



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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952-236-2000
a ministry of Cassia
CassiaLife.org



Spirit of Care (continued)

A pastor comes to love their flock and I have come to love you. I’m not very good at good-byes. I just want you to know how thankful I am for you, how blessed I feel by you, and I want you to know that you are dear and precious to me. It is right for me to feel this way about all of you; since I have you in my heart...all of you share in God’s grace with me.

Thank you for everything.

I leave you in the loving and capable hands of Chaplain Julie.

From Romans 15, “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

God’s peace be with you always,
Chaplain Lori

Lip Service

Countless women will rummage through their handbags looking for lipstick on July 29, Lipstick Day, but there was a time when lipstick was worn by both men and women. The first lipstick was worn by the ancient Sumerians 5,000 years ago. Crushed gemstones were applied to the lips and around the eyes of both sexes. Cleopatra, it is said, favored the color red and used the red pigments from crushed insects to color her lips. By the 1700s, red lipstick was a sign of witchcraft, and marriages could be annulled if a woman was proven to have worn red lipstick during courtship. It wasn’t until 1884 that the first commercial lipstick was manufactured in Paris by the perfumer Guerlain, and it wasn’t until the 1920s that wearing lipstick became socially acceptable.



Bombs Bursting In Air

It is common on July summer nights to hear the far-off crackle and boom of fireworks, but no holiday boasts a more grandiose display of fireworks than America’s Independence Day celebrations on July 4.

Setting off fireworks to celebrate Independence Day is a tradition that dates all the way back to America’s Declaration of Independence in 1776. On July 1 of that year, the Continental Congress convened in Philadelphia to debate whether the colonies should declare independence from Britain. In the midst of their debate, news suddenly arrived that British ships had entered New York Harbor. The delegates’ sense of urgency increased, and on July 2 they voted in favor of independence.



Adams may have been off by two days, but his vision of future Independence Day celebrations was spot on. Cities would commemorate the day just as Adams had predicted. In Philadelphia on July 4, 1777, a cannon was fired 13 times to honor the 13 original colonies, and 13 fireworks were shot into the air. Those early fireworks looked very different from those we enjoy today. Many offered nothing more than a fountain of monochromatic sparks or a loud explosion. It wasn’t until the 1830s that Italian inventors added metal salts like strontium and barium to the incendiary mixtures, finally giving fireworks a palette of color. At last, crowds could “Ooh!” and “Ahh!” as the night sky was lit up in glittering shades of red, white, and blue. Other innovations in fireworks are on the way. Quiet fireworks, those without the loud explosions, have been tested in Europe. There are even daytime fireworks with vivid colors that stand out against a sunlit sky.

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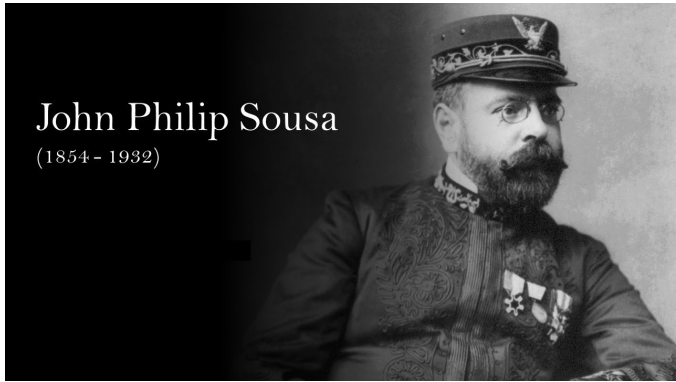
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Music Minute

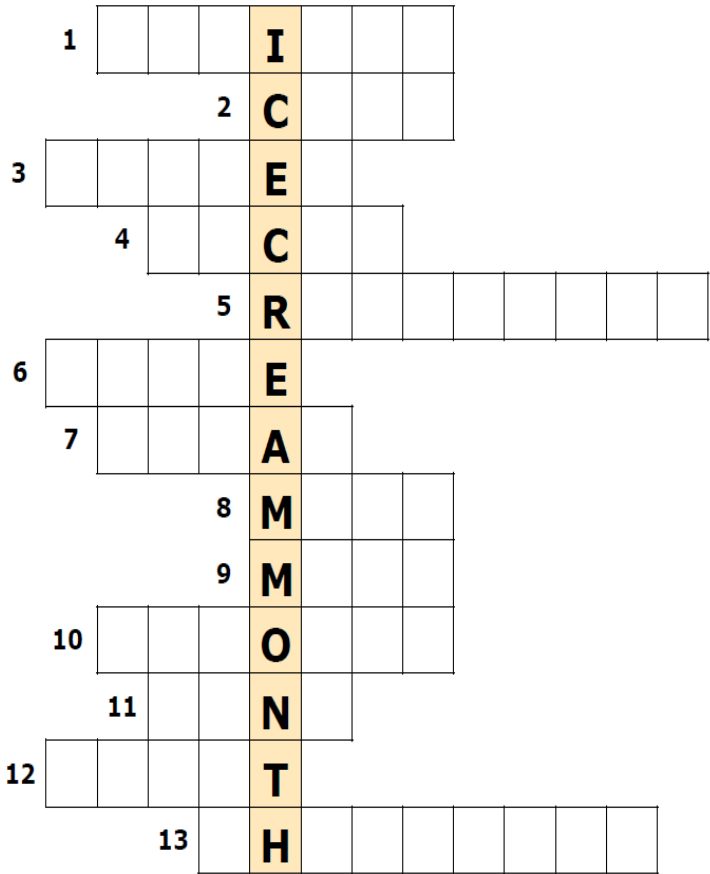
John Philip Sousa was an American musician, director and composer, known primarily for his marches. Sousa served in the US Navy three separate times, beginning in 1868 and ending in 1932, the last two as conductor of Navy bands. Some of his most famous marches are The Stars and Stripes Forever, Semper Fidelis, and The Washington Post March. He aided in developing the Sousaphone for marching band, a sort of tuba that was easier to carry and had a large bell.



Lottery Dreams

If you wake up feeling lucky on July 17, perhaps you should take a chance and play the lottery, for it is Lottery Day. The first record of a lottery comes from China’s Han Dynasty, where proceeds are believed to have helped finance the construction of the Great Wall of China. Today, most lotteries are still government-run operations with proceeds used to fund municipal projects. Lotteries are a game of chance between the citizens and the state: the chance of a prize in return for much-needed revenue. All lotteries are longshots—the odds of winning are one-in-12 million—but payouts can be astronomical, with the average prize in the tens of millions of dollars. Furthermore, lottery tickets often cost just a dollar or two, making the risk fairly small for an average player. Lotteries played an important role in the American Revolution. Benjamin Franklin sponsored a lottery to purchase cannons to fight the British, and others were used to pave streets, construct wharves, and build churches and universities like Harvard and Yale. For many, the purchase of a lottery ticket allows them to dream of riches until the numbers are drawn and dreams are dashed.

Ice Cream Puzzle



1. A popular ice cream flavor
2. Chilled
3. Mocha
4. Praline nut
5. Nutty/marshmallow ice cream
6. Chocolate topping served hot
7. Sweet ice cream ingredient
8. _____ chocolate chip
9. Dairy product
10. Palm tree nut
11. Waffle or cake
12. Root beer _____
13. Brown ice cream flavor



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Spirit of Care

Dear and Precious

Dear and precious is a phrase that my Grandma would whisper in my ear when I was a child. Little did I know that she whispered to each of her grandchildren the same. This gladdens my heart and makes me smile. I like those words. I say them too.

As someone who is more introverted than extroverted, there are certain things that are particularly challenging. Sometimes it’s hard to find the right words. The time has come for me to retire. Friday July 22nd will be my last day as your chaplain. It’s hard to believe thirteen and a half years ago, when Chaplain Sarah was about to go on maternity leave, I was called here to the Care Center and Villa. The years have gone by quickly.

It has been my privilege and honor to be a chaplain in this community. I feel nothing but gratitude for my time here. My heart is filled with all you have entrusted to me and you have trusted me with much. Thank you for sharing your lives with me; I carry you in my heart.

Continued on back page...

Remembering The Departed...

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

- Barbara Knight May 27
- Ruth Reisdorph June 10
- Shiva Vogman..... June 10
- Wendell Fransdal..... June 13
- Robert Olson June 14
- Charles Brinkman..... June 18
- Beverly Zempel..... June 26



Worship Service Schedule

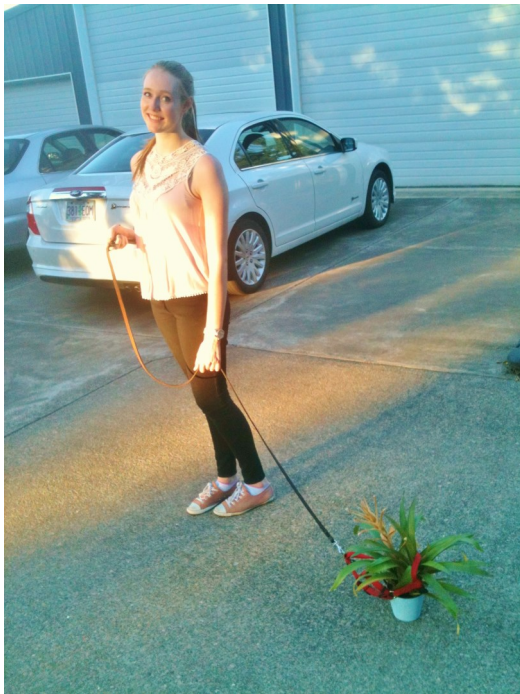
- Sunday Worship at 3pm weekly, holy communion observed on the third Sunday.
- Wednesday services include Bible Study, Worship Service, Prayer & Praise, and Memorial Service. These services are at 3pm. Check the activity calendar on pages 4 & 5 for specific dates.
- Catholic Communion Service live on 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).

Walk The Plant

First, we were told that we should talk or sing to our houseplants to help them grow. Now we're told that we have to take them for a walk on Take Your Houseplant for a Walk Day on July 27? While it is true that a study conducted by the UK's Royal Horticultural Society demonstrated that women's voices helped tomato plants grow at a faster rate than men's voices, there has not yet been a conclusive study to declare that plants enjoy going on walks with their owners. But don't let that stop you!

This day isn't just a day to take your houseplant for a walk but to shower your houseplants with attention. They've been indoors for many months and might like a bit of sunlight and fresh air. Moreover, houseplants need a good dusting. Dusty leaves inhibit photosynthesis, and a plant's health could suffer. Furthermore, walking outside with your houseplant will benefit you, too. Gardening has long been proven to be a stress reducer. So, too, is taking a walk with your houseplant.



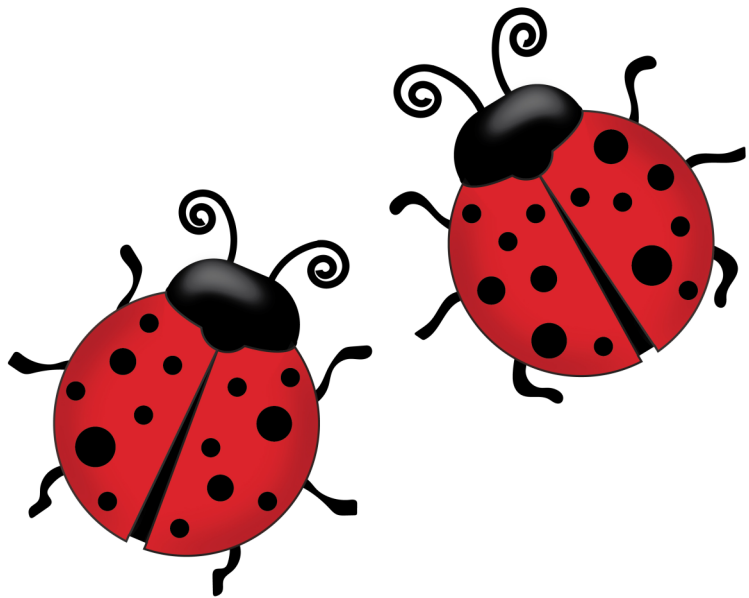
July Birthdays

RESIDENTS

- Dolores K July 5
- William R July 7
- Larry R July 7
- Marilyn S July 8
- Diane J July 10
- Jerold M..... July 12
- Myrtha H July 16
- Charlotte P July 18
- Vera M..... July 21
- Linda B July 22
- Charles D July 27
- Kathleen N..... July 28
- Diane S July 28
- Lorene D July 30

STAFF




- Hanna C..... July 1
- Tu M..... July 1
- Thaizin H..... July 3
- Paige W July 4
- Dagmawit S..... July 6
- Philomena P July 8
- Jackline R..... July 10
- Karen S..... July 10
- Fatima S July 11
- Valerie G July 11
- Janice V July 12
- Elleni B July 12
- Don Jeff G..... July 13
- Deanna M..... July 13
- Amanda C July 14
- Leticia D..... July 15
- Ellie J..... July 15



JULY 2022

Activity Programs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are subject to change. Check bulletin board across from the elevators for updates or channel 6.	Lunch Bunch and Bus Outings require sign-up and residents may be responsible for cost of their own meal.	Check our in-house message channel on TV for daily activity schedule on channel 6.			1 9:30 Music & Motion.....2SR 9:30 Sit Fit.....3SR 2:30 Ice Cream Treats & Carnival Games.....2DR 7:00 Dice Games.....2SR	2 10:30 Sit Fit.....2SR 2:00 Games.....2SR
3 11:00 Stories & Memories..2SR 3:00 Worship Service.....2DR	4  10:30 Trivia.....3SR 2:30 Special Treat.....2DR	5 9:30 Music Exploration.....3SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR	6 10:30 Nail Polishing.....2SR 11:30 Java Time.....3SR <i>Lunch Music with Chad.....3DR</i> 1:30 Brain Games.....2SR 3:00 Worship Service.....2DR	7 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Communion.2DR <i>Lunch Music with Chad.....1DR</i> 2:30 Outside Time/Visits (weather permitting)	8 9:30 Music & Motion.....2SR 9:30 Sit Fit.....3SR 2:30 Movie & Popcorn.....2DR <i>Fun in Acapulco-Elvis Presley</i> 7:00 Table Games.....2SR	9 10:30 Sit Fit.....2SR 2:00 Games.....2SR
10 11:00 Stories & Memories..2SR 3:00 Worship Service.....2DR	11 9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Music Club.....2SR 2:30 Explore! With Josh.....2SR	12 9:30 Music Exploration.....3SR 10:00 Trivia Time.....2SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR	13 10:30 Nail Polishing.....2SR 10:30 Jug Band.....2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad.....3DR</i> 1:30 Brain Games.....2SR 3:00 Prayer & Praise.....2DR	14 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Communion.2DR <i>Lunch Music with Chad.....1DR</i> 2:30 Outside Time/Visits (weather permitting)	15 9:30 Music & Motion.....2SR 9:30 Sit Fit 2:30 Basketball Shootout....2DR 7:00 Card Games.....2SR	16 10:30 Sit Fit.....2SR 2:00 Games.....2SR
17 11:00 Stories & Memories..2SR 3:00 Worship Service.....2DR Communion Observed	18 9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Music Club.....2SR 2:30 Patio Social.....Outside (weather permitting)	19 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	20 10:30 Nail Polishing.....2SR 10:30 Jug Band.....2DR 11:30 Java Time.....3SR Indoor Resident Picnic 1, 2, 3DR 3:00 Bible Study.....2DR	21 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Communion.2DR 12:00 Lunch Bunch....LLTR Panera Bread 2:30 Outside Time/Visits (weather permitting)	22 9:30 Music & Motion.....2SR 9:30 Sit Fit.....3SR 2:30 Happy Hour.....2DR 7:00 Get to Know You Game.....2SR	23 10:30 Sit Fit.....2SR 2:00 Games.....2SR
24 11:00 Stories & Memories..2SR 3:00 Worship Service.....2DR <hr/> 31 11:00 Stories & Memories...2SR 3:00 Worship Service.....2DR	25 10:15 Nail Polishing.....3SR 10:30 Music Club.....2SR 2:30 Connecting with Crafts..3DR	26 10:00 Trivia Time.....2SR 10:30 Music Club.....3SR 2:30 Bingo.....2DR	27 10:30 Nail Polishing.....2SR 11:30 Java Time.....3SR 1:30 Brain Games.....2SR 3:00 Worship Service.....2DR	28 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Communion.2DR 2:30 Outside Time/Visits (weather permitting)	29 9:30 Shopping at Target 2:30 Water Balloon War....Patio (weather permitting) 7:00 Dice Games.....2SR	30 10:30 Sit Fit.....2SR 2:00 Games.....2SR