



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.

## Spiritual Care

(Continued from previous page)

Connection to clergy, deacons, and lay ministers can often provide a sense of comfort on a consistent basis and in a time of need. Prayers of healing, anointing with oil, the Sacrament of Holy Communion, the Sacrament of Baptism, and Last Rites are important ways that the church can offer connection and support.

Taking time to visit one another, singing familiar hymns, praying together, laughing together, and weeping together hold offers a healing balm for our souls.

### Peace of Christ, Chaplain Jason



## Dial A Smile

Some would argue that Ding-a-Ling Day on December 12 is a day to celebrate the kooky, off-the-wall ding-a-ling in your life. Well, those ding-a-lings probably don't know the real meaning of Ding-a-Ling Day. According to the *Chicago Sun-Times* newspaper, the Ding-a-Ling Club was started in 1971 by Franky Hyle of Chicago, Illinois. Hyle believed that city dwellers needed to be friendlier to one another. His solution was to spread cheer through the telephone lines. The mission of the club was to pick up the phone and dial a friend you haven't seen or spoken to in a long time. Why the name *Ding-a-Ling*? Hyle looked up the word and found the meaning to be "one who hears bells in his head." The name stuck, and so did his heartwarming method of "ringing" up old friends.



## Resolutions With A Twist

The holiday season is sometimes one of indulgence. After all, food and drink are a major part of many holiday events. By the end of the month, many people are thinking of their New Year's resolutions. Recent surveys show that the most common resolutions include saving more money, spending less, exercising more, and eating healthier. These are also often among the most broken resolutions, so this new year, think beyond the ordinary. Try a wild, wonderful, or just plain weird resolution—something fresh and fun to help you stick with it (for a few months at least).

This year, quirky resolutions are having a moment. One example: the "buy nothing" challenge, inspired by the Buy Nothing Project. Participants vow to buy only necessities, reuse and borrow items, and shop secondhand. It's a creative, wallet-friendly resolution that also builds community spirit—lending books via Libby, swapping items through local groups, or borrowing instead of buying new.

Another trend gaining traction is turning your resolutions into a bingo game. A popular TikToker shared how she gamified her goals using a bingo card—mixing easy "base goals" and tougher "stretch goals," and rewarding herself for each completed square. The gamelike format makes resolutions feel fun, manageable, and less intimidating.

Still craving silliness? A UK study found that lots of people are embracing resolutions like laughing more, setting "no lists" instead of to-do lists, taking a monthly spontaneous adventure (like exploring a nearby town), and putting their own happiness center stage. Whatever resolution you choose—saving money, laughing more, or playing bingo with your goals—the key is to keep it playful and personal. The best resolutions are about adding a little more joy to the year ahead.



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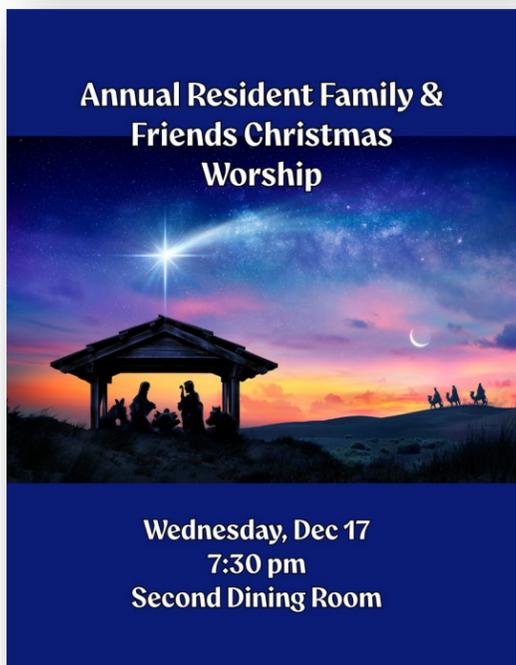
Spirit of Care -7

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14650 Garrett Ave  
Apple Valley  
MN 55124  
952-236-2000

a ministry of Cassia  
CassiaLife.org

## Special Holiday Events



Santa delivers gifts to residents on the afternoon of Tuesday, December 23rd. See activity calendar for details.

## Season's Givings

Dear residents, and family members,

As much as we appreciate your kindness, employees cannot accept gifts, as this is against ethical guidelines in our community. Your generosity means so much to us! This holiday season, we'd like to offer you alternative ways to express your gratitude that are both thoughtful and appropriate.

Donations to our facility or bus campaign: We continue to accept donations to purchase a new bus. You can bring your donation to our receptionist or give online at <https://www.applevalleycampus.org/apple-valley-bus/>

Treats for staff: You may bring in treats to share with staff. Items that are commercially prepared are preferred.

Gratitude Notes: Fill out a Gratitude Note to call out specific individuals you would like to recognize and show your thanks. Find information at the receptionist desk.

Greeting Cards: Greeting cards are acceptable to groups or individuals who work here if they do not include money or gift cards.

Verbal Expressions of Gratitude: A simple word of thanks goes a long way in showing your appreciation and creating a positive environment.

And speaking of gratitude...

As the holidays sparkle around us, we're grateful for the privilege of caring for you and your loved ones. Thank you for choosing us—because unlike holiday sweaters, this is a choice you won't regret! Wishing you warmth and laughter this holiday season.

*The staff at Apple Valley Village Health Care Center*

## Matching Hot Cocoa

Find two cups of hot cocoa that are exactly alike.



## Spirit of Care

### Getting Plugged In - Access To Faith Practices

*"I am the true vine, and my Father is the vinegrower. He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. You have already been cleansed by the word that I have spoken to you. Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing... If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you.*

*John 15:1-5,7 NRSV*

For Christians, faith practices are a central part of our identity. Here are three areas of connection:

Access to worship services, the hearing of scripture, and the sharing of the sacraments are essential to supporting our faith. If there are challenges in attending these in person, we must seek accommodations to make sure that these familiar ways of connecting come to the faithful. One on one visitation, connecting through online services, providing large print materials, providing amplification of sound, and providing transportation are just a few of these accommodations we can offer.

The use of spiritual practices such as prayer, devotion, rosary, and fasting focus our hearts and minds amidst the din of the outside world. Individual, group, and communal prayer offer connection to God and His promises in our time of need. Devotion offers a daily taste of living bread for our journey. There are many accessible daily devotions that connect with scripture. Joining a Bible study group or finding a partner to join you as you move through the Bible helps when discussion and discernment are necessary. The use of rosary and other tactile resources help connect body and mindfulness. The use of fasting is often used for centering our focus on God. *(continued on back page)*

## Remembering The Departed...

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

- Beverly Hawkins..... October 31
- John Klein ..... November 2
- Phyllis Chadwick..... November 6
- Roseann Gottlieb..... November 15
- Marjory Hart ..... November 16
- Dolores Wickert ..... November 16
- James Kzaley ..... November 16
- Juanita Dubry..... November 20
- Charles Brubaker ..... November 22
- Susann Topp ..... November 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 service each Sunday at 3 pm in the second dining room. Communion the 1st & 3rd Sundays.
- Wednesday services include Service of Praise, Service of Healing, Worship/Communion, Christmas Eve and New Years Eve Service. These services are at 3pm in the second floor dining room, led by Chaplain Nirmala. 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 posting.

## Shades of Calm

Looking for that perfect gift for someone on your “nice” list? Consider a coloring book. Coloring books are no longer just for children. Adult coloring clubs meet up at bars after work. Executives gather employees in conference rooms for impromptu coloring sessions. Just look at Amazon’s Best Sellers list, which regularly features adult coloring books. Recent top titles lean toward cozy, bold, easy-to-color designs. While Johanna Basford’s intricate *Secret Garden* remains iconic and beloved, selling over 21 million copies worldwide, current bestsellers favor simpler, hygge-inspired pages.

Why are adults so drawn to coloring? Research continues to support coloring as a form of stress relief. It promotes mindfulness and flow, engaging the brain in a soothing, focused activity that quiets anxiety. Clinical psychologist Ben Michaelis explains that the amygdala, the part of our brain responsible for our fight-or-flight response, takes a rest while we focus on coloring. Dr. Michaelis is such a believer that he both prescribes coloring to his patients and uses it at home with his own family.



## December Birthdays

### Residents

- Theresa W.....December 3
- Michael C .....December 5
- Steven K .....December 7
- Toni P .....December 7
- Ardis F .....December 10
- Sophie E.....December 16
- Dorothy K.....December 16
- Marian H.....December 18
- Lawrence H .....December 22
- Paul C .....December 26
- Jan C .....December 27
- Eileen C .....December 28
- William R .....December 29

### Staff

- Ayaovi A.....December 1
- Cynthia G.....December 4
- Chelsea T .....December 5
- Aubrey B.....December 7
- Becky P.....December 8
- Haimla K.....December 8
- Robert B.....December 8
- Sandra J.....December 8
- Cynthia C .....December 9
- Hillary N .....December 9
- David O.....December 10
- Felicia A .....December 11
- Fatuma N .....December 12
- Meshack O.....December 12
- Willfred O.....December 12
- Brooke L .....December 15
- Evadney W .....December 17
- Mary G.....December 17
- Aleesha B.....December 18
- Moses O.....December 20
- Sheila S .....December 20
- Esther M .....December 23
- Sharon J .....December 24
- Desta J.....December 27
- Sandra K .....December 27
- Edna M .....December 29
- Lisa S .....December 29
- Thuy T .....December 29
- Essodinam P .....December 31





Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<p>Activities Subject to Change See daily postings on bulletin board</p> <p>Daily activity schedule &amp; menu posted on channel 6</p>	<p><b>1</b></p> <p>9:30 Magic Table Adventure...2SR 10:00 Music Exploration...2SR 11:00 Q-Bitz Game.....1DR 11:00 Village Ambassadors.2DR 11:30 Sensory Small Group.3SR 2:00 Word Games.....2SR 3:00 Boom-Wacked.....2DR</p>	<p><b>2</b></p> <p>9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2/3SR 9:45 Tabletop Games.....2SR 10:30 Musical Minds.....2SR 11:30 Songs &amp; Discussion.2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3DR 3:00 Bingo.....3DR</p>	<p><b>3</b></p> <p>9:45 Clever Endeavor...2SR 10:00 Mind/Body Exercises.3SR 10:30 Choir Rehearsal.....2DR 11:30 Java Time.....3SR 12:10 Table Trivia.....1DR 12:30 Lunch Music.....3DR 2:00 Games In Motion.....2SR 3:00 Service of Praise.....2DR</p>	<p><b>4</b></p> <p>9:30 Music &amp; Motion.....3SR 9:45 Art Club-Water Colors.2SR 10:30 Live Catholic Svc.....2DR 10:30 Catholic Mass.....TV6 10:30 Trivia with Kristine..3SR 11:00 Bible Study.....2DR 1:45 Paint &amp; Prep.....3SR 3:00 Chime Practice.....2DR</p>	<p><b>5</b></p> <p>9:30 Music &amp; Motion.....2SR 10:00 News &amp; Stretch.....3SR 10:15 Trivia.....2SR 11:00 Crazy Eights.....1DR 1:30 Tree Trimming &amp; Decorating.....2SR &amp; 3SR</p>	<p><b>6</b></p> <p>10:00 Sunrise Stretches.2SR 12:30 Lunch Music.....2DR</p> <p>3:00 Bingo with River Valley Church.....2DR</p>
<p><b>7</b></p> <p>10:00 Getting To Know You.....2SR</p> <p>3:00 Worship &amp; Communion Live Service.....2DR 3:00 Worship Broadcast...TV6</p>	<p><b>8</b></p> <p>9:30 Magic Table Adventure.2SR 10:00 Music &amp; Memories...2SR 11:00 Shake a Memory...1DR 11:00 Village Ambassadors.2DR 11:30 Short Stories.....3SR 2:00 Word Games.....2SR 3:00 Resident Council.....2DR</p>	<p><b>9</b></p> <p>9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2/3SR 9:45 Tabletop Games.....2SR 10:30 Musical Minds.....2SR 11:30 Songs &amp; Discussion.2SR 12:30 Lunch Music.....2DR 1:45 Holiday Stories &amp; Memories.....3SR 3:00 Bingo.....3DR</p>	<p><b>10</b></p> <p>9:45 Hidden Object Game2SR 10:30 Choir Performance...2DR 12:10 Table Trivia.....1DR 12:30 Lunch Music.....3DR 2:00 Games In Motion.....2SR 3:00 Service of Healing.....2DR 3:30 Bread Break.....2SR</p>	<p><b>11</b></p> <p>9:30 Music &amp; Motion.....3SR 9:45 Game Detective.....2SR 10:30 Catholic Mass.....TV6 11:00 Bible Study.....2DR 1:45 Table Games.....3SR 3:00 Chime Practice.....2DR</p>	<p><b>12</b></p> <p>9:30 Music &amp; Motion.....2SR 10:00 News &amp; Stretch.....3SR <b>10:30 Lunch at Culvers</b> 11:00 Yahtzee.....1DR 3:00 Move Challenge: Snowball Fight!.....2DR</p>	<p><b>13</b></p> <p>10:00 Move &amp; News.....3SR 12:15 Table Trivia.....1DR</p> <p>3:00 Holiday Parties.1, 2 &amp; 3DR</p>
<p><b>14</b></p> <p>10:00 Morning Meditation...3SR 3:00 Worship Service.....2DR 3:00 Worship Broadcast...TV6</p> <p>Hanukkah Begins</p>	<p><b>15</b></p> <p>9:30 Magic Table Adventure...2SR 10:00 Reindeer Games.....2SR 11:00 Scrabble.....1DR 11:00 Village Ambassadors.2DR 11:30 Sensory Small Group.3SR 3:00 Jug Band.....3SR</p>	<p><b>16</b></p> <p>9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2/3SR 9:45 Tabletop Games.....2SR 10:30 Musical Minds.....2SR 11:30 Songs &amp; Discussion...2SR 12:30 Lunch Music.....2DR 1:45 What's In My Stocking...3SR 3:00 Bingo.....2DR</p>	<p><b>17</b></p> <p>9:45 Hide Presents Game...2SR 11:30 Java Time.....3SR 12:10 Table Trivia.....1DR 12:30 Lunch Music.....3DR 2:00 Grinchy Games.....2SR 7:30 Family &amp; Friends Christmas Worship Service.2DR</p>	<p><b>18</b></p> <p>9:30 Music &amp; Motion.....3SR 9:45 Wii Bowling.....2SR 10:30 Live Catholic Svc.....2DR 10:30 Catholic Mass.....TV6 11:00 Bible Study.....2DR 1:45 Game Detective.....2SR 3:00 Christmas Singo.....2DR</p>	<p><b>19</b></p> <p>9:30 Music &amp; Motion.....2SR 10:00 News &amp; Stretch.....3SR 10:15 Trivia.....2SR 11:00 Farkle.....1DR 3:00 Birthday Party.....2DR</p>	<p><b>20</b></p> <p>10:00 Move &amp; News.....2SR 12:15 Table Trivia.....1DR</p> <p>3:00 Music with Mark-Hymns &amp; Spiritual Songs.....2DR</p>
<p><b>21</b></p> <p>10:00 Games.....2SR 3:00 Worship &amp; Communion Live Service.....2DR 3:00 Worship Broadcast...TV6</p> <p>Winter Begins</p>	<p><b>22</b></p> <p>9:30 Magic Table Adventure...2SR 10:00 Holiday Music.....2SR 11:00 Cribbage.....1DR 11:00 Village Ambassadors.2DR 11:30 Short Stories.....3SR 3:00 Drum Circle.....3DR</p>	<p><b>23</b></p> <p>9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2/3SR 9:45 Tabletop Games.....2SR 10:30 Musical Minds.....2SR 11:30 Songs &amp; Discussion.2SR 12:30 Lunch Music.....2DR 2:00 Caroling &amp; Gift Delivery.2SR 3:00 Caroling &amp; Gift Delivery.3SR</p>	<p><b>24</b></p> <p>10:00 Having A Ball.....3SR 12:30 Lunch Music.....3DR 3:00 Christmas Eve Service.2DR</p>	<p><b>25</b></p> <p><i>Merry Christmas!</i></p>  <p>Christmas</p>	<p><b>26</b></p> <p>9:30 Music &amp; Motion.....2SR 10:00 News &amp; Stretch.....3SR 10:15 Trivia.....2SR 11:00 Kings In The Korner1DR 3:00 Bingo.....2DR</p> <p>Boxing Day (Canada) Kwanzaa Begins</p>	<p><b>27</b></p> <p>10:00 Sunrise Stretches...2SR 12:30 Lunch Music.....3DR 2:00 Jeopardy.....2DR</p>
<p><b>28</b></p> <p>10:00 Stories &amp; Memories.2SR 3:00 Worship Service.....2DR 3:00 Worship Broadcast...TV6</p>	<p><b>29</b></p> <p>9:30 Magic Table Adventure...2SR 10:00 Music Exploration...2SR 11:00 Dominos.....1DR 11:00 Village Ambassadors.2DR 11:30 Sensory Small Group.3SR 3:00 Jug Band.....3SR</p>	<p><b>30</b></p> <p>9:30 Musical Minds.....3SR 9:45 Tabletop Games.....2SR 10:30 Musical Minds.....2SR 11:30 Songs &amp; Discussion.2SR 12:30 Lunch Music.....2DR 3:00 Bingo.....3DR</p>	<p><b>31</b></p> <p>9:45 Family Feud.....2SR 11:30 Java Time.....3SR 12:10 Table Trivia.....1DR 12:30 Lunch Music.....3DR 2:00 Games In Motion.....2SR 3:00 New Year's Eve Service.....2DR</p> <p>New Year's Eve</p>	<h1>December 2025</h1> <p>Therapeutic Recreation Programs</p>		

