



14610 Garrett Ave
Apple Valley
MN 55124



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.

952-236-2600
a ministry of Cassia
CassiaLife.org

August 2026

Connecting with You: A Message from Emily

As summer begins its gradual transition toward fall, August offers us a chance to savor the season's final sunny days while looking ahead to new opportunities and exciting changes. Whether you're enjoying time with family and friends, participating in community events, or simply taking a moment to relax, we hope this month brings you joy, connection, and plenty of reasons to smile.

We're excited to host our rescheduled **'Fun'Raiser Carnival & Car Show on Thursday, August 6, from 1:00–4:00 p.m.** Thank you for your understanding and flexibility as we adjusted the event date. This community-wide event is open to the public, so be sure to invite your family and friends to join the fun!

Enjoy classic cars from the Southern Cruzers, live music by SnoByrd, carni-

val games, sweet treats, raffle prizes, a petting zoo, a wine pull, and visits from the Apple Valley Police and Fire Departments. Please note that the wine pull and raffle tickets are cash only events, all other tickets for event food and carnival game can be purchased by card or cash.

The festivities will begin with a special ribbon-cutting and dedication at 1:00 p.m. to celebrate our new campus bus, made possible through last year's fundraising efforts.

Our Community Update Meeting will be held on Monday, August 10th at 2:00 p.m. in the Fireside Dining Room. This is a time for residents to receive updates from various departments and a preview of upcoming events for the month.

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Message from Emily continued

For August's Focus Meeting we are excited to welcome Mary Frances Price, Elder Law Attorney, as she presents- You Don't Know What You Don't Know: Decisions facing seniors and their adult children can have significant financial and emotional impacts. Seeking guidance from the right resources can help. Sometimes, no matter how well you plan, you can be taken by surprise. This presentation will be held on Monday, August 24 at 2:00 p.m. in the Fireside Dining Room.

Business Office Hours will be available on Wednesday, August 26 from 2:00–3:30 p.m. Please check in with the receptionist upon arrival and let them know who you are wanting to see.

In July we did not get very far with our first-floor resident HUD REAC inspections. We will resume with first floor in August. Reminder that leadership will call you prior to coming to your apartment for your inspection.

We are excited to announce that Kyle Ostenson will be joining our Apple Valley Villa leadership team as our new Sale Director in the middle of August. Please help us welcome Kyle to the community!

As we look ahead to the changing seasons, we encourage everyone to continue embracing opportunities to stay active, engaged, and connected. We hope you'll join us for our rescheduled 'Fun'Raiser Carnival & Car Show on Thursday, August 6, and the many activities and programs planned throughout the month.

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
Melody LaClaire Campus Marketing Director	952-236-2625 Office: 103
Annalissa Blau 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
Bre Schlick Director of Activities	952-236-2620 Office: Lower Level
Lisa Brazman Director of Food & Nutrition Service	952-236-2580 Office: LL of Health & Rehab Center
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).

Villa Resident Connections: Meet your Neighbors



This month, we are happy to introduce Shirley Sorensen, a resident whose life has been filled with family, friendship, travel, music, and creativity.

Shirley grew up in Albert Lea, Minnesota, although she also spent some time living in Tennessee when her father accepted a job there. She speaks proudly of her father, an engineer whom she describes as a genius. He was one of the inventors of the ice cube machine, and Shirley says there was seemingly nothing he couldn't do.

Her family also had a unique connection to Coney Island in Albert Lea, which was once used as a mink and fox farm. With only one road leading on and off the island, it was a special place to grow up. During the winter months, Shirley and her family spent time sledding and ice skating there, creating memories she still treasures today.

After graduating from high school in Albert Lea, Shirley stayed in the area and began her career. She worked at the Medical and Surgical Center, managed storage facilities, and spent many years as an office professional. She was especially skilled in shorthand, a talent that helped her land a secretarial position in downtown Minneapolis after she married.

In 1955, Shirley married the love of her life, Lyle. The couple shared 66 wonderful years together before his passing in 2021. Together they raised four children: Valerie, Jeffrey, Natalie, and Teresa. Their family has since grown to include nine grandchildren and six great-grandchildren. Shirley is especially proud that her daughter, Valerie, has worked for the Billy Graham Evangelistic Association for 45 years, dedicating her career to supporting the organization's ministry as well as Teresa's 8 years in the US Air Force.

At one point, Shirley and Lyle owned a hobby farm with six horses, cows, and goats. The family even showed horses at the Minnesota State Fair, creating many unforgettable memories together.

Family has always been at the center of Shirley's life. Christmas was especially important growing up, with large gatherings of extended family. She also enjoyed visiting an aunt in California. Her love of travel continued throughout adulthood. Shirley has visited every state except Alaska and has traveled to 10 or 12 different countries, including two trips to Europe. One especially memorable experience was meeting up with her daughter, Teresa, in the Netherlands while Teresa was serving in the Air Force. Being able to spend time together overseas made the trip even more meaningful. One of her favorite vacations was a trip to Hawaii with eight other couples. They cruised around the islands, spent time together, and played endless games of cards, especially the game 500.

Many people may not know that Shirley is also an artist. She has taken painting classes and has two of her paintings displayed in her apartment. Painting remains one of her favorite hobbies, along with singing, playing the piano, and Hardanger embroidery, which she learned from one of her sisters.



When it comes to favorites, Shirley loves dark chocolate, country music, and *The Sound of Music*. In fact, it is the only movie she has watched more than once. She also enjoys the music from the film. Her favorite season is fall, which may have something to do with her September birthday.

Looking back, the best advice Shirley can share is simple: "Be honest." As a child, she loved riding bicycles whenever she had the chance. While she and her sisters didn't have bikes of their own, her brother did, and they enjoyed riding them. She also loved keeping score during baseball games, writing down every run and statistic she could track. Math was her favorite subject in school, and she spent many hours sewing as well.

Shirley has lived at the Villa for nearly four years. Some of her favorite activities include singing programs, exercise classes, socials, and the book club she recently joined. When asked about her favorite memories since moving in, her answer was easy: the people. She has formed many meaningful friendships and enjoys spending time with her fellow residents.

She would like to give special shoutouts to several friends, including Arlene, whom she describes as a real sweetheart. The two enjoyed sharing wine together when Shirley first moved in. She also appreciates her friendships with Sharon, Carol G., Ruth R., Lois, Bea, and Allie.

Shirley also shared kind words about the staff. She describes Bre, the Activities Director, as a special person from the beginning who plans a wonderful variety of activities and is always helpful. She would also like to recognize Roslyn, her housekeeper.

Recently, Shirley experienced the loss of a dear friend named Jim. She says he taught her a great deal about herself and was a very special man. She remains close with his son, Adam, who often visits the Twin Cities. Shirley says Adam shares many of the qualities that made his father so special.

If Shirley could instantly improve one skill, she would choose painting. As for her bucket list, she still hopes to visit Alaska someday and would love to return to Hawaii and stay longer. She loves being near the water and dreams of spending more time there.

And if she could share dinner with any historical figure, Shirley would choose either President Harry Truman or President John F. Kennedy.

We are grateful to have Shirley as part of our Villa family. Her kindness, creativity, and wonderful stories make our community a richer place to call home.

Announcements

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 a book back to the library, please place it on the small bookcase by the elevator.

This month, the table has been curated by Jim -- books and authors that he has read and suggests others to give a try!

(Please see Jim in apartment 239 before dropping off any book donations in the library.)

Villa Salon

Located on the 2nd floor next to the laundry room. Call Sandy at 952-215-4163 to make an appointment. The Salon is open Mondays and Thursdays. Salon will be closed August 1st - August 19th.

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 in #413. The Foot Nurse will be here Tuesday August 4th. **The Foot Nurse is excited to welcome more new clients, with expanded appointment availability now open for bookings.**

Cell Phone Usage During Group Activities:

Please silence or turn off your phone during group activities to avoid disruptions. If you need to take a call, kindly step out into the hallway before answering.

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.

When scheduling your own rides, please instruct all pick ups to meet you in the back of the building!

Villa Sponsored Outings Additional Info:

- As a reminder, please arrive 15 minutes early for the bus pick-up when departing from the Villa **AND** the outing destination. If you miss the bus, you will be responsible for arranging your own transportation back to the Villa. You can use ride share services such as Uber, Lyft, or MVTa to return.
- Sign Up sheets are taken down 5-7 days prior to the outing date. After the sheets are taken down, the outing sign ups are closed.
- If the sign up sheet is full for an outing you want to attend, please see Bre.

Date	Location
August 3	Walmart
August 4	Dollar Tree
August 7	Cub Foods
August 10	Walmart
August 11	Aldi & Burlington
August 17	Walmart
August 20	Lunch Outing
August 21	Cub Foods
August 24	Target
August 26	Savers
August 31	Walmart

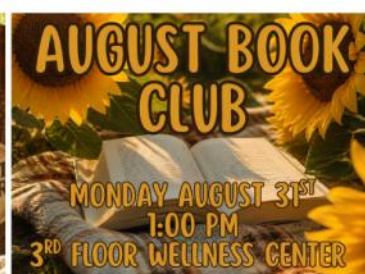
Highlighted Events



OPEN TO THE COMMUNITY!
THURSDAY, AUGUST 6, 1:00-4:00 PM
14610 GARRETT AVE, APPLE VALLEY, MN 55124

Get ready for an exciting day full of fun, music, food, and community spirit as Apple Valley Village hosts our annual car show and carnival "Fun"Raiser! Funds raised from this event will support Apple Valley Village, a non-profit fostering fullness of life for aging adults in our community.

- COME AND ENJOY:
- PETTING ZOO
 - LIVE MUSIC (1:30-3:00 PM)
 - WINE PULL
 - BOUNCE HOUSES
 - GAMES
 - FOOD
 - AND MORE!



Monthly Birthdays

Let's take a moment to celebrate the amazing individuals who are adding another candle to their cake this month! Whether you're marking the day with cake, laughter, or a little quiet reflection, we hope your birthday is filled with joy and love.

We're so lucky to have you as part of our community. Wishing you a year ahead full of happiness, good health, and exciting adventures!

8/3	Alene Hall	337
8/6	Janis Jokinen	135
8/17	Ruth Reppe	211
8/17	Betty Pankuch	109
8/19	Faina Tikhomirova	432
8/19	Lee-Ellen Kirkhorn	148
8/20	Catherine Satriano	454
8/23	Hugh Tunstead	127
8/23	Donna Jones	453
8/24	Eunice Schuldt	438
8/25	Michael Golyer	235
8/26	Mavis Daggett	501E
8/26	Joanne Huberty	140
8/31	Richard Ehalt	301



Spiritual Care News

At Apple Valley Villa, we are committed to supporting the spiritual needs of our residents through a variety of services and gatherings each week.

Weekly Worship Services

An ecumenical worship service is held every Wednesday at 1:30 p.m. in the Chapel on the 4th floor. On the third Wednesday of each month, the service includes Holy Communion.

Sunday Worship

A monthly ecumenical service with Holy Communion is offered on the first Sunday of each month at 1:30 p.m. For the 2nd through 4th Sundays, residents may participate in worship by tuning in to Channel 3 at 1:30 p.m.

Care & Memory Care

Spiritual care is provided weekly for residents in the Care Center and Memory Care suites through Chaplain Chats every Wednesday.

Bible Study

All residents are welcome to join Bible Study every Thursday at 10:00 a.m. in the Chapel.

Catholic Services

Catholic services are offered each Thursday at 3:30 p.m. Catholic Mass is celebrated on the 4th Tuesday of every month at 10:30 a.m.

Chaplains' Availability

Our chaplains are here to provide spiritual support through visits in your home or in their office, located in the Lower Level hallway near the Care Center. They can be reached by phone at extension **x2627**.

- Chaplain Julie – on campus Tuesdays
- Chaplain Nirmala – on campus Monday through Thursday
- Chaplain Jason – on campus Monday, Tuesday, Thursday, and Friday

Moments of Meaning: A Chaplain's Message

Morning By Morning New Mercies I See

Summer and winter and springtime and harvest, Sun, moon and stars in their courses above Join with all nature in manifold witness To Thy great faithfulness, mercy and love.

(Great Is Thy Faithfulness, vs.2, Lyrics: Thomas O. Chisholm Music: William M. Runyan, 1923)

As God has created and sustained us, God also connects us with the rest of creation. We see the marvels of the world around us. We are struck with awe at the mighty mountains that have been thrust up from the bottoms of ancient sea beds. Mountains that have been carved by glaciers moving and then receding. Mountains that send forth creeks, streams, and rivers that have cut through glacial till. We see clean water for life. We feel the invitation to stewardship and care.

We see the wildlife around us with their beauty and uniqueness. Wildlife that shows our similarities in death and violence and neglect, but also within relationships, care, and love for one another.

The experience the carpet of wildflowers or the gps-precision planting of a sown field; brilliant color of sunrises and sunsets to the otherworldly glow of the northern lights; the transition of bud to the leaf to fall; deep darkness of night to snow blindness on a winter day.

Whether it be noticing the changes outside your window due to limited mobility, an ice cream bar on the patio, a push around our garden area, or simply soaking in the sun by one of the doors, connecting with nature brings us joy. I also names the changes of seasons that we may be facing spiritually within our lives: Change, Loss, Grief, Pruning, Buds of New hope, Community, Gentle Tending, God's Presence in Life and in Death.

"Let us join our lives with the verses of Great Is Thy Faithfulness to be awed and filled with thanksgiving!"

Peace of Christ,

Chaplain Jason



Dog Days of Summer: Fun Ways to Stay Cool and Connected

August brings some of the hottest days of the year, but there are still plenty of ways to enjoy the season while staying comfortable. The dog days of summer are a great time to slow down, spend time with friends, and make the most of all our community has to offer.

One of the easiest ways to stay cool is to enjoy indoor activities. Whether it's a card game, craft project, exercise class, bingo, or simply visiting with neighbors, staying engaged helps keep our minds active and our days full of fun. Sometimes the best part of the day is sharing a laugh or a good conversation with a friend.

Summer is also the perfect season for refreshing treats. Ice cream socials, lemonade, and fresh fruit are always favorites this time of year. Watermelon, peaches, and berries are not only delicious but can also help keep us hydrated during warmer weather.

For those who enjoy being outside, mornings and evenings are often the most comfortable times to get some fresh air. A walk around the grounds, relaxing on the patio, or spending time in the garden can be a wonderful way to enjoy the beauty of the season without the midday heat.

Staying connected with family and friends is important all year long. A phone call, a visit, or a video chat can brighten someone's day and help us stay close to the people we care about most.

As summer begins to wind down, let's take time to enjoy the little things that make this season special. Good company, shared memories, and simple moments of joy can make even the hottest days a little brighter.

Wishing everyone a happy, safe, and enjoyable August!



August Word Search

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

AUGUST
BOOKS
CELEBRATE
EXERCISE
FRIENDS
HAPPINESS
HYDRATION
LAUGHTER
MUSIC
PICNIC
SENIORS
SUNSHINE
WATERMELON

BARBECUE
BREEZE
COMMUNITY
FAIR
FRIENDSHIP
HARVEST
ICECREAM
LEMONADE
PATIO
READING
SUMMER
TOGETHER
WELLNESS

BINGO
BUTTERFLY
CRAFTS
FLOWERS
GARDEN
HEALTHY
KINDNESS
MEMORIES
PEACHES
RELAXATION
SUNSET
VACATION

Welcome New Residents

WELCOME

Peggy Bauernfeind	254
Lonnie Titus	255
Patricia Dahl	346

We're so glad you're here! As you get settled in, know that you're now part of a warm and welcoming community. Take some time to check out all we have to offer and come join us for upcoming events. It's a fun way to meet your neighbors and get involved. If you ever have questions or need help with anything, just let us know. We're always happy to help!

New Residents: Please keep an eye on your mailbox for an invitation to our New Resident Reception. It's held on the first Thursday of each month at 10:30 am in the Fireside Dining Room. We can't wait to meet you!

THE BRE-ZEWAY

KEEPING YOU CONNECTED AND INFORMED

Minnesota State Fair Tickets Available!

The Great Minnesota Get-Together is almost here, and we have some exciting news! Thanks to a generous donation, we have a limited number of Minnesota State Fair tickets available for residents.

Each resident may receive up to two (2) tickets, available on a first-come, first-served basis while supplies last. If you are interested in attending the fair, please let Bre know as soon as possible to reserve your tickets.

Important Details:

- Maximum of 2 tickets per resident
- Tickets are available first come, first served
- Residents are responsible for arranging their own transportation to and from the State Fair
- Tickets will be distributed on August 26, the day before the fair begins

Don't miss this opportunity to enjoy Minnesota's favorite summer tradition, featuring delicious food, entertainment, exhibits, and more. Contact Bre (x2620) if you would like tickets or have any questions!

Cell Phone Courtesy During Activities

To help everyone enjoy our activities, presentations, and entertainment programs, we ask that residents be mindful of cell phone use during events.

Please silence your cell phone before activities begin. If you receive a phone call, we kindly ask that you step into the hallway to answer or continue your conversation. Ringing phones and phone conversations can be disruptive to fellow residents and can be distracting and disrespectful to our entertainers, speakers, and presenters.

Thank you for your cooperation and consideration. By minimizing interruptions, we can create a more enjoyable and welcoming experience for everyone attending our community activities.

Make the Most of Every Day

Each day offers an opportunity to learn something new, connect with a friend, or participate in an activity. Whether you attend a program, enjoy a walk, or simply share a conversation with a neighbor, those small moments help create a vibrant and caring community. I encourage everyone to stay involved, try new things, and make the most of each day. I look forward to seeing you at upcoming activities!

Social Work CORNER



Supporting You Every Step of the Way

As your Social Worker, my goal is to help make life at the Villa as comfortable, connected, and enjoyable as possible.

My door
is always
open.



I CAN HELP WITH THAT



Connecting you with community resources



Transportation and appointment scheduling



Medical Assistance (MA) and Elderly Waiver (EW) questions



Emotional support and problem-solving



Family meetings and care planning



Referrals for counseling and other supportive services



Assistance navigating county and community programs



"Kindness is like sunshine—it helps everyone grow." 

This Month's Tip



Remember, even small moments of connection can make a big difference. If you're feeling lonely, have questions about community resources, or would simply like someone to talk with, please stop by my office. I'm always happy to visit and help connect you with the support and services you may need.

Did You Know?



Associated Clinic of Psychology offers individualized therapy appointments right here in your apartment



We have two onsite physician groups available:
Fairview Partners (restrictions apply) and
Twin City Physicians



A&E Pharmacy delivers medications directly to the Villa



Open Door Mobile Pantry visits the Villa on the 2nd Friday of every month.

Application is required to participate. Stop by the Front Desk or see me for an application and more information.

Need to talk or have questions?



Please stop by Office #102 or give me a call



952-236-2626



annalissa.blau@cassialife.org



Thank you for being a part of our Villa family! 



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 Back Page



I'd like to give a big thank you to all of the residents at The Villa who volunteer their time to help out. Whether you're folding newsletters, putting up birthday door signs, helping at special events, organizing the library, or lending a hand in other ways, your help is so appreciated. You make a difference every day, and I truly couldn't do my job without you. Thank you for everything you do!

Thank you,

Bre Schlick, Activities Director

Have a thank-you to share?

Simply drop a note for Bre at the Front Desk, and we'll include it in next month's newsletter!

AUGUST VILLA MOVIES



"A Man Called Ove"

(PG-13) Comedy/Drama 1h 56m
Saturday August 1st at 2:00 pm



"Viva Las Vegas"

(Approved) Musical/Comedy 1h 25m
Saturday August 8th at 2:00 pm



"About Schmidt"

(R) Comedy/Drama 2h 4m
Thursday August 13th at 6:15 pm



"The Long Gray Line"

(Approved) Comedy/Sport 2h 18m
Saturday August 22nd at 2:00 pm

"Ma and Pa Kettle at the Fair"

(G) Comedy/Romance 1h 18m
Thursday August 27th at 6:15 pm



Source: Google & IMDb



Marketing News

Reminder, If you refer someone who moves into a market-rate apartment at The Villa, you'll earn a \$300 referral bonus once they move in! **Make sure their name is mentioned or written on the tour card.**

Campus Marketing Director
Ext. 2625

(This referral bonus does not include new residents that move into HUD apartments)