



May 2022

Manager's Message

Spring weather is hopefully (finally) here! I hope everybody had a great Easter, whether it was spent with family, friends, or with neighbors and staff at the Villa. I also hope residents are able to enjoy some sunshine around the pond or under the 2nd floor pergola this month as we inch into warmer weather.

May 6th-May 12th is National Nurse Appreciation Week. I want to take a minute to recognize the wonderful nurses that are employed at the Villa, as well as any other nurses that enter our building including those from home care and hospice agencies. Cyndi Sabin, Director of Health Services, will celebrated 13 years at the Apple Valley Campus this year, while her nursing career has extended much before her time with Cassia. I would also like to recognize our other nurses Debbi, Lesa, and Ashley, who assist with day-to-day communication with physicians, completing orders, setting up medications, and responding to resident emergencies with compassion and professionalism. Thanks for all you do! We will also be having a new RN start with us this month. She comes to us from the Philippines and will be assisting Cyndi and Debbi with 90-day assessments on residents. Please welcome Karen!

On May 2nd, we will hold a clinic for the 2nd COVID booster shot. This shot is recommended to individuals who are over 50 and at least 4 months out from their last booster shot. If you are unable to attend our booster clinic, please speak with your physician if you are interested in receiving the 2nd booster. Recently, guidelines for admission for transitional care units changes, and many require patients to be fully vaccinated, and are requiring the 1st booster.

We also celebrate Mother's Day this month. Mother's Day is Sunday, May 6th. We continue to not be able to have guests in our dining room or deli, but you may visit with your loved ones in your apartment. Thank you to all of the wonderful mothers out there! Whether you are a mother, mother-figure, have a mom/mother-figure, or are close with somebody who is a mom, we all should have somebody to celebrate!

Have a great month!

Lisa Murphy, Director of Housing

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14610 Garrett Ave
Apple Valley
MN 55124
952-236-2600

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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: Lower Level
Tim Schmidt Director of Campus Physical Plant	952-236-2590 Office: LL of Health & Rehab Center
Lori Lathrop Julie Ryan 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.

Revive Your Feet

If you are interested in receiving nail/ foot care, please call Nicole Hendrickson from Revive Your Feet at 612-708-0304 with any questions or for a future reservation. Future dates include **May 23rd**. \$45 for 45 minutes appointments in the Nail Salon on 4th floor (#413)

Sewing Volunteer

If you need any clothing repairs, bring your items to the front desk. The sewing volunteer will pick up items on **May 2nd** and returned within two weeks. 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– 05/13/2022

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– 05/26/2022

The librarians from the Dakota County Library will come **Thursday May 26th** 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. The library also has books on tape that can be requested as well.

Blood Pressure Checks- 05/25/2022

Come get your blood pressure checked from 1:00-1:30pm in the 3rd floor Wellness Room on Wednesday May 25th.

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 5/2	Target
Tuesday 5/3	Fresh Thyme
Monday 5/9	Walmart
Thursday 5/12	Cub Foods
Monday 5/16	Target
Tuesday 5/17	Dollar Tree
Friday 5/20	Olive Garden
Monday 5/23	Walmart
Wednesday 5/25	Mystic Lake Casino
Thursday 5/26	Cub Foods
Tuesday 5/31	Aldi



Special Events

Music Performances

Music with Larry– Monday 5/2 at 2:30pm
Lower Level Activity Room

Music with Bill Cagley–
Friday 5/6 at 2:00pm
Fireside Dining Room



Craft Time

Join us for this free craft on May 18th at 2:00pm.
Sign up on the lower level bulletin board by
May 16th!



Free Nail Polishing

Get your nails painted for free! Come to the Lower Level Activity Room from 1:30-2:30 on Thursday May 5th and 19th.



Mother's Day Party

Come celebrate Mother's Day on Friday May 6th at 2:00pm in the Fireside Dining Room! There will be entertainment and treats! All residents are invited to celebrate! Let's share the love for all the mothers!



Birthday Party

Celebrate the May birthdays on May 9th at 2:00pm in the Fireside Dining Room! Everyone is invited and those with May birthdays will be recognized at the party.



Wine Social

Socialize with your friends and neighbors over drinks on Thursday May 12th at 2:00pm in the Fireside Dining Room!



Card Making with Sharon

Come make homemade cards with our volunteer Sharon on Friday May 27th at 10:30am. All the supplies will be provided and it is FREE!



Lunch Outing

Enjoy lunch with other residents at Olive Garden on May 20th! Sign up on the Lower Level Bulletin Board between May 9th-13th!

May Birthdays

**HAPPY
BIRTHDAY**

Claudia Wolfram	05/01
Melba Mackins	05/01
Mary Ellen Daly	05/03
Joy Andis	05/07
Delores Kraft	05/12
LuAnn Wood	05/13
Kim Nguyen	05/15
Maynard Olson	05/17
Alta Dexter	05/21
Glady Henry	05/22
Marsha Bardeen	05/24
Betty Talmo	05/27
Evelyn Radke	05/31
Joan Doyle	05/31
Adair Anderson	05/31

welcome

to the Apple Valley Villa

Sharon Besonen #051

Betty Pankkuch #109

Sandra Zach #307



Spiritual Care News

Message from the Chaplain

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

Prayer Shawls

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

Hymn Sing

Hymn Sing is temporarily canceled until further notice. Thank you for your understanding.

The Chaplains office is located on the Lower Level down the hall toward the Care Center. They may be reached at #2627.

OUR THOUGHTS AND
PRAYERS ARE
WITH THE LOVED
ONES OF

ANDY HIBEN
IRMA MARTHINSON

May Chapel Schedule

Sundays

May 1

May 8

May 15-
Communion

May 22

May 29

Wednesdays

May 4-

Communion

May 11

May 18

May 25

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

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. *John 3:16*

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. *Romans 5:8*



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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

Fireside Dining Committee

Fireside Dining Committee meets the second Friday of the month at 12:30pm. Sign up at the front desk if you would like to be apart of the committee and you will be able to share your input on upcoming meals.

MAY MOVIES

May 5th- *Because I Said So*

May 14th- *Planet Earth: Ice Worlds*

May 19th- *A Wrinkle in Time*

May 28th- *Grease*

Volunteer Wanted

Weekend Newspaper Delivery Volunteer
Please contact Amber, Activities Director, x2620 if you are interested!

Walking Group

Get your walking shoes on and join the Walking Group on Tuesday and Thursday mornings at 9:00am! We meet in the Front Lobby and if the weather is nice we will walk outside! Dress in layers as we begin to walk outside for the first week of May!

Deli Desserts & Store

Visit us in the deli so we can tease your taste buds with our tempting treats!

Is there anything YOU would like to see in the Deli Store? Word Searches, snacks, or more? Let Amber, Activities Director or Mikayla, Assistant Director of Food Service know!

Deli Hours

Open 8:00am-1:15pm

Lunch is served at 11:30am

Quilts of Valor

If you are a service member or veteran, Quilts of Valor members would like to honor you with a quilt for your service. If you are interested, please see Amber, Activities Director for a form that you or your family can complete. There will be a presentation of quilts later this year.

General Notes

Please make sure to check the weekly schedules, signs on the lower level bulletin board, and Channel 3 for updates and notifications about things going on in the building