



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.

Spirit of Care

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The older we get, the more life gives us lemons, the more we then choose to accept things as they are without fighting for how they should or could be, to abandon hope, to give up, and even despair.

In the verse where Jesus begins to tell this parable, he tells us why he is telling them this story. It is to remind them of their need to pray always and not to lose heart. Have you stopped praying because you have lost heart or given up? Have you been praying and praying for something that has never come to be? Do some of the big things in your life and in our world feel too big for you to make a positive difference?

We have lived lives full of challenges in a world that we often feel we can't even begin to come to grips with anymore. It is very easy to lose heart and think that prayer doesn't even matter anymore either. But guess what? Jesus wants us to be in relationship with him each and every day. And we do that by coming continually to him in prayer. When we pray for strength, answers, encouragement, health, ... we are saying that we are relying on him for these things, that we are not in control, and that we need his accompaniment to get through life. Our prayers bring us into a right relationship with God, who hears each and every word of our prayers.

The importance of persevering in prayer is lifted up by Jesus in this parable. Also the importance of not losing heart. Easier said than done, I know. May we strive to be more like my little Alice and the widow in our prayer lives, continually coming to God in prayer and never losing heart. -Chaplain Julie

Red Warning

Whether it's strawberry blond, deep burgundy, ginger, copper, or auburn, November 5 is a day to appreciate all shades of red, for it is Love Your Red Hair Day.

Red hair hasn't always been loved throughout history. It was once a widespread folk belief that redheads were witches. It was believed that fire-colored hair gave these women supernatural magic. During the 1300s, it was commonly thought that redheads could turn copper into gold. During the 16th to 19th centuries, redheads were associated with the devil. During the Spanish Inquisition, people were believed to have gotten their red hair from stealing the fires of hell. With only 2% of the population having red hair, it is likely that scarcity bred feelings of distrust of redheads.



Crantastic

Cranberries are largely forgotten until Thanksgiving, when they grace the table as a jelly, relish, sauce, or chutney to go with the Thanksgiving turkey. On November 23, Eat a Cranberry Day, consider all the other ways to enjoy this Foods that are a vibrant color are often good for you, and the shiny, red cranberry is a case in point. Cranberries are chock full of vitamins, minerals, and antioxidants, and they famously protect against urinary tract infections (UTIs). While cranberries may taste exceedingly tart or bitter when eaten raw, they become tasty and sweet when cooked or dried.

The Native Americans living around Cape Cod of southeastern Massachusetts had harvested cranberries, known as sasumuneash, for 12,000 years before the Europeans arrived. The colonists found that the sasumuneash of New England resembled the *craneberries* of their native England, so called because the flowers resembled the head of a sandhill crane

Cranberries grow in wetlands commonly called *bogs*, which require a special set of conditions to yield a harvest. Soils at the bottom of a bog must be acidic and made of peat; the bogs must have access to plenty of fresh water; and the growing season has to last from April to November, providing a cool period of dormancy. Luckily, the famous bogs of Cape Cod provide just the right conditions and climate. But cranberry bogs are not limited to just Cape Cod. They are found in Maine, Rhode Island, New Jersey, Delaware, Wisconsin, Michigan, and Oregon, as well as in Canada and Chile.

Cranberry sauce may be traditional for Thanksgiving, but these sweet, tart berries also make great additions to cheesecake, muffins, scones, pies, cheeses, sandwiches, rice, and drinks. With so many recipes, you could celebrate Eat a Cranberry Day every month of the year.



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Indoor Garden Coming Soon

Introducing the *Gardyn Home Kit 2.0*! Our very own indoor garden complete with grow lights and plant pods that our residents can watch grow and can exercise their green thumbs!

The garden is aeroponic, which means it provides an environment to support plant growth with no soil. Plants receive nutrients from water in which plant food is added.

The garden will be located in the second floor sun room and is brought to us by our Move Forward grant.



Turkey Bingo

Get your “gobble-gobble” ready and join us for Turkey Bingo on Friday, November 18th. This is a more exciting, more festive version of your favorite game.

There will be treats, and special valuable prizes, including a door prize!

A special thanks goes out to our Apple Core Auxiliary, who planned the event and will be supplying the prizes. Some of them will even be joining in the fun that day. Don’t miss out, and good luck!



Wacky Wordy Puzzles

The following people were born in November. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

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

- A. William **BONNEY**
- B. Petula **CLARK**
- C. Walter **CRONKITE**
- D. Tommy **DORSEY**
- E. Robert **FULTON**
- F. James A. **GARFIELD**
- G. Edmund **HALLEY**
- H. Burt **LANCASTER**
- I. Vivien **LEIGH**
- J. Mickey **MOUSE**
- K. George S. **PATTON**
- L. Fernando **VALENZUELA**

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Spirit of Care

I’d like you to meet Alice. In this photo she is four. Out of all my grandchildren, Alice stands out as the most perseverant, by far. You know the type, right? From a very young age when Alice wanted something she persevered until she got it. She seemed to know that there was a point in which, if she continued long enough, she would wear me and others down and would get exactly what she wanted.



In the Bible, Jesus tells us a parable about a perseverant widow. It can be found in Luke 18:1-8. A widow in the culture of the biblical times was quite low in rank as far as her status in the community. We are told that she was seeking justice against an opponent. Where does one go for justice? A judge. This judge, we are told in this parable was unjust. He didn’t fear God. He had no respect for people. And he even admitted this was exactly who he was! Nice guy, huh! The widow kept coming and coming to him asking for justice, so finally he said, “because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.” Sounds like my Alice, doesn’t it?

I remember thinking back when Alice was little that if she remained as perseverant into adulthood she would be very successful in life. Today Alice is 13. I am sorry to say that I can already see her perseverance waning. Isn’t that what happens to us, too? *(continued on back page)*

Remembering The Departed...

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

- Betty Barsness..... October 3
- Claude McGraw..... October 4
- Martha Read..... October 13
- Milton Bruflodt..... October 18
- Lada Federova October 25



Worship Service Schedule

- We will not have a regular Sunday service after November 6. A worship service will be broadcast at 3:00 pm on channel 6.
- Wednesday services include Bible Study, Worship Service, and Prayer & Praise. These services are at 3pm in the second floor dining room. Check the activity calendar on pages 4 & 5 for specific dates. We will have a memorial service November 30th.
- Catholic Communion Service live on Thursdays at 10:30 am, the first three 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

Cassia Connection

October 13, 2022 was a remarkable day at Fargo Elim, as the care community officially welcomed the Fargo Elim family home.

Ever since the care center was lost to a fire in January 2020, Fargo Elim leaders heard the same refrain: “I want to come back. Fargo Elim is my home.” Residents and staff were eager to return to the tight-knit community offering attentive, compassionate care and a family connection.

Now, those who longed to return home will find a new building waiting for them. Administrator Renee Muhonen believes “every wall, window, beam and floorboard tells a story of hope and transformation.”

“After roughly three years of waiting, we are joyful as we open our doors to welcome residents and staff as we fulfill our mission to serve older adults in the spirit of Christ’s love,” adds Fargo Elim Chaplain and Cassia Vice President of Spiritual Life David Juve.

October Birthdays


Residents	Employees
Earl C.....November 2	Ubah G November 1
Doug NNovember 5	Lemlem A November 2
Lora Lee Z.....November 5	Michal G November 4
Winston C.....November 9	Dianne V November 4
John M.....November 11	Elisa M..... November 5
Terry RNovember 11	Mahali M..... November 8
Mary Jo LNovember 12	Kaylee P November 8
Elaine ENovember 13	Ariana D..... November 8
Patricia JNovember 13	Cynthia S..... November 9
Mary SNovember 13	Evans N..... November 12
Barb DNovember 20	Eric T..... November 14
Jeanne CNovember 22	McKenzie D November 16
Thomas GNovember 23	Kristin H..... November 17
Asma K.....November 26	Mary B November 18
Ruth C.....November 28	
Barb ANovember 30	



November 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 and bus fare.	1 9:30 Musical Minds.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR	2 9:30 Resident Led Sit Fit.....2SR 10:30 Community Choir....2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad.....3DR</i> 3:00 Worship Service.....2DR	3 9:30 Music & Motion.....3SR <i>Lunch Music with Chad....1DR</i> 10:30 Catholic Mass.....TV 6 3:00 Chime Practice.....2DR	4 9:30 Music & Motion.....2SR 9:30 Personal Training Rounds.....3rd Floor 2:30 Sing-Along.....2DR	5 10:30 Sit Fit.....2SR 2:00 Games.....2SR
6 3:00 Worship Service.....2DR <i>Communion Observed</i>	7 9:30 Music Exploration.....3SR 10:15 Nail Polishing.....3SR 2:00 Java Mentors.....1CR 2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd	8 9:30 Musical Minds.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR	9 9:30 Resident Led Sit Fit.....2SR 10:30 Community Choir....2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad.....3DR</i> 3:00 Prayer & Praise.....2DR	10 9:30 Music & Motion.....3SR 10:30 Catholic Communion.2DR <i>Lunch Music with Chad....1DR</i> 3:00 Chime Practice.....2DR	11 Veterans Day 9:30 Music & Motion.....2SR 9:30 Personal Training Rounds.....3rd Floor 9:30 Target Shopping 3:30 Honoring Our Vets Party.....2DR	12 10:30 Sit Fit.....2SR 2:00 Games.....2SR
13 3:00 Worship Broadcast..TV6	14 9:30 Music & Memories....3SR 10:15 Nail Polishing.....3SR 10:30 Music Club.....2SR 2:00 Java Mentors.....1CR 2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd	15 9:30 Musical Minds.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR	16 9:30 Resident Led Sit Fit.....2SR 10:30 Community Choir....2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad.....3DR</i> 3:00 Bible Study.....2DR	17 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Communion.2DR <i>Lunch Music with Chad....1DR</i> 1:30 Brain Games.....2SR 3:00 Chime Practice.....2DR	18 9:30 Music & Motion.....2SR 9:30 Personal Training Rounds.....3rd Floor 2:30 Turkey Bingo.....2DR	19 10:30 Sit Fit.....2SR 2:00 Games.....2SR
20 3:00 Worship Broadcast..TV6	21 9:30 Music Exploration.....3SR 10:15 Nail Polishing.....3SR 10:30 Music Club.....2SR 2:00 Java Mentors.....1CR 2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd	22 9:30 Musical Minds.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR	23 9:30 Resident Led Sit Fit.....2SR 10:30 Community Choir....2SR 11:30 Java Time.....3SR 12:00 Lunch Bunch Taco Bell.....LL TR Room 3:00 Worship Service.....2DR	24  9:30 Sit Fit.....2SR 10:30 Catholic Mass.....TV 6 2:00 Tabletop Games....2SR	25 9:30 Music & Motion.....2SR 9:30 Personal Training Rounds.....3rd Floor 2:30 What's Fun!.....2DR	26 10:30 Sit Fit.....2SR 2:00 Games.....2SR
27 3:00 Worship Broadcast..TV6	28 9:30 Music & Memories....3SR 10:15 Nail Polishing.....3SR 10:30 Music Club.....2SR 2:00 Java Mentors.....1CR 2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd	29 9:30 Musical Minds.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR	30 9:30 Resident Led Sit Fit.....2SR 10:30 Community Choir....2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad.....3DR</i> 3:00 Memorial Service.....2DR	