



# October 2021

## Manager's Message

Happy October,

This year, a company called Vital Research will be coming in to interview residents on their Quality of Life at Apple Valley Villa. They will be here Monday, October 11th and Tuesday, October 12th. This is a independent survey firm that is visiting all assisted living facilities in the state. Vital Research will ensure the confidentiality of the resident responses. This company will meet with 20 residents each day they are here. Vital Research has been conducting these surveys in skilled nursing facilities since 2005, and will now be conducting them annually in Assisted Living facilities across Minnesota.

One big change we have with our licensure is the assessment schedule for residents open to home care (meaning you have a pendant with the Villa, but do not have any scheduled services). Previously, we were required to do an annual RN assessment with each of these residents. Now, residents open to home care but not receiving regularly scheduled services are required to have a comprehensive Registered Nurse

assessment every 90-days. Residents that have a pendant with Apple Valley Villa may still receive hands-on services from our staff. Residents considered Independent, meaning our RN has not done an assessment, may call for help. Villa staff may not provide any hands-on services to Independent residents. Our staff may call family or 911 and will stay with the resident until help arrives.

We continue to stay up-to-date on current COVID protocol. We are constantly receiving new guidance for those with a high-risk exposure to COVID-19. We continue to put precautions in place for those that had an extended exposure to COVID-19, even if the resident is fully-vaccinated. We ask that residents that have been in contact with somebody that tests positive for COVID-19 notify the nursing office to set these precautions in place. At this point I do not have any information or a timeline on the COVID booster shot, but will continue to share information as we receive it.

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14610 Garrett Ave  
 Apple Valley  
 MN 55124  
 952-236-2600  
 a ministry of Cassia  
 CassiaLife.org

## Manager's Message Cont.

We have noticed some empty storage lockers and would like to assign those to people who need additional space. If you have been assigned a storage locker but are not using it, please contact the business office.

Please remember that we have also entered flu season. If you are ill, please do not attend any activities or communal dining to protect your neighbors from getting sick as well. I hope everybody has a great month!

Lisa Murphy  
Director of Housing



## Upcoming Holiday

October 20th is International Chefs' Day!  
We appreciate our Villa Chef, Mark, for all that he does at the Villa and for all the delicious meals!  
Thank Mark next time you see him!



## 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 Ciavarri 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).



## 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 October 1st. 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

### Open Door Pantry– 10/8/21

If you are not signed up for open door pantry you may obtain an application from the front desk. You must be sign up in advance to receive items. You will make an appointment to come to the Lower Level Activity Room to pick up the items you would like. The items vary from produce, frozen goods, and canned goods.

### Dakota County Library Book Exchange– 10/28/21

The librarians from the Dakota County Library will come on Thursday October 28th 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. Stay afterward for Book Discussions at new time 1:30pm.

### 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
Monday 10/4	Hy-Vee
Thursday 10/7	Cub Foods
Monday 10/11	Walmart
Tuesday 10/12	Fischer Market Place
Friday	Pahl's Market
Monday 10/18	Target
Thursday 10/21	Cub Foods
Friday 10/22	Perkins
Monday 10/25	Walmart
Tuesday 10/26	Dollar Tree

# Special Events

## Music Performances

**Music with Larry**– Monday 10/4 at 2:30pm  
Lower Level Activity Room

**Ross McLeod**– Monday 10/11 at 2pm  
Fireside Dining Room



## Oktoberfest Happy Hour

Enjoy the end of Oktoberfest at our Happy Hour on October 6th at 2:00pm in the Fireside Dining Room!



## Craft: Candy Corn Decor

Join us for this free craft on October 13th. Sign up on the lower level bulletin board by **October 7th**.



## Wine Social

Socialize with your friends and neighbors over drinks on Thursday October 14th in the Fireside Dining Room!



## Manicures

Get your nails painted for free! Come to the Lower Level Activity Room from 1:00-3:00 on Thursday October 7th and 21st.



## “Witch” Bingo

Come play bingo for free on Tuesday October 26th and win fun, Halloween themed prizes!



## Pahl’s Market: Pumpkin

### Picking Outing

Come to pick out a pumpkin and other fall décor on October 15th! Sign-up by **October 7th**.



## Halloween Party

Dress up and celebrate with us at our Halloween party on Friday October 29th in the Fireside dining room at 2:00pm! There will be a costume contest so dress up to see if you’ll win!



## October Birthdays

# HAPPY BIRTHDAY

Bob Substad	10/3
Kathryn Heddle	10/5
Greg Zavada	10/8
Richard Lynch	10/10
Eileen Peterson	10/15
Hansraj Mahadeo	10/15
Kathleen Murphy	10/16
Ann Alewine	10/18
Patricia Buchanan	10/18
Mary Pruitt	10/21
John Norris	10/23
Richard Vatne	10/23
Georgia Fahy	10/23
Barb Kaisto	10/23
Jim Fuller	10/25
Bob McMaster	10/26



# welcome

to the Apple Valley Villa

Linda Mckelvey #123

Janice Asmus #210

Lois Youngquist #226

Beverly Weiss #244

Lois Eib #334

Delores Burkhart #347

Lorraine Hoffman #402

Maynard Olson #423

Simon Workman #438

Kathleen Murphy #455

## 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

# 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

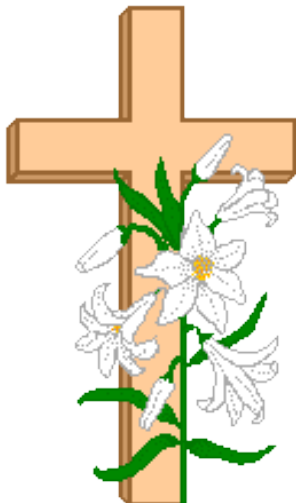
Tuesdays 1:00pm

## 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

ROBERT ODELL



# Message from the Chaplain

October is the time in MN for apple picking, pumpkin carving, bonfires, and raking leaves. It is a time of getting out the sweatshirts and watching football games. After the humidity of summer, the crisp air is a welcome respite. After the growth that happens in summer, fall is a time to rest. God provides Sabbath for us to rest in Him. Culture tells us to push harder and God says rest in Him.

Psalm 46:10 reminds us, “Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” God loves you so much, God provides rest!

Chaplain Sarah

## Special Announcement

Join us for Chapel on October 20th to celebrate and bless Chaplain Sarah for her 20th anniversary of Ordained Ministry!





14610 Garrett Ave  
Apple Valley  
MN 55124



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.

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## Upcoming Opportunities

### NEW ACTIVITY- Craft Club

Do you enjoy knitting or crocheting? Meet other residents in the building who enjoy crafting and make things together during Craft Club in the Lower Level Activity Room at 1:00pm on Wednesday October 20th. Bring your projects and supplies. Limited supplies will be available.

### OCTOBER MOVIES

Oct. 9th- *Pillow Talk*

Oct. 14th- *Cruella (2021)*

Oct. 23rd- *Muppets Haunted Mansion*

Oct. 28th- *Nightmare Before Christmas*

### Committee Information

Fireside Dining Committee Meets Friday October 8th at 12pm. Sign up at the front desk if you are interested and you will be able to share your input on upcoming meals.

Interested in volunteering at the Villa? Volunteers can help with socials, welcoming new residents, and much more! Contact Amber at #2620 to receive more information or an application!



## Villa Craft Sale

Monday, November 8th

9:00 a.m.-1:00 p.m.

Lower Level Activity Room.

If you are interested in selling your items, please contact Amber at x2620.

### 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