



AUGUSTANA APARTMENTS OF MINNEAPOLIS

# community news



## Employee Recognition

We would like to recognize one of our Home Health Aides, Pam Mapp! She has been with us for about 6 months and has proven that she is a valuable part of the team. Pam was selected by residents and nursing leadership to be the first Nursing Employee of the Month for the month of May. She has gone above and beyond for the residents on the 4<sup>th</sup> floor Care Suites, ensuring they receive quality care and have a clean living environment. Pam consistently communicates with the nurses about any changes with residents, and works tirelessly to make sure that the residents get the cares they need each day. She has become a leader for other aides, and a fantastic resource for new hires. We appreciate all the hard work she has put into her role.

## Residents Among Us

We are lucky to have so many different faces to see within our Augustana community. There are plenty of people to meet and learn about. We thought it would be exciting to feature a resident on a regular basis. This month meet Mohamad Firouzeh. He's been living at Augustana for 2 years:

1. Where are you from? *Bojnurd, North Khorashan, Iran*
2. What's the most celebrated festival/holiday there? *Norouz. This is celebrated on the first day of spring and marks the beginning of the New Year there. It's just like Christmas where friends and family visit with each other, exchange gifts and eat together. It's celebrated for 13 days.*
3. What are your favorite local foods? *There's a variety of organic meats—cholo kabob, shish kabob, kofteh kabob; a variety of salads and ghormeh sabzi [an Iranian stew].*
4. What do you love most about your hometown? *The natural beauty; we're surrounded by mountains. The weather is nice there too. It's very similar to Minnesota weather—even during the winters we have a lot of snow. That's why it was easy for me to adjust here [to Minnesota weather].*
5. Is there something your hometown/country is well known for? *Beautiful Persian rugs are made there, and there's aluminum mining.*

1510 11th Avenue S  
Minneapolis  
MN 55404  
612-238-5555  
*a ministry of Cassia*  
[CassiaLife.org](http://CassiaLife.org)

## Directory

To dial, you need to dial “9”, “area code”, then the 7 digit number. You should be dialing 11 numbers total including the “9”.

### **Emergency Numbers**

Security.....	612-290-5860
Maintenance.....	612-290-4835
Home Health Aide Emergency Phone.....	612-290-5221

### **Housing**

Kelly Rice, Director of Housing.....	612-238-5260
Marlene Yochim, Asst. Director of Housing.....	612-238-5870

### **Business Office**

Sandy Grangruth, Office Manager.....	612-238-5256
Becky Worden, Office Assistant.....	612-238-5555

### **Social Services**

Carol Dexter, Director of Social Services.....	612-238-5261
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### **Activities**

Amanda Singh, Activities.....	612-238-5262
Activity Information Line.....	612-238-5500

### **Food Services**

George Serra, Corporate Director of Food Services....	612-238-5264
To Order Meals.....	612-238-5265

### **Spiritual Life**

Sarah Karber, Chaplain.....	612-238-5283
Sandra Densmore, Volunteer Chaplain.....	612-238-5283

### **Marketing**

Rose Flahn, Director of Marketing.....	612-238-5255
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### **Nursing**

Mariah Lee, Director of Health Services.....	612-238-5047
Sarah Caron Asst. Director of Health Services.....	612-238-5046
Care Suites Manager.....	612-238-5405

### **Front Office**

Monday-Friday  
8 A.M.—5:30  
P.M.  
Saturday  
9 A.M.—3 P.M.  
612-238-5555

### **A&E Pharmacy**

612-238-8615

### **Silver Curl**

### **Beauty Shop**

612-238-5263

## Spiritual Care

Dear Amazing Augustana Residents,

Both of my children have November birthdays so May marks their half-way point through the year. For Oliver, this 6 month milestone is extra exciting because it is his first. As he becomes more engaged with the world, I am experiencing things through his eyes as he discovers new textures, sights, sounds, colors and experiences. It has been so life-giving for me, that I encourage you to try to see the world anew like Oliver does. There is a wonderful spiritual practice that can help us to be grounded and centered that we can do anytime and anywhere that can bring our attention to the world around us in a similar way, it is to use our "five" senses to experience God in the world wherever we may be. The way to do this is to finish the sentence "I see \_\_\_, I taste \_\_\_, I smell \_\_\_, I hear \_\_\_, I feel \_\_\_" and then to spend time contemplating those answers. For example, I see a flower: an exquisite gift of the creator, who filled entire fields with such beauty and yet, each leaf and petal is itself a work of beauty. Find the details in your surroundings that lead you to experiencing the world through the lens of a child.

Blessings,  
Chaplain Sarah  
Director of Spiritual Care  
612-238-5283

## May Interfaith Calendar

**5/1** – Pagan/Wiccan: Beltane - A fire festival celebrated by the Pagan and Wiccan religions that celebrate summer and the fertility of the upcoming year.

**5/1** – Baha'i: Twelfth day of Ridvan - the anniversary of the Declaration of Baha'u'llah's mission to His followers

**5/2** – Islam: Eid al-Fitr - the end of Ramadan. This month of fasting honors the first revelations to the Prophet Muhammad. Its primary event is a big meal and special prayers.

**5/4** – Judaism: Yom Ha'Atzmaut - Independence Day, is the national day of Israel, commemorating the Israeli Declaration of Independence in 1948.

**5/4** – Zoroastrianism: Maidyozarem Gahambar - 'mid-spring' feast, 5 day festival ends today, Celebrates the creation of the sky and harvesting of the winter crop.

**5/8** – Birthday of Buddha: The day that Buddhists celebrate the Buddha's birthday.

**5/16** – Buddhism: Vesak - The most important Theravada Buddhist festival that signifies the birth, enlightenment, and death of the Buddha. (the date varies, also noted to be celebrated 5/6/22)

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## Interfaith holidays continued from Page 3

**5/18** - Judaism: Lag B'Omer - commemorates the end of a plague that killed thousands of an ancient rabbi's students, the anniversary of the passing of the great sage Rabbi Shimon bar Yochai, a seminal figure in the development of Kabbalah. Celebrated by lighting bonfires to symbolize light that Rabbi Shimon bar Yochai's teachings ignited in the world.

**5/23** – Baha'i: Declaration of the Bab - The day that marks the prediction of the Bab as the Messenger of God.

**5/26** – Christian: Ascension Day - marks the 40<sup>th</sup> day following Easter when Jesus ascended into Heaven.

**5/29** – Baha'i: Ascension of Baha'u'llah - It commemorates the anniversary of the death of the founder of the Bahá'í faith.

## Resident Council Meeting (A Summary) – April, 19 2022

- The Council is concentrating on committee activities to organize and assist in: planning each building's annual party, assisting in Council activities such as (1) the quarterly flea market sales, (2) the annual DJay party similar to the party held last December, and (3) the Karaoke party. These events are enjoyed by many residents and the Council has had requests for more!
- Reports by Building Reps included:
  - 1)Concern of Augustana employees and in some cases, the fire department, entering residents' apartments without permission.
  - 2)Appearance and repairs needed in the patios
  - 3)Some residents do not feel safe and do not see any security activity at night
  - 4)Laundry room in 1425 still out of order
  - 5)Maintenance in 1509 (toilet overflowing, trash chute needs cleaning)

*Continued on next page*

- Upcoming plans: (some dates not confirmed yet):
  - 1.A campus-wide picnic – early summer
  - 2.From a donation – new patio furniture (purchased from By-The-Yard)
  - 3.A Talent Show in May
  - 4.May 22 – a Spiritual Life service for the deceased
  - 5.In May – a scammers / fraud Friday Social meeting

## Resident Council Building Reps:

Please contact your building rep with any concerns, questions or ideas.

**1510:** Tim H., Jeanne M., Karen P.

**1020:** Anthony B., Pat B., Carolyn K.,  
Darryl L., Jim S.

**1509:** Rose A., Albert C., Steve I.

**1425:** Margaret Mary K., Kathy M.,  
Laurie R.,

## Committee Meetings

### Food Committee

Thursday, 12th at 1030am in the Dining room

### Spiritual Life Committee

Tuesday, 10th at 11am in the 1020 party room

### Library Committee:

Wednesday, 25th at 630pm in the 1020 party room

## Salvation Army Bin

### **Wednesday 4th: Blue Bin by Salon.**

Please do not leave donations on the floor—place them inside of the bin. If the bin is full, please save your donations for another time. Thank you! Donate used clothes, books, kitchen items or accessories. Must be clean. No pillows.

## Memorial Service by the Spiritual Life Committee

This memorial service for residents who have passed away during the past two years is planned for **Sunday, May 22, at 3pm in the Dining Room.** Light refreshments will be served. All are welcome.



1510 11th Avenue S  
Minneapolis  
MN 55404



## More in the Community

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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### Library Notes From the Library Committee

Memorial Day is a time to commemorate American military personnel who died in all wars.

The original name was Decoration Day, and one of the first known Events was in 1865, months after the end of the Civil War, and former slaves honored union soldiers buried in Charleston, South Carolina with flowers.

In 1868 General John A. Logan called for a nationwide day of remembrance for those who died in the Civil War. May 30 was selected as the date since it was not an anniversary of any particular battle. President Garfield spoke at Arlington National Cemetery, and 5,000 persons decorated graves of 20,000 Civil War soldiers buried there.

In 1966 Congress declared Waterloo, NY the official birth place of Memorial Day. In 1971 Congress set the 4th Monday in May as Memorial Day.

"In Flanders Field," a poem by John McCrae was written to remember soldiers of WWI buried in France. We have copies of the poem on our display.

Check out the books about Minnesotans in the Civil War in the display in the 1510 lounge area.

### REMINDER: Safety for All

If you are not expecting a visitor and someone randomly calls you from the call box... do not allow access. This is one way that people are potentially getting into our buildings. If you are near the lobby entry doors and someone tries to get your attention to be allowed in, don't open the door for them. If you think someone followed you in and you were afraid to say anything, tell a staff person so we can check it out.