

March 2024

Message from Emily

Happy March! I am thankful we have had a very mild winter this year. I hope that as we go into spring we get the same weather we have been experiencing over the last few weeks. Reminder that Daylight Savings is on Sunday, March 10th, do not forget to move your clocks forward an hour!

February we had a busy month celebrating Valentine's Day, Ash Wednesday, and our Reader's Choice Celebration event. Thank you to those that helped us celebrate this event and accept the Reader's Choice Award for Best Retirement Community, Best Assisted Living, Best Independent Living and Best Memory Care. It was an honor to accept this award and appreciate the residents who make Apple Valley Villa a special place to call home.

March brings us a busy month with lots of fun activities on our calendar including a special Spring Break Week and a Palm Sunday Service by Chaplin Julie. We have our Community Update Meeting on Monday, March 4th at 2:00pm, at this meeting we discuss special events, community updates from different departments and a time for questions. On Monday, March 18th at 2:00pm we will have our Focus Meeting, this month's topic is Senior Scams.

We will review different scams and frauds to be aware of and going on in our area. Easter Sunday is on March 31st, we want to remind you that if you have family joining you for dinner this day to please let your front desk know, especially if you have multiple guests joining you.

I would like to remind everyone about our mail package procedure. When a package arrives for you at the building, the receptionist will document it in our package tracking binder as soon as possible and document when they call you. If you do not answer, we will leave a message. From the time that you are called or the receptionist left you a message you have 24 hours to come pick up your package. If you do not pick up your package within the 24-hour time frame the front desk will deliver it and you will be charged \$3.00 for a package delivery. We do not have a large space to store packages and every day we seen to get more and more delivered as delivery is a convenient way for anyone to get everyday items they need. We have started being more diligent about this and tracking if a package is delivered after the 24-hour period.

You will notice a project that has started out side of

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Inside This Issue

| | |
|-------------------------|---|
| Message from Emily..... | 1 |
| Director Directory..... | 2 |
| Resident Spotlight..... | 3 |
| Announcements..... | 4 |

| | |
|----------------------------|---|
| Special Events..... | 5 |
| Birthdays/ Move Ins | 6 |
| Message from Chaplain..... | 7 |
| The Back Page..... | 8 |

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Message from Emily

the Business Office, our Wall of Honor/ Veteran's Wall. Amber, Activities Director, has sent out a notice to the Veteran's we have noted in our building. We have asked for a copy of a picture of our Veteran's in uniform to display on this wall. If for some reason we missed you please notify us that you were in the service and provide us with a copy of a picture to display. We are excited to add this new feature to our building!

Lastly, I would like to inform you that we are getting closer to the reopening of our Therapeutic Pool. We are hoping everything will be ready to open in March. Before we are able to open up for residents, we have some team member training that has to be done and we will hold informational meetings for residents on how the process of the Therapeutic Pool operates. Please watch for notices on those meetings as we work on a plan to welcome residents back to the Therapeutic Pool.

I hope everyone has a blessed March and enjoy the warm days as they are ahead of us with Spring around the corner.

Thank you,

Emily Kjelstad

Director of Housing

952-236-2628



Rain on a Spring Night (after Du Fu)

A good rain knows things:
Knows it is lively spring,
Knows secrets, knows a way,
Knows how to follow the wind in the night.
This morning, everything's moist,
Yet I never heard it, never felt a drop.

Only last night, the dark clouds were capitol
Red lights flashed in the dusk.
This morning: left yellow wet tapes,
The flowers — such a heavy brocade.

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 |
| Annalisa 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

Get to learn more about one of the Villa residents!



Meet Ana Melendez! Ana has been a resident here for the past 2 ½ years. Her motto is “Be Kind.” Ana has extended her kindness to many, having served as a volunteer for Regent Hospital in St. Paul, an election volunteer in St. Paul and Rosemount, a volunteer for Toys for Tots; and with her daughter, she has prepared and delivered free meals for persons with cancer. She has even helped fill backpacks to help kids with back-to-school needs, and she has volunteered at a food pantry in Rosemount. Ana continues to volunteer here at the Villa. If you’re reading the Villa Community News, chances are it was assembled for you by Ana!

Ana, who is bilingual in both Spanish and English, has a fascinating personal story. She was born in Puerto Rico—one of ten children. She and her oldest sister came to live in New York City in 1955. She lived in NYC for 23 years and worked in Long Island manufacturing parts for airplanes for approximately 10 years. She married and had three daughters: Rachel (her middle child) now lives in Faribault. Ramonita (her youngest daughter) now lives in South Carolina. Ana’s oldest daughter, Doris, who was a nurse at Regent Hospital, passed away from COVID in 2020.

After her divorce, Ana returned to Puerto Rico with her daughters. In Puerto Rico, Ana graduated college, earning a degree in mortuary science. She worked at a funeral home in Puerto Rico. Ana beams with pride when she shared that her middle daughter graduated Magna Cum Laude in business from one of the finest Catholic universities in Puerto Rico—Sacred Heart of Jesus. Her oldest graduated from nursing school in Puerto Rico, and her youngest studied to become an executive secretary. Both her middle and youngest daughters now work as executive secretaries for law firms.

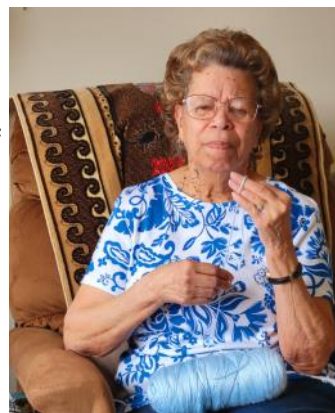
After leaving Puerto Rico, Ana resided in St. Paul and lived in Rosemount prior to her move to Apple Valley Villa. Ana’s favorite companion is her ‘sweet baby’ Tabitha, a beautiful feline. Her favorite hobby is crocheting. She says she likes to keep her mind active by playing games on her iPad. When asked about her favorite food, Ana said, “American food.” In particular, she loves Chef Mark’s meatloaf. She also loves BINGO, and she is very lucky! We are also lucky to have her at the Villa!

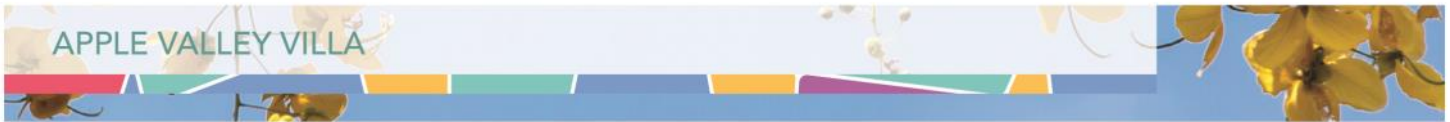


Written by Resident Reporter, Lee-Ellen Kirkhorn

Edited by Amber Castellano

If you would like to nominate a resident for a future Resident Spotlight, please contact Amber, 2620.





Announcements

Resident Meetings

The Resident Community Update Meeting will be Monday March 4th and the Focus Meeting will be Monday March 18th. This month's topic is Senior Scams and Security. Both meetings are at 2:00pm in the Fireside Dining Room.

2nd Floor Library

The Villa library books on 2nd floor do not need to be checked out. They are in alphabetical order by author. We have regular print and large print books. When you return the book back to the library, please place it on the small bookcase by the elevator. This month's book display will feature books new books added to the library. We also have DVD's that are available to residents. There is a binder in between the two desks on 2nd floor with our current DVD titles and check-out information. If you have questions, please contact Amber, Activities Director, 2620.

Weekend Activities

Please note the time changes to the Saturday activities with Murray, Activities Assistant:

Water Coloring now at **1:00pm** LL Activity Room

Wii Sports now at **1:00pm** in 3rd fl Wellness Center

Movie now at **2:30pm** in 3rd fl Wellness Center

We hope to see you there!

Dakota County Library Book Exchange– 3/28/2024

The librarians from the Dakota County Library will come **Thursday March 28th** at 2:00pm in the Lower Level Activity Room with books for you to check out. Please call librarian Erin Holl with any book questions or requests at 952-891-7061.

Villa Salon

Located on the 2nd floor next to the laundry room. Call Sandy at 952-215-4163 to make an appointment.

The Foot Nurse

If you are interested in receiving nail/ foot care, please call **Katie Sikel, RN, CFCS** at **(651) 829-3944**. Appointments in the Nail Salon on 4th floor (#413).

Sewing Volunteer

May in Apartment #318 is our sewing volunteer. 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.

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 3/4 | Walmart |
| Tuesday 3/5 | Dollar Tree |
| Monday 3/11 | Target |
| Thursday 3/14 | Cub Foods |
| Monday 3/18 | Walmart |
| Tuesday 3/19 | Bodega 42 Fresh Market |
| Thursday 3/21 | Shogun Sushi & Hibachi |
| Monday 3/25 | Savers/Joann Fabrics |
| Thursday 3/28 | Cub Foods |



Special Events

Entertainment Performances

Music with J & J Music Monday 3/11
2:00pm Fireside Dining Room

Music with Ross McLeod– Friday 3/15
2:00pm Fireside Dining Room



Pizza Pi Party

Come celebrate Pi Day with us on March 14th with a Pizza “Pi” Party at 12:30 pm in the Fireside Dining Room! We will provide pizza, soft drinks, and dessert. We ask any interested resident sign-up on the Lower Level Bulletin Board so we can get an estimate for how many pizzas to order. Enjoy food, “Pi” games, and good company!



Spring Break Week

Enjoy a relaxing Spring Break Week at the Villa with a week of Spring Break activities!

Monday, Mar. 18th

Spring Break Documentary & Trivia
11:15am 3rd floor Wellness Center

Tuesday, Mar. 19th

Spring Break Bingo
2:00pm LL Activity Room

Wednesday, Mar. 20th

Spring Break Baking
2:30pm LL Activity Room

Thursday, Mar. 21st

Spring Break Craft
2:00pm LL Activity Room

Friday, Mar. 22nd

Spring Break Happy Hour
2:00pm Fireside Dining Room



Dog Visit with Bergen

Leonberger, Bergen, will be back on Friday, March 22nd from 10:00-10:45 a.m. in the lobby! Come give him a pet and say hi!



Birthday Party

Celebrate the monthly birthdays on March 11th at 2:00pm in the Fireside Dining Room! Everyone is invited and those with February birthdays will be recognized at the party.



Wine Social

Sip, snack, and socialize at the Wine Social on March 7th at 2:00pm in the Fireside Dining Room!



St. Patrick's Party

Join us for the St. Patrick's Party on Friday, March 15th at 2:00 p.m. in the Fireside Dining Room! There will be music, sweets, and lots of green!



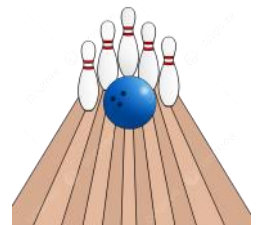
Wii Sports

Join Activities Assistant Murray on March 23rd at 1:00pm for Wii Sports! Play bowling, boxing, tennis, and more without leaving the building or your seat!



Walking Outing: Bowling at Bogart's

Take a stroll across the street for some BOWLING at Bogart's Entertainment Center! We will leave the Villa at 1:00 pm. Please sign-up on the Lower Level Bulletin Board. Walking will be weather permitting. We will have a transportation option if necessary.





Resident Birthdays & Move-Ins

Birthdays

#251 Marilyn Fosseen 3/2
#425 Joyce Wittenhagen 3/4
#122 June Berg 3/5
#412 Laurie Scheibe 3/5
#408 Margo Plung 3/7
#210 Janice Asmus 3/8
#126 Louise Bach 3/8
#431 Lynne Kayfes 3/9
#123 Katherine Schroder 3/9
#501 Gladys Zeidler 3/9
#446 Cheryl Hovik 3/15
#114 Barb Hughes 3/15
#112 Doug Strand 3/15
#049 Gilbert Paredes 3/19
#101 Doris Berdahl 3/21
#342 Norma Johnson 3/21
#111 Edwin Albrecht 3/22
#139 Sharon Olson 3/23
#307 Sandy Zach 3/24
#404 Jane Bowers 3/27
#144 LaVonne Nerge 3/29
#302 Gerald Osiecki 3/29

Welcome to the Building!

Ramona Reinisch #051
Debra Lazarus #227
Martha Maus #229
Fred & Elaine Pribble
#405
Linda Sheehan #447
Janice Rice #455

New Resident Reception

*Thursday, March 21st
10:30 a.m.
Business Office*



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 **third** 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 provided for the residents in the Care and Memory Care suites every Thursday.

Bible Study is offered for all residents every week on Wednesdays 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:**

**KERRY BLAZAVIC †
NORMAN EARL †
ANN KAUFFMAN †
THOMAS SMITH †**

Message from the Chaplain

Let's Make a Difference With "The Drawer"!



Meet Grandma Lucy. The inspiration behind **The Drawer**. In the early 1980's Grandma Lucy (Lucille Rozenberg) 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.

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 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
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The Back Page

Easter Egg Word Hunt

The Easter Bunny is coming to the Villa for residents to partake in a Easter Egg WORD Hunt from March 25-March 28. There will be several eggs hidden around the building with a secret number and word on the back. Keep track of the secret words to reveal the mystery phrase for your chance to win a prize! More information to come. Call Amber, Activities Director, with questions.



MARCH MOVIES

| | |
|----------|----------------------------------|
| Sat 3/9 | Troll |
| Thu 3/14 | The Greatest Night in Pop (2024) |
| Sat 3/23 | Poms |
| Thu 3/28 | Tick, Tick, Boom |

Enjoy!

Schwan's truck

The Schwan's truck and driver, Andrew, will visit the Villa **March 14th** at 1:00 pm. You can place an order online, with the front desk (include a check), or in person with the driver.

AARP Tax Prep

Volunteers from AARP will be coming **March 11th** to help residents file simple tax returns and CRP. Sign-up on the LL Bulletin Board for an appointment by March 4th. You will be assigned a time to complete your taxes.

Eastview Lightning Robotics Team Demo

Students from the Eastview Robotics Team will be here to talk about their robotics robot and talk with residents about anything from technology to what their favorite class is! We hope to see you there!

Saturday, March
16th
10:30 a.m.
3rd floor Wellness
Center



Girl Scout Cookies

Girls Scouts will be here on Saturday, March 2nd from 1-3pm in the Lobby and Sunday, March 24th from 1-3pm in the Lobby for you to buy some cookies! Boxes are \$6 each. Cash, card, and check are accepted. Come support the Girl Scouts!

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