

**March 2023**



## Cassia Updates

### Chapel View Update

Dear Chapel View Community family members,

March Move Forward Update!

We continue with our mission of improving health and wellness among the residents at Chapel View. This includes encouraging walking, fitness activities, small group discussions centered around resilience, and our focus on engaging residents who exhibit signs of social isolation. If you feel your family member could benefit from increased activity involvement please let me or another staff member know and we will make a concentrated effort to get them involved.

We also have a new and exciting tool that the Move Forward program has allowed the Chapel View community to get which is our IN2L (It's Never 2 Late). This is an innovative and interactive touch screen with nearly endless opportunities for improving quality of life, providing stress relief, social engagement, and much more. Please feel free bring your family member to the IN2L and explore. It is typically kept on the main level near the chapel or in the Lotus Center.

Please reach out to Brad or myself if you have any questions.

Thank you,

Chris Thompson, RN  
Grant nurse  
Cassia Chapel View HCC  
Hopkins, MN 55343  
Email: [Christopher.thompson@cassialife.org](mailto:Christopher.thompson@cassialife.org)

## In the Chapel

### 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!

### Welcome to our New Chaplain Diane Hatman:

Diane Hatman, our new additional part time chaplain started in February and we are excited for our residents. Between Chaplain Erik and Chaplain Diane, we will have a chaplain on duty Monday through Thursday and Sundays each week. Welcome Diane!

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.

Chaplain Erik and Chaplain Diane he are available to support residents and their families, along with all of our team members every day but Friday. 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, Aide** -“He works hard and does it all with a smile. I really enjoy working with him!”

- 1<sup>st</sup> floor resident

**\*Renalda, Nurse**- “She’s kind and gives that extra TLC.” -1<sup>st</sup> floor resident

**\*Vinny, Nurse**- “He makes me laugh and provides excellent care!” -1<sup>st</sup> floor resident

**\*George A., Aide**- “I’m always happy when he’s working with me.

He’s very good at what he does!”

-1<sup>st</sup> floor resident

**\*Alice, Aide**- “She’s a real team player. When faced with undesirable tasks, she meets it with a smile on her face.”- TR Director

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

## Resident Birthdays

14<sup>th</sup> Brad G.

16<sup>th</sup> Adele K.

19<sup>th</sup> Pat M.

25<sup>th</sup> Geri T.



## Upcoming Events

### Major Happenings

- 2<sup>nd</sup> Resident Council and Food Committee:
- 5<sup>th</sup>: Swing Dance Performance
- 7<sup>th</sup>: Family Feud
- 9<sup>th</sup>: Crafty Corner
- 10<sup>th</sup>: Bowling for Bucks
- 14<sup>th</sup>: Let's Get Cookin'
- 15<sup>th</sup>: Sunshine Committee
- 17<sup>th</sup>: Muffins for Leprechauns
- 17<sup>th</sup>: St. Patty's Day Tunes
- 21<sup>st</sup>: Jeopardy
- 23<sup>th</sup>: Senior Choir
- 24<sup>th</sup>: Wine and Canvas
- 28<sup>th</sup>: Resident Birthday Social
- 31<sup>st</sup>: Happy Hour

### NEW ACTIVITY!

*Chair Yoga with Susan Schwartz!*

Certified in Yoga for Seniors and Gentle Yoga, Susan will be teaching sessions every 2<sup>nd</sup> and 4<sup>th</sup> Friday!

### Weekly Activities

**Manicures** every other Monday at 10:00a!

**Bingo** every Monday and Wednesday at 2:00p!

**Piano Tunes** every Wednesday at 3:30p

**Men's Group** every Tuesday at 11:00 in the chapel!

**Worship** every Wednesday at 10a and Sunday at 2p!

**Rosary** every Wednesday at 1:00p!

**Breathing and Relaxation** every Thursday at 10:00a in the chapel!

**Java Club** every Thursday at 10:45a and 3:00p!

**Java Memory** every Tuesday at 3:15p

**Movie and Popcorn** every Saturday!

**Chair Yoga** every 2<sup>nd</sup> and 4<sup>th</sup> Friday!

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

# Resident Council Minutes

## **FOOD COMMITTEE**

Esther greeted all and asked how the food has been. Esther asked the group if they noticed the meal the previous Tuesday. Chicken Chow Mein came forward. One resident suggested layering the dish in a different order, but stated he liked it. The pork ribs also had a lot of positive feedback. Esther noted she does listen to resident requests and acknowledged it can take time but she will do what she can to fulfill requests. Positive comments also came forward regarding the roast beef.

Residents commented on the great service and the large variety of meals. Esther stated if someone has an alternative menu, such as low sodium, they have noticed there isn't as much variety. The dietary team is putting in effort to come up with more variety for those who have to follow those diets. Laura O. and Esther will collaborate to create the menus but Esther informed all that if there is something they want that isn't offered on their menu, they have the right to request and receive it. You just have to ask! One resident ask for more plain Jell-O. Esther informed all we almost always have it and it can be requested anytime. Esther stated she would put it on that resident's meal ticket three times a week for lunch. The resident was pleased with that. One resident noticed that the best desserts are always at lunch. Esther informed all that we often serve fruit for dessert for the evening meal as there are dietary requirements that must be offered and this has historically been the best way to achieve that. Esther listed the fruits that are easiest to get in during winter months. She stated cuties (clementine's) are hit or miss but she does try to offer them occasionally. Esther stated there are a variety of obstacles as of late in getting all the desired foods. Sometimes there are problems with supply, deliveries/ truck drivers, extreme weather around the U.S., and increased prices. Esther stated she will continue to do what she can to maintain the variety. Esther noted that the nutritional supplements such as Ensure, Boost, and Magic Cups, are all difficult to get in at this time. Esther stated we may have to use different brands to make sure the resident is able to get the supplemental nutrients. Esther asked all to help her plan the St. Patrick's Day meal. They agreed on corn beef and cabbage, boiled red potatoes, and chocolate mint pie. Esther asked all if they are getting their snacks. Many stated that in the evening, it rarely happens unless they go looking for it. The afternoon snacks are being passed. One resident asked about her fresh fruit snack that she's supposed to have her name on but suspects other residents are helping themselves to the snack cart and taking the ones designated to certain residents. Esther stated she would look into it and add bananas to the cart. One resident asked if it was possible to get an additional flavor of the protein Jell-O. Esther stated she would look into it. One resident asked about deviled eggs. Laura stated we could make that in a cooking group. Esther asked if there was anything else, one resident suggested raw veggies instead of cooked for meals. Esther stated we do offer raw carrots and dip for a snack. Esther asked all to start thinking of suggestions for the fall summer menu and reminded everyone that her door is always open!

## **DISCUSSION OF OLD BUSINESS**

Last month we discussed Vital Research who had just left the day before. Laura asked all if anyone had been interviewed. One resident stated he had and that the questions were fair and his answers were unique but overall, he is happy with Chapel View, stating "It's top notch". He felt the interviewers were looking for extreme issues and that Chapel View does not have those problems. Laura thanked all that were interviewed and reminded all that those interview answers do impact that facility and our star rating. Adding that we are proud of our five star rating. Comments were made about some of the aides who could use some additional training on how to care for people who have specific injuries or ailments. Paula and Laura stated we are always providing mandatory annual training and additional training for those who need it. Laura encouraged residents to let staff know their preferences or if they are in pain so the aide is extra careful. Laura reminded all that we are all just humans doing our best. Processions of honor was discussed and Laura followed through with adding those who had passed to the resident newsletter. One resident stated there was a Celebration of Life the previous Sunday and it was very touching. We honored all those who had passed in recent months. We also continue to announce when there will be a procession of honor so it doesn't surprise anyone as they are bringing the deceased out the front door. The Move Forward grant supplied us with our big IN2L device which has a large variety of games and virtual experiences that we are using more and more. Residents commented on how fun it has been so far. Laura told all to look forward to more games in the coming months. We had made \$273 from selling fruit cake and bean soup over the holidays.

Laura stated we would also do a Valentine's fundraiser where we will sell the handmade cards and boxes of chocolates. We had talked about making exercise more exciting and after a training we learned new ways to exercise our body and brain simultaneously and we will be doing more of that moving forward. We will continue to offer exercise six days a week but are straying away from reading the news daily as it continues to be very negative. We are supplementing with word games, trivia, discussions, riddles. We also read from a positive news source but there isn't enough news posted to read it daily. Laura stated that if the news is important to you, there are always news stories playing on TV. We will continue to do Travel Club after Jessie leaves but want to hear from you as to where you would like to travel to. We discussed doing a pizza party and that will happen eventually. We have the funds, it's a matter of finding enough staff to help make it happen. Muffin Monday is planned for Feb 20th and Laura asked all for suggestions on types of muffin to bake. The group agreed on Chocolate Cherry muffins. Banana nut muffins were also an option that can be made the next month. There was a movie played the previous month that started a half hour early as it was an almost three hour movie. There were a few family members who were not pleased that it started early but Laura let everyone know that as much as we enjoy having family join us for movie day, we are here to serve the residents and want to prevent the movie from running into their evening meal.

### **DISCUSSION OF NEW BUSINESS**

Paula took the floor and announced we hired another part time chaplain and her name is Dianne Hatman. She worked at Chapel View about ten years ago when she was studying to be a Chaplain. She will be starting in February and we are all excited to have her here. Paula informed all that there is a Care Friends program where upper management is assigned to two residents to meet with and interview about their quality of life and experience here at Chapel View. Paula stated there were a couple themes from the results. One of the them was wanting staff to talk to them more. Another was wanting to get up for the day at their preferences. One resident suggested hiring an extra staff person to specifically help get people up and ready. She mentioned that on this day, they only had six aides instead of seven and she noticed that the staff struggled to get to everyone on time. Paula thanked her for mentioning this and stated that at that moment, there were eight empty beds on first floor so we were only budgeted to have six aides on staff. The resident also acknowledged that some residents are more labor intensive to get up due to needing equipment to get them out of bed where as some residents can get themselves mostly ready. Paula stated that Fred often has to reconfigure the groups so that they are more fair and equal for the staff to manage. This resident also mentioned that there are whiteboards in TCU rooms that will indicate some of the resident needs and preferences and the first floor doesn't have that. She mentioned it could be beneficial to have this info posted so aides or nurses who are unfamiliar with their needs have quick access to that info. Paula listened to the ideas and took note. Paula invited all to reach out or stop her whenever there are issues or things that need to be discussed. Paula asked all how the temperatures inside have been. Most were content with the temps. Paula thanked all for their time.

### **OPEN FORUM**

Laura asked for more movie suggestions. None came forward. Laura reminded all that Jessie's last day would be Valentine's Day. We planned a farewell for her that afternoon. Laura announced she will be off that day but would bring in her daughter and stay for the farewell. Laura echoed that we will all miss Jessie. She's been an amazing staff person at CV and will be very difficult to replace. Laura noted that Jessie hands out the Perk every day, and we will continue to do that, but hand out the whole weeks' worth every Friday. One resident stated, "What works for you, works for us". Laura thanked them and informed everyone that we hope to keep things moving along so you barely notice any major changes but there will be small changes such as the one stated. Laura stated it might be difficult to get out on the bus until we have more staff to help but Laura can also assist in online shopping if there is a need. Laura announced there would be a happy hour in Feb and we will try to host happy hour once a month. Laura stated we are hopeful to hire another activity person soon. One resident asked if we could have a Super Bowl party with chips and salsa, another suggested corn dogs. Laura said she would put something together. (Laura did get the requested foods and came in to get folks together and no one wanted to watch the super bowl when the time came.) Laura announced we will be starting Chair Yoga every 2nd and 4th Friday of the month, led by Suzie, a certified chair yoga instructor. Laura mentioned Monroe will be performing for us on Valentine's Day. Many were excited. Laura stated there were a lot of new staff joining Chapel View this past week. Paula chimed in that some of them were returning staff from years past. Laura mentioned is speaks volumes that people want to come back to work at CV after trying other places. Laura asked all if anything else needed to be discussed; nothing came forward. Laura thanked all for coming to the meeting.

# Valentine's

## CRAFT



# WINE AND CANVAS



# SWEET HEART TUNES

