



# April 2024

## Message from Emily

What is the old saying about March? In like a lamb, out like a lion. That is definitely the March that we had with beautiful spring weather in the beginning and ended with a winter snowstorm! Let us hope that was our last one of the season. I hope everyone has a blessed Easter holiday and gets to spend time with family and friends.

A few months ago, our Activity Department put out a survey to receive resident feedback. Thank you to those who participated. One of the items that was voiced was to have optional resident nametags available. These can be worn during activities or anytime you are out of your apartment in the building. If you are interested in a nametag for yourself, there is a \$5.00 fee to cover costs of the nametags. We can charge it right to your monthly statement or check. You can contact Amber, Activities Director, or the Business Office if you would like to purchase one.

At this time, we do not have an opening date for our Therapeutic Pool. Our maintenance team recently went through a class to be able to get our license/certificate for the pool. However, we are getting closer to opening. As a reminder before we are able to open up for residents, we have to complete team member training and informational meetings for resi-

dents 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.

In April, we will be rolling out a new I AM CASSIA Service Standard Recognition Program for our team members. Residents, family members and team members can recognize team members for something that they did that stood out to you under one of our eight service standards that include: compassion, integrity, excellence, innovation, stewardship, unity, respect and collaboration. This will be in place of our current Valued Victor program. The bulletin board on first floor to the right of the main elevators will have information on how to recognize a team member.

We have had an increase of complaints with cell phone use during scheduled activities. When you are attending an activity, we ask that you be courteous to others as they are trying to enjoy their leisure time. If you bring a cell phone with you to an activity please be sure the ringer is off or on silent. If you receive a phone call, please step out of the room that the scheduled activity is in before you answer. Specific

*(continued on next page)*

### Inside This Issue

Message from Emily.....1	Special Events.....5
Director Directory.....2	Birthdays/ Move Ins .....6
Resident Spotlight.....3	Message from Chaplain.....7
Announcements.....4	The Back Page.....8

14610 Garrett Ave  
 Apple Valley  
 MN 55124  
 952-236-2600  
 a ministry of Cassia  
 CassiaLife.org

## Message from Emily

activities include but not limited to entertainment, Chapel Services, bible study and bingo. I would also like to bring to your attention about cell phone use in the lobby, hallways, elevators, deli and dining room. We again ask that you are courteous to those around you if you are on your cell phone in one of the common areas. Please do not have your phone call on speakerphone or be using vulgar language. Residents are expected to be respectful of each other and to not disrupt another resident's quiet enjoyment of their apartment and common spaces of the building. (This statement is taken right from your resident handbook.)

Our community update meeting will be on Monday, April 1st at 2:00pm in the 5th floor Dining Room, at this meeting we discuss special events, community updates from different departments and a time for questions. Our April Focus Meeting will be held on Monday, April 15th at 2:00pm in the 5th floor Dining Room. Our topic this month will be 'Spring Cleaning', we will discuss items such as balcony cleanliness, addressing items outside doorways and changes happening, and garage stalls including vehicle information needed and storage policy. I will hold my office hours on Thursday, April 11th from 2:00-3:30pm. This is a time for residents to come by my office if they need to talk about something specific, follow up on any items or stop by to say hi. I am always available by phone or appointment outside of these hours.

I hope everyone has a wonderful April. Let us hope for some beautiful spring weather and not too many April showers!

Emily Kjelstad

Director of Housing

952-236-2628



## 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

## Get to learn more about one of the Villa residents!



“And that would be a BINGO!” Nope that would be Rick Lynch. Meet our April Resident Spotlight! Born and Raised in Lake Phalen, Minnesota, Rick is the proud father of two girls, Erin Kathleen and Jacklyn Joan. He was married 45 years, and came to live at the Villa shortly after his divorce. He moved here February 24, 2021.

In his youth, Rick loved fishing, bowling, baseball, and golf. His #1 favorite team is the Minnesota Twins! And he also cheers for the Vikings and the Wild. Here at the Villa, Rick has spearheaded a number of card games for residents like the 500 card game that plays every Monday, Wednesday, and Friday after dinner. Rick also plays Farkle and Cribbage—and of course BINGO. He likes to play Blackjack at the local casinos, and he’s pretty lucky! Of course, we are lucky to have Rick here at the Villa.

Kind and generous with his time, he has helped residents who need a little extra companionship and he has helped deliver packages and newspapers. As Rick says, “If I see a need, I try to fill it.” We have taken note of his willingness to serve, and Rick is our 2024 Villa Winter Carnival King. But royalty runs in the family. His two grandchildren, Josephine and Justine (ages six and three) are special little princesses as well. Rick beams when he shares that his daughters are also special sources of support. His oldest lives in Woodbury and works as a cashier, and his youngest is a school teacher who lives in Eagan.



Some of Rick’s many accomplishments include leading the local Moose Lodge Bowling Tournament in the late ‘80s. He even caught a 24.5 lb. salmon in the mid ‘90s. Rick has been an active golfer; and in the ‘80s and ‘90s, you could find Rick playing golf on the Lake Phalen Golf Course. He still believes in the importance of staying active in social circles. He has a great sense of humor, and he likes to tell jokes to keep us laughing. Rick’s favorite foods here at the Villa are the great Deli hamburgers and Chef Mark’s famous steak.



Long live the king!



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

Written by Resident Reporter, Lee-Ellen Kirkhorn

Edited by Amber Castellano



## Announcements

### Resident Meetings

The Resident Community Update Meeting will be Monday April 1st and the Focus Meeting will be Monday April 15th. This month's topic is Villa Spring Cleaning. 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 *autobiographies*. 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.

### Fireside Chat

Join the Villa Dietary staff for their monthly Fireside Chat meeting at 10:00 a.m. in the Fireside Dining Room. Discuss all things food from the deli to dining room menus and any suggestions you might have! We hope to see you there!

### Dakota County Library Book Exchange– 4/25/2024

The librarians from the Dakota County Library will come **Thursday April 25th** 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 4/1	Walmart
Tuesday 4/2	Dollar Tree
Monday 4/8	Target
Thursday 4/11	Cub Foods
Monday 4/15	Walmart
Tuesday 4/16	Aldi Outing
Friday 4/19	Rascals
Monday 4/22	Savers/Joann Fabrics
Wednesday 4/24	Little Six Casino
Thursday 4/25	Cub Foods
Monday 4/29	Walmart
Tuesday 4/30	Fresh Thyme

## Special Events

### Entertainment Performances

**Music with Mary Hall** Monday 4/8  
2:00pm Fireside Dining Room

**Music from a Jesus Guy**– Thursday 4/18  
1:00pm Chapel



### Earth Day Succulents and Trivia

Celebrate Earth Day with us on Monday, April 22nd in the Lower Level Activity Room at 2:30 p.m. by decorating pots, planting succulents, and testing your Earth Day knowledge with trivia. We hope to see you there!



### Document Shredding

Do you have documents or papers that you would like professionally shredded? Bring them to the Lower Level Activity Room on Friday, April 26th from 10:00-10:30 a.m. and a Villa staff member will collect your documents to be professionally shredded.



### Dog Visit with Bergen

Leonberger, Bergen, will be back on Friday, April 10th 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 April 8th at 2:00pm in the Fireside Dining Room! Everyone is invited and those with April birthdays will be recognized at the party.



### Wine Social

Sip, snack, and socialize at the Wine Social on April 4th at 2:00pm in the Fireside Dining Room!



### Little Six Casino Outing

Enjoy an outing to Little Six Casino on Wednesday April 24th. Transportation will be provided. Bring spending money for Little Six. Sign-up on the Lower Level Bulletin Board by April 17th. The bus will leave at 9:45 a.m. that day. Call Amber, Activities Director, 2620, with questions.



## Resident Birthdays & Move-Ins

### Birthdays

- #212 Margaret Price 4/1
- #312 Catherine Corbett 4/2
- #201 Edith Meadows 4/2
- #223 Carl Sandberg 4/4
- #502 Jeanan Graham 4/6
- #416 Linda Jones 4/6
- #138 Katherine Yohn 4/10
- #043 Penny Zdrubek 4/11
- #341 Glenda Parks 4/12
- #502 Maurine Nash 4/15
- #449 Alf Bergerud 4/16
- #501 Betty Petersen 4/16
- #355 Diana Halstead 4/19
- #334 Lois Eid 4/23
- #246 Vivian Spencer 4/24
- #039 Norine Hashimura 4/25
- #333 Luz Orozco 4/27
- #433 Rita Wendland 4/28



### Welcome to the Villa!

Sandra Wanberg  
#210

Eldon & Muriel Miller  
#238

### New Resident Reception

Thursday, April 11th  
10:30 a.m.  
Business Office  
#102

W  
E  
L  
C  
O  
M  
E

## 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.

### Music from a Jesus Guy- Thursday, April 18th 1:00pm Chapel

Come to the chapel and hear the original songs of Mark Alewine, a Christian singer and songwriter. Mark will share his music with us as well as the stories behind his original songs, including how he was led to the learn to play guitar, write music, and sing his faith-filled songs for others.

OUR THOUGHTS AND  
PRAYERS ARE WITH THE  
LOVED ONES OF:

EVELYN ECKERT †

# Message from the Chaplain

## The New Songs of Spring!

As the chill leaves the air and the warm spring weather approaches, it seems that all the earth is singing! When I wake up, the birds are singing their best songs in our yard, especially the robins. We just celebrated Easter and now sing our favorite songs of Alleluias. I have observed folks walking with a little extra spring in their step and a song on their lips, a hum or a whistle coming from their heart. These are the wonderful sounds and feelings of spring!

The feelings of newness of life that comes in this time of year cannot be denied. I, too, often find myself elated to the point of singing! There are many places in the Bible that mention singing a new song, especially in the Psalms.

*“Sing to God a new song, ...and shout for joy.” Psalm 33:3*

*“God put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him.” Psalm 40:3*

*“Sing to the Lord a new song; sing to the Lord, all the earth.” Psalm 96:1*

*“Sing to the Lord a new song, for he has done marvelous things; his right hand and his holy arm have worked salvation for him.” Psalm 98:1*

Recently I came across this sweet song and want to share it with you. The melody is an old favorite for many of you. Enjoy these new words!

### **JESUS LOVES ME (Senior Version)**

Jesus loves me, this I know,  
Though my hair is white as snow.  
Though my sight is growing dim,  
Still He bids me trust in Him.

(CHORUS)

Yes, Jesus loves me!  
Yes, Jesus loves me.  
Yes, Jesus loves me!  
The Bible tells me so.

Though my steps are oh, so slow,  
With my hand in His I'll go  
On through life, let come what may,  
He'll be there to lead the way.

(CHORUS)

Though I am no longer young,  
I have much which He's begun.

Let me serve Christ with a smile,  
Go with others the extra mile.

(CHORUS)

When the nights are dark and long,  
In my heart He puts a song.  
Telling me in words so clear,  
“Have no fear, for I am near.”

(CHORUS)

When my work on earth is done,  
And life's victories have been won.  
He will take me home above,  
Then I'll understand His love

(CHORUS)

I love Jesus, does He know?  
Have I ever told Him so?  
Jesus loves to hear me say,  
That I love Him every day.

(Author unknown)

*“Both young men, and women; old men, and children: Let them praise the name of the LORD: for his name alone is exalted; God's glory is above the earth and the heavens.” Psalm 148: 12-13.*

Happy Spring and a Blessed Easter season to you! Keep Singing! 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

# MOVIE NIGHT



Pizza Pi Day! 3/14



Spring Break Baking!



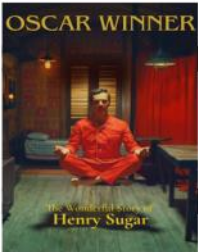
Residents wearing their green attire for St. Patrick's Day!



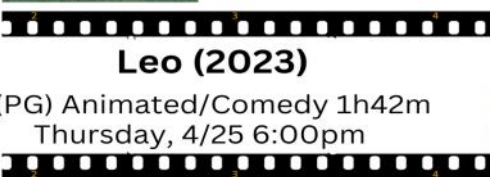
**Nyad (2023)**  
(PG-13) Sport/ Documentary 2h  
Saturday, 4/6 2:30pm



**Last Vegas (2013)**  
(PG-13) Comedy 1h45m  
Thursday, 4/11 6:00pm



**The Wonderful Story of Henry Sugar (2023)**  
(PG) Comedy/Adventure 1h28m  
Saturday, 4/20 2:30pm



**Leo (2023)**  
(PG) Animated/Comedy 1h42m  
Thursday, 4/25 6:00pm

### Weekend Activities

- Join Activities Assistant, Murray, for these activities!
- Sat. 4/6 **Water Coloring** at 1:00 pm LL Activity Room
- Sat. 4/6 **Movie** at 2:30 pm in 3rd fl Wellness Center
- Sat. 4/20 **Card Bingo** at 1:00 pm in LL Activity Room
- Sat. 4/20 **Movie** at 2:30 pm in 3rd fl Wellness Center

### Nature Documentary

Join us as we wrap up the documentary series **Wild Babies!** Follow the adventures of baby lions, elephants, penguins, pangolins and more as they learn to navigate the highs and lows of life in the wild. 11:15 a.m. in the 3rd floor Wellness Center on Monday April 1st, April 15th, and April 29th.

### 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