



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.

A Perfect Paring

Is there a more perfect sandwich than peanut butter and jelly? In celebration of one of the best food combinations of all time, April 2 is Peanut Butter and Jelly Day. When it comes to PB&J, many think, "If it ain't broke, don't fix it." However, if you're looking to expand your PB&J horizons, do what Elvis did and swap the jelly for fresh fruit. Bananas, strawberries, or even pomegranates fit the bill. More adventurous types opt for grilling their sandwiches in a frying pan, while others ditch the bread and slather their pancakes with PB&J.

When it comes to food combinations, PB&J certainly tops the list. But is this humble sandwich tastier than bacon and eggs? Macaroni and cheese? Spaghetti and meatballs? A burger and fries? Cookies and milk? Dietician Katherine Brooking offers some insight into PB&J's allure. "Humans have an innate predilection for salt, sweet, and fat," she says. Add the creamy texture of peanut butter, and this sandwich becomes "one of the hardest foods to eat in moderation."



Drawn To Birds

Draw a Bird Day, celebrated on April 8 each year, dates to 1943, when seven-year-old Dorie Cooper visited her uncle, a wounded war veteran, in the hospital. He was in poor spirits, and Dorie tried to cheer him up by requesting he draw a bird for her. Dorie couldn't help but laugh at the resulting picture, but she did, indeed, boost her uncle's spirits. With each subsequent visit to the hospital, Dorie was greeted with pictures of birds drawn by the soldiers, some good and many bad, but all of them evoking smiles. On April 8, put your talents to work drawing a bird. And don't feel too bad if your work isn't quite as beautiful as the paintings of famous ornithologist John J. Audubon, whose birthday is celebrated on April 26.



Answers to Wackie Wordies from previous page...

- 1 Hot under the collar
- 2 Alone in a crowd
- 3 On the back burner

Roll Into Spring

April 3 marks World Marbles Day, a lighthearted celebration of one of the world's oldest and most satisfying games. Long before screens and controllers, a small pouch of marbles and a patch of dirt were enough to fill an afternoon.

Marbles have been played in some form for thousands of years. Archaeologists have uncovered stone and clay marbles at ancient sites, and by the 1800s, glass marbles—often handmade—became popular in Europe and the United States. Each one had its own personality: cat's-eyes, swirls, shooters, and cloudy "alley agates." Some were meant for play, while others were carefully traded or saved as prized collectibles.

The game itself was simple but never dull. Players crouched low, flicking a shooter marble with a practiced thumb, aiming to knock opponents' marbles out of a circle or hole. It required strategy, steady hands, and just enough daring to risk losing your best marble on a bold shot. Skill mattered, but luck always had a say, which kept things exciting.



World Marbles Day is a good excuse to revisit that sense of play. Even if you never played by official rules, you might remember the feel of cool glass in your palm or the clink marbles made when they collided. Today, marbles are still collected for their craftsmanship, with modern artists creating intricate designs that are as much art as toy.

The word *marble* even rolls into the kitchen. Think of marbled rye bread, marbled pound cake, or a perfectly marbled steak—proof that swirling patterns are just as appealing on the plate as they are in a game.

As spring arrives and days grow longer, World Marbles Day offers a reminder that fun doesn't have to be complicated. Sometimes it's as simple as a small glass sphere, good aim, and the pleasure of watching something roll exactly where you hoped it would.



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Moments In Bloom

This year our theme for National Skilled Nursing Care Week is *Moments in Bloom*. We would like to take that quite literally and collect photos of special moments in your life that you want to share. We will display these photos in paper flower settings, along with short descriptions, on our walls throughout the facility. Whether you're a resident, family member, friend of a resident, volunteer, or employee, we invite you to participate. Together, we want to get to know one another better and celebrate the meaningful moments—big and small—that help shape who we are and make our community bloom.

Please join us!

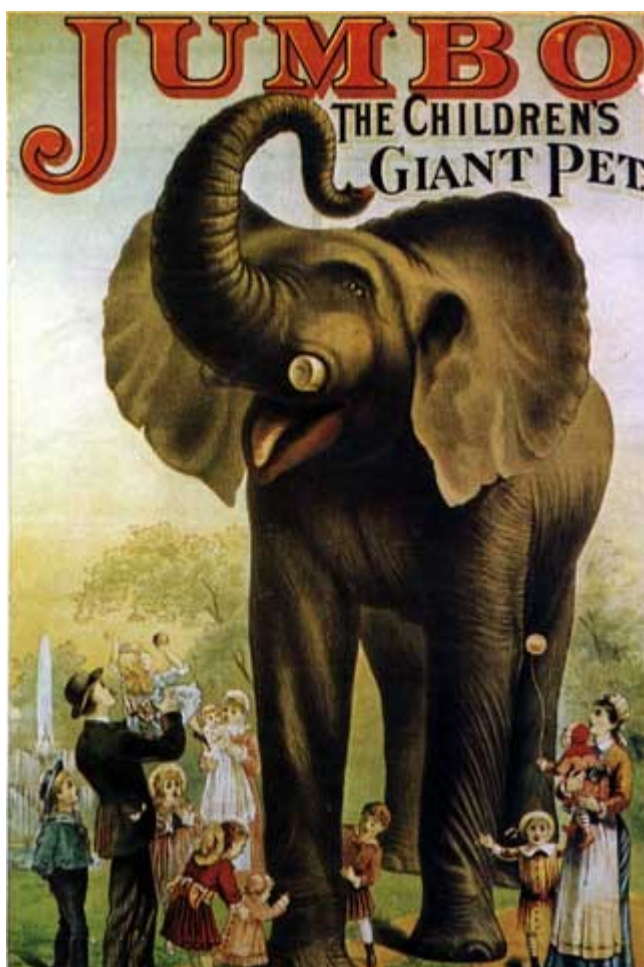
[Scan the code for instructions on submitting photos:](#)



Barnum's Biggest Star

On April 9, 1882, renowned showman P. T. Barnum arrived in New York City with the largest spectacle ever to grace his traveling circus. Jumbo the African elephant, weighing 6.5 tons and standing over 11 feet tall, stepped from the British steamship HMS *Assyrian Monarch*. The massive but gentle beast instantly endeared himself to audiences. Thanks to Jumbo's many stunts, such as promenading across the Brooklyn Bridge, Barnum's circus earned the nickname "The Greatest Show on Earth."

The name *Jumbo* was a cross between two Swahili words: *jumbe* meaning "chief," and *jambo* meaning "hello." We can thank Jumbo the elephant for adding the word *jumbo* to our vocabulary.



Wackie Wordies Puzzles

Each puzzle provides a visual representation of a common word or phrase. Can you figure out the phrases? Write your answers in the space provided.

Answers are on the back page.



1



2



3

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Spirit of Care

Peace In The Storm

"Do not be alarmed (Mark 16:7)!" Alarmed – What a naming for the state of the world - A world without a crucified and risen Jesus Christ that is. Alarmed and judgmental. Alarmed and scarcity driven. Alarmed and defensive. Alarmed and masking fear. Alarmed and reactive. Alarmed and without hope. Alarmed and filled with shame. Alarmed and filled with fear of the other. Where do you fit in?

The good news of this season of Easter is that though this was the state of the world that Jesus entered into. The Sun has risen. Into the heart of darkness, the message from the lips of the young man dressed in white shares what God has done through Jesus. In our world, the tomb no longer holds the body of Christ, but indeed "Jesus of Nazareth, who was crucified...He has been raised; he is not here. Look, there is the place they laid him. But go, tell the disciples and Peter that he is going ahead of you to Galilee; there you will see him, just as He told you (Mark 16:6-7NRSV)."

"He is risen! Alleluia!"

Jesus has entered our world! Where sin had found its home, His forgiveness has come. Where fear moved us, His peace is offered. Where hatred divides, His love restores us and brings reconciliation. Where scarcity once reigned, His abundant grace is poured out. "For freedom Christ has set us free (Galatians 5:1 NRSV)." Instead of turning in upon ourselves, we are free to turn outward to our neighbors.

Now go and be the feet that bring this good news; go and care for one another with this love.

Peace to you and your families this Easter,

Chaplain Jason

Remembering The Departed...

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

- Gordon W March 1
- Kathleen R..... March 11
- Lorene D March 25
- Marlena V March 29



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, Faith Stories Service, and Memorial 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.

Inside The Human Blueprint

Over two decades ago, scientists completed a \$3 billion effort to understand and map human DNA—long strands of genetic material that influence traits such as biological sex, eye and hair color, ancestry, and susceptibility to certain diseases. That map of the human genome has opened new opportunities for doctors and researchers to better understand, prevent, and treat a wide range of illnesses. Since National DNA Day falls on the 25th, the month of April is a fitting time to learn about ongoing advances in genetic science.

Gene therapy requires scientists to find faulty strings of DNA that cause disease and replace them with normal ones. In this way, the body can stop itself from producing genetic ailments. The ultimate goal of researchers is for scientists to develop gene therapies that fight all kinds of DNA-based diseases, including some forms of blindness, muscular dystrophy, and even cancer.

Our DNA can reveal not only why we may become sick but also how our bodies respond to certain medicines. Francis Collins, former director of the National Institutes of Health, has suggested that genetic testing may one day become a routine part of medical care. By studying DNA, drug companies and doctors are already working to develop treatments tailored to groups of patients—and in some cases individuals—based on their genetic makeup.

Some promising advances also come from stem cells, which act as a body’s internal repair system and can develop into many different types of cells. Researchers continue to explore how stem cells might be used to repair or replace damaged tissues, such as heart tissue affected by disease, vision loss from macular degeneration, joint damage from arthritis, or brain injury caused by stroke. Today, these DNA-based treatments are often complex and costly, but they remain an important and growing area of medical research.

Sidenote from the editor: “The complexity of the human genome and the vast amount of information it contains, makes me pause in amazement and admiration of the greatness of our Great Creator!”



April Birthdays

Residents

- James L.....April 4
- Carl S.....April 4
- Claudia M.....April 8
- James KApril 15
- Gail DApril 17
- Semen T.....April 20
- Jeannie M.....April 23
- Lorine N.....April 24

Staff

- Doris M.....April 4
- Joenard TApril 6
- Kosein MApril 8
- Mary April CApril 9
- Jennifer PApril 12
- Frances S.....April 14
- Yunhee GApril 14
- Hanna YApril 16
- Karl J.....April 16
- Shannon C.....April 17
- Vincent ZApril 17
- Bijge EApril 20
- Raskin BApril 20
- Bezawit WApril 21
- Elizabeth DApril 22
- Shanna M.....April 22
- Elisha B.....April 24
- Haolat O.....April 24
- Amelia PApril 26
- April D.....April 26
- Katherine H.....April 27
- Bereket AApril 28
- Hawinet G.....April 29
- Abla A.....April 30



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



			<p>9:45 Tomfoolery Time...2SR1 10:00 Mind/Body Exercise.3SR 10:30 Music & Mood.....3SR 11:30 Self Discovery.....3SR 11:30 Music & Mood.....2SR 12:10 TCU Table Quiz...1DR 1:45 Planter Personality...3SR 2:00 Egg Bowling.....2SR 5:30 Music Rounds.....2DR <small>All Fools Day Passover Begins</small></p>	<p>10:30 Catholic Svc.....TV6 2 10:30 Trivia With Kristine.3SR 2:00 Nail Polishing.....1DR 1:30 20 Questions.....3SR 3:00 Maundy Thrs Svc...2DR 5:00 Table Games.....3SR</p>	<p>9:30 Music & Motion.....2SR 3 10:15 Trivia!.....2SR 10:30 Music & Motion...3SR 11:00 Card Club.....3SR 11:15 Word Games.....2SR 3:00 Holy Fri Svc.....3SR</p>	<p>10:00 Sunrise Stretches..3SR 4 12:10 Table Trivia.....1DR 3:00 Bingo with River Valley Church.....2DR</p>
<p>10:00 Easter Memories..2SR 5 3:00 Easter Worship.....2DR 3:00 Worship-Central Lutheran Church.....TV6 <small>Easter Sunday</small></p>	<p>9:30 Magic Table Adventures2SR 6 9:30 Musical Minds.....3SR 10:00 News & Stretch.....3SR 10:30 Musical Minds.....2SR 11:00 Village Ambassadors.2DR 2:00 Animal Quiz.....2SR 3:00 SkipBo.....1DR 3:00 Music & Relaxation.2DR 5:00 Kings In Korner...3SR 7:30 Blackjack.....2SR</p>	<p>9:45 Tabletop Games.....2SR 7 11:00 Library Cart Rounds.3rd 11:30 Songs & Discussion.2SR 2:00 IN2L Challenge.....3SR 3:00 Bingo.....3DR 5:00 Think Fast Game...3SR</p>	<p>9:45 Travel: South Dakota.2SR 8 10:00 Mind/Body Exercise.3SR 10:30 Music & Mood.....3SR 11:30 Self Discovery.....3SR 11:30 Music & Mood.....2SR 12:10 TCU Table Quiz...1DR 1:45 Plant Repotting.....3SR 2:00 Tea Time.....2SR 3:00 Service of Healing...2DR 5:30 Music Rounds.....3DR</p>	<p>10:30 Catholic Svc.....TV6 9 10:30 Lunch at Freddy's 1:30 Arts & Crafts.....3SR 2:00 Nail Polishing.....1DR 3:00 Chime Practice.....2DR 5:00 Table Games.....3SR</p>	<p>9:30 Music & Motion.....2SR 10 10:15 Trivia!.....2SR 10:30 Music & Motion...3SR 11:00 Card Club.....3SR 11:15 Word Games.....2SR 3:00 Movie Matinee.....2DR</p>	<p>10:00 Move & News.....2SR 11 12:10 Table Talk-Jokes & Riddles.....1DR 3:00 Music with Mark-Hymns & Spiritual Songs.....2DR</p>
<p>10:00 World Travel.....2SR 12 3:00 Worship Service...2DR 3:00 Worship-Central Lutheran Church.....TV6</p>	<p>9:30 Magic Table Adventures2SR 13 10:00 News & Stretch.....3SR 10:30 Musical Minds.....2SR 10:30 Musical Minds.....2SR 11:00 Village Ambassadors.2DR 2:00 Word Games.....2SR 3:00 Yahtzee.....1DR 3:00 Resident Council...2DR 5:00 Shake-a Memory...3SR 7:30 SkipBo.....2SR</p>	<p>9:45 Tabletop Games.....2SR 14 11:00 Library Cart Rounds.3rd 11:30 What's Your Verdict.2SR 2:00 IN2L Challenge.....3SR 3:00 Bingo.....2DR 5:00 Move To Music.....3SR</p>	<p>9:45 Name That Tune.2SR 15 10:00 Mind/Body Exercise.3SR 10:30 Music & Mood.....3SR 1:45 Spa Day.....3SR 11:30 Music & Mood.....2SR 11:30 Self Discovery.....3SR 12:10 TCU Table Quiz...1DR 2:00 Flower Arranging...2SR 3:00 Worship/Communion2DR 5:30 Music Rounds.....1DR</p>	<p>10:30 Catholic Svc.....TV6 16 10:30 Live Catholic SVC.2DR 1:30 Roll A Break.....3SR 2:00 Nail Polishing.....1DR 3:00 Chime Practice.....2DR 5:00 Table Games.....3SR</p>	<p>9:30 Music & Motion.....2SR 17 10:15 Trivia!.....2SR 10:30 Music & Motion...3SR 11:00 Card Club.....3SR 11:15 Word Games.....2SR 3:00 Birthday Party.....2DR</p>	<p>10:00 Sunrise Stretches..3SR 18 12:10 Table Talk-Getting To Know You.....1DR</p>
<p>10:00 Springtime Trivia..2SR 19 3:00 Worship & Communion.....2DR 3:00 Worship-Central Lutheran Church.....TV6</p>	<p>9:30 Magic Table Adventures2SR 20 9:30 Musical Minds.....3SR 10:00 News & Stretch.....3SR 10:30 Musical Minds.....2SR 11:00 Village Ambassadors.2DR 2:00 Word Games.....2SR 3:00 Music & Relaxation.2DR 3:00 Marble Bocce.....1DR 5:00 Kings In Korner...3SR 7:30 Blackjack.....2SR</p>	<p>9:45 Tabletop Games.....2SR 21 11:00 Library Cart Rounds.3rd 11:30 Songs & Discussion.2SR 2:00 Getting to Know You.3SR 3:00 Bingo.....3DR 5:00 IN2L World Travel..3SR</p>	<p>9:45 Family Feud.....2SR 22 10:00 Mind/Body Exercise.3SR 10:30 Music & Mood.....3SR 11:30 Music & Mood.....2SR 11:30 Self Discovery.....3SR 1:45 Stories & Memories...3SR 12:10 TCU Table Quiz...1DR 2:00 Brain Games.....2SR 3:00 Faith Stories Svc.....2DR 4:15 CHOIR Concert.....2DR 5:30 Music Rounds.....3DR <small>Earth Day Administrative Professionals Day</small></p>	<p>10:30 Catholic Svc.....TV6 23 1:30 Funny Stories.....3SR 2:00 Nail Polishing.....1DR 3:00 Chime Practice.....2DR 5:00 Table Games.....3SR 6:00 Takeout Night Applebees.....LL</p>	<p>9:30 Music & Motion...2SR 24 10:15 Trivia!.....2SR 10:30 Music & Motion...3SR 11:00 Card Club.....3SR 11:15 Word Games.....2SR 3:00 Beach Party Happy Hour.....2DR <small>Arbor Day</small></p>	<p>10:00 Move & News.....2SR 25 12:10 Table Talk-Quiz Me.....1DR 3:00 Bingo with Peace Church.....2DR</p>
<p>10:00 Stories & Memories.....2SR 26 3:00 Worship Service...2DR 3:00 Worship-Central Lutheran Church.....TV6</p>	<p>9:30 Magic Table Adventures2SR 27 9:30 Musical Minds.....3SR 10:00 News & Stretch.....3SR 10:30 Musical Minds.....2SR 11:00 Village Ambassadors.2DR 2:00 Word Games.....2SR 3:00 Yahtzee.....1DR 3:00 Music & Relaxation.2DR 5:00 Marble Game.....3SR 7:30 Marble Bocce.....2SR</p>	<p>9:45 Tabletop Games.....2SR 28 11:00 Library Cart Rounds.3rd 11:30 All About Flamingos.2SR 2:00 Cranium Crunches...3SR 3:00 Bingo.....2DR 5:00 Table Games.....3SR</p>	<p>9:45 Clever Endeavor.2SR 29 10:00 Mind/Body Exercise.3SR 10:30 Music & Mood.....3SR 11:30 Music & Mood.....2SR 11:30 Self Discovery.....3SR 1:45 Painting Project.....3SR 12:10 TCU Table Quiz...1DR 2:00 Watercoloring.....2SR 3:00 Memorial Service...2DR 5:30 Music Rounds.....1DR</p>	<p>10:30 Catholic Svc.....TV6 30 10:00 Target Shopping 1:30 Fun with Riddles.....2SR 2:00 Nail Polishing.....1DR 5:00 Table Games.....3SR</p>	<p>Residents may be responsible for cost of take-out or restaurant outing meals. Activities subject to change. Check channel six Or daily bulletin board postings.</p>	