



## December 2022

### *Manager's Message*

Happy December! I hope everybody had a safe and healthy Thanksgiving.

Thank you to the residents that attended the Welcome Social Amber hosted for me on Monday, November 28th. It was a pleasure to see those I have met already and new faces of residents I have not met yet! My first month here at Apple Valley Villa has flown by. I appreciate all of you for making me feel so welcome here. I look forward to getting to know you all more as I settle into my position.

As we head into the Christmas holiday season, we have some wonderful holiday programming planned. All planned events are subject to change with a COVID outbreak or any other illness's in the building with as much notice as possible. Tuesday, December 6th at 10:00 am, Reverend Julie will bless our Christmas tree in the front lobby before we decorate it. We also are planning our Villa Holiday Party for the residents on Friday, December 16th from 1:00-3:00pm. Watch for additional information from Amber with more details for our Villa Holiday Party.

Just a reminder, we encourage seeing holiday decorations outside resident apartments, we need everybody to be aware of fire code. Please make sure no décor (at any time of the year) is protruding past

your doorway alcove. There should also not be anything blocking you when exiting your apartment. Please also refrain from any live trees, wreaths, or eucalyptus when decorating.

As we go into the holiday season, we continue to see illnesses throughout the community. Please make sure to stay home if you are not feeling well. At this time, we are going to keep masks on throughout The Villa to protect and keep residents, families, and team members safe.

Staffing and recruiting is something we are actively working on every day at The Villa to fill our open positions. Please help us by being patient with all of our team members at The Villa working hard every day providing services to our residents.

At this time, there is not a set date to open up the dining room again. We appreciate everyone's understanding during this challenging time. The Villa is coming up with a plan for the holiday weekends at the end of the month to open up for the Christmas and New Year's meals. Please watch for an additional memo with more information for these meals.

I hope everyone has a safe, healthy, and blessed holiday season!

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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 \$300.00 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
Emily Kjelstad 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
Julie Ryan Director of Spiritual Care Chaplain	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 December

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



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

ARCHER  
(Sagittarius)  
BOXING DAY  
CAPRICORN  
CHRISTMAS  
DECEMBER

DECORATIONS  
GOAT (Capricorn)  
HANUKKAH  
KWANZAA  
NARCISSUS

NEW YEAR'S EVE  
PRESENTS  
SAGITTARIUS  
TURQUOISE  
WINTER



## Announcements

### FOCUS Meeting

There will be no resident update meeting for December. The meeting will resume in January.

### 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.

### The Foot Nurse

If you are interested in receiving nail/ foot care, please call **Katie Sikel, RN, CFCS** at **651-726-4134** with any questions or for a future reservation. Appointments in the Nail Salon on 4th floor (#413).

### Sewing Volunteer

If your clothes need mending- bring them to our sewing volunteer, Linnea!

**Dec 5, 2022 @ 9 am:** Get your items for sewing to the front desk for pick up. Make sure your name, room number, and a description of what you want done is included with the items. Limit of 3 items per person.

**Dec 19, 2022 @ 9 am:** Completed items are returned to the receptionist desk.

**There will be no sewing pick up during January.**

**Sewing will resume in February 6th, 2023.**

### Open Door Pantry– 12/09/2022

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– 12/22/2022

The librarians from the Dakota County Library will come **Thursday December 22nd** at 2:00pm with books for you to check out. Please call librarian Erin Holl with any book questions or requests at 952-891-7061.

### 2nd Floor Library

Books are organized on the shelf by author last name. If you are unsure where to place your book, please leave it on the shelf by the elevator for one of the library volunteers to put away.

## Bus Outings

Sign-up sheets for the outings are 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 see Annalissa, Resident Services Director, to become certified to ride the bus.

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

Date	Location
Monday 12/5	Walmart
Thursday 12/8	Cub Foods
Monday 12/12	Abdullah Candies and Gifts
Tuesday 12/13	Fresh Thyme
Thursday 12/15	Lunch Outing- Granite City
Monday 12/19	Walmart
Thursday 12/22	Cub Foods
Monday 12/26	Target
Tuesday 12/27	Aldi





## *Special Events*

### **Music Performances**

**Music with Bill Cagley**– Monday 12/12 at 2:00pm  
Fireside Dining Room



### **Free Nail Polishing**

Get your nails painted for free! Come to the Lower Level Activity Room from 1:30-2:30 on Thursday December 1st, 15th, and 29th!



### **Name That Tune: Carols Edition**

Test your knowledge and listen to holiday classics by the Lower Level Activity Room piano with our Name that Tune: Carols Edition on Tuesday December 13th at 3:30pm in the Lower Level Activity Room.



### **Villa Caroling**

Enjoy some holiday songs by the piano in the Fireside Dining Room on Thursday December 1st at 6:00pm!



### **Birthday Party**

Celebrate the December birthdays on December 12th at 2:00pm in the Fireside Dining Room!



### **Wine Social**

Socialize with your friends and neighbors over drinks on Thursday December 8th at 2:00pm in the Fireside Dining Room!



### **Villa Holiday Party**

The Villa Holiday Party will be on Friday December 16th at 1:00pm. We will dismiss residents by floor. Check your mail boxes for more information.



### **New Year's Eve Happy Hour**

Kick off the New Year at the New Year's Eve Happy Hour on Friday December 30th at 2:00pm in the Fireside Dining Room.



## December Birthdays

**HAPPY  
BIRTHDAY**

Beverly Gorder	12/5
Mary Hudson	12/7
Shirley Steffy	12/8
Sharon Besonen	12/11
Jane Jones	12/11
Dorothy Shepherd	12/11
Evelyn Eckert	12/12
Sophie Earl	12/16
Marlene Steichen	12/21
Lillian Doenges	12/22
Eleanor Cotterman	12/27
Jon Hall	12/30

*welcome*

to the Apple Valley Villa

Robert McGovern  
Gilbert Paredes

## Spiritual Care News

### Spiritual Care Opportunities at the Villa

Weekly Spiritual Care is offered as an ecumenical worship service for all residents every Wednesday at 1:30 p.m. in the chapel on the 4th floor. The first Wednesday of each month is a service of Holy Communion.

A monthly ecumenical worship service with Holy Communion is offered on the first Sunday of each month at 1:30 p.m.

On the 2nd through 4th Sundays, worship will be available on channel 3 on your televisions at 1:30 p.m.

Weekly Spiritual Care is being provided for the residents of 501 and 502 memory care suites every Thursday.

Bible Study is offered for all residents every week on Thursdays at 10:00 a.m. in the Activities room.

Catholic Service is offered the 4th Tuesday and on Thursdays in the chapel at 3:30 p.m.

Chaplain Julie is available for individual visits in your home or in her office.

Chaplain Julie is on campus every Tuesday, Wednesday, and Thursday. She can be reached via phone at extension 2627. Her office is down the Lower Level hallway almost to the Care Center.

OUR THOUGHTS AND  
PRAYERS ARE  
WITH THE LOVED  
ONES OF:

BOB WELCH

## *Message from the Chaplain*

### **The Wonders and Challenges of Advent**

While the church marks Advent as the beginning of our church year, the world is busy finishing a calendar year—and the month is filled with shopping, pageants, and parties beyond what our energy and time can handle. But while society urges us to hurry and spend, scripture and tradition beckon us to slow down, focus, and wait.

Enter the wheel... the Advent wreath... the season's most powerful symbol. The wreath can be traced to the Romans' ancient rite of waiting in the darkness for the return of the sun, and for the Feast of the Sun on December 25. The ancients, Nelson says, took a wheel off their wagons and fastened torches to it to see them through the darkness. The only thing alive in the winter, evergreen, was brought inside and fastened to the wheel. To those huddled in darkness, it was a sign of vegetation and springtime. More than three hundred years ago, German Christians fashioned the same elements into the Advent wreath—the greens a sign of hope and eternity. What was once a Feast of the Sun has become for us the Feast of the Son.

Today our Advent wreaths are often purchased, as are Advent calendars. Even the local secular bookstore has those (sometimes filled with chocolate). Both are symbols and tools of what Advent urges us to do: mark the passage of time as we wait. Despite all evidence to the contrary, Advent is about the art of waiting. But holiday decorations have been on the shelves at Target since well before Halloween, and the world declares everything after Thanksgiving Day the “Christmas season.”

Though all of us are tempted to act otherwise, now is the time for slowing down and learning together. As with the ancients, we gather in the darkness to wait for the light. If our ancestors removed a wagon wheel for torchlight, consider what it would be like for us to take a wheel off our car or our life. Instead of getting caught up in the hustle and bustle of Christmas preparation, we'd stay home and also gather with friends to sing ancient hymns and hear readings of prophecy and promise.

In the dead of winter, we need one another, and we need signs that the sun (and the Son) will come again—life returning to dark and dormant land and lives. Like the ancients who gathered together for courage and hope that the sun would return, we gather each week to hear the word that does not pass away. The biblical texts we will be reading and hearing about give us voice for our brokenness and the promise of a Savior.

Join me for worship and special services this month as we hear and absorb God's promises to each and every one of us. As we are reminded again what these promises mean to us each and every day of our lives.

A blessed Advent season to you!

Chaplain Julie



### **Blue Christmas Service**

On Wednesday, December 14th, a very special “Blue Christmas” candlelight service will be held at 6:30 PM in the chapel on the 4<sup>th</sup> floor. The Christmas season can be painful for many people in our communities who are dealing with the death of a loved one, facing life after big changes, coping with the loss of health, living with cancer or some other dis-ease that puts a question mark over the future, etc... If this is you or someone you know please accept this invitation to share in a sacred candlelight service of prayers, Scripture and music as God's Word comes to shine light into our darkness. Refreshments and fellowship to follow.

**In lieu of this special service we will not gather for our usual chapel service at 1:30 p.m. on this day.**



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*

### **Cassia Connection**

#### **December 2022 Cassia Connection**

As the year draws to a close, we want to celebrate two exceptional honors received at Cassia's Newton Village community in Newton, Iowa this year:!

The Iowa Department of Inspections and Appeals recognizes health care facilities annually that demonstrate the highest quality of care and commitment to residents. This year, the 2022 Governor's Award for Quality Care in Health Care Facilities was presented to Newton Village.

Newton Village Licensed Practical Nurse/Charge Nurse Preston Brown was chosen to be LeadingAge Iowa's Caregiver of the Year for his service to skilled nursing patients at Newton Village. "You are a wonderful health care person, for sure," wrote a couple named Jim and Mary, as Jim's mother was a Newton Village resident. "But more important, you are such a compassionate nurse. We remembered your work ethic and teamwork every time we saw you."

Congratulations, Newton Village, for your well-deserved awards!

### **DECEMBER MOVIES**

**Dec 3-** *Adventures of Robin Hood:  
The Christmas Goose*

**Dec 8-** *One Special Night*

**Dec 17-** *The Bob Cummings Show:  
Grandpa's Christmas Visit*

**Dec 22-** *Elf*

**Dec 31-** *Planet Earth*

### **Free Craft**

**Wednesday December 21**

**2:30pm**

**Lower Level Activity Room**

### **Free Table**

**Wednesday December 28**

**10:00-11:30am**

**Lower Level Activity Room**

### **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