



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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Spirit of Care (continued)

Need more “fiber” in your spiritual diet? Get out your Bible and dig into the book of Acts. This book begins where the Gospels leave off, reporting on the actions of the apostles and the work of the Holy Spirit. I guarantee you will not find yourselves using the words slow or bored when reading this book. It is full of encouraging accounts where we can see the impact of Jesus’ life after He left this earth as well as while He was on this earth! From the early establishment of the church the Gospel message spread, breaking traditions, changing lives, multiplying believers, unifying Jews and Gentiles. You quickly get the message that the early Christians had far from stale spiritual lives.

If you are fighting boredom in your regular spiritual routine or you have not really established one, then do some creative brainstorming to see what other possibilities you might create. There are after all seven days in a week and many ways to be of Christian service and in fellowship with your brothers and sisters in Christ.

What are some of the things you truly love to do? Sing, knit/crochet, play games, read, write,? How might you turn these things into acts of Christian service? You can ask me, your pastor, a close friend, or family member to help you come up with ideas. In addition, take it to God in prayer.

Attending to your spiritual health can be very enjoyable and include lots of variety, and dare I say – FUN! Now as far as physical health goes that is often another story. As I sign off, I return to my lunch of rice cakes and broccoli. Heavy sigh.... Keep Shining!

8 Chaplain Julie

Music Minute

This month Music Therapy is making some changes to its regular programming. Chad, along with Music Therapy Intern, Tiegan Matusik, is bringing you two new music programs: Marvelous Music and Music games. Marvelous Music will consist of music styles and interesting tidbits our Music Therapists are excited to share with you. Music Games will branch out from Music & Motion, adding different kinds of movement experiences involving music. Monday’s morning music programming will be for residents of all floors, taking place at 10:30 in the 3rd floor dining room. Please come check out these new offerings!



A Riveting History

During World War II, six million women joined the American workforce to support the war effort and fill the roles of men who had shipped off to fight. In honor of these women, March 21 has been designated Rosie the Riveter Day, in homage to the denim-clad everywoman who graced the posters and propaganda of the era.

The story of Rosie the Riveter is multi-faceted. It begins with a song entitled “Rose the Riveter” written by Red Evans and John Jacob Loeb in 1942. In the tune, Rosie is an assembly-line worker. While the character of Rosie is likely based on a real person, the true identity of Rosie is in dispute. There are several candidates: Rosina Bonavita, who worked on Convair aircrafts; Rosalind Walter, who built F4U Corsair fighter planes; Adeline Rose O’Malley, who was a riveter for Boeing; and Rose Will Monroe, who built B-24 bombers. Monroe later gained fame for her role as Rosie the Riveter in a short film promoting the war effort.



The most popular image of Rosie the Riveter during wartime came from Normal Rockwell. On his cover of the *Saturday Evening Post* from May 29, 1943, a buff woman wears blue overalls and goggles with a riveter in her lap. She eats a sandwich and steps on a copy of Hitler’s *Mein Kampf*. The name *Rosie* is inscribed on her lunch pail, linking her with the popular song.

The most famous depiction of Rosie the Riveter was never called Rosie. J. Howard Miller’s illustration of a jumpsuit-clad, polka-dot bandana-wearing, bicep-flexing woman exclaiming “We Can Do It!” was used to improve worker morale at Westinghouse Electric. The poster likely hung on factory walls for a couple of weeks in February of 1943 before being lost to history. It was only rediscovered in 1982. Miller’s illustration has since come to embody Rosie the Riveter as an American cultural icon. Today, Rosie is not a figure of war propaganda but has new life as a symbol of feminine strength.

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Be The Best YOU!

The Mind Body Challenge

At Apple Valley Village we want you, our residents, to live your lives to the fullest. That’s why we’re bringing you the *Mind Body Challenge*!

Research shows that when you engage in *Dual-Task Exercises*, activities that help you to exert yourself physically and mentally at the same time, you receive great benefits. Research shows that you can...

- Enhance your cognition, i.e. strengthen your mind
- Improve mobility
- Reduce falls
- Improve memory
- Improve physical performance, gait, and balance
- Stimulate growth of new synapses in the brain

The Activities and Move Forward teams are integrating Dual-Task Exercises into our programming beginning in March. Read the next column to find out how you can join in, and how we’ll recognize and reward your efforts!

Mind Body Challenge

How You Can Do It Too!

If you would like to improve your mental and physical health and join our *Mind Body Challenge*, all you have to do is attend any of the highlighted programs on your activity calendar.

Ideally, everyone will attend *at least three* of these programs a week to get the most benefit.

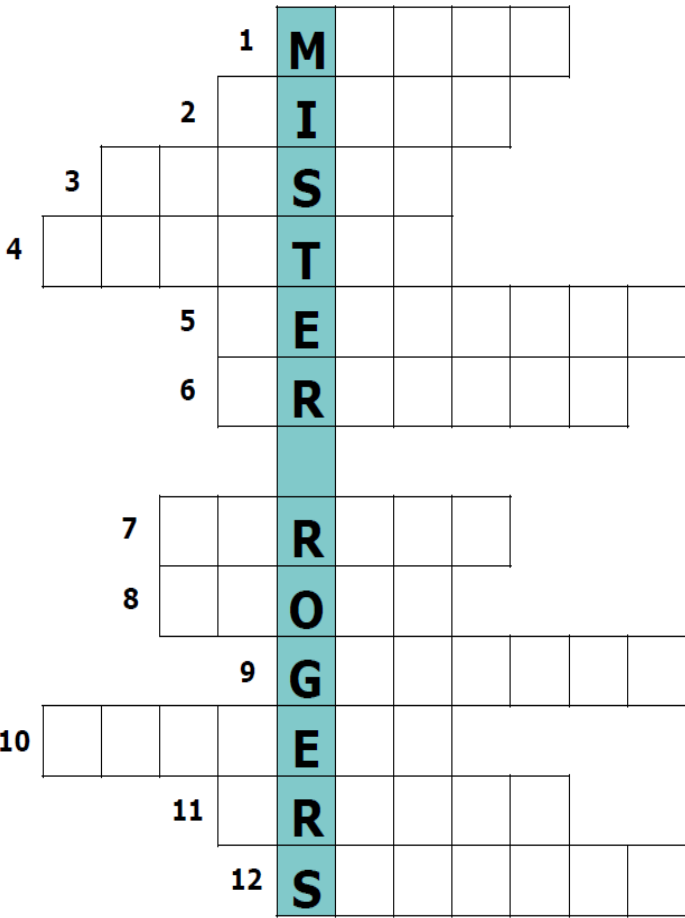
We’re also going to recognize you for your efforts. If you attend two or more in a week, your name (with your permission) will appear on our Challenge Board on channel six.

If you attend at least 7 per month, we’ll have a small prize for you. And if you make it to 18 in a three-month period, we’ll celebrate with a pizza party!



Spelling Mister Rogers Puzzle

Use the clues to fill in the grid.



1. Songs and melodies
2. Instrument with pedals
3. Visitors
4. Cardigan, for one
5. "Won't you be my _____?"
6. Street car
7. Reoccurring TV show
8. Footwear
9. Aquarium favorite
10. Marionettes
11. Arts and _____
12. Subject with experiments

Spirit of Care

Variety is the Spice of Christian Life

As the story goes: A man had just had his annual physical exam and was waiting for the doctor’s initial report. The doctor came in with her charts in her hand and said, “There’s no reason why you can’t live a completely normal life as long as you don’t try to enjoy it.”

As we age, we certainly realize that the choices we make to maintain our health are often much less enjoyable than the lack of proper nutrition and lifestyle choices we made in our “devil-may-care” years. We now listen for big words like “antioxidants” and “polyunsaturated fats.” In addition, we rejoice when we hear the latest reports, which give dark chocolate the antioxidant “thumbs up” and categorize a glass of wine as a “heart smart” beverage. We listen to infomercials that promise fitness results equivalent of 600 sit-ups in 10 minutes by just strapping on a special belt and pressing a button. We remain hopeful that we will someday be able to use the words “diet” and “exercise” in the same sentence as the word “enjoyable”.

Attending to our spiritual health often follows along the same vein as attending to our physical health; less satisfying, yet hopeful that someday our spiritual practices will become more enjoyable. Have you tired of your religious routine, or are your spiritual practices feeling empty or falling flat? Then for heaven’s sake, change them! You can live a strong, faithful Christian life and enjoy it at the same time!

Continued on back page...

Remembering The Departed...

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

Rosalee Skaudis.....	February 4
Mary Linderberg.....	February 9
Laima Bubliauskiene	February 10
Evelyn Radke	February 17
Clara Bieganeck	February 19
Margaret Braddock.....	February 21
Robert Valle	February 21
John Colvard.....	February 21



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 March 5th at 3:00 pm with Chaplain Julie, second floor dining room.
- Wednesday services include Worship Service, Bible Study, Prayer & Praise, and Memorial Service. These services are at 3pm in the second floor dining room. Check the activity calendar on pages 4 & 5 for specific dates.
- Catholic Mass is shown weekly on channel six, Thursdays at 10:30 am.
- Our in-house channel is on 6, 111, or 1111 for some TV's

Our Magic Table

In 2022, our MOVE Forward Grant brought many new innovative ideas and items into our community, one such item is the Lucynt Magic Table Projector. The Lucynt Magic Table contains 150 games and sensory experiences that can be projected onto a table for residents to engage with. Optical sensors track the user's hand movement and allow them to interact with the program on the table. From fast-paced games like Ice Hockey, Soccer, and Whack-a-Mouse, to sensory experiences like dragging your hands through a Koi pond, shooing butterflies, and sweeping leaves, the Magic Table provides engagement opportunities for all of our residents.

The Magic Table is located in the 2nd floor sun room. It is currently available for use on Wednesdays from 9am – 4pm.



March Birthdays

Residents	Employees
Joan E March 3	Chad W March 1
Harri K..... March 4	Esi A..... March 1
Bisram G..... March 5	Carol M March 1
Bonnie G..... March 6	Sarah C..... March 5
Connee J March 11	Celina J..... March 6
Margaret T..... March 13	Evans N..... March 9
Jeffrey P..... March 14	Mikayla L..... March 10
Ranie B March 16	Salwa D..... March 10
Josephine B..... March 19	Zinashwork M..... March 12
Roy S March 21	LaTrece O March 18
Darlene B..... March 22	Joy D March 19
Carol N March 24	Layla A..... March 20
Joseph H March 26	Patricia P March 23
Judy S March 26	Shameeza R..... March 23
Ruth U March 26	Nickson K March 24
Segundo Q March 29	Nancy K March 24
Charles B March 30	Noor C..... March 25
	Emma A March 25
	Beth F..... March 25
	Ana Katrina B March 25
	Cris A March 26
	Mary P..... March 26
	Abbie G..... March 29

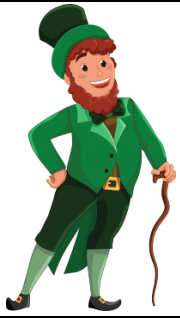






MARCH

2023

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 Magic Table Games..2SR 10:30 Community Choir...2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad.....3DR</i> 3:00 Worship Service.....2DR	2 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR <i>Lunch Music with Chad....1DR</i> 10:30 Catholic Communion.2DR 10:30 Catholic Mass.....TV6 3:00 Chime Practice.....2DR	3 9:30 Music & Motion.....2SR 9:30 Personal Training Rounds.....3rd Floor 2:30 Movie Matinee.....2DR	4 10:00 Sunrise Stretches...2SR 12:30 Lunch Music.....2DR 1:30 Crafternoon.....2SR
5 10:00 Stories & Memories..3SR 3:00 Worship Service with Chaplain Julie.....2DR 3:00 Worship Broadcast..TV6	6 10:30 Music & Memories.....3DR 2:00 Java Mentors.....1CR 2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd <i>Purim Begins at Sundown</i>	7 9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR 5:15 Table Games.....2SR FULL MOON	8 9:30 Magic Table Games..2SR 10-12 Eyeglass Tune-Up .2SR 10:30 Community Choir....2DR <i>Lunch Music with Chad.....3DR</i> 1:45 Drum Circle.....3SR 3:00 Prayer & Praise.....2DR	9 9:30 Sit Fit.....2SR 9:30 Music Games.....3SR <i>Lunch Music with Chad....1DR</i> 10:30 Catholic Mass.....TV6 1:30 Brain Games.....2SR 3:00 Chime Practice.....2DR 5:15 Music Club.....2SR	10 9:30 Music Games.....2SR 9:30 Personal Training Rounds.....3rd Floor 10:30 Outing to Red Lobster 2:30 Sing-Along.....2DR	11 10:00 Sunrise Stretches...3SR 12:30 Lunch Music.....3DR 2:30 Table Games.....2SR
12  10:00 Stories & Memories..3SR 3:00 Sunday Devotions....2DR 3:00 Worship Broadcast..TV6	13 10:30 Marvelous Music....3DR 2:00 Java Mentors.....1CR 2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd	14 9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR 5:15 Table Games.....2SR	15 9:30 Magic Table Games..2SR 10:30 Community Choir....2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad.....3DR</i> 3:00 Bible Study.....2DR 4:15 Music & Relaxation..3SR	16 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Communion.2DR 10:30 Catholic Mass.....TV6 <i>Lunch Music with Chad....1DR</i> 1:30 Brain Games.....2SR	17  9:30 Music & Motion.....2SR 9:30 Personal Training Rounds.....3rd Floor 2:30 St. Patrick's Happy Hour.....2DR	18 10:00 Sunrise Stretches...2SR 10:00 Sunrise Stretches....3SR 12:30 Lunch Music.....1DR 2:30 Bingo with River Valley Church.....2DR
19 10:00 Stories & Memories..3SR 3:00 Sunday Devotions.....2DR 3:00 Worship Broadcast..TV6	20  10:30 Music & Memories...3DR 2:00 Java Mentors.....1CR	21 9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR 5:15 Table Games.....2SR	22 9:30 Magic Table Games..2SR 10:30 Resident Council....2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad.....3DR</i> 1:45 BOOM Whacked!.....3SR 3:00 Worship Service.....2DR First Of Ramadan at Sundown	23 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Mass.....TV6 <i>Lunch Music with Chad....1DR</i> 1:30 Brain Games.....2SR 3:00 Chime Practice.....2DR 5:15 Music Club.....2SR	24 9:30 Music & Motion.....2SR 9:30 Personal Training Rounds.....3rd Floor 12:00 Pizza Lunch Bunch.LL 2:30 Karaoke.....2DR	25 10:00 Sunrise Stretches....3SR 12:30 Lunch Music.....2DR 2:30 Table Games.....2SR
26 10:00 Stories & Memories..3SR 3:00 Sunday Devotions.....2DR 3:00 Worship Broadcast....TV6 MLB Baseball Season Opener Week 	27 10:30 Marvelous Music.3DR 2:00 Java Mentors.....1CR 2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd 2:30 America's Pastime.....2SR	28 9:30 Musical Minds.....3SR 10:15 Nail Polishing.....3SR 10:30 Musical Minds.....2SR <i>Lunch Music with Chad.....2DR</i> 2:30 Bingo.....2DR 5:15 Arts & Crafts.....2SR	29 9:30 Magic Table Games..2SR 10:30 Community Choir....2DR 11:30 Java Time.....3SR <i>Lunch Music with Chad.....3DR</i> 1:30 Brain Games.....2SR 3:00 Memorial Service.....2DR	30 9:30 Sit Fit.....2SR 9:30 Music Games.....3SR 10:30 Catholic Mass.....TV6 <i>Lunch Music with Chad.....1DR</i> 2:30 Opening Day Party....2DR 5:15 Ball Park Memories...2SR	31 9:30 Music Games.....2SR 9:30 Personal Training Rounds.....3rd Floor 2:30 Baseball Game!.....2DR	<u>MIND/BODY Challenge</u> Attend at least TWO highlighted groups per week to appear on our Channel Six All Star List. SEVEN per month wins a prize, and 18 per quarter wins a PIZZA PARTY!