



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.

Music Minute

Bob Dylan (Robert Allen Zimmerman) was born in Duluth, Minnesota on May 24, 1941 and grew up in Hibbing, Minnesota. Dylan is considered one of the greatest song-writers of all time, with a career spanning more than 60 years. “Blowin’ in the Wind” and “The Times they are a-Changin’” became anthems for the civil rights and anti-war movements. In 1965, Dylan added electric guitar to his songs, alienating some of his more folk-loving fans. Dylan recorded three of the most important and influential rock albums of the 1960s in 15 months between 1965 and 1966. He has sold more than 125 million records and received numerous awards, including the Presidential Medal of Freedom, 10 Grammy awards, a Golden Globe Award and an Academy Award. Dylan was awarded the Nobel Prize in Literature “for having created new poetic expressions within the great American song tradition.”

Sourced from Wikipedia.



Supersized Circus Act

International Tiara Day falls on May 24, the same day as Queen Victoria’s birthday. How many parents have watched their young kids don a frilly pink ballgown and tiara and play princess? Some might blame the corrupting influence of Disney. Others, though, consider the tiara a potent symbol of feminine power and majesty. Some experts argue that so-called “princess play” offers children a window into feminine power. After all, princesses are born to rule.

Ironically, the word *tiara* was first used by the Greeks to describe the high headdresses worn by ancient Persian kings, not queens. It wasn’t until the late 18th century that tiaras, as worn by female royals, surged in popularity. Unlike a crown, which is circular, a tiara is only semi-circular, designed to cover half the head. That does not mean it is half as valuable. The Greville Emerald Kokoshnik tiara, valued at \$18 million, was made by French jeweler Boucheron in 1919 for Dame argaret Greville, who bequeathed it to Queen Elizabeth in 1942.



Going Wild

The old nursery rhyme reminds us, “April showers bring May flowers.” What it doesn’t mention is that those flowers will bloom only if you plant them! Wildflowers delight our senses with their colorful blooms and delicate fragrances, but they also play valuable roles in nature. The first full week in May is Wildflower Week, a good reminder to plant wildflowers for all to enjoy.

The term *wildflower* is not scientific but refers to flowers that have evolved to thrive in their native habitats. They require less water and fertilizer than non-native species and are naturally resistant to local pests and diseases. Most importantly, wildflowers make critical contributions to their local ecosystems. They improve soil health, prevent erosion, and improve water quality. The flowers themselves also provide habitat to native insects and wildlife that act as pollinators. Pollinators facilitate the reproduction of 87.5% of the world’s flowering plants, including 35% of the crops that we eat. Non-native species, on the other hand, often disrupt communities of pollinators. Some non-native flower species even outcompete local wildflowers, decreasing their habitat and adversely affecting the insect and animal species that rely on native flowers for survival.

World Bee Day on May 20 honors one of the world’s most prolific pollinators. Birds, bats, butterflies, moths, flies, beetles, wasps, and rabbits all make vital contributions to an ecosystem as pollinators. But no animal on Earth is as vital a pollinator as the bee. A 2018 study on pollinating habits conducted by the Royal Society of London concluded that not only do honeybees do the most pollinating, but they are also the most effective and efficient pollinators. Since 2006, colony collapse disorder has decimated honeybee populations around the world. One of the best ways to support honeybees is to plant native wildflowers. These flowers reliably produce the nectar and pollen that honeybees depend on and support the honeybee colonies that we rely on to pollinate so many of our favorite crops.



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CassiaLife.org

National Nursing Home Week

RESIDENT EVENTS

May 9–13, 2022

"carpe diem" seize the day!

- Monday**—Get outside—Outside visits and walks. Ice cream floats for everyone out front (weather permitting)
- Tuesday**—Take in some music—Afternoon performance by “Skippin’ Stones” 50’s, 60’s & 70’s music
- Wednesday**—Have a Picnic—Food grilled outside and brought in for lunch. **Dress up today:** wear your favorite color, sports apparel or accessory
- Thursday**—Celebrate Achievements—Resident Recognition & Awards Ceremony at 2:30
- Friday**—Play Ball!—Staff & resident baseball game
- See your activity calendar for program times & locations

Residents’ Column

This month we will be honoring our residents during Nursing Home Week with a *Resident Recognition & Awards* ceremony.

The event allows us to focus on our residents and acknowledge their involvement in various aspects of life in the facility. Some of the award categories include:

- Activity Group Involvement
- Music Performance
- Resident Council Involvement
- Individual Contributions (helping others)
- Sunshine Award (positive influence on others)

We invite all of our residents to join us for this celebration. Those of you receiving awards will be notified prior to the event. It will be held Thursday, May 12 at 2:30 pm in the second dining room.



What’s In My Handbag

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

N	O	T	E	B	O	O	K	B	S
Y	R	D	C	L	S	C	P	L	A
U	E	T	I	S	S	U	E	I	F
B	C	U	M	C	Y	Q	R	P	E
K	E	Y	S	O	T	Z	F	S	T
N	I	V	Q	U	G	S	U	T	Y
X	P	R	J	P	A	E	M	I	P
S	T	N	O	O	S	K	E	C	I
Z	S	M	I	N	T	S	H	K	N
V	M	I	R	R	O	R	J	S	C

- COUPON

KEYS

LIPSTICK

MINTS

MIRROR
-
- NOTEBOOK

PERFUME

RECEIPT

SAFETY PIN

TISSUE

Spirit of Care

Mothers and Easter and Love

Even as I see tulips, daffodils and iris leaves emerge above ground, it seems like winter had a hold longer than usual. I’m thinking spring will show up suddenly in the greening grass, leafing trees and blossoms of bulbs planted months ago. After all, April showers (even snow showers) bring May flowers.

The second Sunday of May we celebrate mothers and the women who nurtured us in our lives. Although I am not a mother, I do know my mother’s and grandmothers’ love. We remember that a mother’s love is for always.

In what ways do you love others and know that you are loved by others as well?

We can say we love someone with our words. Every night as a child I would say “I love you Mom” and “I love you Dad” then run off to bed. It was one of the bedtime rituals of my childhood and the memory still warms my heart.

We can say we love someone with our actions. When I was caught doing wrong as a kid, I would be sent to my room. Those were the nights that my Mom (or Dad) would come to my room and tell me that they loved me, and then tuck me into bed. They loved me even when I misbehaved. Their action of coming to my room and tucking me into bed reminded me I am forgiven and loved.

The whole story of Easter, celebrated just 2 weeks ago, tells us in the words of the Bible and in the actions of God that Jesus came to love the world. In the same way that a mother’s love (or father’s love) is for always, so is God’s love for the world – it is for always - and it is for you.

With Easter joy,
Chaplain Lori

Remembering The Departed...

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

- Ronald Bongard..... April 4
- Luaine Krauth..... April 10
- Evelyn Royce April 23



Worship Service Schedule

- Sunday Worship at 3pm weekly, holy communion observed on the third Sunday.
- Wednesday services include Bible Study on week 1, Praise & Prayer on week 2, and Bible Study on week 3, Memorial Service on week 4.
- Catholic Communion Service live on Thursdays at 10:30 am, the first four weeks of the month.
- 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

Services are held in the second dining room (2DR).

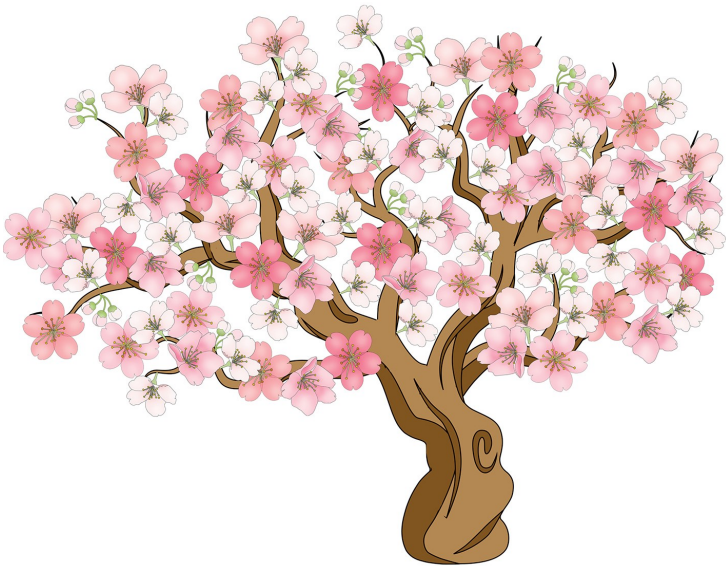
Animal Attraction

The first week of May is Pet Week, a week for humans to shower their animal companions with love and attention. Such a celebration of the human-animal bond might sound strange to those who do not have or want a pet, but some scientists argue that keeping a pet is an intrinsic part of human nature. Plenty of headlines tout the health benefits of pet ownership, but scientists suggest that our real attraction to animals might be a deep genetic predisposition for social grooming. Social grooming, the physical combing of hair, was one of the first and most powerful forms of social bonding. Petting animals stimulates the release of powerful “love hormones” such as oxytocin. In fact, studies show that some animal lovers possess a genetic variation that produces more oxytocin, making them even more likely to feel bonded to others, including pets.



May Resident Birthdays



- Judith A..... May 1
- Peter N May 2
- Agnes B..... May 4
- Robert J May 4
- Richard S..... May 5
- Bunren N..... May 8
- William B..... May 9
- Moustafa G May 11
- Shirlee D May 13
- Geneva H May 16
- Richard L May 16
- Mary O..... May 16
- Bradley B May 20
- Ruth R..... May 27
- Shiva V May 27
- Susan Z May 30
- Betsey M..... May 31
- William S May 31



May 2022

Activity Programs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 3:00 Worship Service.....2DR	2 9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Music Club.....2SR 2:30 Explore! With Josh.....2SR	3 9:30 Music Exploration.....3SR 10:00 Trivia Time.....2SR 10:30 Music Club.....3SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR	4 10:30 Nail Polishing.....2SR 10:30 Choir Rehearsal.....2DR 11:30 Java Time.....3SR 1:30 Brain Games.....2SR 3:00 Bible Study.....2DR	5 <i>National Day Of Prayer</i> 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR <i>Lunch Music with Chad.....3DR</i> 2:00 Word Puzzles.....3SR 3:00 Chime Practice.....2DR 3:00 Games with Marcus..2SR	6 9:30 Music & Motion.....2SR 9:30 Sit Fit.....3SR 2:30 Ice Cream Social.....2DR	7 10:30 Morning Stretch....2SR 2:00 Game On!.....2SR	
8  11:00 Memory Lane.....2SR 3:00 Worship Service.....2DR	9 9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Music Club.....3SR 2:30 Outside Visits & Walks Ice Cream Floats (Movie and Floats inside if weather is bad)	10 National Nursing Home Week... <i>Seize the Day!</i> 9:30 Music Exploration...3SR 10:00 Active Games.....2SR 10:30 Music Club.....3SR <i>Lunch Music With Chad..2DR</i> 2:30 Skippin’ Stones Concert.....2DR				13 9:30 Music & Motion.....2SR 9:30 Sit Fit.....3SR 2:30 Resident & Staff Baseball Game.....2DR	14 10:30 Morning Stretch....2SR 2:00 Game On!.....2SR
15 11:00 Memory Lane.....2SR 3:00 Worship Service.....2DR <i>Communion Observed</i>	16 9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Music Club.....2SR 2:30 Taste & Tell.....3DR	17 9:30 Music Exploration.....3SR 10:00 Trivia Time.....2SR 10:30 Music Club.....3SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR	18 10:30 Nail Polishing.....2SR 10:30 Choir Rehearsal.....2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad.....3DR</i> 1:30 Brain Games.....2SR 3:00 Bible Study.....2DR	19 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Communion.2DR 2:30 Birthday Party-Music by John & Dave Duo.....2DR	20 9:30 Music & Motion.....2SR 9:30 Sit Fit.....3SR 3:00 Chime Practice.....2DR	21 <i>Armed Forces Day</i> 2:00 Game On!.....2SR	
22 3:00 Worship Service.....2DR	23 9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Music Club.....2SR 2:30 Walks & Visits Outside	24 9:30 Music Exploration.....3SR 10:00 Active Games.....2SR 10:30 Music Club.....3SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR	25 10:30 Nail Polishing.....2SR 10:30 Choir Rehearsal.....2DR 11:30 Java Time.....3SR 12:00 Lunch Bunch Canes.TR 3:00 Worship Service.....2DR	26 10:30 Catholic Communion.2DR 1:30 Pen Pal Trip to School 3:00 Games with Marcus..2SR	27 9:30 Music & Motion.....2SR 9:30 Sit Fit.....3SR 2:30 Cassia Community Choir Performance.....2DR	28 10:30 Morning Stretch....2SR 2:00 Game On!.....2SR	
29 11:00 Memory Lane.....2SR 3:00 Worship Service.....2DR	30  10:00 Trivia.....2SR 2:00 Tabletop Bowling....2SR	31 9:30 Music Exploration.....3SR 10:00 Trivia Time.....2SR 10:30 Music Club.....3SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR	Activity daily schedules can now be found on our in-house channel 6.		Lunch Bunch and Bus Outings require sign-up and residents may be responsible for cost of their own meal.	Activities are subject to change. Check bulletin board across from the elevators for updates & Channel 6.	