



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 (continued)

(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)

Happy Spring and a Blessed Easter season to you!

8 Keep Singing! Chaplain Julie

## Major League Debut

On April 15, 1947, Jackie Robinson played his first major league baseball game with the Brooklyn Dodgers against the Boston Braves in front of a crowd of 25,000 spectators at Ebbets Field in Brooklyn. This marked the first moment that an African American athlete played a sport in any of the major leagues.

Robinson did not get a hit that day, but he was awarded the first ever Rookie of the Year title that year. In 1949, he was named the National League's Most Valuable Player. The next year, he became the Dodgers' highest paid player with a salary of \$35,000. In 1955, Robinson led the Dodgers to a World Series victory over the New York Yankees. A perennial All-Star and Hall of Famer, Robinson's number 42 was retired by all of baseball on April 15, 1997.



## Savoring Art

April 13 is Slow Art Day. No, this doesn't mean you should draw pictures of turtles or molasses. It's just a day to spend some quality time with art, pondering the composition and closely contemplating the work.

For some, staring at a piece of art for 10 minutes or more may present a challenge. But Phil Terry, the founder of the slow art concept, discovered something highly rewarding when he spent hours studying two paintings in a New York City art museum one afternoon. He realized he did not have to be a professional art critic to understand and appreciate art.



How does looking slowly at a piece of art heighten the experience? In the good old days, the expert craftsmanship of products was appreciated. Modern culture places an emphasis on mass production, often at the hands of unskilled craftspeople or in mechanized factories. One of the major benefits of slow art is appreciating the amazing expert craftsmanship it takes to make a work of art. Taking the time to really look at art allows us to appreciate each brushstroke, the choice of materials, and the step-by-step process of creating a work of art. With this heightened awareness of craftsmanship comes a deeper emotional connection to the artwork.

Museums around the world have embraced the slow art movement, and on April 13, many will offer tours that visit only a few works of art. These tours end with lunch, where visitors can discuss what they saw and how the art affected them. But Terry is quick to point out that Slow Art Day isn't confined to just museums. Taking the time to appreciate art can happen anywhere, from sculpture gardens to city parks to historic houses. In essence, Terry is simply repeating the old maxim "Stop and smell the roses." These roses just happen to be in a museum.

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a ministry of Cassia  
CassiaLife.org



## Cartoon Captions

## Spirit of Care

### Fitbit Fitness Tracking

Some of our residents have begun to wear a Fitbit Fitness tracker as part of our Move Forward program. The Fitbit Charge 5 is a device worn on the wrist like a watch. It monitors and records sleep and movement patterns of the person wearing it.

The purpose of the Fitbit program is to establish baselines and determine if interventions are needed and are effective for promoting quality sleep and physical movement for overall health.

Residents who can benefit include those who are affected by issues such as pain, a decrease in functioning, weight loss, changes in activity levels, falls, and behavior concerns.

The program is brought to us by Move Forward, a Minnesota PIPP (Performance-Based Incentive Payment Program). Move Forward utilizes the 4M model of care as a framework to focus on *What Matters Most, Medications, Movement, & Mind Health* in the care of older adults. The 4M model helps identify the core issues that should drive all decision-making and emphasizes wellness and strengths rather than disease.

If you happen to find a lost Fitbit somewhere in our community, please return it. If you are aware of a resident who may benefit from wearing the Fitbit contact our Move Forward grant leaders, Elizabeth David, 952-236-2535 or Toni Stock, 952-236-2536. They are also available to answer any questions.



### Make A Wish



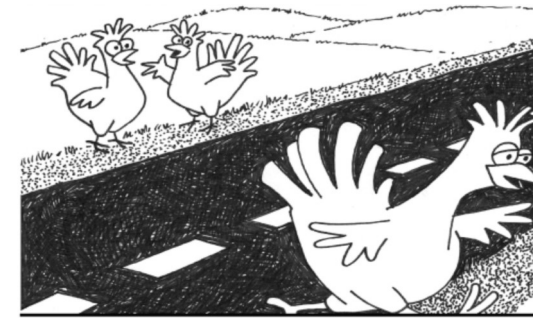
## Help Us Find Life-Changing Wishes

Wish of a Lifetime from AARP is changing how we age, one inspirational wish at a time. We grant wishes that help older adults connect with their passions, their purpose, or the people they love when they cannot do so on their own. Every wish we fulfill inspires people of all ages to live their best lives.

Do you know someone who should be nominated for a wish? Find the application online at [www.wishofalifetime.org](http://www.wishofalifetime.org)

Or for assistance, contact our Move Grant team leaders Elizabeth David, 952-236-2535 or Toni Stock, 952-236-2536

Try to match the captions (bottom of page) with the corresponding cartoon pictures. This is a great brain exercise!



1



2



3

CAPTIONS:

“Stick ‘em up!”

“I don’t know why he did that!”

“It’s been nice gnawing you.”

### 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.

*Continued on back page....*

## Remembering The Departed...

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

There have been no losses since 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 the first Sunday and Third Wednesday at 3 pm.
- 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. This is subject to change, so please check the daily posted schedule on Channel 6.

## Honesty and Deception

You may find that April 4 goes against your moral code, for it's Tell a Lie Day. Many ethical people live by the credo "Always tell the truth." But do we? Researchers have discovered that most people tell occasional lies for several reasons. Sometimes we lie to gain other people's respect or to cover up for making mistakes. The good news is that most people lie to spare someone else's feelings from being hurt. If people choose to always be honest regardless of the consequences, that honesty could lead to injury or harm. Compassion may sometimes override honesty.

Lucky, then, that April 30 is Honesty Day. Honesty can certainly hurt sometimes, but it also takes courage and maturity to be honest in difficult situations. Furthermore, staying honest attracts other honest people to you. When you are surrounded by the truth, you can be your authentic self. The freedom that comes with honesty is worth celebrating!



## April Birthdays

### Residents

Doug H .....	April 2
Robert H .....	April 4
James L .....	April 4
Linda J .....	April 6
Elaine M .....	April 8
Donald H .....	April 9
Gail D .....	April 17
Dennis H .....	April 20
Simeon T .....	April 20
Kathryn C .....	April 21
Lucy E .....	April 21
Mary Ann H .....	April 21
Robert H .....	April 23
Betsey S .....	April 26
Paula M .....	April 27

### Employees

Doris M .....	April 4
Jordan M .....	April 6
Natasha D .....	April 9
Jennifer P .....	April 12
Solomon G .....	April 13
Frances S .....	April 14
Yunhee G .....	April 14
Sifan C .....	April 15
Hanna Y .....	April 16
Karl J .....	April 16
Shannon C .....	April 17
Kosisochuckwu A .....	April 17
Stephanie M .....	April 19
Ryan E .....	April 19
Raskin B .....	April 20
Bezawit W .....	April 21
Tayjah S .....	April 21
Elizabeth D .....	April 22
Haolat O .....	April 24
Grace O .....	April 24
Amelia P .....	April 26
April D .....	April 26
Katherine H .....	April 27
April H .....	April 29
Hawinet G .....	April 29









# 2024

# Meaningful Pursuits

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 April Fools Day!</b> 9:45 Mind/Body Exercise...3SR 11:00 Songs & Discussion...2SR 11:45 Spanish Class...3DR 12:00 Magic Table...2SR 1:45 Word Games...2SR 7:15 Blackjack...2SR	<b>2</b> 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 Creative Time...3SR 3:00 Bingo...3DR	<b>3</b> 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 Trivia with Christine...3SR 3:00 Prayer & Praise...2DR	<b>4</b> 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 Creative Time...3SR 3:00 Chime Choir...2DR	<b>5</b> 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	<b>6</b> 10:00 Sunrise Stretches...2SR 12:30 Lunch Music...2DR 3:00 Bingo With River Valley Church...2DR
	<b>7</b> 10:00 Stories & Memories...3SR 2:00 TCU Rounds...1st Fl 3:00 Worship & Communion.2DR 3:00 Worship Broadcast...TV6	<b>8</b> 9:45 Mind/Body Exercise...3SR 10:00 Mission Music...2SR 11:00 Songs & Discussion...2SR 11:45 Spanish Class...3DR 12:00 Magic Table...2SR 1:45 Word Games...2SR <b>6:00 Takeout Night...Lower Lvl</b>	<b>9</b> 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 <i>(Eid) al Fitr begins at sundown</i>	<b>10</b> 9:30 Personal Training...2nd 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...2DR	<b>11</b> 9:30 Sit Fit...2SR 9:30 Music & Motion...3SR 10:30 Catholic Mass...TV6 10:30 Sunroom Spa...3SR 11:30 Active Rounds...3rd 12:30 Lunch Music...1DR 1:45 Table Games...3SR 3:00 Awards Program...2DR	<b>12</b> 9:30 Music & Motion .2SR 9:30 Personal Training ...3RD 9:45 News & Stretch...3SR <b>10:00 Target Shopping</b> 10:00 Village Mentors...LL 1:30 Trivial Pursuit...2SR 3:00 Ice Cream Social...3DR
<b>14</b> 2:00 TCU Rounds...1st Fl 3:00 Worship Broadcast...TV6	<b>15</b> 9:45 Mind/Body Exercise.3SR 10:00 Music Exploration...2SR 11:00 Songs & Discussion...2SR 11:45 Spanish Class...3DR 12:00 Magic Table...2SR 1:45 Word Games...2SR 3:30 Relaxation Group...3SR 7:15 Blackjack...2SR	<b>16</b> 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	<b>17</b> 9:30 Personal Training...2nd 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 & Communion.2DR	<b>18</b> 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 Fl 12:30 Lunch Music...1DR 1:45 Creative Time...3SR 2:00 Rays of Hope...Lower Lvl 3:00 Chime Choir...2DR	<b>19</b> 9:30 Music & Motion...2SR 9:30 Personal Training...3rd 9:45 News & Stretch...3SR 3:00 Birthday Party...2DR	<b>20</b> 10:00 Sunrise Stretches...2SR 12:30 Lunch Music...3DR 2:30 Games...2SR
<b>21 National Volunteer Wk</b> 10:00 Stories & Memories..2SR 2:00 TCU Rounds...1st Fl 3:00 Hymns & Spiritual Songs with Mark...2DR 3:00 Worship Broadcast...TV6	<b>22 Earth Day</b> 9:45 Mind/Body Exercise.3SR 10:00 Music Games...2SR 11:00 Songs & Discussion...2SR 11:45 Spanish Class...3DR 12:00 Magic Table...2SR 1:45 Word Games...2SR 3:00 Drum Circle...2SR 7:15 Video Bowling...2SR <i>Passover begins at sundown</i>	<b>23 FULL MOON</b> 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	<b>24 Admin. Professionals Day</b> 9:30 Personal Training..2nd 9:45 Table Games...2SR 9:45 Mind/Body Exercise...3SR 10:30 Resident Council...3DR 11:00 Active Rounds...3rd 11:30 Java Time...3SR 12:30 Lunch Music...3DR 1:45 Table Games...3SR 3:00 Sensory Devotions...2DR	<b>25</b> 9:30 Sit Fit...2SR 9:30 Music & Motion...3SR 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 3:00 Chime Choir...2DR	<b>26</b> 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 Bowl-O-Rama...3DR	<b>27</b> 10:30 Games with Chuck...2SR 2:00 Movie-Till The Clouds Roll By-Judy Garland...TV6
<b>28</b> 2:00 TCU Rounds...1st Fl 3:00 Worship Broadcast...TV6	<b>29</b> 9:45 Mind/Body Exercise.3SR 10:00 Music Exploration...2SR 11:00 Songs & Discussion...2SR 11:45 Spanish Class...2SR 12:00 Magic Table...2SR 1:45 Word Games...2SR 3:00 Rhythm Band...3SR 7:15 Blackjack...2SR	<b>30</b> 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 Total Trivia...3SR 3:00 Bingo...3DR		<b>*Lunch Bunch and Bus Outings require sign-up and residents may be responsible for cost of their own meal and bus fare.</b>	<b>Activities are subject to change. Check bulletin board across from the elevators for updates or channel 6.</b>  <b>DR=Dining Room</b> <b>SR=Sun Room</b> <b>LL=Lower Level</b>	