



The name "Cassia" was inspired by an anointing oil referenced in the Bible that reflects our commitment to healing, wholeness and our desire to help those we serve to live well. According to sources familiar with ancient oils, Cassia is said to symbolize the heart of a servant.

That's Preposterous!

Preposterous packaging is so commonplace that it enjoys its own day of recognition, Particularly Preposterous Packaging Day, on August 7. We've all been there: You order some small batteries to be delivered, and they arrive in a ridiculously oversized box filled with a thousand Styrofoam peanuts. Or you go to the grocery store and find that each banana is individually wrapped in plastic. Or perhaps the packaging misidentifies the contents. These are examples of wasteful or inane packaging practices. Another common packaging mistake is to encase a product in an impenetrable cocoon of plastic. There is even a condition known as "wrap rage" that describes the aggravated feelings that overwhelm people when they cannot open a package. Each year, thousands of people suffer cuts on their hands or sprained wrists due to their struggles to open packaging, injuries that require visits to an emergency room. The best solution to this modern problem may be to avoid preposterous packaging altogether and buy local.



Smooth Sale-ing

Highway 127 runs from Addison, Michigan, to Gadsden, Alabama, and, at almost 700 miles long, it hosts the World's Longest Yard Sale from August 5-8. The 127 Yard Sale, as it is known by locals, was invented in 1987 by a Tennessee city official named Mike Walker.

In an effort to encourage drivers to avoid interstate travel, take local scenic routes, and thereby support local businesses, Walker suggested that local residents line their front yards with goods for sale. Each year, thousands of motorists drive the route, perusing the wares for sale and catching the unique attractions found in the six participating states. Route 127 doesn't just offer the world's longest yard sale but it also provides the backdrop of what may be America's strangest (and most profitable) road trip.



Lights In The Darkness

The romantic allure of lighthouses has endured for centuries. Our love of lighthouses runs so deep that we have preserved and protected 700 in the United States, and even designated August 7 as Lighthouse Day. Our affinity for lighthouses amounts to more than nostalgia for a simpler, bygone era or our attraction to picturesque rocky coastlines. As beacons of light in the treacherous darkness, lighthouses are steadfast symbols of safety and reliability, characteristics that we crave and value above all else.

One cannot appreciate the lighthouse without appreciating the solitary lighthouse keeper. Indeed, the lighthouse and its keeper are so interconnected that we cannot help but imbue the tower itself with human characteristics. Virginia Woolf, the author of *To the Lighthouse*, may have put it best when she said, "Lighthouses are endlessly suggestive signifiers of both human isolations and our ultimate connectedness to each other." For Woolf, lighthouses are monuments to the human condition: the sea of collective humanity consists of drops, individual and unique. We, like lighthouses, exist to shine our light upon others.

Throughout history, no light has shone brighter than the lighthouse known as Pharos of Alexandria. Egypt's lighthouse was both the first and largest of its kind ever built. Rising 330 feet tall, a massive mirror reflected the blazing sun by day, while raging bonfires lit its apex by night. Sailors could spy its light from 30 miles away. Modern lighthouses act as warnings of rocky coastlines or hidden reefs, but Pharos acted as a grand entrance marker to Alexandria's port, a hub of commerce, technological innovation, and free thought. Built in 280 BC, Pharos stood for 1,600 years, earning renown as a Wonder of the World and surviving three earthquakes before toppling into the sea. In a sense, all the world's lighthouses are descendants of that world wonder, and those who study lighthouses and their signal lights are proudly called *pharologists*, in memory of great Pharos.



Resident Council-2
Music Minute-2
Activity Calendar-4, 5

Remembering the De-
parted-6
Word Search Puzzle-7

Spirit of Care -7
That's Preposterous! -8
Smooth Sale-ing-8

14650 Garrett Ave
Apple Valley
MN 55124
952-236-2000
a ministry of Cassia
CassiaLife.org

Resident Council Update

Our resident council meets every other month to keep residents informed of resident rights and things happening in our facility, and to discuss issues and concerns that affect the group as whole.

Resident councils are often led by a council board of elected resident members, but our residents have chosen to have the meetings led by staff members.

We prepare an agenda for each meeting, and participants receive meeting minutes afterwards. These meeting minutes can be found at the nurses station on 2nd and 3rd floor in a blue folder labeled "Resident Council." You may ask at the desk if you would like to read them

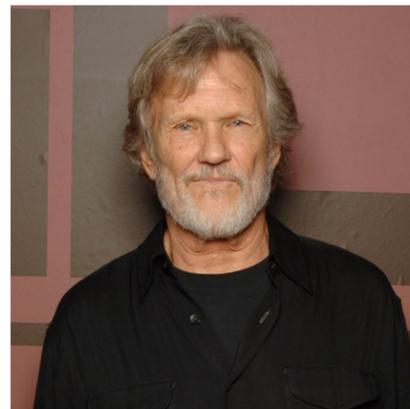
All residents are welcome to attend the meetings, so if you're interested, please join us at our next meeting on Wednesday, September 1 at 10:30 in the second floor dining room.

Music Minute



Welcome to our new column, *Music Minute*. This month we focus on Kris Kristofferson. You may know him as a singer, songwriter, and actor. Kris attended Pomona College, receiving a BA in literature. He did so well he was awarded a Rhodes' Scholarship to attend Oxford University in England. He distinguished himself as a boxer while there. After completing his degree, Kris joined the army where he became a helicopter pilot, and rose to the rank of Captain. After an honorable discharge, he was offered a position as a professor of literature at West Point. He turned it down to pursue a career in music. Several years ago, Kris was misdiagnosed with Alzheimer's dementia. In 2016, his doctor ran some tests; Kris had Lyme disease which can come with neurological symptoms that look like Alzheimer's. His symptoms cleared upon treatment.

-Chad Worner



Summer Clothing Word Search

The words listed below can be found vertically and horizontally. Disregard spaces between words.



BLOUSE
DRESS
FLIP-FLOPS
HAT
SANDALS



SHORTS
SUNGLASSES
SWIMSUIT
TANK TOP
TEE SHIRT

Spirit of Care

This month's reflection are excerpts from author Ted Loder's book *Guerrillas of Grace*. I hope this reflection touches your heart with Christ's love today:

O Eternal One,
It would be easier for me to pray
if I were clear
and of a single mind and a pure heart;
if I could be done hiding from myself
and from you, even in my prayers.
But, I am who I am,
mixture of motives and excuses,
blur of memories,
quiver of hopes,
knot of fear,
tangle of confusion,
and restless with love,
for love. . .
Come, find me, Lord.
Be with me exactly as I am.
Help me find me, Lord.
Help me accept what I am,
so I can begin to be yours.
Make of me something small enough to snuggle,
young enough to question,
simple enough to giggle,
old enough to forget,
foolish enough to act for peace;
skeptical enough to doubt
the sufficiency of anything but you,
and attentive enough to listen
as you call me out of the tomb of my timidity
into the chancy glory of my possibilities
and the power of your presence.

-Chaplain Sarah Ciavarri

Remembering The Departed...

Our Deepest Sympathy to the Family & Friends of Those Who Have Departed...

Julie Gutzmer..... July 15

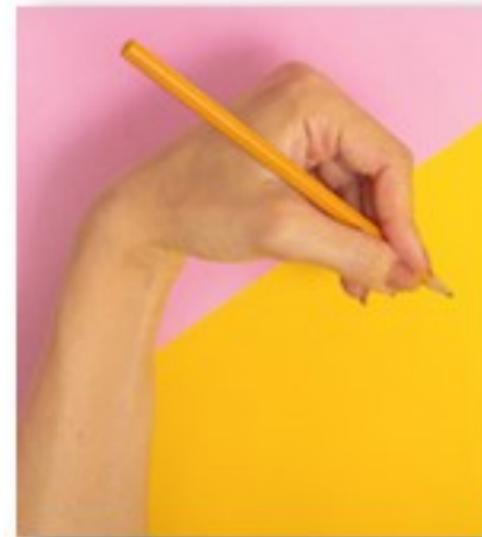


Worship Service Schedule

- Sunday Worship at 3pm weekly, and Wednesday Worship August 4th and 11th, Memorial Service Wednesday, August 18th, all in the second floor dining room (2DR) at 3pm.
- Catholic Communion Service Live Thursday, August 5th and 19th at 10:30am, 2DR
- Catholic Mass Service Live Wednesday, August 25th at 2:30 pm, 2DR
- Our in-house channel is on 6, 111, or 1111 for some TV's
- A great radio station for good old fashion hymns is WCTS 1030 AM

Feeling Left Out

It may be fitting that International Lefthanders Day falls on Friday, August 13. Like many superstitions associated with Friday the 13th, left-handedness was once believed to be a source of evil. The Devil himself is thought to be left-handed, and in the Middle Ages, lefthanded people were thought to practice witchcraft. Luckily, modern science has put such unsettling notions to rest. There are really no great differences between right- and left-handers in personality, health, or thinking. For the 10% of the population that is left-handed, things might be more inconvenient—after all, the majority of the world is right-handed, so many products and designs cater to right-handed people.



August Birthdays

Lee R August 1
 Elaine S..... August 3
 Joan S..... August 7
 Barbara S August 10
 Ron H..... August 12
 Dorothy T August 13
 Nancy M August 14
 Deloris R..... August 14
 Dolores W..... August 15
 Jeanette S August 21
 Alice J..... August 25
 Linda A..... August 25
 Shirley T August 29
 David H August 30
 Patricia S..... August 31

Jenna K August 1
 Thu N..... August 1
 Elizabeth P August 1
 Charlesetta C..... August 5
 Tim S..... August 5
 Sarah M..... August 6
 Elena C..... August 6
 Lisa B..... August 8
 Joshua E..... August 12
 Valerie E August 15
 Heather M August 16
 Jaime G August 18
 Joanna G August 19
 Virginia L..... August 21
 Brittany D August 24
 Zahra D August 28
 Cheyenne M..... August 30
 Rosine K August 31

