



RESIDENTS AMONG US

Last month we met June Englund. This month, meet Larry Lura.

Where are you from? Fargo-Moorhead area. My parents had a little dairy farm outside the town of Hawley. We had about 20 cats living on the property. There was no problem with mice!

What's your favorite movie quote and why? It's from Star Wars: The Phantom Menace. Yoda told this to young Anakin Skywalker: "Fear, I sense much fear in you. Fear leads to anger, anger leads to hate and hate leads to the dark side."

Especially now with so much going on [in the world], we can't allow the emotion of fear to rule our lives.

Do you have any pets? Of course— with growing up with so many cats— my love for cats grew. My cat's name is Angel.

She's 5 years old but still a kitten—a play baby.

Nature is Beautiful



Asiatic Lily outside of the 1020 building. Gardener: Brett. Photo by: Desiree Kempcke (Daughter of Mary Ann & Arthur).

"Nature does not hurry, yet everything is accomplished."—Lao Tzu

1510 11th Avenue S
Minneapolis
MN 55404
612-238-5555

a ministry of Cassia
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

Clarence Benford, Director of Food Services.....	612-238-5264
To Order Meals.....	612-238-5265

Spiritual Life

Sarah Karber, Director of Spiritual Care	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
Asst. Director of Health Services.....	612-238-5046
Care Suites Manager.....	612-238-5405

Front Office

Monday -Friday
8am to 5:30pm
612-238-5555

A&E Pharmacy

612-238-8615

Silver Curl

Beauty Shop
612-238-5263

SPIRITUAL CARE

Dear Amazing Augustana Residents,

In July a new group called "Everyone Has a Story" started – it is a 10 week adventure into writing your own autobiographical stories based on themes or topics to get you started. And I have to say, there is something so powerful and wonderful about the lives you have lived so far and how much can be learned from you. Thank you for sharing those with me and with each other. There was some confusion when it started with several people (you were not alone if you thought so too) that the group would be more akin to a group to help write your living will/advance directive. Since there is interest in learning more on this topic, I will hold a one-session group to talk about Advance Directives and to get you started on yours on Tuesday, August 23 at 10:30am. Completing an Advance Directive will take some personal reflection, decisions and conversations with your appointed people as well as either a notary or witnesses to make it official, however, this group will hopefully give you the tools for completing it. Sign up will be required for this session as there is a lot of paper that goes into an Advance Directive so I want to print copies for the people who I know are coming only.

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

Religious Calendar

8/1 – **Pagan/Wiccan:** Lughnasadh- A festival in the Pagan and Wiccan religions that marks the beginning of harvest season.

8/6 – **Jewish:** Tisha B'Av - remembers the destruction of the Jewish temple, once in 586 BCE and once in 70 CE in Jerusalem.

8/7 – **Muslim:** Day of Ashura - The day commemorates for Shia Muslims the death of Husayn ibn Ali who was the grandson of Muhammad in the Battle of Karbala of October 10, 680 CE. For Sunni Muslims the day relates to when Moses and his followers fled Egypt and were saved by God separating the Red Sea.

8/15 – **Catholic Christian:** Feast of the Assumption - A holy day that commemorates the Virgin Mary being assumed, body and soul, into heaven. **Orthodox Christians** celebrate this on the same day and call it the Dormition of the Theotokos.

8/18 – **Hindu:** Janmashtami – the birth of Lord Krishna

8/29* – **Muslim:** Hijiri: Also known as Islamic New Year, this is the start of the Islamic lunar calendar, which begins when the crescent moon is sighted

8/31 – **Hindu:** Ganesh Chaturthi - a 10-day Hindu festival that celebrates the birth of Lord Ganesha

SALVATION ARMY BIN August 8th, Monday: Bin by Chaplain's Office and Beauty Shop. Please bring your donations when you see the Bin. 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. Donate used clothes, books, kitchen items or household accessories. Items must be clean. No pillows. Thank you!

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., Keenan O.

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

COMMITTEE MEETINGS

Food Committee:

Thursday, 11th at 10:30am in the Dining room

Spiritual Life Committee:

Tuesday, 9th at 11am in the 1020 party room

Library Committee:

Wednesday, 24th at 6:30pm in the 1020 party room

RESIDENT COUNCIL MEETING

There was not a meeting in the month of July. The next meeting is scheduled for Monday, August 15th.

FROM THE LIBRARY COMMITTEE: AUGUST NEWS NOTES

In August the Augustana Library is dedicating some of our shelves to westerns. Some familiar authors writing about the 1800s out west are Louis L'Amour, Ralph Compton, Zane Grey and William and J.J. Johnstone. More modern books set in the west are classified as mystery. Tony Hillerman sets his books in Navajo land, J.A. Jance's, Joanna Brady series are set in Arizona and Rita Mae Brown writes about rustlers and water rights in Nevada. A romance/mystery series by Diana Palmer takes place in Texas and Wyoming. Enjoy spending time in part of the western United States.

MOVING UP WITH CHAPLAIN SANDRA: CANCELLED

The group meetings have been cancelled until further notice.



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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.

The Chef Poem

The fact that I'm a chef is incredible to me.

I try to cook with style, with flair and creativity.

I make meals with flavor so I need to be on my best behavior.

What would I do if I wasn't a chef, then people would only call me Jeff.

I try to make people happy. That is my goal because if I didn't I wouldn't be whole.

By Eric Rorris

National Night Out: August 2nd, Tuesday 1:45pm in the Dining room.

CODA is back again! Stop by in the dining room at 1:45pm on 2nd August, Tuesday, for an ice cream sandwich before the entertainment starts at 2pm.

Dear Eunice,

You've touched the lives of many here at Augustana for all the years you have been a part of this community. Your positive attitude always shines through and you have taught many of us how to be strong simply by appreciating the little things in life. We will miss the sound of your laughter and the kindness that you share. We wish you the best on your new journey. You will always be a part of our Augustana family. We love you Eunice!

"Some people make the world special just by being in it."