came forward. Laura said, when we hand them out and you don't plan on reading it, to let us know and we will cut down on how many we print in order to save paper. Now that Terry Bush has moved to Redeemer full time, Andrew, one of the new maintenance men has been promoted to the Maintenance Director position. Laura mentioned that last month Paula talked about budget cuts. Laura echoed that we are trying to save money without hindering resident care and our goal is that you won't be able to tell anything has changed. One resident mentioned that there had only been six aides (instead of the scheduled seven) every day so far that week. Laura mentioned that due to the budget cuts, if someone calls in, they are not to be replaced. Laura mentioned that at the last meeting, Paula had stated the MN Governor had \$9 million dollars that he was sitting on and undecided as to where to allocate it, but in actuality it is \$9 billion. Laura asked all if they have been missing Kristi and Ellie, as we said goodbye to them last month. Some said they did. Laura updated all that Ellie did find a new job and we will connect with her soon. Laura mentioned she was waiting for Kristi to return from Africa to check in with her. Laura asked all if they enjoyed seeing the Hopkins Raspberry Royalty. Many said yes. One resident said her husband liked the photos we sent out. Laura informed all that we take pictures throughout the month at different event so we can add them to the family newsletter. Laura credited Jessie for making the photo pages and let everyone know they would have a chance to see them at our New Year's Party at the end of December. We are continuing on to do the Java clubs and Resiliency/Move forward groups. Laura asked all how they were liking the groups and having the opportunity to have additional walking and exercises with Brad and Shannon. Many were grateful for the programs. Laura stated there has been an increase in activity participation and peer relationship since the groups started. Laura asked all what they thought of the plant-based food taste testing. Many liked it and would be open to trying other plant-based foods.

DISCUSSION OF NEW BUSINESS

Laura mentioned the new Java group, Java Mentors, where residents will go visit with other residents who stay in their rooms and would like visits. One resident stated he already likes to do this on his own. He was praised for his kindness. Laura stated there are about 65 residents who live on 1st floor and about 35 of them regularly attend activities. That leaves another 30 residents who spend most of their time in their room and haven't taken the opportunity to meet other residents. Some of these folks would really benefit from a new friend. One resident mentioned there was a woman who was sitting alone at meals in the dining room and recently she has a new table mate that she can talk to. The resident thought that was really nice that she now had someone to talk to. Laura thanked the resident for a great example of companionship. Laura mentioned there will be a Home Grown Eats cooking group this month where we will be using produce and herbs from our own garden to make bruschetta. Many were excited. Laura mentioned the cherry tomatoes are poppin'! Laura picks them every morning and puts them in a bowl on the table for anyone to eat! Many stated they have been enjoying them. Laura commended everyone for planting and growing the garden. Laura mentioned the progress of the seed starters from garden club. Some of the flowers are doing OK but should be moved to pots soon. The intention is to have small potted flowers to give to residents as birthday gifts, get well soon gifts, or other celebrations via the Sunshine committee. Sunshine committee also signs birthday cards, get well soon cards, baby shower cards, ect and Laura encouraged all to attend the once a month program. One resident mentioned she received a bunch of blank cards and has been saving the resident birthdays from the Day by Day to give out birthday cards to those residents. She was thanked for her kind act. Laura noted the upcoming Beer and Bingo program, as well as outdoor music for State Fair week which will be the last three days of August and the first two days of September. There will also be Llamas coming to the facility on Tuesday, August 30th from 10a-Noon

OPEN FORUM

Laura mentioned an upcoming event, Bowling for Bucks, and one resident asked where the money is coming from. Laura informed the group that we raise money by selling cards that the residents make for Christmas and Valentine's Day, as well as occasional cash donations. We use this money for the final round in bingo as well. One resident asked where the bus will be taking folks this month. Laura announced that all the Monday trips are cancelled until after Labor Day but the next Wednesday trip will be taking residents to Minnesota's Largest Candy store. Laura listed a few who were already signed up and asked if anyone else would like to go. Two more wanted to go. Laura said we would do another trip the following month. It is a longer drive, so the plan is to leave at 1:15p and return around 4p. Laura mentioned two upcoming fishing trips the last two Wednesday of the month. Laura asked if there were others who wanted to go that weren't already signed up. One person asked to be added to the list. One resident asked about the Arboretum. Laura stated, yes we plan to get back there and the best guide is Brad, who will be gone for most of August but will be taking folks in September which is a great time to go! One resident asked if bowling was an option. Laura said we could give that a try! Laura also mentioned going to Como zoo while it's still warm out. Residents were interested in going to the zoo. Laura asked the group for movie and activity suggestions. No suggestions came forward but one resident complimented that last movie, "The Shadow of the Thin Man". Laura mentioned that was suggested by a resident and it's a series so we can play more films in the series. Many were pleased with that. Laura mentioned the upcoming event, Target Practice where we shoot dart guns at a target. Many stated they liked when we played it in the past and said it as it was fun and challenging. One resident asked about an entertainer, Monroe, and when he would be performing again. Laura stated he would be back in October. Laura asked to review the bingo rules and asked all if they would like a cap on how many times you can win. All at the meeting were happy to keep it, cap free, allowing folks to win as many times as they can throughout bingo, aside from the final round when you can only win once. Laura asked all for suggestions for prizes for bingo and for special prizes in the final round.

One resident stated, what we offer is great! Another resident confirmed. Laura stated we would continue to have dollar bills in the final round. Many were pleased with that. One resident asked if it would be possible to label a drawer in her room as "private" because she has filing projects that she does not want touched and staff tend to move her papers around and undo her progress. Laura stated she would talk to nursing and housekeeping about the issue. Another resident mentioned her snacks are disappearing from her drawers. Another resident mentioned his salt shaker was taken from his room. Laura stated she would follow up but did not have an immediate solution. Another resident mentioned he would like to go to Goodwill on a future shopping trip. Laura agreed to get that on the agenda. 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...

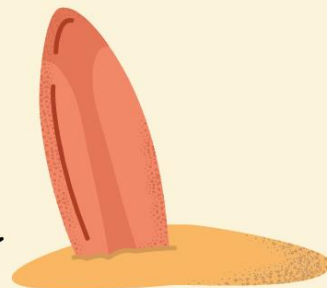
- Jewelry
- Small Decor & Knick Knacks
- Stuff Animals
- Quilts & Blankets
- Hats
- Sports Garb
- Books & Devotionals
- Cards/Games/Word Search Puzzles
- Accessories - scarves, purses, wallets, etc.
- Toiletries
- Perfume/ Cologne

For more info contact:
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Director of TR/Activities & Volunteer Services
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Direct: (952) 697-3848



August Birthday Social

w/ Beachcomber Bob



CARLSON'S LLOVABLE LLAMAS W/ RESIDENTS







OUTDOOR MUSIC

W/ SCOTT F.



BALLOON VOLLEYBALL

