

November 2022



Cassia Updates

Cassia Connection

October 13, 2022 was a remarkable day at Fargo Elim, as the care community officially welcomed the Fargo Elim family home.

Ever since the care center was lost to a fire in January 2020, Fargo Elim leaders heard the same refrain: “I want to come back. Fargo Elim is my home.” Residents and staff were eager to return to the tight-knit community offering attentive, compassionate care and a family connection.

Now, those who longed to return home will find a new building waiting for them. Administrator Renee Muhonen believes “every wall, window, beam and floorboard tells a story of hope and transformation.”

“After roughly three years of waiting, we are joyful as we open our doors to welcome residents and staff as we fulfill our mission to serve older adults in the spirit of Christ’s love,” adds Fargo Elim Chaplain and Cassia Vice President of Spiritual Life David Juve.

Jenna Zark

Director of Communications

Cassia

7171 Ohms Lane, Edina, MN 55439

Spiritual Care

“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

We might be tempted to think that the Apostle Paul wrote those lofty goals in a time and place that was free from worry or fear, or that maybe he didn’t truly understand how difficult life would be in 2020. However, Paul wrote these words from his prison cell, not sure if he was going to live or die. He didn’t know about COVID, but he had other situations that were extremely difficult. Even so, Paul urges us not to worry about anything, but in prayer *with thanksgiving*, tell God all of our cares, concerns and requests. We are to be in prayer, thanking God already for how God is going to answer that prayer. When we do that, the peace of God, which surpasses all understanding (of how the election will turn out or how the money will last another month), will guard our hearts and minds in Christ Jesus. Don’t worry, pray to God, give thanks and be filled with God’s peace. May it be as easy and wonderful as it sounds.

Let us pray: Gracious and Holy God, help us not to worry. Help us to trust you and give all of our cares to you with thanksgiving, knowing that you love us and hear all of our prayers. Fill us with your peace that passes all understanding and guard our hearts and minds in Christ Jesus, our Lord. In Jesus’ holy name we pray. Amen.

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.



Alfhild "Alfie" Johnsrud
Glen Barstad
Molly McLaughlin

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 as well.

Contact Laura Flicker with any interest!



Gold Stars



Fatu, CNA- “She treats me like her brother and encourages me every day!” -2nd floor patient

*Allyson, Social Services- “She helps me with my paperwork and actually listens to me. She is very encouraging and I appreciate her!!”
-2nd floor patient

*Paula B., HUC- “She does it all! She’s been so helpful and is a great listener.” -2nd floor patient

*Ferris, CNA- “She’s become like family and is always looking out for me” -2nd floor patient

*Paul, CNA- “He’s always asking if I need anything before I even get the chance to ask!” - 1st floor resident

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

Major Happenings

3rd: Resident Council and Food Committee
4th: Battle of the Sexes
10th: Life Celebration
11th: Christ Centered Yoga
11th: Resident Birthday Social w/ Mary F.
14th: Karaoke Sing-a-long
15th: Card Creations
16th: Sunshine Committee
17th: Jams w/ Lowell & Eric
18th: Dessert Creations
18th: Happy Hour
22nd: Music w/ Ross
25th: Gone with the Wind (Part 1)
26th: Gone with the Wind (Part 2)
29th: Chain Reaction

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

7th: Lamoyne W.
18th: Kenny P.
20th: Marion D.
25th: Millie P.



Resident Council Minutes

FOOD COMMITTEE

Esther asked all what they thought of the fall/winter menus. One resident said, "Good!" Esther stated she's only heard positive statements from residents so far! One resident asked how long the new menu has been in place, Esther stated, "two weeks." One resident mentioned there had been a lot of pasta salads. Esther stated those were on the spring/summer menu and there wouldn't be any on the fall/winter menu unless requested. Esther then asked all what they would like to have on Halloween. As of now, the following is on the menu- pork ribs, sauerkraut, red potatoes, and French cut green beans. Esther asked what they would like. One resident suggested hot dogs, another chimed in with corn on the cob. Esther asked all if that sounded good to them, many said yes. Residents also agreed on sweet potato tots, and banana cream pie. Esther asked all if they are getting snacks in the afternoons. Some said yes. One resident mentioned she wasn't getting a post diner snack. Esther said she would look into it. One resident asked for candy for Halloween dessert. Laura stated we would be getting candy for residents on Halloween. Esther updated all on the supply issues, stating we are still having difficulty getting personal cups of peanut butter so we dish them out into little cups for resident trays. We also are having difficulty getting little cups of coffee creamer which is why we have hazelnut as an option as well as French vanilla. There have been issues getting decaf coffee; we hope to have enough to get us through until the next order. Turkey is still difficult to get in due to the bird flu. They predict it won't be better until 2023. Lorna Dunne's are still a hit or miss. There is also a shortage of some types of potatoes. Esther asked all if they had any other questions. One resident asked for snacks between breakfast and lunch. Esther encouraged him to ask staff and they will provide. One resident asked if we could have cherry cobbler as a dessert in the near future. Esther stated she would see what she could do. Esther thanked all for their time and reminded all that her door is always open.

DISCUSSION OF OLD BUSINESS

Laura read over the previous month's minutes. We had talked about new nursing staff joining the Chapel View team. Laura asked all if they had noticed any new staff. Some said yes. Laura reminded all that the residents are their best teachers, that no one can train the staff about resident preferences better than the residents themselves. There were a couple isolated Covid cases with staff, but no residents were infected. Families are able to join activities but must still wear masks. Outdoor visits are encouraged but not mandatory.

DISCUSSION OF NEW BUSINESS

Paula mentioned the recent change in Covid guidance's- staff no longer have to wear goggles or shields. Visitors and staff no longer have to screen and take temperatures when entering the building. If visitors or staff are not feeling well, they are encouraged to stay home. The flu shot notices went out to families. If the flu shot is unwanted, family must contact Chapel View, otherwise the vaccine will be given. There was also a letter sent to family to update them about the guidance changes about not screening while asking that they still wear a mask. The flu shots will be given to residents on Oct. 24th. Paula mentioned that residents have been pretty healthy and we hope it continues into the winter months. Paula noted we are all tired of dealing with Covid and are ready for life to go back to "normal". Paula asked all how the temperatures have been in the building. No complaints came forward. She informed all that maintenance has been doing their best to adjust it in the morning and at night to keep comfortable temperatures. This is a difficult time of year to keep the temps consistently comfortable and thanked all for their patience on the matter. One resident mentioned he had difficulty getting help in the night from the overnight staff. Paula took note. For Halloween, we have the resident planned meal, we are encouraging staff to dress up, and will give candy out to residents. Laura stated we have also invited family and staff to bring in their kids or dogs dressed in costume. Laura stated, although we used to have a big Halloween party where staff would dress up for a costume contest and a pumpkin carving contest, due to low participation in the past couple years, we are trying something different. In the past, children from neighboring schools and daycares used to visit us in costumes as well, but Covid ended that. Laura stated hopefully next year we can start that back up. Laura stated, since Halloween falls on a Monday, we will still have bingo and then do the festivities following. Throughout the month, there are also other Halloween activities planned such as pumpkin painting, a Halloween

craft, Spooky stories, and a musical performance by one of everyone's favorite entertainers, Monroe. One resident mentioned the performance by Lowell and his base player Eric did a fantastic job! Laura informed all they have been coming monthly and volunteer their time and talent. Arthur mentioned he would like to play Harmonica for everyone. Laura stated she would find time on the calendar for him to perform for all.

OPEN FORUM

Laura mentioned some upcoming October activities. The Happy Notes senior women's choir would be performing for us. Brad will be giving a presentation on his trip to Ireland and Italy. Every year a troop of girl scouts donate their extra cookies to us. The troop will be coming to play board games with us Oct. 14th. They provided us with over 140 boxes of cookies over the past two years! Pumpkin painting and resident birthday social are events to look forward to. Laura mentioned that we have switched the daily news group to doing trivia, word games, jokes, and a variety of other activities every other day. The news has been consistently negative and residents agreed to hear less of it. Laura asked all if they liked the change. A couple residents stated "Yes, it's much better!" Laura mentioned that this is a more engaging activity for the morning as the news group tends to turn into a quick nap time for some, echoing that it's great to exercise our bodies as well as our minds in the morning. Laura mentioned some of the bus outings- the arboretum and Goodwill. Laura asked all if there was anyone who wanted to attend an arboretum trip. A few asked to be added to the list. Laura asked all if there were any other destinations folks wanted to go to. One mentioned the Minnetonka General store but Laura noted the building is not wheelchair accessible. A resident asked how much room is on the bus. Laura stated a max of four wheelchairs and many seats for folks who use walkers or walk independently; noting we are limited on how many folks can attend due to space. Another resident asked if we could take a trip to Wal-Mart. Laura took note. Laura asked all what they thought of Java club. Many attend and stated they enjoy it. Laura said we will continue the program for the foreseeable future. Laura noted that Breathing and Relaxation has seen a big increase in participation. Many state they really appreciate the weekly group. One resident stated, "I love it!" One resident asked where Brad was. Laura mentioned he was at a training at home office. Laura proudly shared that while she was at the training earlier that day, staff from other sites from Cassia mentioned how many great things they've hear about Chapel View! Laura mentioned that the plants in the patio garden were cleaned up and it's ready for next spring. Laura thanked all for attending the Life Celebration for Clarence in September. Laura asked all if anyone wanted to be featured next. One resident suggested Betty S. Laura stated that was a great idea and would reach out to her family. Laura asked all if they had any movie suggestions. None came forward. Laura announced a short list of suggestions from a family member. The residents liked all of the suggestions. Laura put them all on the cue for the future. Laura asked all if anything needed to be discussed. No comments came forward. 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





FALL CRAFT



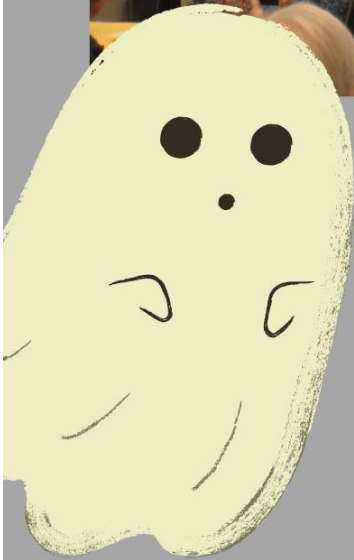
RES B-DAY SOCIAL



Thursday, Oct 20th
10:15 Breathing & Relaxation - C
10:45 Java Club 1 - C
10:45 Exercise - A
11:15 Movie - A
2:00 B-day Social - A
Club 2 - C
Action - I



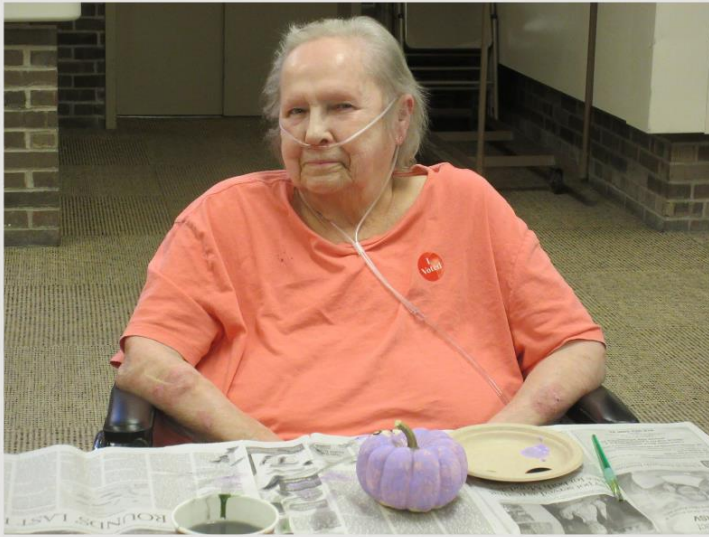
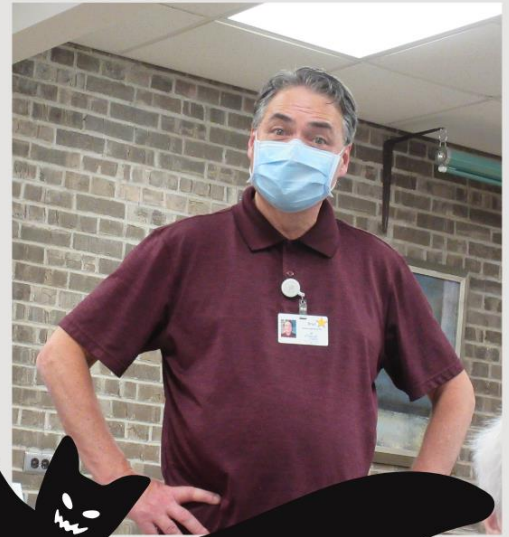
BOO!





PUMPKIN PAINTING





HALLOWEEN FUN

BINGO, TREATS, & SPOOKY STORIES



