



# May 2024

## Message from Emily

Spring is in the air! Hope the April showers we have had lately bring May into full bloom.

I want to start out my newsletter by giving thanks to Amber Castellano, Activity Director, whose last day with us will be Friday, May 3rd. Amber’s hard work and dedication to the residents of Apple Valley Villa will be truly missed. We wish her the best of luck with the arrival of her second baby. Thank you to those that came and helped us celebrate with her last Monday, April 22nd and send her on her way with a farewell and best wishes. We are actively searching for her replacement and will keep you updated on the hiring process.

In May, we celebrate National Nurse Appreciation Week the 6th – 12th. Please take this opportunity to thank the nurses that work here in this building and those from home care and hospice agencies that serve our residents. Our nursing team here at Apple Valley Villa includes Cyndi Sabin, Director of Health Services, who recently celebrated 15 years here at the Apple Valley Campus. Ana, Lesa and Ashley, they assist with day-to-day communication with physicians, completing orders, setting up medications, meeting residents’ individual needs and responding to resident emergencies with compassion

and professionalism. Thanks for all you do! I also want to thank all of our residents who live here that spent their careers in nursing, this week is also for you and all that you did during your career to serve others in the health care field as a nurse.

May 12th we also celebrate Mother’s Day. Join us for a special Mother’s Day Tea Party on Saturday, May 11th to honor the Mother’s here at Apple Valley Villa. Female residents are able to sign up and bring a plus one, we do have a capacity limit for this event so please make sure to sign up to reserve your spot with the receptionist. We are also receiving a special donation of carnations for all the women here at the Villa from a member of Open Circle Adult Day Program on Friday, May 10th; they will be located in the lobby during the day.

At the beginning of April, I sent out a notification about Vital Research, a company contracted by the Minnesota Department of Health and Human Services, to conduct resident and family quality of life surveys. They have not confirmed a date that they will be here yet. We will keep you notified when a date has been selected.

*(continued on next page)*

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14610 Garrett Ave  
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 MN 55124  
 952-236-2600

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 CassiaLife.org

## Message from Emily

We want to remind residents to check in with the receptionist if you need to speak with a team member located in the Business Office or the Nurses Office. They will attempt to call or come see if we are available at the time you are here. Please be sure to read the sign on the outside of the door if we are in a meeting. This office is used for resident and family meetings, tours and team member meetings. You can also always call the team member you are trying to get a hold of and set up a time to see them.

Our Community Update Meeting will be on Monday, May 6th at 2:00pm. The Focus Meeting will be on Monday, May 20th at 2:00pm. Our topic this month is rescheduled from last month and 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, May 9th 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 wish everyone a wonderful May and hope that we get to enjoy some beautiful spring weather!

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
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!



May's resident spotlight shines on Bea Friesth. Bea moved to the Villa in January of 2023. At age 91, she is a model of healthy aging—physically, mentally, and spiritually. Bea loves to socialize with her neighbors and friends here at the Villa. She is also an active participant in exercise groups. Bea loves the worship services, and she greatly values the grief support group. She is very fond of her home here and especially loves the ice cream and Chef Mark's ribs!

Born in Bradley, South Dakota—a small town of only 100 people; Bea has one sister and one brother. Her father was a Lutheran pastor. Although she has lived in a number of places in the Midwest, including Crocker, South Dakota; Petersburg, Nebraska; Christiania, Minnesota; Alberta, Minnesota; and Appleton, Minnesota, where she graduated from high school; she is immensely proud of her Norwegian heritage. Bea attended 4 years of college at St. Olaf in Northfield, Minnesota, where she majored in Christian education. So also met some of the most important people in her life there! She met fellow Villa resident, Lois E., at St. Olaf and they have shared a decades' long friendship since. She also met her husband at St. Olaf, and he became a Lutheran pastor. He served in several congregations and passed away two years ago. Her husband was in hospice care at home for seven months prior to his death. Bea has survived her two siblings. She is very proud of her children. Two of her children are adopted. The oldest child lives in Ames, Iowa, her second oldest child lives in Boulder, Colorado, and the next oldest lives in Janesville, Wisconsin. Her daughter works in Houston, Texas in a ministry designed to help people. This assistance ministry enables people to obtain clothing and household items at a minimal cost.

Having served as an assistant at Sioux Falls, South Dakota at First Lutheran Church and at Zion Lutheran Church in St. Paul, Minnesota, she brings a lot of love to others here at the Villa. She was so thoughtful and kind to those at First Lutheran Church and Zion Lutheran Church, she was even gifted a painting for her retirement that still hangs on her wall in her apartment. We are so happy to spotlight Bea, and we are delighted to shine a light on her grace and kindness.



Written by Resident Reporter, Lee-Ellen Kirkhorn

Edited by Amber Castellano

## Announcements

### Activity Updates

Please note the following activity updates:

**Walking Group** is canceled until further notice

**Nature Documentary** is canceled until further notice

We apologize for the inconvenience and hope you will enjoy the other activities the Villa will have to offer!

### 2nd Floor Library & Book Display

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 *Women Authors* from May 1st-21st then we are starting our *Fifty Days of Freedom Display* going from May 22nd-July 11th focusing on patriotic holidays, military history, and more. 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.

### Fireside Chat

Join the Villa Dietary staff for their monthly Fireside Chat meeting on the third Wednesday at 10:00 a.m. in the Fireside Dining Room. Discuss all things food and any suggestions you might have!

### Dakota County Library Book Exchange– 5/23/2024

The librarians from the Dakota County Library will come **Thursday May 23rd** 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, 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 5/6	Target
Monday 5/9	Cub Foods
Monday 5/13	Walmart
Tuesday 5/14	Dollar Tree
Friday 5/17	Homshuk Mexican Kitchen & Bar
Monday 5/20	Target
Thursday 5/23	Cub Foods
Tuesday 5/28	Joann Fabrics/ Savers



# Special Events

## Entertainment Performances

**Music with Fire Spice-** Friday 5/10  
2:00pm Fireside Dining Room

**Music with Robert Boziach-** Monday 5/13  
2:00pm Fireside Dining Room



## Mother's Day Events

Celebrate all the moms with us at the Villa!

*"A Mother's Love" by Anonymous  
Of all the special joys in life,  
The big ones and the small,  
A mother's love and tenderness  
Is the greatest of them all.*

### **Mother's Day Party**

Friday, May 10th  
2:00 p.m.

Fireside Dining Room

Refreshments and entertainment by Fire Spice  
All are welcome!

### **Mother's Day Tea Party**

Saturday, May 11th  
11:00 a.m.

Fireside Dining Room

Female residents and one guest are welcome to  
enjoy a complimentary brunch and tea!

Prior sign-up required  
Sign-up at the Front Desk by 5/8



## Dog Visit with Bergen

Leonberger, Bergen, will be back on Friday,  
May 3rd 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 May 13th at  
2:00pm in the Fireside Dining Room! Everyone is  
invited and those with May birthdays will be  
recognized at the party.



## Wine Social

Sip, snack, and socialize at the Wine Social on May  
16th at 2:00pm in the Fireside Dining Room!



## Piano Recital

Enjoy the talents and music of local Apple Valley  
piano students (and their teacher Karen Saunders) as  
they perform a piano recital at the Villa on Friday,  
May 17th at 6:30 p.m. in the Fireside Dining Room.  
We hope to see you there!



## Resident Birthdays & Move-Ins

### Birthdays

- #424 Claudia Wolfgram 5/1
- #428 Annette Raymond 5/4
- #348 Mary Franklin 5/6
- #120 Douglass Howlett 5/7
- #114 Bill Hughes 5/7
- #447 Linda Sheehan 5/11
- #451 Dolores Kraft 5/12
- #325 Julie Kelm 5/13
- #108 LuAnn Wood 5/13
- #125 Vikki Titus-Duvio 5/14
- #402 Mary Klomps 5/15
- #147 Kim Nguyen 5/15
- #132 Alta Dexter 5/21
- #146 Gladys Henry 5/22
- #418 Marsha Bardeen 5/24
- #229 Martha Maus 5/24
- #345 Larry Black 5/26
- #501 Joan Foley 5/28
- #309 Janey Nesbett 5/28
- #227 Deb Lazarus 5/29
- #137 Robert McGovern 5/29
- #439 Joan Doyle 5/31
- #318 May Williams 5/31

### Welcome to the Villa!

- Lathelle Lance #104
- Dalene Huberty #140
- Margaret Olson #142
- Ruth Reppe #211
- Karen Klose #254
- Marlys Hopkins #347
- Jim Clark #444

### New Resident Reception

Thursday, May 9th  
10:30 a.m.

Fireside Dining Room

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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 **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.

**Rays of Hope- Tuesday, May 21st 12:30-1:30 pm**

OUR THOUGHTS AND  
PRAYERS ARE WITH THE  
LOVED ONES OF:

LADONNA DISCHER †

GERALD OSIECKI †

SANDRA ZACK †

## Message from the Chaplain



# What's In the Clouds?

Have you ever noticed that there is a big difference between summer clouds and winter clouds on a sunny day? I am no scientist, so possibly there is some scientific explanation for this. On the other hand, maybe it is because in the summer it is easier to spend time outside looking up and enjoying their puffy beauty. I have great memories of my childhood laying on my back outside in the lawn with my sister or my girlfriends looking up at the clouds. We would try to find shapes of things and see if we could get the other to find the same one before the wind blew the cloud out of the shape we initially saw. "I see a snail!" "No, I see a donut." "Now, I see a cat."

Recently I was enjoying some time on the deck at my home. It was a warm, sunny day with beautiful, puffy clouds dotting the sky. Leaning back in my chair I looked to the sky. I found myself not only trying to identify shapes in the clouds but also thinking of other things. Particularly, heaven. I have so many wonderings about heaven. You, too?

Jesus tells us in John 14 verses 1-3, *"Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am there you may be also."*

These words of Jesus oftentimes draw me in to deep contemplation. What does that place prepared for us look like? Many dwelling places? What does being in the pure presence of God in heaven feel like? What is up there? Where is "up there"?

May you take the time to look heavenward in this season of puffy clouds in the summer sky. And when you do, here is a prayer for you to pray...

***Dear Jesus, They tell me heaven is my home. Heaven seems like such a strange place to me because I have never been there. I understand this room and its surroundings. I understand neighborhood and all the places I have visited. Help others to understand how important this room is as well as the many, many people who have touched my life. Jesus, I am not unmindful of the hope you have given me. There is a tomorrow in which I will experience all the joy and beauty of my eternal home in God's blessed mansion. But you are here also, and I will live this day in your presence. I still have something to say in this world. People could learn from me as I can learn from them. Heaven can wait for its time. Help me know the meaning of each day that I live. In your name I pray. Amen.***

Keep Shining! 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.

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## The Back Page



### Music with a Jesus Guy

Thank you to all that attended "Music with a Jesus Guy" with Mark Alewine, Ann Alewine #445's son. It was an afternoon filled with wonderful music, stories, and a chance to praise Jesus!

### Amber Farewell Party- The Price is Right Winner... Mary Ellen Flicek

Congratulations for having the closest guess for baby item prices and thank you to all that attended the farewell party! It has been a pleasure getting to serve you!

Best, Amber

### National Pet Month

Did you that about 80 million homes in America have an animal family member? And about half of those households have more than one? Say "Hello" to National Pet Month. What a great way to celebrate how important our pets are! Here are four ways to celebrate your pet this month:

- 1: Protect their health
- 2: Make meal times fun!
- 3: Plan an adventure
- 4: Go ahead- Spoil them!



## MOVIE NIGHT

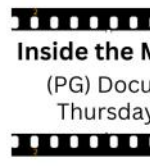


Villa Movies  
**MAY**



### Yes Day (2021)

(PG) Family/Comedy 1h29m  
Saturday, 5/4 2:30pm



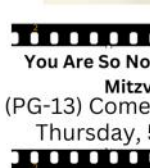
### Inside the Mind of a Cat (2022)

(PG) Documentary 1h7m  
Thursday, 5/9 6:00pm



### King Richard (2021)

(PG-13) Sport/Drama 2h25m  
Saturday, 5/18 2:30pm



### You Are So Not Invited to My Bat Mitzvah (2023)

(PG-13) Comedy/Drama 1h43m  
Thursday, 5/23 6:00pm



## 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