

December 2022



Cassia Updates

Cassia Connection

As the year draws to a close, we want to celebrate two exceptional honors received at Cassia's Newton Village community in Newton, Iowa this year:!

1. The Iowa Department of Inspections and Appeals recognizes health care facilities annually that demonstrate the highest quality of care and commitment to residents. This year, **the 2022 Governor's Award for Quality Care in Health Care Facilities was presented to Newton Village.**
2. Newton Village Licensed Practical Nurse/Charge Nurse Preston Brown was chosen to be **LeadingAge Iowa's Caregiver of the Year** for his service to skilled nursing patients at **Newton Village**. "You are a wonderful health care person, for sure," wrote a couple named Jim and Mary, as Jim's mother was a Newton Village resident. "But more important, you are such a compassionate nurse. We remembered your work ethic and teamwork every time we saw you."

Congratulations, Newton Village, for your well-deserved awards.

Jenna Zark

Director of Communications

Cassia

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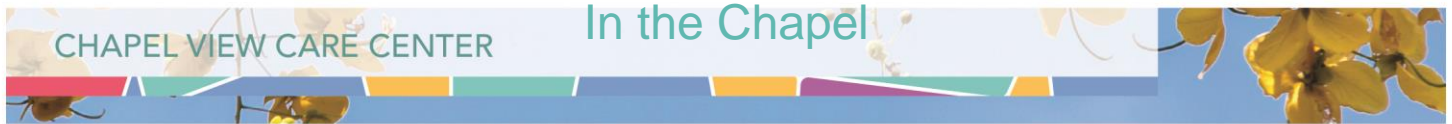
Spiritual Care

Isaiah 9:2 and 6

The people who walked in darkness have seen a great light; those who lived in a land of deep darkness on them light has shined.

I love this text from Isaiah about people walking in darkness. I wonder if Isaiah lived here this time of year? It can be so dark! It's dark when we wake up and dark when we go home from work. It seems like there is darkness all around us. Of course the darkness is not just about the absence of sunlight as we enter the winter season. Darkness is also about the absence of the light in our lives or in our souls. Some people fill this darkness with meditation and candles, with sugar or drugs, with shopping or sports. While those things might bring light for a time, they pale in comparison to the light which God has sent into the world. Jesus, the light of the world, has been born for us, a son given to us. On us this magnificent light has shined. And this light will continue to guide us and bless us forever and ever. This light will never go out or be overcome by the darkness. May this light shine in your life during this busy holiday season. Have a very Merry Christmas and blessed New Year!

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

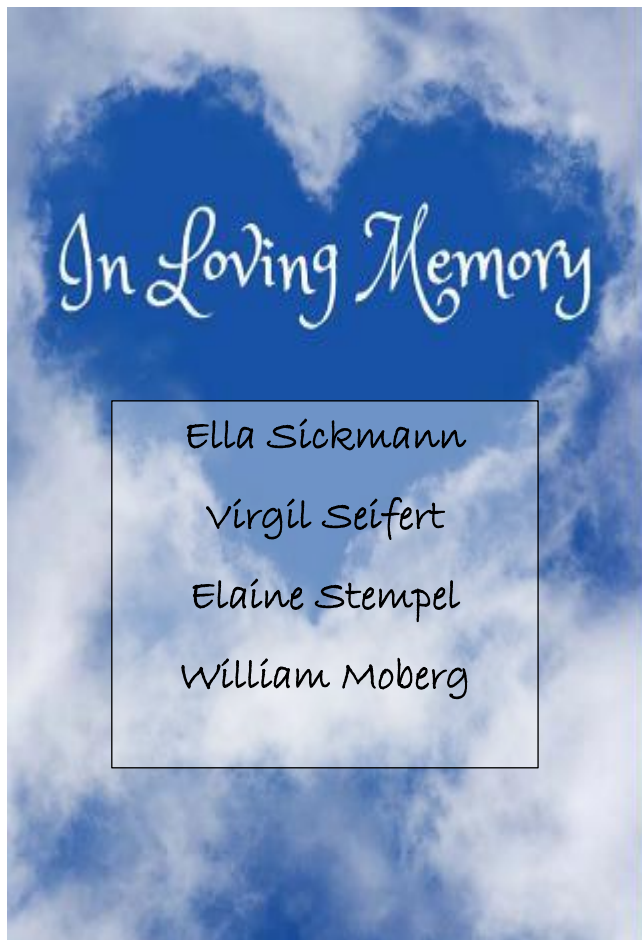
Wednesdays:

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.



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

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





Gold Stars



- *Paul, CNA- “I had an emergency and he responded immediately. When I apologized he said he was happy to help.”- 1st floor resident
- *Valerie, CNA- “I love her voice- she’s like the Golden Gopher of CV!” -1st floor resident
- *Niya, Nurse- “She is very kind and treats me like family.” -2nd floor patient
- *Krystal, Nurse- “She is so sweet, a very good nurse.” -2nd floor patient
- *Bre, Therapy- “She immediately helped a resident with equipment I had been requesting help with for weeks!” –Social Worker
- *Ferris, CNA- “She has become like family to me and is always looking out for me.”- 1st floor resident
- *Claire, Dietary- “She is so sweet and helpful. Whatever I ask, she’s on it!”- 1st floor resident
- *Fatu, CNA- “She treats me like her brother and encourages me every day.” -1st floor resident
- *Paula B., HUC- “She’s a great listener and does so much for me!”-1st floor resident
- *Mo, Nurse- “She’s always so friendly and willing to help!”-2nd floor patient
- *Jeris, CNA- “He goes above and beyond for everyone! He’s a tender teddy bear!”-2nd floor patient
- *Agnes, CNA- “She works so hard and is always making sure I’m comfortable and content.”-2nd floor patient
- *Linus, CNA- “He’s quiet but very efficient and kind!”-2nd floor patient
- *Damaris, CNA- “He’s very attentive and willing to help with whatever I ask. So sweet!”-2nd floor patient

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

Resident Birthdays

1st: Barb M.
8th: Janet N.
14th: Victory H.
23rd: Bobbi B.
23rd: Muriel N.
26th: David K.
28th Bill S.



Upcoming Events

Major Happenings

1st: Resident Council and Food Committee
 2nd: Minnesota Trivia
 6th: Wine and Canvas
 8th: Resident Birthday Social w/ Mary F.
 9th: Card Creations
 13th: Family Gifts
 14th: Sunshine Committee
 15th: Gingerbread Houses
 19th: Ukulele Holiday Tunes
 20th: Cookie Decorating
 21st: Big Prize Bingo
 22nd: Holiday Tunes w/ Bill
 23rd: Jingle and Mingle
 29th: James w/ Lowell and Eric
 30th: New Year's Party

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*

Week of Christmas Dress-up Days

Mon. 19th: Holiday hat/ head band
 Tues. 20th: Holiday Sweater
 Wed. 21st: Wear Silver, Gold, Green, and/or Red
 Thurs. 22nd: Holiday Socks
 Friday 23rd: Wear Flannel

Resident Council Minutes

FOOD COMMITTEE

Esther greeted all and asked how the food has been. Comments such as "good" came forward from many. Esther announced this was the last week of the new fall/winter menu cycle and asked all if there was anything they didn't like that they wanted her to change. No comments came forward. Esther asked all to help her plan the Thanksgiving meal. They agreed on turkey, cranberry sauce, green bean casserole, mashed potatoes and gravy, stuffing, and a dinner role with pumpkin pie for dessert. One resident stated she better get the turkey now, Esther informed all that she already purchased the turkey for Thanksgiving to make sure we could get some due to supply demands. Esther asked all if they have been getting their snacks and if there is enough variety for everyone. One resident stated he enjoys having the different choices and helps himself to the snack cart. Esther mentioned we have been able to keep a steady supply of coffee even though it has been difficult to get due to supply issues. Esther informed all that Malto-meal production has been paused and we are unable to get it for a few weeks so it will be substituted with oatmeal. Ranch potato wedges have also been difficult to get, so instead of the ranch style we will have regular wedges and add our own seasoning. High inflation is still affecting which products we can get so you may notice subtle changes such as the personal cups of syrup, as well as grape juice in boxes instead of cans. Esther asked all if there were any additions they would like to see on the menu. Chicken chow Mein and spinach were suggested. Spinach is on the menu (the next week) and said she would look into making chow Mein. Esther asked all what they thought of the pork ribs and sauerkraut that they had requested the previous meeting. Positive comments came forward. Esther asked if there was anything else she could do for folks. One resident asked for chef salads and Esther let everyone know you can order one ahead of time if you want that for the meal. Esther then pointed out there are alternative options on the back of the weekly menu but again asked for residents to request it in advance so they can prepared beforehand. The same resident stated that the kitchen staff are doing a great job. Esther thanked him and all before leaving.

DISCUSSION OF OLD BUSINESS

Jessie read over the previous month's minutes. Paula gave a Covid update and stated there were currently four patients in the 2nd floor who were positive for Covid but doing well and in quarantine. The last staff person to test positive was the previous Sunday. Paula classified these as "popup cases" as they couldn't be traced to each other. Fingers crossed we are able to get out of outbreak status the following week. The government guidelines require residents and patients be in quarantine for ten days. Paula noted that this is a stricter guideline and staff are able to return after five days but must also be fever free. Paula announced that even if in outbreak, visitors are still allowed. If only one floor is in outbreak, the other floor does not have to wear masks. Residents, visitors, and staff on the infected floor must wear masks. When in outbreak, only one resident or patient per table at meals. Paula encouraged residents to tell their families that if they have any symptoms to please stay home. Chapel View continues to offer vaccines for those who want it. Paula stated with the upcoming holiday, we still can't do any catering or guest meals, but families can still reserve space for guests to meet. Food is allowed to be brought in as well. Paula also mentioned that after Thanksgiving, we will be decorating for Christmas. Paula thanked all for their patience in finding a good temperature throughout the building. All seem to be more comfortable. Paula thanked all as she gave Chris, the grant nurse, the floor.

Important Announcements

CHAPEL VIEW CARE CENTER

DISCUSSION OF NEW BUSINESS

Chris greeted all and asked the group if they knew who he and Brad were. Many raised their hands. Chris provided information on the Move Forward program, where he and Brad are leading exercise groups and 1:1 exercises. He explained there are four "M's" that are at the core of the program. They stand for mobility, what matters, mentation, and medication. Chris will work with a team of nurses and nurse practitioners will be looking further into what medications individuals are taking and if they are truly needed or appropriate. We will continue with mediation and deep breathing group ran by Brad, as well as Forever Fit exercise on Mondays and Fridays, and the resilience groups. Most of these groups have been going on for a while and there has been a high attendance. Chris thanked everyone for giving it a try and continuing to attend. Chris thanked all for letting him speak and make sure all knew about the program. One resident stated he looks forward to the activities that Brad, Chris, and the activity crew put on and thanked them for all their efforts.

OPEN FORUM

Jessie asked all how they liked the performance by the Happy Notes. Some positive remarks came forward. She then asked what folks thought of the presentation of Brad's trip to Ireland and Italy. Many stated they enjoyed it. Jessie asked all what they thought of playing games with the Girl Scouts. A few said it was fun. Jessie asked all if they enjoyed painting pumpkins, many said they did. Jessie let everyone know that Monroe would be performing for us soon, many were excited. One resident mentioned that Laura had booked him for next Valentine's Day as well and many were pleased. Jessie mentioned some upcoming events such as the Life Celebration for Betty, Card Creations where we sell holiday cards to raise money for cash bingo prizes, Happy Hour, and two musical entertainers. Jessie asked all if there were any community outing suggestions. One resident suggested a trip to Costco, but Jessie stated we didn't have a membership. Another requested a shopping trip to Wal-Mart. Jessie took note. Jessie reminded all we have the bus Mondays and Wednesdays and the driver's name is Dave. She also mentioned that there is limited seating but we will provide as many trips as we can for those who want to go out. Jessie asked the group for movie suggestions as well. One resident asked for no more Frankenstein, the group chuckled. Another suggestion for comedy, such as Uncle Buck, came forward. Jessie stated we get suggestions from residents and family members and appreciate all suggestions! Jessie asked all if there were any activity suggestions for December, and gave an example of going to see Christmas lights on the bus, as we did last year. Many liked that idea and expressed interest. Another suggested a holiday jingle/ hors d'oeuvres party, as well as a bingo party. Jessie took note. Jessie asked all if anyone had any concerns, none came forward. Jessie asked all if there were any star nominations. None came forward.

COMPLETE YOUR GIFT LIST YET?



Fruit Cake & Bean Soup Sale



PRICES

FRUIT CAKE \$7

BEAN SOUP MIX \$5

Proceeds go to the Chapel View Auxillary

ORDER AT THE FRONT DESK OR WITH LAURA

DEC 1ST-DEC 31ST

952-697-3848

LAURA.FLICKER@CASSIALIFE.ORG

Holiday Card Sale

Hand Crafted Cards

Created by the Residents

\$1 each or

10 for \$8

All proceeds go back to the residents for special events, special bingo prizes, and pizza parties!

Cards sold in the coffee shop.



Holiday Parties

Due to continued Covid and Influenza concerns, we will not be hosting a holiday open house as we had before Covid. However, families are still invited to visit with their loved ones over the holidays and can host small gatherings in designated areas. If you are interested, reserve a space by calling the front desk during business hours at 952.938.2761

Thank you!



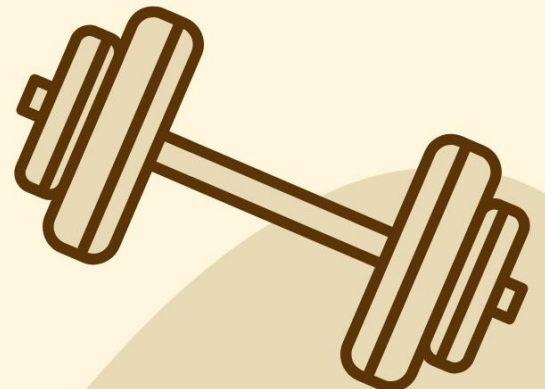
cassia

AN AUGUSTANA/ELIM AFFILIATION

community news

FOREVER FIT

W/ BRAD DAVIS MONDAYS & FRIDAYS





LIFE CELEBRATION



Betty Schulz

Chapel View Resident | 100





CHAPEL VIEW

Happy Hour

& TURKEY BOWLING



PG. 1





Winners!

PG. 2

Esther & Laura F.

