



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.

14650 Garrett Ave
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952-236-2000
a ministry of Cassia
CassiaLife.org



Spirit of Care (continued)

The Drawer believes in the power of relationships, and they work together with community organizations, individuals, and other partners to collect donations of **new socks and underwear**. They are continually in awe of the generosity of humankind, and thankful for the community’s support.

Collection Drives are the heart and “sole” of The Drawer: Without drives there are no socks and no underwear. Without socks and underwear, The Drawer can’t fulfill its mission. They need our help in making sure these events happen. Simply put, Collection Drives are a way to gather product donations from the community.

The Drawer’s vision of providing warmth and dignity for all with the gift of socks and underwear is a great thing that we can be a part of! We have partnered with this organization on several occasions in the past years with sock drives. This month we are going to partner with them again! In speaking with the folks at The Drawer, they expressed **“Our biggest need right now is men’s underwear sizes small to 4XL, and girl’s underwear sizes 8 to 16. Also, women’s socks and kid’s socks.”**

So, let’s do this! Watch for the posters posted throughout our building for the full information about this drive and the locations of the drop boxes for your donations. Participating will be enlivening and empowering not only for the recipients of the product, but also to us who have the opportunity to further Grandma Lucy’s legacy. We, too, understand a communal need that goes beyond socks and underwear. A need for the power of community. A need to act in the world. A need to pass on the faith in humankind. **Let’s let our lights of love shine!** Chaplain Julie

The Perfect Pair

Feeling hungry? March 23 is Chip and Dip Day. This ultimate snack and party pairing has come a long way since chips and salsa. Often, the dip is the exciting element of the duo: creamy ranch made with sour cream, dill, garlic, and dried onions. Or guacamole with fresh avocados, garlic, onion, tomatoes, a dash of cayenne, and a squirt of lime. For a change of pace, try hummus, spinach with artichokes, or a white bean spread.

Although it may be taken for granted, the chip is more than just a vehicle for the dip. Corn, potato, and baked pita chips provide a satisfying crunch. Sometimes you don’t need a chip at all. Toasted slices of Italian bread are the perfect base for bruschetta. If you really want to impress a crowd, wow them with cheese fondue. The cheese is spectacular, but equally delicious are the sausage, bread, apples, and veggies for dipping.



A Mathematical Celebration

March 14 marks a unique celebration—Pi Day! It honors the mathematical constant pi (π) because the first three digits, 3.14, match the date. It is also recognized as the International Day of Mathematics, a celebration of the universal language of numbers. In addition, this busy day also pays homage to the genius behind the theory of relativity, Albert Einstein, who was born on March 14, 1879. Ironically, the fact that Einstein’s birthday is widely celebrated might not have pleased the esteemed scientist, who once said, “It is a known fact that I was born, and that is all that is necessary.”

Pi, that infinite number we encounter in circles, has an inseparable bond with Einstein’s groundbreaking work. The beauty of pi lies not just in its numerical significance but in its appearance across mathematical landscapes, including the formulas that are the basis of Einstein’s theories. The theory of relativity, famously distilled into $E=mc^2$, unveils the intricate dance between energy, mass, and the speed of light—a mathematical waltz through the cosmos.

This trio of celebrations is a chance to marvel at how math permeates our world. From the spirals of galaxies to the curves of flower petals, mathematical principles govern the very fabric of nature. March 14 is a day to appreciate the sheer delight of numbers, which transcend cultural and language barriers. It’s a reminder that math isn’t just about calculus or algebra, endless equations to mind-bending theories; it’s about the joy of patterns, puzzles, and the universal language that connects us all. It is the basis of the wonders of the universe—the rhythm of the stars, the shapes of nature, and the logic that powers innovation.

As you munch on a piece of banana cream or homemade blueberry pie to celebrate Pi Day, raise a glass and toast to Einstein’s legacy. Take a moment to reflect on how equations, formulas, and theories intertwine to unlock the secrets of the universe.



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Roses For All



Apple Valley Village was blessed this year to be recipients of 150 roses from Wish of a Lifetime for distribution to our Residents by Cupid Crew volunteers on Valentine’s Day.

“It was the best part of my day and probably the best part of my week”-DON

“Residents were really touched by the gifts of roses and a card and just being acknowledged on Valentine’s Day. Lots of smiles”-social worker.

Eyeglasses Need A Tune-up?

In March we welcome back Tammy King, the volunteer optician. She has been setting up shop in the second floor sun room on a Wednesday morning once a month prior to taking a break over the holidays.

Tammy’s services include glasses cleaning, light repair work, fittings and adjustments. She will be here from 9am to noon on March 13th. If necessary, she can even stop by residents’ rooms if they cannot make it out to see her.

We’re looking forward to having Tammy and her services back again. It will be so nice to *see* her!

Eyeglasses Tune-Up Shop

Free Services For Our Residents!



Provided by a Professional Optician

Wednesday, March 13, 10 am to Noon

Second Floor Sun Room
Room Visits Available

-Fittings -Adjustments
-Cleaning -Repairs

Albert Einstein Word Search

Find the words listed below. They can be found vertically, horizontally, diagonally, forward, or backward.

H	P	J	K	I	G	Y	F	Y	J	D	N	J	N	M
J	F	H	Q	H	T	V	G	A	B	B	X	Y	O	A
P	E	N	Y	I	U	R	C	E	C	A	P	S	T	T
U	O	W	V	S	E	E	V	P	M	Q	E	T	E	H
H	S	A	I	N	I	E	M	E	U	Y	C	X	C	E
A	R	U	E	S	L	C	D	I	O	N	N	I	N	M
G	T	S	I	O	H	C	S	Y	T	A	E	N	I	A
X	B	O	C	N	O	W	R	T	J	M	I	R	R	T
I	X	I	M	M	E	O	M	W	M	R	C	R	P	I
M	T	T	P	S	E	G	U	W	A	E	S	E	A	C
Y	K	A	X	H	O	Q	V	T	T	G	H	T	O	S
C	S	Y	T	Y	T	I	V	I	T	A	L	E	R	K
S	C	N	O	I	T	A	U	Q	E	Z	I	R	C	Q
P	A	C	I	F	I	S	T	F	R	R	O	U	A	U
F	V	I	O	L	I	N	W	F	E	L	I	G	H	T

ATOMS	JEWISH	RELATIVITY
COMPASS	LIGHT	SCIENCE
ENERGY	MATHEMATICS	SPACE
EQUATION	MATTER	THEORY
GENIUS	PACIFIST	TIME
GERMANY	PHYSICS	VELOCITY
GRAVITY	PRINCETON	VIOLIN

Spirit of Care



Meet Grandma Lucy. The inspiration behind The Drawer. In the early 1980’s Grandma Lucy (Lucille Rosenberg) began giving socks and underwear as gifts at Christmas. Every person sitting around the tree, children, in-laws, grandchildren, and even Christmas guests, received just the right package of socks and underwear.

When Grandma Lucy passed away in 2000, the family decided that, in her honor, each family member would bring socks and underwear in their own sizes to Christmas. All the gifts were given to a non-profit.

In 2014, Stew and Debby (Grandma Lucy’s daughter) decided to ask friends and members of their church for additional donations of socks and underwear. That year a total of 1,417 pairs of new socks and underwear were collected, with items distributed to Loaves and Fishes (at Holy Rosary Church), The Link, and Union Gospel Mission. After seeing the community’s response to their call, and learning more about the need of such basic items, Stew and Debby cleared out a room in their home to warehouse product, became a 501(c)3, formed a board of directors, and The Drawer was born.

There is a desperate need for clean socks and underwear among the homeless and underprivileged. The Drawer helps to provide these essential needs to those who need them the most. Socks and underwear are distributed through social service agencies, on the streets, in schools, and at community meals and food shelves. The Drawer goes anywhere the community is in need.

(Continued on back page...)

Remembering The Departed...

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

Paula Bowen..... February 2nd
Carol Cox..... February 9th
Mildred Nelson..... February 10th
Susan Wells..... February 22nd
Vivian Reinardy February 23rd



Worship Service Schedule

- Worship services from Central Lutheran Church in Minneapolis will be broadcast at 3:00 pm on channel 6 every Sunday.
- Worship & Communion with Chaplain Julie this month will be on Palm Sunday (March 24th), and Mandy Thursday (March 28th) at 3 pm.
- Sunday Devotions with Wendy the 3rd, 10th, 17th, and Easter Sunday, March 31st..
- Wednesday services include Prayer & Praise, Bible Study & Hymns, Worship Service, and Sensory Devotions. 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 the first and third Thursdays of the Month at 10:30 in the second floor dining room.

Verses And Voices

World Poetry Day, initiated by UNESCO in 1999, arrives on March 21 to honor globally the artistry and diversity of poetry. It pays homage to poets who craft words into emotion, images, and storytelling, transcending boundaries and enriching human experiences.

You can mark the occasion by sharing favorite poems with friends or family, attending poetry readings or events, or even trying your hand at writing a short poem. Dive into different poetic styles, from traditional sonnets to modern spoken word, exploring the richness of expression they offer. You might also support local poets or poetry organizations, sharing their work on social media or attending their performances. Whether you choose to write, read, or listen to poetry performed, World Poetry Day invites us to immerse ourselves in the beauty and power of words.



March Birthdays

Residents

Harri K..... March 4
Bonnie G..... March 6
Robert R March 7
Jeff P..... March 14
Darlene B..... March 22
Christine H March 24
Judith S March 26
Vikki S..... March 27
Muriel M..... March 28
Segundo Q March 29
Charles B March 30

Employees





Carol M March 1
Chad W March 1
Janet T March 1
Linata P March 3
Celina J..... March 6
Gelila A March 7
Evans N March 9
Samuel M March 9
Mikayla L..... March 10
Neama I..... March 11
Chu M March 15
Latrece O..... March 18
Julie R March 18
Yemisrach B..... March 18
Joy D March 19
Shameeza R..... March 23
Patricia P March 23
Jennifer T March 23
Shaznay D March 23
Nancy K March 24
Emma A March 25
Noor C..... March 25
Elizabeth F March 25
Mary P..... March 26
Cris A March 26
Tekila L..... March 26
Huda A March 28
Abbie G..... March 29
George A..... March 31



March

2024

Meaningful Pursuits

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*Lunch Bunch and Bus Outings require sign-up and residents may be responsible for cost of their own meal and bus fare.		Activities are subject to change. Check bulletin board across from the elevators for updates or channel 6. DR=Dining Room SR=Sun Room LL=Lower Level	1 9:30 Music & Motion.....2SR 9:45 News & Stretch.....3SR 9:30 Personal Training.....3rd 10:00 Village Mentors.....LL 1:30 Pictionary.....2SR 2:30 Movie Matinee.....2DR	2 10:00 Sunrise Stretches.....2SR 12:30 Lunch Music.....1DR 3:00 Bingo with River Valley Church.....2DR
3 10:00 Stories & Memories...3SR 2:00 TCU Games.....1DR 3:00 Sunday Devotions.....2DR 3:00 Worship Broadcast.....TV6	4 8:00 Magic Table.....2SR 9:45 Mind/Body Exercise....3SR 11:00 Songs & Discussion...2SR 11:30 Spanish Class.....3DR 1:45 Word Games.....2SR 7:15 Blackjack.....2SR	5 9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2SR/3SR 10:30 Musical Minds.....2SR 11:30 Active Games.....2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....3DR	6 9:45 Table Games.....2SR 9:45 Mind/Body Exercise....3SR 10:30 Choir Rehearsal.....2DR 11:00 Active Rounds.....3rd 11:30 Java Time.....3SR 12:30 Lunch Music3DR 1:45 Creative Time.....3SR 3:00 Prayer & Devotions...2DR	7 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Live Catholic Srvce.2DR 10:30 Catholic Mass.....TV6 10:30 Sense-Alive.....3SR 11:30 Active Rounds.....3rd 12:30 Lunch Music.....1DR 1:45 Table Games.....3SR 3:00 Chime Choir.....2DR	8 International Women’s Day 9:30 Music & Motion .2SR 9:30 Personal Training3RD 9:45 News & Stretch.....3SR 10:00 Village Mentors.....LL 1:30 Trivial Pursuit.....2SR 3:00 Basketball Shootout.3DR	9 10:00 Sunrise Stretches.....2SR 12:30 Lunch Music.....2DR 2:30 Games.....2SR
10 Move your clocks ahead Daylights Savings Begins! 10:00 Stories & Memories..2SR 2:00 Relaxation.....1DR 3:00 Sunday Devotions.....2DR 3:00 Worship Broadcast.....TV6	11 8:00 Magic Table.....2SR 9:45 Mind/Body Exercise....3SR 10:00 Music Games.....2SR 11:00 Songs & Discussion...2SR 11:30 Spanish Class.....3DR 1:45 Word Games.....2SR 3:30 Relaxation Group.....3SR 6:00 Takeout Night...Lower Lvl	12 9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2SR/3SR 10:30 Musical Minds.....2SR 11:30 Active Games.....2SR 12:30 Lunch Music.....2DR 1:45 IN2L Mind Challenge.3SR 3:00 Bingo.....2DR	13 9:30 Personal Training...2nd 9:45 Table Games.....2SR 9:45 Mind/Body Exercise....3SR 10:00 Eyeglass Tune-up.....2SR 10:30 Choir Rehearsal.....2DR 11:00 Active Rounds.....3rd 11:30 Java Time.....3SR 12:30 Lunch Music.....3DR 1:45 Stories & Memories....3SR 3:00 Bible Study & Hymns...2DR	14 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 TCU Social.....2DR 10:30 Catholic Mass.....TV6 10:30 Sunroom Spa.....3SR 11:30 Active Rounds.....3rd Fl 12:30 Lunch Music.....1DR 1:45 Table Games.....3SR 2:00 Rays of Hope...Lower Lvl 3:00 Chime Choir.....2DR	15 9:30 Music & Motion.....2SR 9:30 Personal Training.....3rd 9:45 News & Stretch.....3SR 10:00 Java Mentors.....LL 1:30 Pictionary.....2SR 3:00 Birthday Party & St. Patrick’s Happy Hour.....2DR	16 10:00 Sunrise Stretches.....2SR 12:30 Lunch Music.....3DR 2:30 Games.....2SR
17  10:00 Stories & Memories..3SR 2:00 TCU Games.....1DR 3:00 Hymns & Spiritual Songs with Mark.....2DR 3:00 Worship Broadcast.....TV6	18 8:00 Magic Table.....2SR 9:45 Mind/Body Exercise....3SR 10:00 Music Exploration.....2SR 11:00 Songs & Discussion...2SR 11:30 Spanish Class.....3DR 1:45 Word Games.....2SR 3:00 Drum Circle.....2SR 7:15 Blackjack.....2SR	19 Welcome Spring! 9:30 Musical Minds.....3SR 9:30 Nail Polishing...2SR/3SR 10:30 Musical Minds.....2SR 11:30 Active Games.....2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....3DR	20 9:30 Personal Training..2nd 9:45 Table Games.....2SR 9:45 Mind/Body Exercise....3SR 10:30 Choir Rehearsal.....2DR 11:00 Active Rounds.....3rd 11:30 Java Time.....3SR 12:30 Lunch Music.....3DR 1:45 Table Games.....3SR 3:00 Worship Service.....2DR	21 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Live Catholic Srvce.2DR 10:30 Catholic Mass.....TV6 10:30 Target Shopping 11:30 Active Rounds.....3rd Fl 12:30 Lunch Music.....1DR 1:45 Table Games.....3SR 3:00 Chime Choir.....2DR	22 9:30 Music & Motion..2SR 9:30 Personal Training.....3rd 9:45 News & Stretch.....3SR 10:00 Java Mentors.....LL 1:30 Trivial Pursuit.....2SR 3:00 Pot ‘O Gold Casino Games.....3DR	23 Purim begins at Sundown 10:00 Sunrise Stretches.....2SR 12:30 Lunch Music.....1DR 2:30 Games.....2SR
24 Palm Sunday 2:00 Relaxation.....1DR 3:00 Palm Service.....2DR 3:00 Worship Broadcast....TV6 31 Easter Sunday 10:00 Stories & Memories..3SR 2:00 TCU Games.....1DR 3:00 Easter Devotions.....2DR 3:00 Worship Broadcast.....TV6	25 8:00 Magic Table.....2SR 9:45 Mind/Body Exercise....3SR 10:00 Music Games.....2SR 11:00 Spanish Class.....2SR 11:30 Language Learning....3DR 1:45 Word Games.....2SR 3:00 Rhythm Band.....3SR 7:15 Dice Games.....3SR	26 9:30 Musical Minds.....3SR 9:30 Nail Polishing.....3SR 10:30 Musical Minds.....2SR 11:30 Active Games.....2SR 12:30 Lunch Music.....2DR 1:45 IN2L Mind Challenge.3SR 3:00 Bingo.....2DR	27 9:30 Personal Training.....2nd 9:45 Table Games.....2SR 9:45 Mind/Body Exercise....3SR 10:30 Choir Rehearsal.....2DR 11:00 Active Rounds.....3rd 11:30 Java Time.....3SR 12:30 Lunch Music.....3DR 1:45 Easter Egg Decorating.3SR 3:00 Chime Choir.....2DR	28 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Mass.....TV6 10:30 Sense-Alive.....3SR 11:30 Active Rounds.....3rd Fl 12:30 Lunch Music.....1DR 1:45 Table Games.....3SR 3:00 Maundy Thur. Service.2DR	29 Good Friday 9:30 Music & Motion.....2SR 9:30 Personal Training.....3rd 9:45 News & Stretch.....3SR 10:00 Meet Your Mentors.2SR 1:30 Pictionary.....2SR 3:00 Sing-Along.....2DR	30 10:00 Sunrise Stretches.....2SR 12:30 Lunch Music.....2DR 2:30 Games.....2SR