



14650 Garrett Ave
Apple Valley
MN 55124



952-236-2000
a ministry of Cassia
CassiaLife.org

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)

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

Sound Choices

Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!



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Swinging Through Time

What is jazz music without the Lindy Hop? Born in Harlem, New York, in the 1920s and '30s, the Lindy Hop combined jazz, tap dancing, and the Charleston to become one of the most beloved forms of swing dancing in the world. On May 26, World Lindy Hop Day, aficionados from all around the world will spread the message that the Lindy Hop is not only alive and well but is also one of the world's most joyous and enduring dancestyles.

On June 17, 1928, a famed dancer named "Shorty" George Snowden was performing in a dance marathon at the Manhattan Casino ballroom in Harlem. The event was captured on film, and afterward someone asked Shorty to describe his dancing style, which involved breaking away from his partner, flinging her out, and improvising a few steps on his own. Shorty called it the "The Lindy."

Whether Shorty intended it or not, his "Lindy" was forever associated with Charles Lindbergh's flight across the Atlantic Ocean. Lindy, as Lindbergh was called, completed his "hop" in 1927, and the name stuck.

The dance, however, continued to evolve along with jazz music. During the big band era in New York, bandleaders like Count Basie, Chick Webb (at his world-famous Savoy Ballroom), and Benny Goodman led orchestras that encouraged dancers to Lindy Hop. And dancers didn't just dance—the best competed both formally and informally for bragging rights.

The Lindy Hop made the jump from Harlem's fabulous ballrooms to the mainstream thanks largely to Hollywood. Actor Dean Collins danced the Lindy Hop across the silver screen. Then, when World War II broke out, American servicemen took the Lindy Hop across the globe. In 1943, *Life* magazine called the Lindy Hop America's national folk dance.



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National Skilled Nursing Week

STRENGTH IN ACTION
National Skilled Nursing Week, 2024
May 13-17-Resident Activities

Monday- LIFE STRENGTH
3:00 May Birthday Party with Live Music & Presentation of Resident Life Bios..2DR

Tuesday- MIND STRENGTH
3:00 Mind Challenge Bingo-Solve the case of the missing free space. Win extra valuable prizes!..3DR

Wednesday- SPIRITUAL STRENGTH
Make an extra effort to show your kindness toward others today.
1:30-4pm Patio Visits-Come to the Patio Garden to help plant or just enjoy the outdoors.
3:00 Patio & Garden Blessing Service with Chaplain Julie..Patio

Thursday- COMMUNITY STRENGTH
Indoor Picnic Lunch On Each Floor
Residents hand out treats for staff

Friday- PHYSICAL STRENGTH
3:00 Strength & Action Games with Staff/Resident Tug-O-War Contest.....2DR

May Movement Challenge

Maneuver to the Military
Hear the battle cry of our troops (2nd & 3rd floor residents) as they drive to the Military Museum in remembrance of fallen US military personnel.
Earn points by maneuvering your military vehicle (your wheelchair, walker, NuStep, PhysioStep, or seated elliptical machines) or doing arm/leg strengthening with staff. See postings for more details.
The challenge goes from May 1st through 31st. Watch for military facts and trivia postings in the hallways. As you earn points, they will count toward miles getting us closer to the Minnesota Military Museum (127 miles away.)

We'll be showing a movie to celebrate achieving our goal on June 7th, and offering root beer floats and a special grand prize.

For questions or additional information, contact:

Toni at 952-236-2536 or
Elizabeth at 952-236-2535



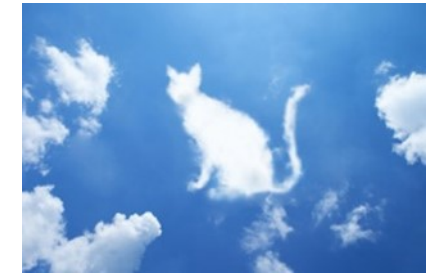
Salad Greens Word Search

Find the words from the list below. They may appear vertically or horizontally.



- | | | |
|------------|--|---------|
| ARUGULA | | ICEBERG |
| BUTTERHEAD | | LEAFY |
| CRISPY | | ROMAINE |
| ENDIVE | | SALAD |
| GREEN | | SPINACH |

Spirit of Care



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."

Continued on back page...

Remembering The Departed...

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

- Judy Yaeger Jones..... March 31
- Larry Smith..... April 3
- Joy Odonovan..... April 3
- Laurence Bridger April 5
- Mildred Paul..... April 9
- Ronald Mills April 11
- Mary Kohout..... April 11
- Bonnie Glidden April 16
- Rodney Hake..... April 21
- Donald Hatterman April 23

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 (May 5th) at 3 pm.
- Wednesday services include Prayer & Praise, Bible Study & Hymns, A special Patio Blessing service, Sensory Devotions, and Memorial Service. These services are at 3pm in the second floor dining room (except the patio service.). 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.

The Irresistible Iris

What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.

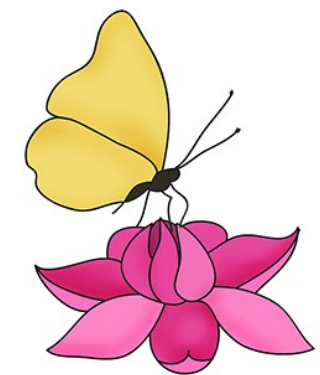
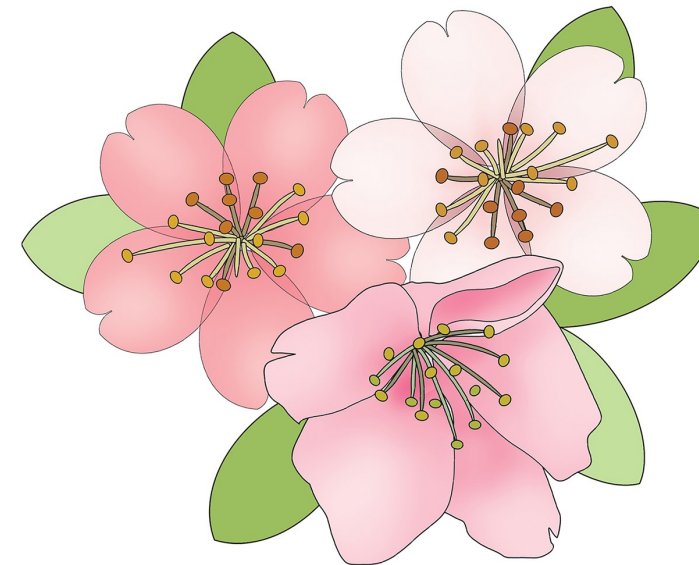
The word *iris* comes from a Greek word meaning “rainbow,” which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother’s Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.



Residents	
Judy A.....	May 1
Maynard N.....	May 1
Susie T.....	May 5
John S.....	May 6
Marlena V.....	May 10
Richard L.....	May 16
Gladys H.....	May 22
Judy M.....	May 23
Valerie B.....	May 24
Cris A.....	May 27
Sue Z.....	May 30

Employees	
Akuyoma I.....	May 2
Kadiejay K.....	May 2
Debby F.....	May 4
Maria P.....	May 5
Dave S.....	May 6
Samantha M.....	May 9
Oliva S.....	May 9
Katie V.....	May 17
Elema H.....	May 18
Worku D.....	May 20
Connie M.....	May 22
Yemesrach A.....	May 22
Aaron L.....	May 23
Reese M.....	May 23
Geynabo G.....	May 25
Sonita S.....	May 26
Alex B.....	May 28
Abby O.....	May 29



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Lunch Bunch and Bus Outings require sign-up and residents may be responsible for cost of their own meal and bus fare.</p>	<p>Activities are subject to change. Check bulletin board across from the elevators for updates or channel 6.</p> <p>DR=Dining Room SR=Sun Room LL=Lower Level</p>	<p>1 9:30 Personal Training.....2nd 9:45 May Natl' Days Trivia.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 Trivia with Christine....3SR 3:00 Prayer & Praise.....2DR</p>	<p>2-National Day of Prayer 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</p>	<p>3 9:30 Music & Motion....2SR 9:45 News & Stretch.....3SR 9:30 Personal Training.....3rd 11:45 Pen Pal Visits & Lunch 2:45 Pictionary.....2SR</p>	<p>4 10:00 Sunrise Stretches.....2SR 12:30 Lunch Music.....2DR 1:30 Kentucky Derby on NBC 3:00 Bingo With River Valley Church.....2DR</p>
<p>5 </p> <p>10:00 Stories & Memories...3SR 2:00 TCU Rounds.....1st Fl 3:00 Worship/Communion..2DR 3:00 Worship Broadcast.....TV6</p>	<p>6 9:45 Mind/Body Exercise....3SR 10:30 Mission Music.....2SR 11:15 Songs & Discussion...2SR 11:45 Spanish Class.....3DR 12:00 Magic Table.....2SR 1:45 Word Games.....2SR 7:15 Blackjack.....2SR</p>	<p>7 9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2SR/3SR 10:30 Musical Minds.....2SR 11:30 Tabletop Bowling.....2SR 12:30 Lunch Music.....2DR 1:45 IN2L Mind Challenge.3SR 3:00 Bingo.....2DR</p>	<p>8 9:30 Personal Training...2nd 9:45 Clever Endeavor.....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 Music3DR 1:45 Stories & Memories...3SR 3:00 Bible Study.....2DR</p>	<p>9 9:30 Sit Fit.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Mass.....TV6 10:30 60 Questions.....3SR 11:30 Active Rounds.....3rd 12:30 Lunch Music.....1DR 1:45 Table Games.....3SR 2:30 Catholic Room Visits 1,2,3 3:00 Chime Choir.....2DR</p>	<p>10 9:30 Music & Motion .2SR 9:30 Personal Training3RD 9:45 News & Stretch.....3SR 10:00 Village Ambassadors..LL 1:30 Trivial Pursuit.....2SR 3:00 Celebrate Mothers.....3DR</p>	<p>11 2:00 Movie Matinee.... "Small Miracles".....TV6</p>
<p>12 2:00 TCU Rounds.....1st Fl 3:00 Worship Broadcast.....TV6</p> <p></p>	<p>13 Skilled Nursing 9:45 Mind/Body Exercise.3SR 10:30 Music Exploration.....2SR 11:15 Songs & Discussion...2SR 11:45 Spanish Class.....3DR 12:00 Magic Table.....2SR 3:00 Birthday Party.....2DR</p>	<p>14 Week 9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2SR/3SR 10:30 Musical Minds.....2SR 11:30 Indoor Bocce Ball....2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Mind Challenge Bingo.3DR</p>	<p>15 9:30 Personal Training...2nd 9:45 Guess Who?.....2SR 9:45 Mind/Body Exercise....3SR 10:30 Choir Rehearsal.....2DR 11:00 Active Rounds.....3rd 12:30 Lunch Music.....3DR 1:30 to 4:00 Patio Visits 3:00 Patio & Garden Blessing Service.....Patio</p>	<p>16 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 Fl 12:30 Indoor Picnic....1, 2, 3DR 1:45 Creative Time.....3SR 3:00 Chime Choir.....2DR</p>	<p>17 9:30 Music & Motion.....2SR 9:30 Personal Training.....3rd 9:45 News & Stretch.....3SR 10:00 Village Ambassadors..LL 3:00 Strength & Action Games.....2DR</p>	<p>18 </p> <p>10:00 Sunrise Stretches.....2SR 12:30 Lunch Music.....3DR 2:30 Games.....2SR</p>
<p>19 10:00 Stories & Memories..2SR 2:00 TCU Rounds.....1st Fl 3:00 Hymns & Spiritual Songs with Mark.....2DR 3:00 Worship Broadcast.....TV6</p>	<p>20 9:45 Mind/Body Exercise....3SR 10:30 Music Games.....2SR 11:15 Songs & Discussion...2SR 11:45 Spanish Class.....3DR 12:00 Magic Table.....2SR 1:45 Word Games.....2SR 3:00 Drum Circle.....2SR 6:00 Takeout Night.....Lower Lvl</p>	<p>21 9:30 Musical Minds.....3SR 9:30 Nail Polishing....2SR/3SR 10:30 Musical Minds.....2SR 11:30 Tic-Tac Throw.....2SR 12:30 Lunch Music.....2DR 1:45 IN2L Mind Challenge.3SR 3:00 Bingo.....2DR</p>	<p>22 9:30 Personal Training..2nd 9:45 Family Feud.....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 Stories & Memories...3SR 3:00 Sensory Devotions.....2DR</p>	<p>23 Full Moon 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</p>	<p>24 9:30 Music & Motion..2SR 9:30 Personal Training.....3rd 9:45 News & Stretch.....3SR 10:00 Village Ambassadors..LL 1:30 Pictionary.....2SR 3:00 Sing-Along.....3DR</p>	<p>25 2:00 Movie Matinee "Rock a Bye Baby".....TV6</p> 
<p>26 2:00 TCU Rounds.....1st Fl 3:00 Worship Broadcast....TV6</p>	<p>27 MEMORIAL DAY  Remember and Honor 10:00 Trivia Time.....2SR 2:30 Memorial Day Concert.....2SR & TV6</p>	<p>28 9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2SR/3SR 10:30 Musical Minds.....2SR 11:30 Bean Bag Baseball.....2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....3DR</p>	<p>29 9:30 Personal Training..2nd 9:45 Price Is Right Game....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 Memorial Service.....2DR</p>	<p>30 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 Creative Time.....3SR 3:00 Chime Choir.....2DR</p>	<p>31 9:30 Music & Motion..2SR 9:30 Personal Training....3rd 9:45 News & Stretch.....3SR 10:00 Village Ambassadors..LL 1:30 Trivial Pursuit.....2SR 3:00 Music On The Patio</p>	