



14650 Garrett Ave
Apple Valley
MN 55124



952-236-2000
a ministry of Cassia
CassiaLife.org

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

I was able to gift 25 children of our health care workers here at the Villa and Care Center with your generous gifts. Hearing their stories and seeing the tears of gratitude on their faces for such generous gifts to their children....my heart is full! I wish you could have been a part of that part of the giving. But, we know it is hard to ask for help, so we respected people's privacy and kept their requests and the receiving of these gifts anonymous. Mostly, because of our providing the necessary school supplies for their children, the parents of these children were able to redirect their monies to get their children the clothing and shoes they needed.

Let us continue to pray for the children of those that help to care for us in so many ways. May their children have a great year in school. May they learn, and grow, and know that they are loved. And may we continue to work together in God's greatest commandments...

"Teacher, which commandment is the law is the greatest?" He [Jesus] said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. And the second is like it: You shall love your neighbor as yourself. On these two commandments hang all the law and the prophets." Matthew 22:35-40

Keep shining!
Chaplain Julie

Begging the Question

Ask a Stupid Question Day on September 28 prompts us to wonder what happens if you ask a stupid question. Will you get a stupid answer? Or, as the other saying goes, is there really no such thing as a stupid question? This holiday was invented by teachers in the 1980s as a way to get children to be fearless when it comes to asking questions. The notion is that if students feel comfortable asking stupid questions, they will feel more confident asking questions in general.

Questions are the cornerstone of learning. This was understood by Socrates back in ancient Greece when he developed his own questioning methods. Over the millennia, questioning has allowed us to explore complex ideas, clarify meanings, provide evidence, explore consequences, and challenge assumptions. Without questions, there is no learning! So yes, ask questions even if they are stupid! Even if they reveal obvious truths, truths in the open are better than truths hidden.



Answers to concentration Puzzles on Page 7...

- 1 Throw caution to the wind
- 2 Going out of style



The Most Fashionable Month

The month of September brings a string of fashion weeks from the industry's most influential designers in some of the world's most fabulous cities. New York, London, and Milan all host runway shows debuting the hottest trends for 2024. This monthlong fashion celebration culminates in Paris, where top designers, celebrities, and fashionistas gather to show off their newest fashion creations. September just might be the most fashionable month of the entire year.

New York, London, Milan, and Paris are known as the "Big Four" fashion cities of the world. Typically, each city hosts its own nation's designers. Donna Karan, Michael Kors, and Thom Browne call New York home; Burberry, JW Anderson, and Simone Rocha rock the runways of London; Italian greats Fendi, Gucci, and Prada strut in Milan; while French fashion houses Chanel, Givenchy, and Dior display their elegance in Paris. While there are plenty of fashion labels in Spain, Japan, Turkey, and elsewhere, fashion houses large and small flock to these four cities, where journalists and celebrities exert tremendous influence over which trends will dominate the next season.

The very first fashion shows were held in Paris. Nineteenth-century designer Charles Frederick Worth and his marketing team replaced fashion dolls with live women to parade new designs in public places like racetracks and beauty salons. During the first two decades of the 20th century, both designers and department stores began staging their own "fashion shows," or fashion parades, to lure middle-class women into stores. It wasn't until 1943, amid World War II, that New York held its first official fashion week, which it dubbed "Press Week." With fashion industry moguls and media unable to fly to Paris, New York decided to hold its own fashion event. American designers could now give buyers alternatives to French fashion. Paris soon established its own regular couture shows in 1945. Our global devotion to fashion trends had finally begun.



Project Stormfury-2
Podcast Popularity-2
September Birthdays-3
Activity Calendar-4, 5

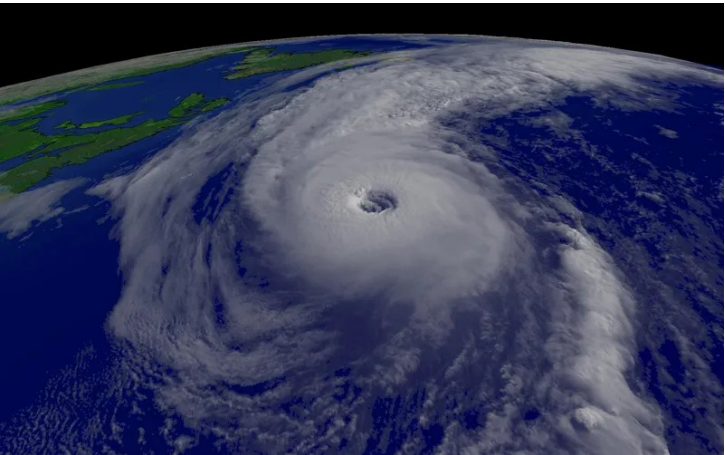
Remembering the
Departed-6
Hit Parade-6

Concentration Puzzles-7
Spirit of Care-7, 8
Begging the Question-8

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Project Stormfury

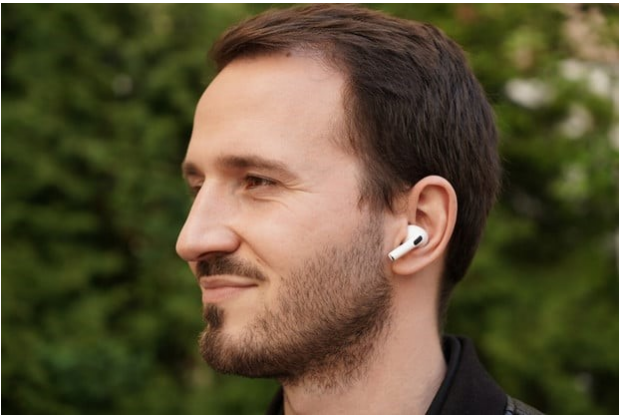
From 1962 to 1983, the United States government engaged in an ambitious scientific project known as Project Stormfury, the manipulation of hurricanes. Aircraft would fly into hurricanes and drop silver iodide, turning supercooled water inside the storm to ice, a process known as “seeding.” This would, theoretically, disrupt the storm structure and cause the hurricane to weaken. Over the years, Project Stormfury identified hurricanes to target and attempted to seed them, often with inconclusive results. On September 30, 1971, an attempt was made to seed Hurricane Ginger as it lashed the North Carolina coast. It was not successful. Although “seeding” was never proven effective, invaluable hurricane research was conducted.



Podcast Popularity

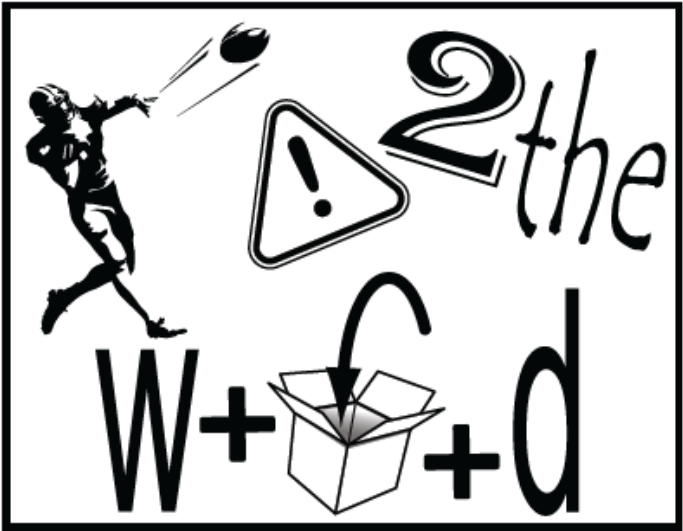
Podcasts, those instantly accessible online audio series, are among the most popular forms of modern entertainment. They are so popular, in fact, that they enjoy their own holiday on September 30, International Podcast Day.

The allure of podcasts lies in their variety and availability. You can listen to stories about just about anything: cooking, home renovation, celebrities, hard news stories, pop culture, and more. And thanks to smartphones, you can listen whenever and wherever you want: on a walk, at the gym, at home, in the car. While many podcasts are deeply researched and professionally produced, even hosted by established radio and television personalities, it is still possible to record your own podcast about whatever topic you like in your basement. In many ways, the medium is surprisingly free, both in terms of cost to stream and in terms of creativity. Neither internet nor media companies control content. If you love listening to the radio, podcasts are its modern extension. Why not try them?



Concentration Puzzles

Use the visual clues in the puzzle to figure out what it says. Answers are on the back page, but try not to look!



Puzzle #1



Puzzle #2

Spirit of Care

You all continue to inspire and encourage me! Your generosity and your loving care for others in need is so wonderful! For the past several years, we have held a fundraiser to help the children of the employees of the Villa and the Care Center with their school supplies and backpacks as they prepare to go back to school. Prices on everything are going up these days, and back to school necessities are no exception. Statistics show that parents are spending more on getting their children back to school this year than ever!

This year we set a goal to provide 25 backpacks full of the necessary school supplies for 25 students to get set up to start their school year with all they needed. This goal was achieved....and then some!

Every day I would come in to work, I was met with bags of school supplies, attractive and functional backpacks, or money to get whatever else might be needed. It reminded me of the loaves and fishes story where Jesus fed over 5,000 people with only five loaves of bread and two fish. None of us could have taken on this project on our own, but together, little by little, day by day, everything arrived that was needed. And just like the loaves and fishes story in the Bible, where there were 12 baskets of leftovers after having fed all those people, we have 2 extra backpacks and some extra school supplies as well. These will be saved for seed for our next year’s school supply drive. Or, if we hear of anyone with a need for school supplies at any point in the year, we can help!



Continued on back page...

Remembering The Departed...

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

- Jeanne Colehour..... August 5
- Mary Ann Holm..... August 10
- Joanne Welch..... August 13
- Evelyn Palmer..... August 14
- Josephine Blasko August 24
- Thomas Koch..... August 26

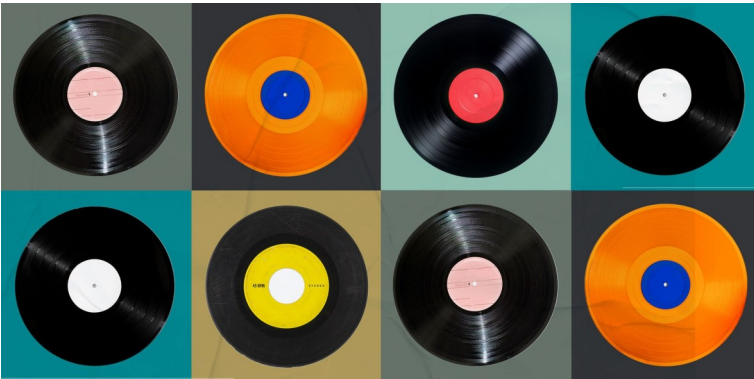


Worship Service Schedule

- Worship services from Central Lutheran Church in Minneapolis will be broadcast at 3:00 pm on channel 6 every Sunday.
- Sunday Devotions each Sunday with Wendy at 3:00 pm, second floor dining room.
- Wednesday services include Worship Service, Bible Study, 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 Mass is shown weekly on channel six, Thursdays at 10:30 am. Live Communion services on September 7 and 21 in the second floor dining room. Catholic Eucharistic ministers will provide room visits on September 14 & 28.

Hit Parade

If you had only one chance for greatness, would you really make it count? September 25, One-Hit Wonder Day, honors those artists who took their one chance and made a lasting musical impression on popular culture. In 1957, Dale Hawkins wrote the rockabilly hit “Suzy Q,” a one-hit wonder that was remade into a hit by Creedence Clearwater Revival in 1968. In 1969, Norman Greenbaum was inspired to write a gospel song, so he penned “Spirit in the Sky” in 15 minutes. The ode to Jesus became a massive hit despite Greenbaum being Jewish. The single went gold, selling two million copies. It wasn’t the first one-hit wonder to go gold. In 1966, “96 Tears” by ? [Question Mark] and the Mysterians hit No. 1 on the pop charts and went gold. Frontman Rudy “Question Mark” Martinez never questioned the song’s mysterious popularity.



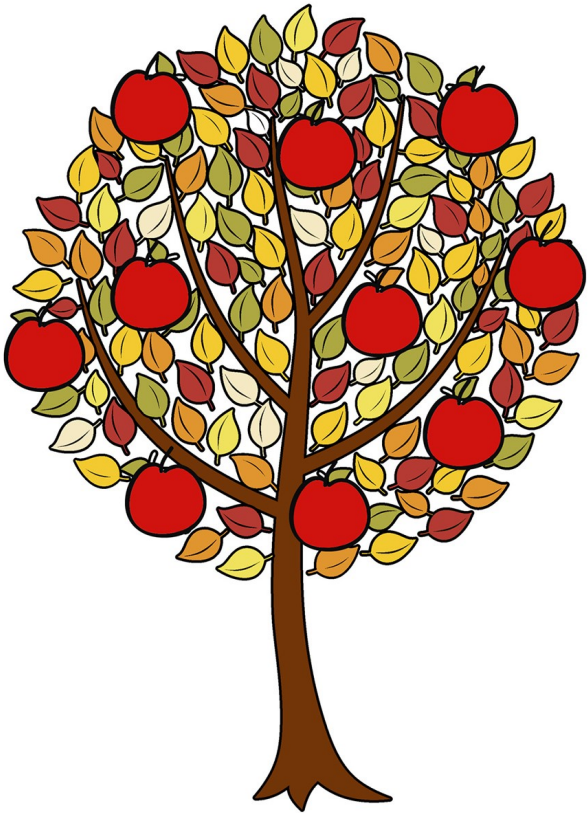
September Birthdays

Residents

- Nancy F September 3
- Ardess J September 5
- Gail J..... September 5
- Gholam S..... September 7
- Mei Lei September 14
- Dorothy G..... September 20
- Mary K September 21
- David L..... September 24
- Doug D September 26
- Karen A September 27
- Patricia H..... September 29
- Eldon K..... September 29

Employees


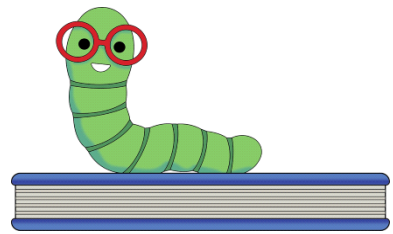

- Sunita H..... September 2
- Carolyn J September 2
- Adelfa O..... September 2
- Molly F..... September 4
- Rosalia L September 4
- Miranda R September 9
- Almaz B September 10
- Miranda J..... September 12
- Samrawit K September 12
- Turi W September 14
- That That A September 18
- Felix O..... September 18
- Maria Rena G September 19
- Arianna H..... September 19
- Carin L September 20
- Sarah A..... September 20
- Dorthea J September 23
- Lynn S September 24
- Rosalind R..... September 24
- Kathlene K September 29



September 2023

Activity Programs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities are subject to change. Check bulletin board across from the elevators for updates or channel 6.</p> <p>DR=Dining Room SR=Sun Room LL=Lower Level</p>	<p>*Lunch Bunch and Bus Outings require sign-up and residents may be responsible for cost of their own meal and bus fare.</p>	<p><u>MIND/BODY Challenge!!</u> <i>Attend at least TWO groups per week and you'll be rewarded! These are dual-task groups that challenge the mind and the body.</i></p>			<p>1</p> <p>9:30 Music & Motion.....2SR</p> <p>9:30 Personal Training.....3rd</p> <p>10:00 Creative Arts.....3SR</p> <p>2:30 Movie Matinee.....3DR</p>	<p>2</p> <p>10:00 Sunrise Stretches...2SR</p> <p>12:30 Lunch Music.....2DR</p> <p>2:30 Jeopardy.....2SR</p>
<p>3</p> <p>10:00 Stories & Memories..2SR</p> <p>3:00 Sunday Devotions.....2DR</p> <p>3:00 Worship Broadcast..TV6</p>	<p>4</p>  <p>Labor Day</p> <p>10:00 Patriotic Play-Along..2SR</p> <p>2:00 Word Games.....2SR</p> <p>2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd</p>	<p>5</p> <p>9:30 Table Games....2SR</p> <p>9:30 Musical Minds.....3SR</p> <p>10:15 Nail Polishing..2SR/3SR</p> <p>10:30 Musical Minds.....2SR</p> <p>2:30 Bingo.....3DR</p>	<p>6 8:00 Magic Table Games.2SR</p> <p>9:30 Personal Training.....2nd</p> <p>9:45 Mind Body Exercise.3SR</p> <p>10:30 Choir Rehearsal.....2DR</p> <p>11:30 Java Time.....3SR</p> <p>12:30 <i>Lunch Music</i>3DR</p> <p>1:30 Table Games.....3SR</p> <p>3:00 Worship Service.....2DR</p>	<p>7</p> <p>9:30 Mind Body Exercise.2SR</p> <p>9:30 Music & Motion.....3SR</p> <p>10:30 Catholic Communion.2DR</p> <p>10:30 Catholic Mass.....TV6</p> <p>2:00 Stories & Memories....2SR</p> <p>3:00 Chime Practice.....2DR</p>	<p>8</p> <p>9:30 Music & Motion.....2SR</p> <p>9:30 Personal Training3RD</p> <p>2:30 Sing-Along.....2DR</p>	<p>9</p> <p>10:00 Sunrise Stretches...2SR</p> <p>12:30 Lunch Music.....3DR</p> <p>2:30 Jeopardy.....2SR</p>
<p>10</p> <p>10:00 Stories & Memories..3SR</p> <p>3:00 Sunday Devotions....2DR</p> <p>3:00 Worship Broadcast..TV6</p> <p>Grandparents Day</p>	<p>11</p> <p>10:00 Music & Memories....2SR</p> <p>11:00 Music Club.....2SR</p> <p>1:30 Word Games.....2SR</p> <p>2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd</p> <p>Patriot Day</p>	<p>12</p> <p>9:30 Table Games....2SR</p> <p>9:30 Musical Minds.....3SR</p> <p>10:15 Nail Polishing....2SR/3SR</p> <p>10:30 Musical Minds.....2SR</p> <p>2:30 Bingo.....2DR</p>	<p>13 8:00 Magic Table Games2SR</p> <p>9:30 Personal Training.....2nd</p> <p>9:45 Mind Body Exercise.3SR</p> <p>10-12 Eyeglass Tune-Up. 2SR</p> <p>10:30 Choir Rehearsal.....2DR</p> <p>11:30 Java Time.....3SR</p> <p>12:30 <i>Lunch Music</i>3DR</p> <p>1:30 Table Games.....3SR</p> <p>3:00 Prayer & Praise.....2DR</p>	<p>14</p> <p>9:30 Mind Body Exercise.2SR</p> <p>9:30 Music & Motion.....3SR</p> <p>10:30 Catholic Room Visits</p> <p>10:30 Catholic Mass.....TV6</p> <p>2:00 Stories & Memories....2SR</p> <p>3:00 Chime Practice.....2DR</p>	<p>15</p> <p>9:30 Music & Motion.....2SR</p> <p>9:30 Personal Training Rounds.....3rd Floor</p> <p>10:00 Creative Arts.....3SR</p> <p>2:30 Birthday Party.....3DR</p> <p><i>Music by Hank Thunander</i></p> <p>Rosh Hashanah at Sundown</p>	<p>16</p> <p>10:00 Sunrise Stretches...2SR</p> <p>12:30 Lunch Music.....1DR</p> <p>2:30 Jeopardy.....2DR</p> <p>Independence Day for Mexico</p>
<p>17</p> <p>10:00 Stories & Memories..2SR</p> <p>3:00 Worship Broadcast..TV6</p>	<p>18</p> <p>10:00 Marvelous Music.....2SR</p> <p>11:00 Music Club.....2SR</p> <p>1:30 Word Games.....2SR</p> <p>2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd</p> <p>2:30 Java Mentors.....Lower Lvl</p>	<p>19</p> <p>9:30 Table Games....2SR</p> <p>9:30 Musical Minds.....3SR</p> <p>10:15 Nail Polishing....2SR/3SR</p> <p>10:30 Musical Minds.....2SR</p> <p>2:30 Bingo.....3DR</p>	<p>20 8:00 Magic Table Games2SR</p> <p>9:30 Personal Training.....2nd</p> <p>9:45 Mind Body Exercise.3SR</p> <p>10:30 Choir Rehearsal.....2DR</p> <p>11:30 Java Time.....3SR</p> <p>12:30 <i>Lunch Music</i>3DR</p> <p>1:45 Rhythm Band.....2SR</p> <p>3:00 Bible Study.....2DR</p>	<p>21 Peace Day</p> <p>9:30 Mind Body Exercise.2SR</p> <p>9:30 Music & Motion.....3SR</p> <p>10:30 Catholic Communion.2DR</p> <p>10:30 Catholic Mass.....TV6</p> <p>2:00 Stories & Memories....2SR</p> <p>3:00 Chime Practice.....2DR</p>	<p>22</p> <p>9:30 Music & Motion.....2SR</p> <p>10:00 Creative Arts.....3SR</p> <p>10:30 Out to Texas Roadhouse</p> <p>9:30 Personal Training Rounds.....3rd Floor</p> <p>2:30 Ice Cream Social.....2DR</p>	<p>23</p> <p>10:00 Sunrise Stretches...2SR</p> <p>12:30 Lunch Music.....2DR</p> <p>2:30 Jeopardy.....2DR</p> <p>AUTUMN</p>
<p>24</p> <p>10:00 Stories & Memories..3SR</p> <p>3:00 Sunday Devotions.....2DR</p> <p>3:00 Worship Broadcast....TV6</p> <p>Yom Kippur at Sundown</p>	<p>25</p> <p>10:00 Music Exploration.....2SR</p> <p>11:00 Music Club.....2SR</p> <p>1:30 Word Games.....2SR</p> <p>2:00 Pet Visits.....2nd, 3rd</p> <p>2:30 Java Mentors.....Lower Lvl</p>	<p>26</p> <p>9:30 Table Games....2SR</p> <p>9:30 Musical Minds.....3SR</p> <p>10:15 Nail Polishing....2SR/3SR</p> <p>10:30 Musical Minds.....2SR</p> <p>2:30 Bingo.....2DR</p>	<p>27 8:00 Magic Table Games2SR</p> <p>9:30 Personal Training.....2nd</p> <p>9:45 Mind Body Exercise.3SR</p> <p>10:30 Choir Rehearsal.....2DR</p> <p>11:30 Java Time.....3SR</p> <p>12:30 <i>Lunch Music</i>3DR</p> <p>1:30 Table Games.....3SR</p> <p>3:00 Worship Service.....2DR</p>	<p>28</p> <p>9:30 Mind Body Exercise.2SR</p> <p>9:30 Music & Motion.....3SR</p> <p>10:30 Catholic Mass.....TV6</p> <p>12:00 Lunch Bunch.....LL</p> <p>“Goodcents” subs and more</p> <p>3:00 Chime Practice.....2DR</p>	<p>29</p> <p>9:30 Music & Motion.....2SR</p> <p>9:30 Personal Training Rounds.....3rd Fl</p> <p>2:30 Move Something....3DR</p> <p>Full Moon</p>	<p>30</p> <p>10:00 Sunrise Stretches...2SR</p> <p>12:30 Lunch Music.....3DR</p> <p>2:30 Jeopardy.....2DR</p>