

October 2023

Message from Emily

Happy October! Fall is officially here. As many of you know, the heat in our building is controlled by hot water boilers. These were turned on for the season mid-September. You may now adjust the dial to your heat register to get heat flowing into your apartment. Please note the thermostat on your wall only controls the air conditioning in your unit. Please contact the Front Desk if you have specific questions on the temperature in your apartment.

In September, we had the face of our balconies pressure washed for curb appeal and to prepare for our photoshoot of the building that was scheduled September 21st. The photographer had to reschedule the photoshoot and it is now scheduled for Tuesday, October 10th. This will not feature any residents just our building and common areas. Many questions have come up if we are going to have our windows cleaned after the balcony pressure washing was completed. At this time we do not have anything scheduled.

Our HUD REAC Inspections have been on hold the past few months. We will be meeting as a Director Team in the beginning of October to discuss our plan moving forward to catch up on our HUD REAC Inspections as we anxiously await our notice for our overdue inspection from HUD. Reminder that our

whole building is under a Federal HUD Loan, which means they can inspect any apartment when the official inspection is scheduled. Due to this, we inspect all apartments to make sure they are up-to-date with HUD guidelines. We will send out notifications when our team at Apple Valley Villa will be continuing our inspections and we will send another notice when we have a date for the official inspection.

Our Community Update Meeting will be held on Monday, October 2nd at 2:00pm in the 5th floor Dining Room. This month we will be skipping our Focus Meeting as we have a special guest coming from NAMI, National Alliance on Mental Illness, presenting 'Grey Matters' on Monday, October 16th at 9:30am. Watch for additional flyers for this topic. I will hold my monthly Office Hours on Thursday, October 19th from 2-3:30pm.

Stay tuned to your October calendar and postings around the Villa for some fun and exciting fall and Halloween activities! I am looking forward to seeing the creative decorations and what team members, residents, animals and visitors have planned for their Halloween costumes!

Emily Kjelstad
Director of Housing
952-236-2628

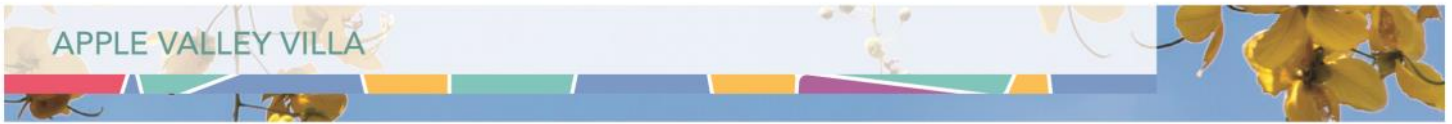
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Apple Valley
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October Tidbits

Tickle Your Funny Bone

Why did the scarecrow win an award?

Answer: Because he was outstanding in his field.

Challenge for the Day

Try talking to someone you've never talked to before.

Fun Facts About Pumpkins

- Pumpkins grow on every continent on Earth except Antarctica.
- Pumpkins are actually fruits and not vegetables.
- According to the Victory Garden Handbook, pumpkins are a good choice for growing because of their high nutritional value.

Riddle Me This

I'm a symbol of fright with a spooky glow and a carved face— eerie shadows I throw! I light up the night on a special occasion, a Halloween staple evoking fascination. What am I?

Answer: Jack-o-lantern



Director 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 Campus Maintenance Director	952-236-2589 Office: LL of Health & Rehab Center
Julie Ryan Director of Spiritual Care Chaplain	952-236-2627 Office: Lower Level

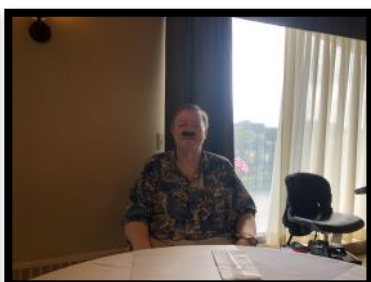
If you need to contact a nurse, please call 952-236-2621. If it's an emergency, please call the Front Desk (0).

Resident Spotlight

This month, we will be spotlighting many residents from some of our activities from September!

Thanks for the Memories Part II with Mike Henry

Residents got to hum along and tap their toes to songs from the beginning of rock and roll!



Birthday Party

Singer, Colleen Wold Heibeler, found our Villa's own earth angel, Betty P., and Macho Man, Rick L. at the September birthday party!

Pet Visits with North Star Therapy Animals

Bergen, a 140 lb Leonberger, brightened people's day and we can say he surely left a BIG impression!



Caponi Art Park

A group of residents got to enjoy the last day of summer with art and nature at Caponi Art Park.



September Craft

Residents got the chance to make scrapbook leaf décor to kick off fall



Announcements

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

May in Apartment #318 is our sewing volunteer. She can mend items and also iron and press clothing. You can leave items at the front desk (Be sure to include your name and what you would like mended) or call May x2318 and your items will be mended free of charge.

2nd Floor Library

All residents are welcome to read the books from the 2nd floor Library. You may take the books you would like to read. **Please return all books to the small shelf next to the elevators for the Library Volunteers to put away.** If you have questions, please contact Amber, Activities Director, 2620.

Fireside Chat

Join the dietary staff on Wednesday October 25th at 11:00 a.m. in the 5th floor Dining Room to discuss all things FOOD at the Villa.

Emily's Office Hours

Join our Director of Housing for walk-in office hours on Thursday, October 19th from 2:00-3:30 p.m. to discuss questions, comments, concerns or to come and just say hi!

Cribbage at the Villa

CALLING ALL CRIBBAGE PLAYERS! Join us for Cribbage on Tuesdays from 6:45-8:45 p.m. in the Deli and Wednesdays from 10:00-12:00 p.m. in the Game Room. Bring your own boards or use the supplies in the game room or LL Activity Room. Call Amber, 2620, with questions!

No October Focus Meeting

We will have a speaker from NAMI joining us Monday, October 16th from 9:30-11:00 a.m. so there will be no Focus Meeting this month.

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. Please see Annalissa, Resident Services Director, or Amber, Activities 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
Monday 10/2	Target
Tuesday 10/3	Dollar Tree
Monday 10/9	Walmart
Thursday 10/12	Cub Foods
Monday 10/16	Target
Tuesday 10/17	Pahl's Market
Wednesday 10/18	Little Six Casino
Friday 10/20	Olive Garden
Monday 10/23	Walmart
Thursday 10/26	Cub Foods
Monday 10/30	Joann Fabrics/ Savers
Tuesday 10/31	Aldi

Special Events

Entertainment Performances

Music with Velvet Tones– Sunday 10/8
1:30 p.m. 4th floor Chapel

Music with Bill Cagley– Monday 10/9
2:00pm Fireside Dining Room

Markus Clegg Magician– Friday 10/27
2:00pm Fireside Dining Room



Halloween Events at the Villa

Costumes, candy, and magic, oh my!

Halloween Party

Friday, Oct. 27th at 2:00 p.m. 5th floor Dining Room
Wear your costumes! Prizes will be given out for most creative costumes! Entertainment by magician Markus Clegg!

“Witch” Bingo

Tuesday, Oct. 31st at 2:00 p.m. LL Activity Room
Play bingo for FREE with a Halloween twist!

Costume Bingo

More info to come!



Velvet Tones Choir Concert

Listen to the beautiful sounds of the Velvet Tones Choir on Sunday, October 8th at 1:30 p.m. in the Chapel. Featuring Villa resident, Claudia #425!



Birthday Party

Celebrate the monthly birthdays on October 9th at 2:00pm in the Fireside Dining Room! Everyone is invited and those with October birthdays will be recognized at the party.



Wine Social

Socialize with your friends and neighbors over drinks on October 5th at 2:00pm in the Fireside Dining Room!



Little Six Casino

Enjoy a trip Little Six Casino on Wednesday, October 18th from 9:45-2:30 p.m.!

Sign up on Lower Level Bulletin Board.

Minimum 3 certified riders.



Cider Social

Fall is here! Join us for our first Cider Social on Thursday, October 19th at 2:00 p.m. in the lobby!



Resident Birthdays & Move-Ins

Birthdays

#305 Connie Chapinski 10/2

#234 Bob Substad 10/3

#352 Bill Campfield 10/7

#318 Bruce Williams 10/9

#330 Rick Lynch 10/101

#350 Al Gayle 10/14

#314 Eileen Peterson 10/15

#502 Pat Buchanan 10/18

#143 Mary Pruitt 10/21

#453 Terri Rinaldi 10/22

#448 Georgia Fahy 10/23

#339 Barb Kaisto 10/23

#450 John Norris 10/23

#230 Jim Fuller 10/25

#136 Robert McMaster 10/26

#443 Jim Wilson 10/26

#327 Patrick Rainey 10/30

New Residents

Judy Jones #045

Hugh Tunstead #127

Thomas Smith #142

Gary Solyst & Zu Yang
#435

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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 Activities room.

Catholic Service is offered on Thursdays at 3:30 p.m. and Catholic mass the 4th Tuesday at 10:30am

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:

JOY ANDIS†

Message from the Chaplain

Blessed are Our Animals



I'd like you to meet Sophie (3) and Berkeley (7 mo), my two sweet Coton de Tulear pups. They can best be described as whimsical, snuggly, playful, at times little stinkers, and most of all, they are so full of love. The pure, unconditional love they give to my husband and me is something that just makes our knees melt. Especially after a long day, on days when one of us is not feeling up to par, or when things get stressful, they are there to sit on our lap, snuggle in our chair, walk to the park, or bring a toy letting us know it is time to play. The bond between person and pet is like no other relationship, because the communication between fellow creatures is at its most basic. Eye-to-eye, a person and their pet are two creatures of love.

Francis of Assisi is a person who became known for his connection to and love for animals. He could even be viewed as the original Earth Day advocate. Not only did he care for the poor and sick, but he preached multiple sermons on animals and wanted all creatures on earth, including humans, to be treated as equals under God. Some of his sermons included stories about birds, fish, and rabbits. He had a special fondness for the birds of the air.

Annually now, on or around October 4, Christians worldwide celebrate the Feast of Saint Francis with a blessing of animals and prayers for creation. Some people bring their pets to church, others bring photographs of their pets (past and present); others have their pets blessed by naming them.

On October 4, I invite you to a special service at 1:30 p.m. as we give thanks for the animals in our lives. We will be gathering outside in the parking lot at the front of the building. All well-behaved animals are welcome to this service. Please make sure they are on their leashes or in their crates as they will be encountering new friends that day. If it is difficult for you to bring your pet, or your pet would be more comfortable at home, please bring a photo. It can even be on your phone.

Blessing of the Animals extends to stuffed animals, special figurines, and photos. This special service is an opportunity to give thanks to God for the special animals in our lives and to ask for God's blessing on them. Call me if you have any questions about the service.

If you cannot make it to the service, here is a prayer for you to pray...

Blessed are you, Lord God, maker of all living creatures. On the fifth and sixth days of creation, you called forth fish in the sea, birds in the air and animals on the land. You inspired St. Francis to call all of them his brothers and sisters. We ask you to bless the animals and all living creatures. By the power of your love, enable them to live according to your plan. May we always praise you for all your beauty in creation. Blessed are you, Lord our God, in all your creatures! Amen.

May you continue to be blessed by the love you give and receive from your special pets and the memories of your special pets.

Chaplain Julie





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

The Back Page

GREY MATTERS: UNDERSTANDING DEPRESSION IN OLDER ADULTS

Come and learn more
about this very important
topic!

**Monday
October 16th
9:30-11:00 a.m.**

Any questions, please
contact Chaplain Julie,
952-236-2627

**5th floor
Dining Room**



MOVIES!

Oct. 7th 11:30 am- The Munsters

Oct. 12th 6pm- We Have a Ghost

Oct. 21st 11:30 am- Young Frankenstein

Oct. 26th 6pm- Beetlejuice

Enjoy!

Bears, Black, Brown and Polar

This presentation is packed with amazing images of three species of bear found in North America, Black, Brown and Polar Bear by Stan Tekiela. This presentation is visually fun and full of adventure. A real crowd pleaser.

Join us November 8th 10:00 a.m. Dining Room

Weekend Activities

Join Murray for our free weekend activities!

Sat 10/7 Water Coloring 10am LL Activity Room
Sat 10/7 Movie 11:30am 3rd fl Wellness Center
Sat 10/21 Music Bingo 10am LL Activity Room
Sat 10/21 Movie 11:30am 3rd fl Wellness Center

Facebook

Follow us on Facebook for all
things Apple Valley Village!

<https://www.facebook.com/applevalleycampus/>



Villa Craft and Bake Sale

**Thursday, October 12th from
9:00 a.m.-2:00 p.m. in the
Lower Level Activity Room.**

See you there!

Marketing 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