



# September 2021

## Manager's Message

Hello, all. Happy September—I can't believe the summer has come and went. August was a busy month full of licensure changes and paperwork, and I appreciate families and residents assisting in getting all of this information back.

As we approach flu season, I wanted to note that our annual Flu Shot Clinic will be held on Monday, September 27th from 9am-2pm. A&E Pharmacy will be administering these shots in the 5th Floor Dining Room. A consent form will need to be completed prior to Friday, September 17th and turned into the Business Office if you would like to receive a shot. These forms will be distributed in your mailboxes the first week of September. You will also have the opportunity to get a Shingrix shot. If you previously received the 1st dose, either through our clinic or elsewhere, you will also be able to get your 2nd dose at this clinic. Please contact me for any further details.

I received a lot of questions from residents regarding the new licensure that took place on August 1st. Of course the primary change was moving from a

Housing with Services Lease to an Assisted Living Contract. With the new licensure, our entire building is licensed as an assisted living facility. That does not change that we have many residents living in their apartment independently. Residents receiving home care services from our home care team will also have a service plan that will be updated routinely. One of the biggest changes for these individuals is that rather than having a 90-day assessment done by a LPN and an annual assessment done by a RN, all residents on our home care services will have assessments completed every 90 days by a RN. We will no longer have annual assessments, but instead will have those assessments completed every 90 days. These assessments will be completed on all residents that are open to Apple Valley Villa's home care program.

I will continue to keep residents and families updated on our COVID status via memos and emails. In the event that we have any resident or staff member test positive, we will go back into Outbreak Status. We do not know much about the booster shot at this point,

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## Inside This Issue

Managers Message.....1	Special Events .....5
Marketing News.....2	Birthdays .....6
Management Directory.....2	Welcome to the Building.....6
September Word Search .....3	Message from Chaplain.....7
Announcements.....4	Upcoming Opportunities .....8

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 Apple Valley  
 MN 55124  
 952-236-2600  
 a ministry of Cassia  
 CassiaLife.org



## Manager's Message Cont.

but will keep residents and families updated on timeline, administration, and recommendations.

I hope everybody stays healthy this September!

Lisa Murphy  
Director of Housing



## Marketing News

### Referral News

Remember, if you refer someone and they move into a market rate apartment here at the Villa you will receive a \$500.00 referral bonus when they move!

**The referral name must be presented or written on the tour card.**

Jean Andries  
Marketing Director  
Ext. 2625

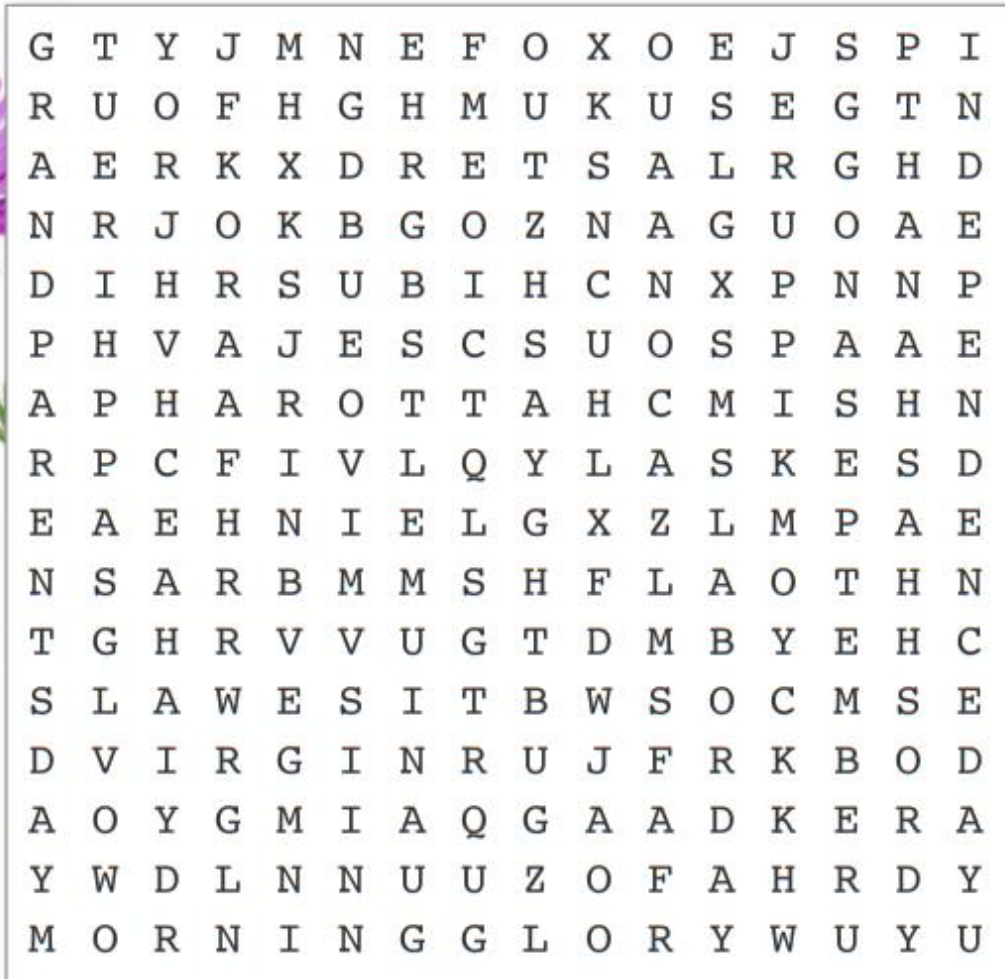
## Management Directory

Staff Title	Phone # Office Location
Lisa Murphy Director of Housing	952-236-2628 Office: 102
Sherry Eastgate Director of HUD Housing	952-236-2610 Office: 102
Jean Andries Campus Marketing Director	952-236-2625 Office: 102
Annalissa Akif Resident Services Director	952-236-2626 Office: 102
Cyndi Sabin, RN Director of Health Services	952-236-2623 Office: Off of Lobby
Leslie Wycoff Director of Housekeeping	952-236-2630 Office: Lower Level
Amber Castellano Director of Activities	952-236-2620 Office: Lower Level
Lisa Brazman Director of Food & Nutrition Service	952-236-2580 Office: LL of Health & Rehab Center
Tim Schmidt Director of Campus Physical Plant	952-236-2590 Office: LL of Health & Rehab Center
Sarah Ciavarrri Lori Lathrop Chaplains	952-236-2627 Office: Lower Level

If you need to contact a nurse, please call 952-236-2621. If it's an emergency, please call the Front Desk (0).

# Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



- |                              |                   |                   |
|------------------------------|-------------------|-------------------|
| ASTER                        | LIBRA             | SEPTEMBER         |
| AUTUMN                       | MORNING GLORY     | SIMCHAT TORAH     |
| GRANDPARENTS DAY             | OKTOBERFEST       | SUKKOT            |
| HARVEST                      | ROSH HASHANAH     | VIRGIN<br>(Virgo) |
| INDEPENDENCE DAY<br>(Mexico) | SAPPHIRE          | VIRGO             |
| LABOR DAY                    | SCALES<br>(Libra) | YOM KIPPUR        |

## Announcements

### Villa Salon

Located on the 2nd floor next to the laundry room. If you would like to make an appointment or have questions please call Sandy at 952-215-4163.

### Footopia

If you are interested in receiving nail/ foot care, please call Kathy from Footopia at 651-470-9979 with any questions or for a future reservation.

### Sewing Volunteer

Our sewing volunteer is back! If you need any clothing repairs, bring your items to the front desk. The sewing volunteer will pick up items on September 6. Tell the front desk that your items are for Linnea and the front desk will call you when your items are ready for you to pick up.

Place your clean items in a bag and include:

Your name

Apartment Number

Instructions of what you would like fixed

### Dakota County Library Book Exchange– 9/23/21

The librarians from the Dakota County Library will come on Thursday September 23rd at 2:00pm with books for you to check out. Please call librarian Erin Hall with any book questions or requests at 952-891-7061.

### NEW ACTIVITY– Book Discussions– 9/23/21

Enjoy reading and want to learn about new books to read? Come to Book Discussions at 3:30pm after the Dakota County Library Book Exchange to discuss books with fellow book lovers! Bring the title, author, and brief summary of what you would like to share! See you there!

### DVD & Puzzle Library

We have a wide variety of DVDs that can be checked out! Ask the front desk for the list of movies and the request form. We also have a wide variety of puzzles in the Game Room on lower level. You may borrow puzzles and they do not need to be checked out.

## Bus Outings

If you are interested in attending any of the Metro Mobility outings, please sign up on the lower level bulletin board. You do not need to pay to go on these outings. Sign up sheets will be posted on Monday and Friday for the following week.

**\*Please have Metro Mobility Buses go to the BACK DOOR for pick up and drop off.**

Date	Location
Thursday 9/9	Cub Foods
Monday 9/13	Walmart
Tuesday 9/14	Aldi
Friday 9/17	Little Six Casino
Monday 9/20	Target
Thursday 9/23	Cub Foods
Friday 9/24	Cracker Barrel
Monday 9/27	Walmart
Tuesday 9/28	Dollar Tree



# Special Events

## Music Performances

**Music with Larry**– Monday 9/6 at 2:30pm  
Lower Level Activity Room

**Hi Hats**– Monday 9/13 at 2pm

Front of Building\* Weather Permitting



## A&E Flu Shoot Clinic 9/27

Get your flu shoot on 9/27 from 9:00-2:00pm in the Fireside Dining Room. Get your consent form from the Business Office and return it by September 17.



## Little Six Casino Outing

Come to the casino on September 17th from 10:00-2:30pm! Sign up by September 10th. Transportation will be covered but please bring money for lunch and spending money.

## Wine Social

Socialize with your friends and neighbors over drinks on Thursday September 16th in the Fireside Dining Room!



## First Day of Fall Treat

Enjoy the first day of fall with a fun treat on the 2nd floor balcony on September 22nd at 2:00pm.



## Lunch Outing

Come enjoy some delicious lunch with friends at Cracker Barrel on September 24th! Please sign up by September 17th. Sign up will be posted two weeks in advanced. Transportation will be covered but please bring money for your meal.



### *August Movies*

9/11 *Classic Movie: The Glass Bottom Boat*

9/16 *Luca*

9/25 *Afternoon Video*

9/30 *Mrs. Doubtfire*



## September Birthdays

**HAPPY  
BIRTHDAY**

Andy Hiben	9/6
Jan Beiseker	9/9
Peggy Bergstrom	9/11
Susan Gulseth	9/12
Tommy Johnson	9/14
Karen Loven	9/15
Twila O'Keefe	9/17
Mila Balm	9/19
Bette Albert	9/20
Ana Melendez	9/20
Judy Gould	9/22
Joanne Welch	9/22
Elizabeth Trautsch	9/25
Karen Andrew	9/27
Margaret Thunselle	9/27
Robert Gauby	9/28
Red Kempf	9/30
Victoria Bixby	9/30



*welcome*

to the Apple Valley Villa

Jerielynn Elstad #049

Katherine Anderson #127

Valora Greseth #140

Lorraine Hoffman #402

Deb Felinski #404

Donna Beckman #411

Theresa Anderson #433

Nancy Franczyk #441

Sharon Blanchette #444

# Spiritual Care News

## Chapel Service in 4th Floor Chapel

Wednesday at 1:30pm

Sunday at 1:30pm

## Bible Study in Lower Level Activity Room

Thursdays at 10:00 am

## Catholic Service in 4th Floor Chapel

Thursdays at 3:30pm

## Hymn Sing in 4th Floor Chapel

Tuesdays 1:00pm

## Prayer Shawls

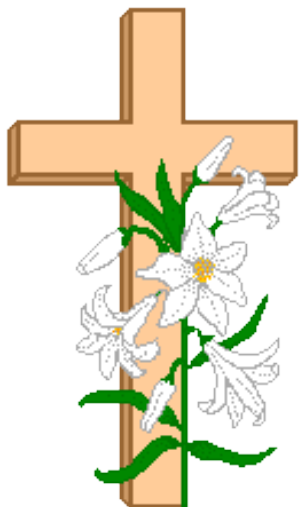
If you knit or crochet, we would love your help to make prayer shawls. Contact Chaplain Lori or Sarah for more information.

OUR THOUGHTS AND  
PRAYERS ARE  
WITH THE LOVED ONES  
OF

DARLENE GANFIELD

RENEA LIPOVSKY

BADRUM NAWAZISH



# Message from the Chaplain

## Fear and Trust

One little verse from the Bible has become a favorite prayer for some time.

“When I am afraid, I will trust in you.” Psalm 56:3

Years ago, I remember after my house was broken into and my car was stolen, my deepest prayer was that I would not be afraid. I did not want to live fearful of every noise I heard in my house at night. Over the years, I’ve made up all kinds of versions of the prayer based on that one little verse.

When I am anxious, I will trust in you.

When I am lost, I will trust in you.

When I am worried, I will trust in you.

When I am struggling, I will trust in you.

When I am lonely, I will trust in you.

When I am feeling hopelessness, I will trust in you.

When I am grieving, I will trust in you.

When I am sad, I will trust in you.

In Scripture Jesus often starts a conversation with “Do not be afraid,” a clear message to followers we don’t have to be afraid. We can live with peace in our hearts, even when we experience fear. Powerful words – I will trust in you. They signal a surrendering of sorts.

Indeed, there is much in this world to cause fear.

Fear of the delta variant of coronavirus.

Fear of losing control over one’s life.

Fear of making changes.

Fear of influential political movements.

Fear of suffering or even death.

When you are afraid, follow the lead of the psalmist. Pray Psalm 56:3 – “When I am afraid, I will trust in you.”

In peace,

Chaplain Lori



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.

952-236-2600  
a ministry of Cassia  
CassiaLife.org

## *Upcoming Opportunities*

# *Villa Craft Sale*

### Attention Crafters

Our yearly Villa Sale is scheduled for Monday, November 8th from 9:00 a.m.-1:00 p.m. in the Lower Level Activity Room.

If you are a crafter and are interested in selling your items at this sale, please contact Amber at x2620.

***Thank you!***



### General Notes

Please make sure to check the weekly schedules and watch Channel 3 for updates and notifications about things going on in the building