



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.

## Challenge of the North

While the Iditarod Trail Sled Dog Race might be the most famous sled dog race in the world, February's Yukon Quest Sled Dog Race is undoubtedly more challenging. Run in the depths of winter, the Yukon Quest is colder, darker, lonelier, and runs over more challenging terrain. The course runs 1,000 miles from Whitehorse, Yukon, to Fairbanks, Alaska, and follows the historic route of the Klondike Gold Rush. While the Iditarod has 22 checkpoints along the way, the Yukon Quest has only nine. Musher's cross four mountain ranges, traverse frozen rivers, and deal with temperatures plummeting to minus-60 degrees Fahrenheit. Why would anyone want to compete in such a race? The prize money is minimal. The reward is honor and pride.



## Flannel Favorites

Is flannel the perfect fabric? On February 10, Flannel Day, you can either praise its softness, warmth, and durability, or don a flannel shirt and enjoy all those qualities. What makes this fabric so cozy and warm? It has a napped, fuzzy finish, the result of combing the fabric to raise its fine, soft fibers. The first flannels came from Wales, where the word *gwalanen* referred to "woolen cloth." In the 17th century, Welsh textile workers began the process of *carding* sheep's wool, a method of combing that both disentangled and softened the yarns. The new carded fabric proved both strong, warm, and soft, and became a favorite of Welsh farmers. Flannels made from both wool and cotton soon spread around the globe, first as a favorite garment of the working class, and today worn by just about everybody.



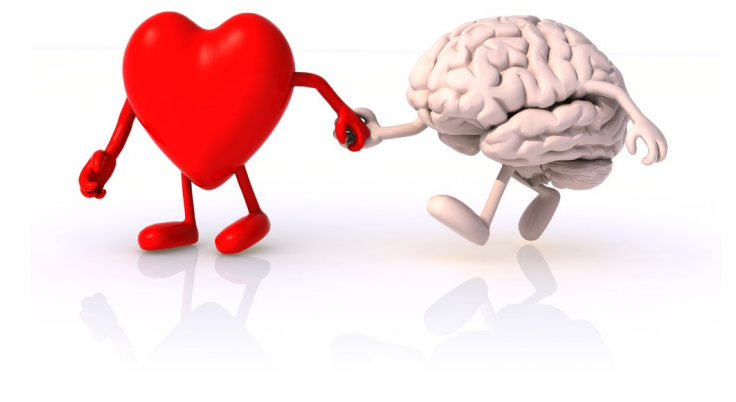
## Heart Versus Head

When it comes to making decisions, must we always choose between listening to our heads and following our hearts? In 2007, inspirational speaker Deb Kulkula decided that she no longer wanted to choose one over the other, so she declared February Renaissance of the Heart Month, an entire month dedicated to making decisions with the heart as well as the intellect.

Many people insist that the best decision-making is data-driven and entirely logical, emphasizing the importance of keeping a "cool head." Emotions (sometimes called *intuition* or *instinct*) are often seen to cloud or muddy the decision-making process. Society also tends to influence our decision-making. When it comes to finding a job, people will often follow their heads rather than their hearts. Attractive incentives like higher pay, more prestige, and better benefits take precedence over a low-paying dream job that might satisfy a lifelong passion. And yet when it comes to finding a life partner or choosing a pet, we let our hearts guide us. Culture has told us that when it comes to jobs, we follow our heads, but when it comes to relationships, it's okay to follow our hearts. The scientific truth is that decision-making almost always requires both cognitive and emotional thinking.

Studies show that almost every decision is really a struggle between our emotions and intellect. Studies of individuals with damage to the emotional centers of their brains show that these people struggle mightily with decision-making. This is because we use both our intellect and emotions to calculate risk and reward, the primary drivers of decision-making.

Relying solely on emotion or intellect to make decisions often drives us to make poor choices. As brains develop from childhood and people amass both good and bad life experiences, we fine-tune our abilities to calculate risk and reward. The wisdom that comes with old age develops from the hard-won lessons taught to both our heads and our hearts.



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14650 Garrett Ave  
Apple Valley  
MN 55124  
952-236-2000  
a ministry of Cassia  
CassiaLife.org

## Move Forward Brings Indoor Garden To Our Community

Year one of our *MOVE Forward* grant brought many new and innovative items into our community. One such item is our new indoor garden, the Gardyn 3.0. The Gardyn 3.0 is an aeroponic growing system, which means it does not need soil to grow our plants. Plants are suspended in a closed environment and the Gardyn feeds them with a sprayed, nutrient-rich water. This system provides a great opportunity for residents to tend to plants, and grow food, as well as provide health-beneficial light into our sunrooms through its full-spectrum LED lights.

To start, we have planted a variety of lettuces as well as violas, sunflowers, basil, and dill, to name a few. In the coming weeks we hope to see our garden really begin to grow!

Our garden is located in the 2<sup>nd</sup> floor sun room. Come and check it out!



## The British Invasion

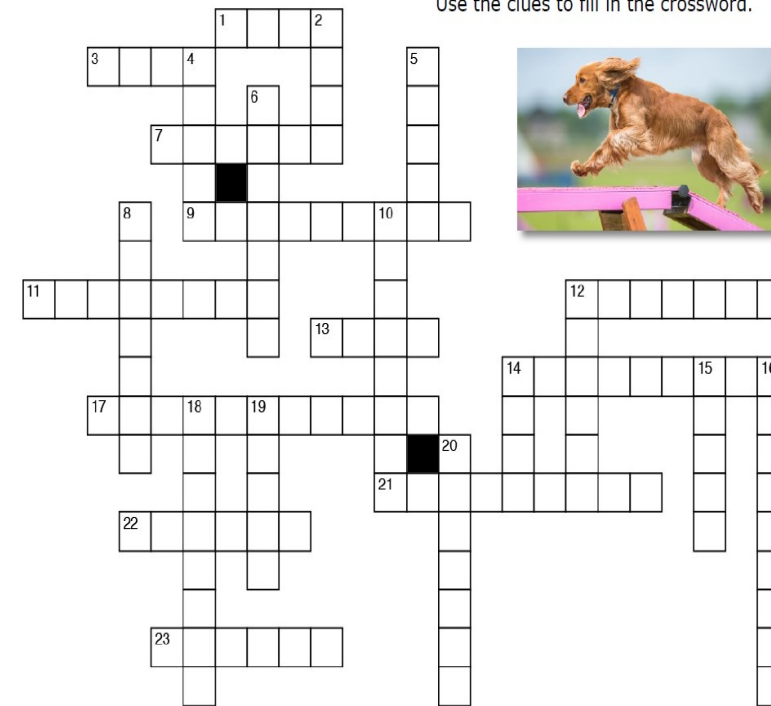
On February 7, 1964, the Beatles landed in New York to start their first tour of the United States. Just a few days earlier, on February 1, their hit “I Want to Hold Your Hand” hit No. 1. Two days later, on February 9, the “Fab Four” would perform on *The Ed Sullivan Show* before hysterical fans in the live studio and to record viewership on television sets. The so-called British Invasion had begun. For the next several years, it seemed as if the only sounds coming through the radio were bands from “across the pond.” The Dave Clark Five. Herman’s Hermits. The Rolling Stones. The Kinks. The Animals. The Who. Prior to 1964, only two British singles ever topped the pop 100. From 1964–65, British bands held the No. 1 spot for an astonishing 56 weeks. The American radio waves had been transformed forever.



## Dog Show Crossword Puzzle

### Westminster Dog Show

Use the clues to fill in the crossword.



#### ACROSS

1. Grooming tool
3. Refers to a dog's movement when walking
7. Scale reading
9. Shown on TV
11. Well-trained
12. Animal trainer
13. Circular main show area
14. Smallest dog breed in the world
17. Contest
21. Audience member
22. Scoreboard units
23. American \_\_\_\_ Club

#### DOWN

2. \_\_\_\_ in Show
4. Used to reward a dog
5. Dog show VIP
6. Moving with speed and ease
8. \_\_\_\_ Square Garden
10. Financial supporters
12. Measurement of tallness
14. Dog's fur
15. Bred for hunting, beagle or basset
16. Person giving the play-by-play
18. Purebred's genealogy
19. Chompers
20. Jack Russell and Yorkshire

## Spirit of Care

### God's Amazing Grace

When John Newton, a former slave trader, realized God's grace, he wrote the famous song, *Amazing Grace*. Newton realized that his deeds earned him condemnation. Yet, when he humbly repented from his evil life, he received God's underserved favor, given in kindness and mercy. That is what grace is. And that amazing grace is for all who will receive this gift, given through Jesus.

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth...From the fullness of his grace we have all received one blessing after another.-John 1:14-16

For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that you through his poverty might become rich.-2 Corinthians 8:9

Because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions...For it is by grace you have been saved, through faith-and this not from yourselves, it is the gift of God.-Ephesians 2:4-8.

#### Prayer:

Our Father in Heaven, I thank you for pouring out your amazing grace through your Son, Jesus. When I look back on my life, I know that I desperately need and rely on that grace. Lord Jesus, I have confidence that you forgive my sins and you are merciful because I put my faith in you. I praise you, Jesus for your amazing grace!

*From God Cares Ministry,  
www.godcaresministry.com*

## Remembering The Departed...

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

- Linda Rainey ..... December 29
- Dorothy Tritabaugh..... January 1
- Helene Savela..... January 2
- Willard Schafer ..... January 9
- David Konrardy..... January 20
- Norman Duvick ..... January 23
- Stephan Johnigan ..... January 31



## Worship Service Schedule

- Worship services from Central Lutheran Church in Minneapolis will be broadcast at 3:00 pm on channel 6 every Sunday. Live service February 5th at 3:00 pm with Chaplain Julie
- 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.
- Catholic Communion Service live on Thursdays at 10:30 am, the first three weeks of the month.
- Ash Wednesday service at 10:30, February 22 with imposition of ashes.
- Our in-house channel is on 6, 111, or 1111 for some TV's

## An Inconvenient Truth

Convenience plays a powerful role in our day-to-day lives. New technologies often rely on promises of convenience: dishwashers replace hand-washing, search engines replace encyclopedias, text messages replace emails and snail mail, Amazon replaces the department store. To resist these convenient options in life sometimes means being called quaint, eccentric, or even a fanatic.

But has life become too convenient? That is a question worth asking on February 22, Inconvenience Yourself Day. Convenience frees us from toil and gives us more free time, but should we instead enjoy physical labor? Shopping on Amazon means we never need to leave the house or interact with others. But have we become too isolated? Inconvenience certainly requires more effort, but effort can lead to great benefits, like socializing with friends or learning a worthwhile new hobby. Effort creates feelings of self-worth. Perhaps a little inconvenience is a good thing.



## February Birthdays

### Residents


- Theresa K ..... February 6
- Deb M..... February 12
- Gilman H..... February 18
- Alice P ..... February 24

### Employees

- Sara W..... February 1
- Deepa N..... February 5
- Michelle S ..... February 7
- Vicki D..... February 7
- Kierra A..... February 8
- Gail R..... February 9
- Christina S..... February 13
- Vallentine M ..... February 14
- Zahra S ..... February 14
- Brian A ..... February 17
- Maya K..... February 19
- Madison H..... February 20
- Vicki B ..... February 20
- Samuel T ..... February 21
- Lennie W..... February 23
- Sandy K..... February 27

# February 2023

## Activity Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Activities are subject to change. Check bulletin board across from the elevators for updates or channel 6.</b></p>	<p><b>Lunch Bunch and Bus Outings require sign-up and residents may be responsible for cost of their own meal and bus fare.</b></p>		<p><b>1</b></p> <p>9:30 Magic Table Games..2SR 10:30 Community Choir...2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad</i>.....3DR 3:00 Worship Service.....2DR</p>	<p><b>2 Groundhog Day 3</b></p> <p>9:30 Music &amp; Motion.....3SR <i>Lunch Music with Chad</i>....1DR 10:30 Catholic Communion.2DR 10:30 Catholic Service.....TV6 3:00 Chime Practice.....2DR</p>	<p><b>4</b></p> <p>10:00 Sunrise Stretches..2SR 10:00 Sunrise Stretches.3SR 12:30 Lunch Music.....1DR 1:30 Crafternoon.....2SR</p>	
<p><b>5</b></p> <p>10:00 Stories &amp; Memories..3SR 3:00 Worship Service with Chaplain Julie.....2DR 3:00 Worship Broadcast..TV6</p>	<p><b>6</b></p> <p>9:30 Music &amp; Memories.....3SR 10:30 Music &amp; Memories...2SR 2:00 Java Mentors.....1CR 2:00 Pet Visits with Michelle &amp; Churchill.....2nd, 3rd 3:45 Music &amp; Relaxation....3SR</p>	<p><b>7</b></p> <p>9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad</i>....2DR 2:30 Bingo.....2DR 5:15 Table Games.....2SR</p>	<p><b>8</b></p> <p>9:30 Magic Table Games..2SR 10:30 Community Choir...2DR <i>Lunch Music with Chad</i>.....3DR 3:00 Prayer &amp; Praise.....2DR</p>	<p><b>9</b></p> <p>9:30 Music &amp; Motion.....3SR 10:30 Catholic Service.....TV6 <i>Lunch Music with Chad</i>....1DR 1:30 Brain Games.....2SR 3:00 Chime Practice.....2DR 5:15 Music Club.....2SR</p>	<p><b>10</b></p> <p>9:30 Music &amp; Motion.....2SR 2:30 Movie Matinee.....2DR</p>	<p><b>11</b></p> <p>10:00 Sunrise Stretches...3SR 12:30 Lunch Music.....2DR 2:30 Table Games.....2SR</p>
<p><b>12</b></p> <p>10:00 Stories &amp; Memories..3SR 3:00 Sunday Devotions....2DR 3:00 Worship Broadcast..TV6 5:30 Superbowl 57.....Fox TV</p>	<p><b>13</b></p> <p>9:30 Music Exploration.....3SR 10:30 Music Exploration....2SR 2:00 Java Mentors.....1CR 2:00 Pet Visits with Michelle &amp; Churchill.....2nd, 3rd</p>	<p><b>14 Valentine's Day</b></p> <p>9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad</i>....2DR 2:30 Valentine Carnival...2DR 5:15 Table Games.....2SR</p>	<p><b>15</b></p> <p>9:30 Magic Table Games..2SR 10:30 Community Choir...2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad</i>.....3DR 1:45 Rhythm Band.....2SR 3:00 Bible Study.....2DR</p>	<p><b>16</b></p> <p>9:30 Sit Fit.....2SR 9:30 Music &amp; Motion.....3SR 10:30 Catholic Service...TV6 <i>Lunch Music with Chad</i>....1DR 2:30 Birthday Party.....2DR 5:15 Music Club.....2SR</p>	<p><b>17</b></p> <p>9:30 Music &amp; Motion.....2SR 9:30 Walmart Shopping 2:30 Volleyball.....2DR</p>	<p><b>18</b></p> <p>10:00 Sunrise Stretches...2SR 10:00 Sunrise Stretches..3SR 12:30 Lunch Music.....3DR 2:30 Bingo with River Valley Church.....2DR</p>
<p><b>19</b></p> <p>10:00 Stories &amp; Memories..3SR 3:00 Sunday Devotions.....2DR 3:00 Worship Broadcast..TV6</p>	<p><b>20</b> ★★HAPPY★★ <b>PRESIDENTS' DAY</b></p> <p>9:30 Music &amp; Memories.....3SR 10:30 Music &amp; Memories....2SR 2:00 Java Mentors.....1CR 2:00 Pet Visits with Michelle &amp; Churchill.....2nd, 3rd</p>	<p><b>21</b></p> <p>9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad</i>....2DR 2:30 Mardi Gras Bingo.....2DR 5:15 Table Games.....2SR</p>	<p><b>22 Ash Wednesday</b></p> <p>9:30 Magic Table Games..2SR 10:30 Ash Wed Service...2DR <i>Distribution of ashes</i> 11:30 Java Time.....3SR <i>Lunch Music with Chad</i>.....3DR 3:00 Hymn Sing.....2DR</p>	<p><b>23</b></p> <p>9:30 Sit Fit.....2SR 9:30 Music &amp; Motion.....3SR 10:30 Catholic Mass.....TV 6 3:00 Chime Practice.....2DR 5:15 Music Club.....2SR</p>	<p><b>24</b></p> <p>9:30 Music &amp; Motion.....2SR 12:00 Lunch Bunch.....LL 2:30 Extra Bingo.....2DR</p>	<p><b>25</b></p> <p>10:00 Sunrise Stretches...3SR 12:30 Lunch Music.....1DR 2:30 Table Games.....2SR</p>
<p><b>26</b></p> <p>10:00 Stories &amp; Memories..3SR 3:00 Sunday Devotions.....2DR 3:00 Worship Broadcast....TV6</p>	<p><b>27</b></p> <p>9:30 Music Exploration.....3SR 10:30 Music Exploration....2SR 2:00 Java Mentors.....1CR 2:00 Pet Visits with Michelle &amp; Churchill.....2nd, 3rd</p>	<p><b>28</b></p> <p>9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad</i>....2DR 2:30 Bingo.....2DR 5:15 Table Games.....2SR</p>	