



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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a ministry of Cassia
CassiaLife.org

The Long Sleep

Karolina Olsson of Sweden became known as the "Sleeping Beauty of Oknö" when, on February 22, 1876, at age 14, she fell into a deep sleep and did not awake for 32 years. How did she survive? Legend has it that family members diligently spoon-fed her sweetened milk each day. Over the years, they sometimes observed her sleepwalking or crawling. Her family and much of her small remote village believed the girl bewitched. When Olsson finally awoke, she looked in the mirror and burst into tears. She hardly recognized herself. And yet, she seemed to have aged only to her mid-20s, when she should have been 46. Doctors examined her to find no lasting physical or mental damage, only that her mind was still that of a 14-year-old. Olsson had amazingly, inexplicably "hibernated," though today's doctors suggest she might have been in a state of catatonia.



Trekkies Rejoice

This year, *Star Trek* celebrates an incredible milestone: 60 years of exploring strange new worlds. Since its first broadcast in 1966, the franchise has captivated audiences of all ages with its stories of courage, friendship, and hope for a better future.

For longtime fans, the anniversary is a chance to reconnect with cherished memories. Special events are planned across the country, including fan conventions, commemorative exhibits, and even themed museum displays showcasing classic costumes and props. Streaming services will highlight favorite episodes and launch new series like *Star Trek: Starfleet Academy*.

A themed cruise from February 20–27 offers a fun way to join fellow fans, but the celebrations extend far beyond the ocean. Whether revisiting the adventures of Captains Kirk and Jean-Luc Picard or discovering new stories, the 60th anniversary is a joyful reminder of the optimism and imagination that *Star Trek* has inspired for six decades.



APPLE VALLEY HEALTH & REHABILITATION community news

February, 2026

cassia
AN AUGUSTANA/ELIM AFFILIATION
Serving all by following One

February Aloha

For those dwelling in the northern hemisphere, February brings a chill to both the air and the spirit. Spring is just a month away, but who can think of spring when the snow's still falling? Drive away the chill on February 1 with Hula in the Coola Day.

Hula dancing is an integral part of Hawaii's Polynesian history and culture. The dance is far more than swaying the hips in a grass skirt; it's a ritual way to explain Hawaiian gods and goddesses, the history of the people, and the mysteries of natural phenomena through chanting, singing, and dancing. Hula has been performed during religious rituals, rites of passage, social gatherings, and even football games. So if you're looking to warm your spirit this February 1 with a little *aloha*, find a real *kumu hula* teacher. Ditch the grass skirt for one made of *kapa*, a traditional fabric handcrafted from the bark of the paper mulberry tree.



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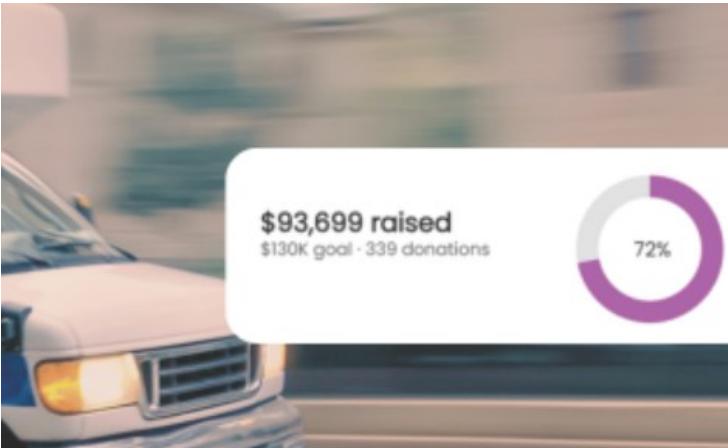
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Bus Update



We have raised \$93,699 for our new campus bus, which is 72% of the goal. We are on the home stretch!



Singing A New Song

After six years of enriching our community with the gift of music, **Chad Worner** has decided to add a new verse to his life's song.

Throughout his time here, Chad has brought music to life for our residents in so many meaningful ways—through therapeutic sessions, lively sing-alongs, one-to-one engagements, and quiet moments of connection. His ability to reach people through melody, rhythm, and genuine compassion has created countless joyful memories and meaningful breakthroughs. Chad's presence has been a steady source of comfort, inspiration, and happiness for the residents he served, as well as a deeply valued part of our Activities team.

At the end of February, Chad will be moving to Duluth to begin a new role as a Music Therapist with **Moments Hospice**. While we will miss him greatly, we are excited to see him continue sharing his talents and making a difference in the lives of others.

Applications are now being accepted to fill his position.

Please join us in wishing Chad well as he begins this exciting new chapter. A celebration and farewell party in his honor will be held on **February 26th at 3:00 p.m.** in the **second dining room**.



Word Search-Olympic Events



D	E	P	I	P	F	L	A	H	D	I	B	H	S	D
R	R	G	N	I	I	K	S	E	O	I	F	O	Q	O
R	W	A	I	Z	I	N	L	K	A	T	J	C	F	W
A	Y	V	O	A	R	S	S	T	E	T	Q	K	Z	N
L	U	G	E	B	B	L	H	A	I	L	W	E	Z	H
C	S	M	O	O	W	L	J	B	G	D	E	Y	T	I
Q	G	F	B	V	O	O	T	P	N	L	E	T	D	L
B	Q	P	L	N	Z	R	N	L	I	V	O	E	O	L
E	R	U	G	I	F	A	M	S	L	C	I	O	P	N
S	R	O	D	S	M	C	I	D	R	O	N	Q	M	S
U	L	C	R	O	S	S	C	O	U	N	T	R	Y	Y
W	I	A	G	Y	L	Y	D	C	C	Z	B	F	J	E
C	W	U	L	F	R	E	E	S	T	Y	L	E	W	S
L	L	S	H	O	R	T	T	R	A	C	K	Q	C	X
S	Z	N	I	L	M	H	Z	L	N	H	N	F	R	P

BIATHLON	FREESTYLE (skiing)	SHORT TRACK
BOBSLED	HALF-PIPE	SKELETON
CROSS-COUNTRY	HOCKEY	SKIING
CURLING	LUGE	SLALOM
DOWNHILL	MOGULS	SNOWBOARD
FIGURE (skating)	NORDIC (combined)	SPEED (skating)

Spirit of Care

Navigating The Valley of the Shadow of Death

Jesus said to her, 'I am the resurrection and the life. Those who believe in me, even though they die, will live,'²⁶ and everyone who lives and believes in me will never die. Do you believe this?'

The role of spiritual counselors, fellow believers, and ministers is not to offer brand new shiny, new promises, but simply to restate the promises that you have already heard and come to trust in. Yes, even in the Valley of the Shadow of Death. Even in death, itself. The gospel is heard and received. These words are guidance and comfort which come to us from outside of ourselves. It is God's will for us to have these promises wrapping us in the wings of His love. Death is never God's intention or will for us; Life in and with Him forever is. The promise of eternal life is a gift that keeps us and sustains us when all other earthly hope has run its course.

"Do you believe this?" is a question of clinging to God's promises that He has given us. In the work of the Holy Spirit, we hear and believe, "Yes, this is most certainly true!"

Navigating end-of-life concerns is supported when we have others to walk with us, to sit with us, and to remind us over and over again of God's great love. We are given a word that even the brashness of death cannot overcome, "Do not be afraid I am with you!"

"For whether we live, we live unto the Lord; and whether we die, we die unto the Lord. Whether we live therefore or die, we are the Lord's (Romans 14:8)."

"I will never leave you nor forsake you (Deuteronomy 31:6)!"

"Do not fear, for I have redeemed you; I have called you by name, you are mine (Isaiah 43:2)."

Peace of Christ,
Chaplain Jason

Remembering The Departed...

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

- Michael Whitehill.....January 5
- Charles Kevin Schuman.....January 10
- Richard Heggemeyer.....January 16
- Donald Buchanan.....January 23
- Beverly Bonkoski.....January 28

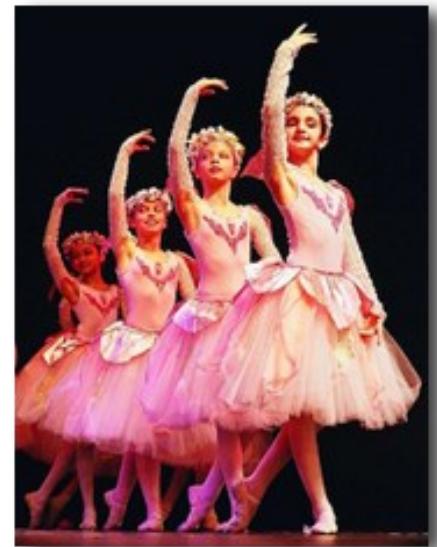


Worship Service Schedule

- Worship services from Central Lutheran Church in Minneapolis will be broadcast at 3:00 pm on channel 6 every Sunday.
- Live worship service each Sunday at 3 pm in the second dining room led by our chaplains. Communion the 1st & 3rd Sundays.
- Wednesday services include Service of Praise, Service of Healing, Worship/Communion, and Faith Stories Service. These services are at 3pm in the second floor dining room, led by our Chaplains. 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 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.

Dancing The Divine

Ballet is not only a beautiful and elegant dance form, but it's also the perfect civilizing art, says ballerina, critic, and historian Jennifer Homans. Throughout its history, ballet has been used to refine the body, mind, and soul. Since its origins as a dance of wealthy Italians during the Renaissance, ballet grew beyond the dance floors of the rich. To develop its fluid and balanced movements, choreographers used math and geometry, then taught by ballet teachers to their students. The dance was thought to be so harmonious and perfect that it was given religious significance. In their view, mastering ballet could actually improve the soul. With results like that, why not try a few steps on February 7, Ballet Day?



February Birthdays

Residents

- Char W.....February 6
- Sandra T.....February 10
- Debra M.....February 12
- Gerald T.....February 17
- Sharon G.....February 20
- Michael E.....February 28

Staff

- Emmanuel AFebruary 2
- Molla AFebruary 2
- Veronica MFebruary 4
- Josephat NFebruary 5
- Evelyn CFebruary 8
- Reese BFebruary 8
- Sonovia BFebruary 9
- Abdelfeta KFebruary 10
- Rahila PFebruary 11
- Everett GFebruary 11
- Deko MFebruary 12
- Zamzam HFebruary 13
- Christina SFebruary 13
- Belen KFebruary 14
- Zahra SFebruary 14
- Vicki BFebruary 20
- Holly WFebruary 20
- Teberh ZFebruary 20
- Madison HFebruary 20
- Samuel TFebruary 21
- Selamawit WFebruary 22
- Calik NFebruary 25
- Kristin RFebruary 27
- Janel WFebruary 27
- Sophia JFebruary 27
- Fikert HFebruary 28
- Sophia SFebruary 28



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

Therapeutic Recreation Programs

1	10:00 Travel Adventure.....2SR 3:00 Worship & Communion Service Live.....2DR 3:00 Worship-Central Lutheran Church of Minneapolis.....TV6 Tu B'Shevat Begins	2	9:45 News & Stretch.....3SR 10:00 Music & Memories....2SR 2:00 Word Bank.....2SR 3:00 Yahtzee.....1DR 3:00 Drum Circle.....3DR 5:00 Kings In The Korner...3SR 7:30 Trivia Time.....2SR	3	9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2/3SR 9:45 Tabletop Game.....2SR 10:30 Musical Minds.....2SR 11:30 Songs & Discussion.2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....2DR 5:00 Move to Music.....3SR	4	9:45 Clever Endeavor.....2SR 10:00 Mind/Body Exercise..3SR 12:10 TCU Trivia.....1DR 12:30 Lunch Music.....3DR 2:00 Grab-It Competition....2SR 3:00 Service of Praise.....2DR 4:00 Choir Rehearsal.....2DR 5:30 Sunroom Sing-along...2SR 5:00 Move to Music.....3SR	5	9:30 Music & Mood.....2SR 10:30 Trivia With Kristine..3SR 10:30 Catholic Room Visits 10:30 Catholic Mass.....TV6 12:30 Lunch Music.....1DR 2:00 Nail Polishing.....1DR 2:00 Sense-Alive.....3SR 3:00 Name That Tune.....2SR 3:30 Bread Break.....2SR 5:00 Dice Game.....3SR	6	9:30 Music & Motion.....2SR 10:15 Trivia.....2SR 10:30 Music & Motion.....3SR 11:00 Card Club.....3SR 11:00 Yahtzee.....1DR 2:30 Movie Matinee.....2DR 3:00 Bingo with River Valley Church.....2DR	7	10:00 Movie Matinee.....TV 6 Royal Wedding with Fred Astaire and Jane Powell 3:00 Bingo with River Valley Church.....2DR
8	3:00 Worship Service Live.....2DR 3:00 Worship-Central Lutheran Church of Minneapolis.....TV6 7:30 Superbowl Party.....2SR	9	9:30 Magic Table.....2SR 9:45 News & Stretch.....3SR 10:00 Music Games.....2SR 11:00 Village Ambassadors.2DR 2:00 Crossword Puzzle.....2SR 3:00 Skip-Bo.....1DR 3:00 Resident Council.....3DR 7:30 Blackjack.....2SR	10	9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2/3SR 9:45 Tabletop Game.....2SR 10:30 Musical Minds.....2SR 11:30 Songs & Discussion.2SR 12:30 Lunch Music.....2DR 1:45 Tea Talk.....3SR 3:00 Bingo.....3DR 7:30 Blackjack.....2SR	11	9:45 Wheel O Fortune....2SR 10:00 Mind/Body Exercise..3SR 12:10 Quiz Me.....1DR 12:30 Lunch Music.....3DR 2:00 Bubble Balloon Wack.2SR 3:00 Service of Healing....2DR 4:00 Choir Rehearsal.....2DR 5:30 Ball Toss.....3SR 5:00 Tabletop Game.....3SR	12		12	9:30 Music & Motion....2SR 10:30 Music & Motion.....3SR 10:30 Red Lobster Outing 11:00 Skip-Bo.....1DR 11:00 Card Club.....3SR 3:00 Move Challenge Cupid Games.....3DR	14	10:00 Move & News.....2SR 12:15 Table Trivia.....1DR 3:00 Music With Mark-Hymns & Spiritual Songs.....2DR Valentine's Day
15	10:00 Shake Loose A Memory.....3SR 3:00 Worship & Communion Service Live.....2DR 3:00 Worship-Central Lutheran Church of Minneapolis.....TV6	16	9:30 Magic Table.....2SR 9:45 News & Stretch.....3SR 10:00 Music Exploration...2SR 11:00 Village Ambassadors.2DR 2:00 Word Games.....2SR 3:00 Farkle.....1DR 3:00 Music & Relaxation...3SR 5:00 Yahtzee.....3SR 7:30 Quiz Me.....2SR	17	9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2/3SR 9:45 Tabletop Game.....2SR 10:30 Musical Minds.....2SR 11:30 Songs & Discussion.2SR 12:30 Lunch Music.....2DR 1:45 IN2L Mind Challenge.3SR 3:00 Mardi Gras Bingo....2DR 5:00 Stories.....3SR	18	9:45 Piggy Bankers.....2SR 10:30 Ashes Service.....2SR 12:10 TCU Trivia.....1DR 12:30 Lunch Music.....3DR 2:00 Rolling Tic Tac Toe...2SR 4:00 Choir Rehearsal.....2DR 5:30 Singo.....2SR 7:30 Uno.....3SR	19	9:30 Music & Mood.....2SR 10:30 Catholic Communion.2DR 10:30 Catholic Mass.....TV6 12:30 Lunch Music.....1DR 2:00 Nail Polishing.....1DR 2:00 Cookie Baking.....3SR 3:00 Hymn Sing.....2DR 5:00 Move to Music.....3SR 6:00 Take-Out Night Applebee's.....LL	20		21	9:30 Music & Motion.....2SR 10:15 Trivia.....2SR 10:30 Music & Motion.....3SR 11:00 Shake A Memory....1DR 11:00 Card Club.....3SR 3:00 Birthday Party with Jim Kirkendall.....2DR
22	3:00 Worship Service Live.....2DR 3:00 Worship-Central Lutheran Church of Minneapolis.....TV6	23	9:30 Magic Table.....2SR 9:45 News & Stretch.....3SR 10:00 Music & Memories...2SR 11:00 Village Ambassadors.2DR 2:00 Spelling Bee.....2SR 3:00 Quiz Me.....1DR 3:00 Jug Band.....3DR 5:00 Shake A Memory.....3SR 7:30 Blackjack.....2SR	24	9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2/3SR 9:45 Tabletop Game.....2SR 10:30 Musical Minds.....2SR 11:30 Songs & Discussion.2SR 12:30 Lunch Music.....3DR 1:45 Total Trivia.....3SR 3:00 Bingo.....3DR 5:00 Dice Game.....3SR	25	9:45 Family Feud.....2SR 10:00 Mind/Body Exercises.3SR 10:45 Kids Singing.....3SR 12:10 Quiz Me.....1DR 12:30 Lunch Music.....3DR 2:00 Target Shooting.....2SR 3:00 Faith Stories Service...2DR 4:00 Choir Rehearsal.....2DR 5:30 Pool Noodle Surprise..3SR 7:30 Blackjack.....2DR	26	9:30 Sing-A-Jingle.....2SR 10:30 Catholic Mass.....TV6 12:30 Lunch Music.....1DR 2:00 Nail Polishing.....1DR 2:00 Sense Alive.....3SR 3:00 Farewell to Chad.....2DR 5:00 Tabletop Game.....3SR	27	9:30 Walmart Shopping 9:45 News & Stretch.....3SR 11:00 Trivia Time.....1DR 11:00 Card Club.....3SR 2:30 Movie Matinee.....2DR <i>Wicked For Good (Part two of Wicked)</i>	28	10:00 Move & News.....2SR 12:15 Table Trivia.....1DR 2:00 Jeopardy.....2SR