



# February 2023

## Manager's Message

Happy February!

I hope everyone has enjoyed the start to 2023. January has brought us several inches of snow, adding to record totals for total snow falls this winter (and it is not even over yet!).

In January 16th we held our first Community Update meeting. It was in great attendance and we are looking forward to seeing you for our next one on Monday, February 6th. I also held my first dedicated office hours for residents to be able to come in and talk to me freely about anything or just stop by to say hi. Thank you to those that stopped by during this time.

**My next office hours will be on Thursday, February 23rd from 2-3:30pm.** If you are not available during this time or need to talk before this you can always call to make an appointment with me.

**February we will have our first Focus Meeting at 2pm on Monday, February 20th.** Our first Focus Meeting topic will be 'Updates in Resident Handbook.' We will go through the Resident Handbook that we have been updating and explain changes and answer questions about it during this time. If you have any specific topics you would like for the Focus Meetings please let me or Amber know.

On Tuesday, February 14th Vital Research, an independent research firm, partnered with Minnesota Department of Human Services will be at Apple Valley Villa to conduct quality of life and services survey. The residents that will be chosen to complete survey is random selection. Surveys will take about 20 minutes. All answers will be compiled and shared with Apple Valley Villa Management team to help improve the community. The first week of February additional information will be sent out to all residents and family members. If you have any questions in the mean time before Vital Research is here please feel free to reach out.

I hope everyone has a great February and let's hope the groundhog does not see his shadow so early spring weather will be around the corner!

Emily Kjelstad  
 Director of Housing  
 952-236-2628

## Inside This Issue

Managers Message.....1	Special Events.....5
Marketing News.....2	Birthdays/ Welcome.....6
Management Directory.....2	Message from Chaplain.....7
Resident Spotlight.....3	Upcoming Opportunities .....8
Announcements.....4	

14610 Garrett Ave  
 Apple Valley  
 MN 55124  
 952-236-2600  
 a ministry of Cassia  
 CassiaLife.org

## 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

### Black History Month Trivia

Submit the correct answers to Amber, Activities Director, for a chance to win a prize! Answers due 2/16. Winner will be announced 2/17!

- Who was the first African American baseball player to play in Major League Baseball?
- Who was the first African American to win an Academy Award?
- Whose most famous piece of music is the "Maple Leaf Rag"?
- What jazz composer was awarded the Presidential Medal of Honor in 1969?
- Who wrote the memoir *I Know Why the Caged Bird Sings*?

If you need to contact a nurse, please call 952-236-2621. If it's an emergency, please call the Front Desk (0).

## *Resident Spotlight*



### **THIS COULD BE YOU!!!!**

The Villa is proud to begin a month Resident Spotlight! We are looking to feature residents from our building. Whether you traveled to a far off land, met a distinguished individual, make a tasty cherry pie, or just enjoy reading books at home, we would love to share your experiences. If you are interested in being featured or would like to nominate someone to be featured, please contact Amber, Activities Director, where you will be interviewed, have your picture taken and posted in our Newsletter and on our Facebook page, be featured on the Lower Level bulletin board, and get a token of our appreciation and a deli gift certificate. We will feature one resident per month. If you have questions, please contact Amber.

We look forward to learning about your stories!

## Announcements

### Resident Community Update Meeting

Learn about updates from each department on Monday February 6th at 2:00pm in the Dining Room

### 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- 2/6/2023

Get your items to the front desk with your name, apartment, and description. Limit 3 items. Items will be returned February 20th.

### Open Door Pantry– 2/10/2023

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– 2/23/2023

The librarians from the Dakota County Library will come **Thursday February 23rd** 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.

### 3rd floor Wellness Center TV

All residents are welcome to use the TV in the Wellness Center when there is not a scheduled activity occurring. The TV has the expanded cable package which offers more local sporting events, which will be noted in the activity calendar. Instructions on how to use the TV and DVD player are listed. Please be mindful of TV volume and close the doors when the TV is on. There is also a list of DVDs in the back bulletin board that may be lent out if you wish to watch one of those movies in the Wellness Center. Please clean up after yourself when you are finished with the room.

## 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 taken down 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
Thursday 2/2	Cub Foods
Monday 2/6	Walmart
Tuesday 2/7	Dollar Tree
Monday 2/13	Joann Fabrics/ Savers
Thursday 2/16	Cub Foods
Thursday 2/16	Red Lobster
Monday 2/20	Walmart
Tuesday 2/21	Aldi
Monday 2/27	Target

# Special Events

## Music Performances

Music with Mary Hall– Monday 2/13 at 2:00pm  
Fireside Dining Room



## Free Nail Polishing

Get your nails painted for free in the Lower Level Activity Room from 1:30-3:00 p.m. on Thursday February 16th



## Winter Carnival Week

In celebration with the Saint Paul Winter Carnival, we will host our first Villa Winter Carnival Week! There will be special activities each day that week, including a daily scavenger hunt, and voting for our very own Winter Carnival Royalty. More info to come! See activities below:

### **Wednesday Feb. 1st**

2:30pm “Ice Fishing” Game (LL Activity Room)

### **Thursday Feb. 2nd**

2:00pm “Ice” Sculpture Painting (LL Activity Room)

### **Friday Feb. 3rd**

2:00pm Winter Carnival Royalty Coronation (Fireside Dining Room)

## Valentine’s Day Events

Join us for our many Valentine’s Day Events!

### ***Name that Tune: Love Songs***

February 7th 2:00pm LL Activity Room

### ***Valentine’s Party***

February 10th 2:00pm Fireside Dining Room

### ***Heart Bingo***

February 14th 2:00pm LL Activity Room

## Birthday Party

Celebrate the monthly birthdays on February 13th at 2:00pm in the Fireside Dining Room! Everyone is invited and those with February birthdays will be recognized at the party.



## Wine Social

Socialize with your friends and neighbors over drinks on Thursday February 9th at 2:00pm in the Fireside Dining Room!



## Water Coloring

Paint and relax at Water Coloring on Saturday February 11th at 10:00am in the Lower Level Activity Room. It is free and all supplies will be included!



## Free Craft

Come make a FREE St. Patrick’s Day themed craft on Monday February 20th at 3:00 p.m. in the Lower Level Activity Room!



## Music Bingo

Come play Music Bingo Saturday February 25th at 10:00 a.m. in the Lower Level Activity Room! No experience necessary. Win prizes while listening to classic tunes!

## February Birthdays

**HAPPY  
BIRTHDAY**

*Elaine Schneider 2/5*  
*Roger Heckmann 2/6*  
*Ann Kauffman 2/11*  
*Gloria Lemieux 2/12*  
*Sheila Olgren 2/12*  
*Tom Koch 2/15*  
*Patsy Russell 2/17*  
*Trudy Johnston 2/20*  
*Harvey Carling 2/22*  
*Betty Johnson 2/23*  
*Lucille Prinsen 2/24*  
*Carol Lange 2/25*  
*Devonne Quamme 2/26*  
*Sandy Hope 2/26*  
*Sandra Horgen 2/27*  
*Bea Henderson 2/27*



## 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 LL Activities room.

Catholic Service is offered the 4th Tuesday at 10:30 a.m. 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:**

**DAVID KONRARDY  
LINDA MCKELEVY  
ROBERTA NELSON  
JOHN STEICHEN**

## *Message from the Chaplain*

Dear Lord, please guide us and protect us throughout the month of February.  
Please help us to trust in You and Your plan for our lives.  
Please give us the strength and courage to overcome any challenges that may come our way.  
Please give us wisdom and discernment in all of our decisions.  
Please provide for all of our needs, both physical and spiritual.  
Please heal any sickness or disease in our bodies.  
Please bless our relationships and bring peace and understanding to any conflicts.  
Please give us a heart of gratitude and help us to show kindness to others.  
Please guide us in our careers and help us to be successful in all of our endeavors.  
Please protect us from the influence of evil and help us to resist temptation.  
Please give us a deeper understanding of Your word and help us to apply it to our lives.  
Nothing can help us except your fatherly love in Jesus Christ. Praised be your name! Amen.



### ***ASH WEDNESDAY SCHEDULE***

#### **Wednesday February 22nd**

1:30 p.m.- Ash Wednesday Service in the Chapel with Chaplain Julie

3:30 p.m.- Distribution of Ashes in the Chapel with Church of the Risen Savior





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.

952-236-2600  
a ministry of Cassia  
CassiaLife.org

## Upcoming Opportunities

### Activity Survey

Thank you to everyone that completed the Activity Survey! Your feedback will be reviewed and we will make whatever adjustments we can to better serve you at the Villa!



### FEBRUARY MOVIES

- Feb 2- *Groundhog Day*
- Feb 11- *Roman Holiday*
- Feb 16- *Where The Crawdads Sing*
- Feb 25- *Matilda The Musical*

### Pen Pal Interest

Students from Highland Elementary School are interested in starting a Pen Pal program with residents at the Villa. If you would be interested in this, please contact Amber, Activities Director, x2620. More information to come.

### AARP Taxes

Stay tuned for information about getting your taxes filed here at the Villa through AARP

- Community Update*- 2/6 Dining Room 2pm
- Focus Meeting*- 2/20 Dining Room 2pm
- Emily's Office Hours*- 2/23 #102 2pm

### Nature Documentaries

The Villa will begin a Nature Documentary series every other Monday in the 3rd floor Wellness Center at 11:15 a.m. This month's program will be episodes from the show "Our Planet"

### Sit and Be Fit

**Tuesdays and Thursday 10:30 am**

The exercise program on Tuesdays will utilize light weights provided in the Wellness Center

### 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