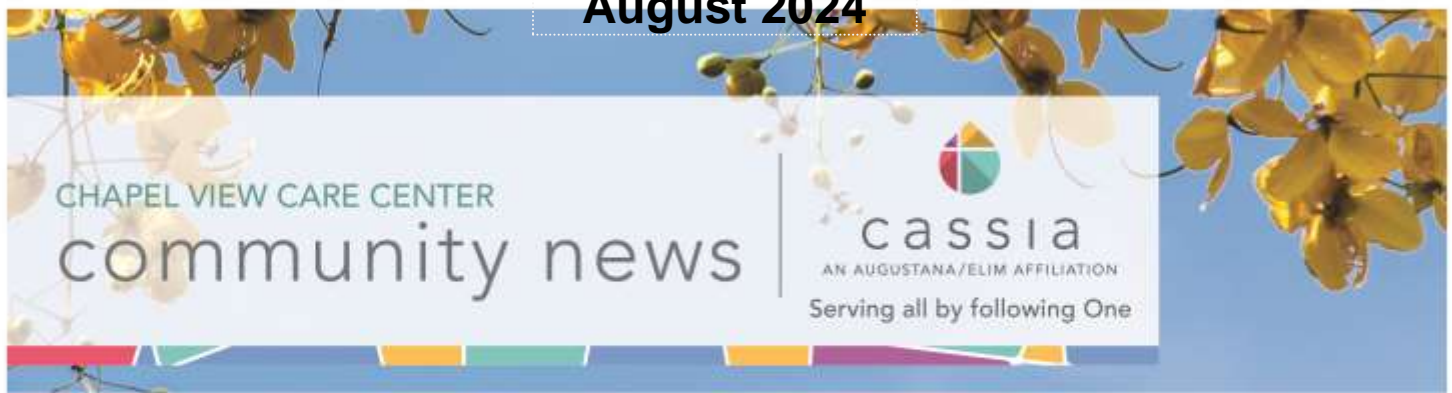


August 2024



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!

Special Event! Sunday, Aug. 4th at 2p Service

Don't miss Lois Lane as she moves through the time tunnel to interview one of the 5,000 fed by Jesus! Hear what it's like to receive bread and fish from Jesus's hand.

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 Jacob. Come for a lively discussion about a variety of topics and good fellowship.

Chapel View has two part time Chaplains.

Chaplain Erik is available to support residents and their families, along with all of our team members every Tuesday, Wednesday, and every other Sunday.

Chaplain Diane is in house to do the same every Monday, Thursday, Friday and every other Sunday.

Please feel free to call the Chaplain Office at 952-697-3835 and leave a message.

IN LOVING
memory

Patricia Anderson
2/10/1934-7/4/2024

615 Minnetonka
Mills Road
Hopkins, MN 55343
952-938-2761
a ministry of Cassia
CassiaLife.org

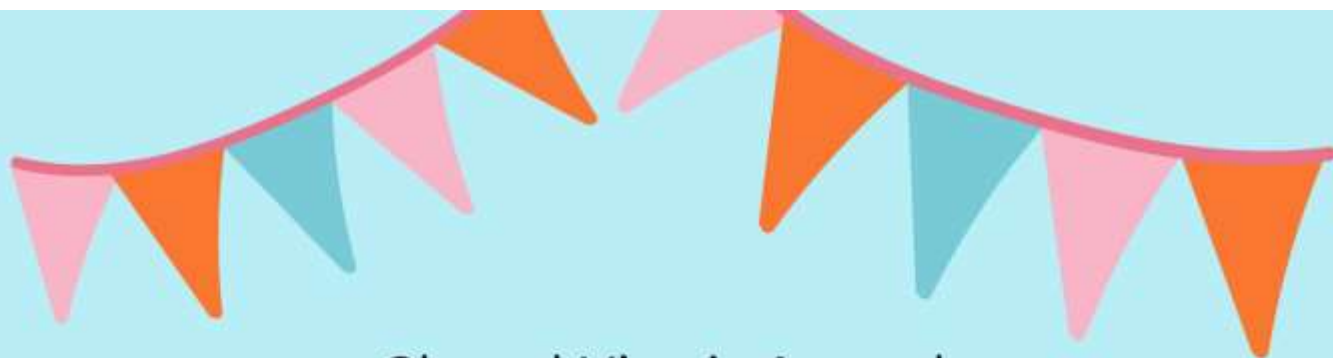
Chapel View Updates

**CHAPEL VIEW CASSIA
OLYMPICS**

IN THE SPIRIT OF THE OLYMPIC
GAMES, OUR AUGUST QUARTERLY
MOVEMENT CHALLENGE WILL BE
AN OLYMPIC STYLE COMPETITION
BETWEEN CASSIA SITES.

WE WILL HAVE TWO EVENTS PER WEEK.
THE EVENTS ARE AS FOLLOWED:

- HOCKEY
- BOXING
- ROWING
- GOLF
- BATON RELAY
- FENCING
- TARGET PRACTICE
- VOLLEYBALL



Chapel View's Annual

STATE FAIR

1:30PM | AUGUST 30TH

JOIN US FOR CARNIVAL GAMES, TATTOOS, AND FREE
CARICATURES WITH YOUR LOVED ONE!

AN ARTIST FROM A TOUCH OF MAGIC ENTERTAINMENT
WILL BE HERE CREATING PORTRAITS FOR YOU TO KEEP
FOR YEARS TO COME!



community news

Upcoming August Events

- 1st: Resident Council
- 2nd: Olympics Opening Ceremony
- 5th: Olympic Boxing
- 7th: Fishing Trip
- 7th: Sunshine Committee
- 9th: Resident Birthday Social w/ Scott F.
- 12th: Olympic Rowing
- 13th: Cool Craft
- 15th: Olympic Golf
- 16th: Happy Hour
- 19th: Muffin Monday
- 19th: Olympic Baton Relays
- 20th: Garden Eats
- 21st: Resident BBQ
- 23rd: Wine & Canvas
- 26th: Olympic Volleyball
- 27th: Piano Tunes w/ Nate
- 28th: Fishing Trip
- 28th: Fair Food for Lunch
- 29th: Olympic Target Practice
- 30th: State Fair Games & Caricatures

Weekly Activities

- Manicures & Coffee** every other Monday at 10:00a
- Forever Fit** every Monday and Friday at 10:45a
- Bingo** every Monday and Wednesday at 2:00p
- Book Club** most Mondays at 3:15p
- Piano Tunes** every Wednesday at 3:30p
- Men's Group** every Tuesday at 11:00 in the chapel
- Rosary** every Wednesday at 1:00p
- Breathing & Relaxation** every Thursday at 10:15a in the chapel
- Java Club** every Thursday at 10:45a in the chapel
- Java Music** most Tuesdays at 3:15p in the chapel
- Movie & Popcorn** every Saturday
- Worship** every Wednesday and Sunday

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

Resident Birthdays

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

We share videos and
photos of the fun we've
been having as well as
upcoming events!

- 1st: Robert R.
- 5th: Cheryl P.
- 11th: Doug F.
- 12th: Nancy R.
- 15th: Mary L.
- 25th: Sharyn G.
- 28th: Janice T.



Resident Council Minutes

FOOD COMMITTEE

Laura O'Brien, our dietitian, stood in for Esther for the meeting. Laura stated there is no holiday meal to plan for in August and asked how meals were going and if there were any suggestions or changes anyone wanted to see. She also asked if there was anything at the food tasting that they wanted to see on the menu. One resident stated she would like to have cabbage and corn bread added to the menu. Laura stated she would let Esther know. The new items at the food tasting were mentioned and residents stated they really enjoyed the desserts. One family member stated her husband wasn't always getting enough food for the noon meal and wanted a dinner roll added to his meals occasionally. Laura stated these changes are certainly an option and the kitchen can serve him larger portions if that is what they wanted. The family member stated she thought he would benefit from a larger portion of the main item and adding a dinner roll. Laura stated she would make the change to his meal ticket. Laura F. brought up a comment from last month regarding the change in noodles to make them easier to eat when serving spaghetti. Laura stated she would talk to the kitchen about rotating the noodle options. One resident stated he really enjoyed the chicken fettuccini meal. He also mentioned he would still like the kitchen to try chicken stir fry but needed to come up with the recipe for them. Laura stated she would follow up with Esther about it. Laura asked if anything else needed to be discussed about food. One resident complimented the kitchen staff and acknowledged how helpful they are in the main dining room with getting drinks when they come early. Laura F. asked all if there was anything at the food tasting that they would like to see at the next happy hour. Residents agreed on the chicken tenders and honey mustard dipping sauce.

DISCUSSION OF OLD BUSINESS

Laura read over last month's minutes and asked how everyone liked the 4th of July meal. Many said they enjoyed it. Laura asked all how they liked the happy hour appetizers of goat cheese with crackers and hummus and veggies. Many stated they really liked it. Laura stated there will be a food tasting coming up on July 9th where they will get to sample new foods from our vendor and these foods can be requested for happy hour as well as added to the menu. Laura asked all to keep those items in mind for future requests. Laura mentioned the demolition is still scheduled to go forward to start at the beginning to mid-September. Sam added we will then break ground and start building in spring of 2025 and if all goes as planned, the building will be finished in fall of 2026. One resident asked if it would be connected to the apartments/ assisted living. Sam stated it will be a standalone building. Laura stated we had two fishing trips scheduled for July but the first one had to be canceled due to the bus being in the shop but the previous day there was a very successful fishing trip. In August, there will be two morning fishing trips where we leave at 9:45a, fish, then have lunch before returning. Laura encouraged all to let one of us know if you are interested in fishing so we can get you on a trip. Laura mentioned all other bus trips will have to be paused while the bus continues to be updated and repaired in the shop but hoping to have it completed by the first week in August. Our bus driver sends his regards about the whole situation but it's out of his control. Laura stated there will also be two fishing/boating trips in September. Laura mentioned our space limitations of 3-4 folks in wheelchairs but have many spaces for folks who use a walker. Laura stated we will always give you an invitation with all the information about the trip and will continue to check in with residents leading up to the trip to help remind and prepare everyone. Laura stated even with the bus being in the shop, she's confident everyone will have a chance to go on a fishing trip that wants to. Laura mentioned the suggestion of showing a documentary or reading the Bible on Sundays. Some stated they were still interested in this. Laura followed up about the new volunteers and stated Abby was not coming as often in July but plans to be back more often in August. Laura stated Shannon and Stella, the new woman and dog visitors, are getting back to her but will be starting soon.

DISCUSSION OF NEW BUSINESS

Sam, the new administrator, introduced himself to the group, stating he has been with us for four weeks now. He stated he has always worked in a care facility setting, giving him 10 years of working with the older population. He started in dietary when he was 15 until he went to college and started as a CNA. He started with Cassia when he was 21 at Apple Valley where he interned as an administrator for six months until managing at Dassel for about a year which was about half the size of Chapel View. He then transferred to a facility in Minneapolis called Redeemer in uptown Minneapolis where he continued to work as an Administrator until transferring to Chapel View. He's excited to grow some roots in Hopkins and get to know all the residents and families. He stated he's here for the residents and will address any concerns and celebrate the successes of everyone here. He then asked if there were any questions about the new building. One resident asked if every room is private. Sam said yes aside from the four corner rooms which are mostly private, they just have a shared bathroom. The rooms all are spacious and have their own bathrooms with showers. Residents expressed excitement about this upgrade! It's a two level building, first floor will be for rehab, will have the therapy gym and will have 44 beds. Second floor will be long-term care with 44 beds and will have a nice activity area and common space. Both floors will have their own central dining rooms instead of smaller dining rooms around the facility like we have now. The goal is to provide a restaurant-like dining experience. Sam mentioned there was a lot of input from the nursing staff on how the designs could be improved to fit resident needs best. He also mentioned the staff break room will have windows instead of being a cellar in the basement so staff could better enjoy their breaks. He has enjoyed working with everyone to get input to create the best facility we can. One family member asked how much it's going to cost and Sam stated about \$29 million to build. One resident asked if it will cost them more to live here and Sam stated no, the cost will remain the same! One family member asked about refrigerators on the floors, as well as drinking water access, coffee machines, and microwaves. Sam stated there would be a café that will provide these things as well as possible mini fridges in rooms. A family member asked how moving day would look. Sam stated he's not entirely sure yet but he thinks we will walk residents over since the locations are so close. The building will have all new furniture so it will be a matter of bringing residents and their personal belongings over. One resident asked what kind of spaces we will have for activities. Sam stated there will be a large multipurpose area that will also be used as the chapel. This will be on both floors. There will be two courtyards outside as well. Sam mentioned nothing is set in stone yet and the layouts could still change some. Laura added we still don't have a plan for the building we are in. Sam asked if there were any more questions. One resident wanted to thank Sam for helping with some issues he has had recently. Sam stated he's always here to answer questions or solve issues and talk about fun things as well! He enjoys connecting with people and looks forward to his future at Chapel View.

OPEN FORUM

Sam mentioned he was thrilled to see how many fun activities are offered at Chapel View and really enjoyed the family feel that seemed to go throughout the building between residents and staff. Laura acknowledged the residents for being willing to come to the activities and try new things and stated, "We could plan all day but it's you guys who show up and do the things that keeps us going!" Laura announced we would have a month of Olympic events where we will compete against other Cassia sites with different events. We will keep score throughout the month and compare scores with other sites to determine who wins! Laura stated she's confident in our crew and thinks we could take the gold! Sam also said he's been talking a big game to other sites so we have to give it our best effort! Laura stated the opening ceremony would be the first Friday in August and we will have more information to give residents then. Laura listed some of the events that residents will compete in; hockey, boxing, fencing, rowing, baton relay, target practice, and volleyball.

Laura stated we would also have an in house State Fair in August at the end of the month. Unfortunately, due to new regulations regarding farm and zoo animals, we won't be able to have the llamas visit us there year but we will still have many other fun things planned to celebrate the State Fair. Laura mentioned the Zoomobile will also be coming in July but they will do a presentation on animals with skulls and pelts but no live animals again because of the Department of Health's restriction on live animals in fear of residents catching animal borne illnesses. Laura stated we have had many issues with the bus this month but was hopeful we would be able to plan some trips in August and asked residents where they would like to go. Residents agreed they would like to go to Goodwill, Target, and Southdale Mall. Laura was hopeful the bus would be repaired and back in service for us to take it out. Residents agreed to make raspberry muffins in celebration of Hopkins Raspberry Fest, happening in July. Laura mentioned we would also have the Raspberry Royalty visiting us for a raspberry ice cream sundae social on Tuesday, July 16th. Laura mentioned we have two men living at Chapel View who are former Raspberry Fest Kings! One resident mentioned her granddaughter was also a princess! Many looked forward to the social. Laura mentioned we would have our resident BBQ on Wednesday the 24th. Laura asked those who have been attending the Duolingo group to learn Spanish how it's been going. They stated good, and Jacob mentioned they would be switching to German soon. Laura mentioned Chair Yoga would start back up in September on Thursday mornings instead of Fridays. Due to this change, we will switch Breathing and Relaxation to Friday mornings. Laura stated she would be going on maternity leave in August and plans to be back three months later. Laura mentioned she would visit during the maternity leave with the new baby and her big sister. Laura stated she would be departing mid-August which is when the baby is due, returning early November. Residents asked Sam if he was married or had kids, he stated he wasn't and did not yet but hoped to one day! Laura asked all if they were happy with the activities provided, all positive feedback was given. Laura asked if they would like to do bingo once per week instead of twice and residents quickly responded, "NO!" One resident asked if Grandfriends would continue. Laura stated yes it would. There will be a new group of third graders with the same teacher. A few residents mentioned how much they enjoy having the kids here at the facility. Laura asked if there was anything else that needed to be discussed. Nothing came forward. **Meeting Adjourned.**



Star Nominations



- * **Leika, Nurse-** "She's always so kind and attentive!"-TCU Patient
- * **Sylvia, Nurse-** "She has been excellent from the start and I look forward to seeing her!"- TCU Patient
- * **Randy, Physical Therapist-** "I really enjoyed working with him and he always made me laugh." -TCU Patient
 - * **Susan, Rehab Aide -** "She made a big difference in my recovery and is always helpful!" –TCU Patient
 - * **Amanda, TCU Nurse Manager-** "She is a rock star! Always helpful and I knew I could count on her to take care of things!"- TCU Patient
- * **Laurie, Health Unit Coordinator-** "She delivered medications to a person who discharged. Above and beyond!" –Director of Health Information
- * **Joe, Nurse-** "He always goes above and beyond for the residents!"-HUC

Contact Laura, Kristi, or Jacob to nominate an outstanding staff member

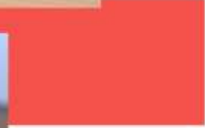


HAPPY
4th of July





Happy Hour







NOODLE HOCKEY





FISHING TRIP



OUR GARDEN





TASTE TEST



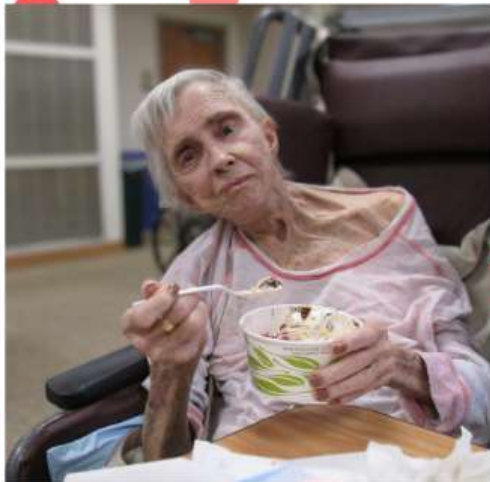
RESIDENT BIRTHDAY SOCIAL





Raspberry Royalty Ice Cream Social







Twins Baseball







✦ Resident ✦ **BBQ**





WINE &



CANVAS



cassia

AN AUGUSTANA/ELIM AFFILIATION

community news

