



## RESIDENTS AMONG US

Last month we met Larry Lura. This month, meet Helen Green.

### **Where are you from?**

I'm from Des Moines, Iowa but have lived in several different cities such as Dayton (Ohio), St. Louis and Los Angeles.

In 1986, I married Eugene and moved to Minneapolis where we lived for 10 years. Then we retired to South Carolina for 22 years. We moved back to Minnesota in 2020.

During our 36 years of marriage we travelled the world. We went to Europe, China, Israel, Turkey, Egypt, and all over the states.

We also went on numerous cruises. My favorite was the Panama Canal cruise.

### **What's one important lesson you have learned so far?**

Always put God first in your life.

Everybody has a story, and this is just a small portion of mine.

**THE CRAFTY LADIES** will be visiting Augustana to display and sell their craftwork on Thursday 8th from 1-3pm in the dining room. This is anticipated to be their final craft show at Augustana so don't forget to stop by!

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**

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,

When I was growing up, school started at the end of August but I never associated August with school starting, it was always September. September makes me think of bouquets of sharpened pencils, new shoes and the excitement of starting a new year. It is a great time to dive into learning something new and making new connections. September is also World Alzheimer's Month. It is a month set aside to raise awareness and to challenge the stigma that persists around all types of dementia. You may notice around Minneapolis that there will be memory walks, fundraisers, awareness raising activities and campaigns that center around bringing attention towards those in the community that are affected by Alzheimer's disease and other types of dementia. One way we bring this awareness into Spiritual care is by adapting worship services and spiritual experiences to use our primary 5 senses. Each of our senses (sight, smell, touch, taste and hearing) reach different parts of our brain, even in the midst of brain changes. Our senses can reach us in our spiritual cores. Consider the ways that you may be able to learn something new or make a new connection related to your senses that evoke old responses. For some, the taste of grape juice or Manischewitz wine will remind them of communion, hearing certain hymns will take them back to a special church event, and the smell of incense will bring them to the season of lent. Traditional religious practices might be recalled by the burning of sage, sweet grass or tobacco. Every tradition has their own mix of smells, sights, sounds, tastes and textures that can trigger blessings and gratitude for the depth of our experience as connected humans. What experience of your senses connects you?

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

## Religious Calendar

**9/8** – Christian: Nativity of the Virgin Mary

**9/10 to 9/25** – Hindu: Pitru Paksha- A time when Hindus pay homage to their ancestors.

**9/11** – Coptic Orthodox Christian: Nayrouz - The Coptic New Year: the feast day that commemorates both martyrs and confessors.

**9/16** – Muslim: Arbaeen- An observance that concludes the 40-day mourning period after the Day of Ashura, beginning at Sundown.

**9/23** – Pagan/Wiccan: Mabon/Imbolc - Observance of the autumnal equinox.

**9/23 to 9/31** – Jainism: Paryushana Parva- the most important Jain religious observance, this festival is about forgiveness, with “paryushana” meaning “abiding” or “coming together”

**9/25\* to 9/27** – Jewish: Rosh Hashanah: The Jewish New Year beginning at sundown that encourages reflection.

**9/26 to 10/5** – Hindu: Navaratri- a festival that celebrates the Goddess Durga.

**9/27** – Rastafarian: Meskel – Finding of the True Cross

**SALVATION ARMY BIN September 12th, 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, 8th at 10:30am in the Dining room

### Spiritual Life Committee:

Tuesday, 13th at 11am in the 1020 party room

### Library Committee:

Wednesday, 28th at 630pm in the 1020 party room

**RESIDENT COUNCIL MEETING:** There was not a meeting in the month of August. If you have any concerns or suggestions please reach out to your building reps.

## FROM THE LIBRARY COMMITTEE: SEPTEMBER NEWS NOTES

Labor Day is a day to honor the "contribution workers have made to the United States strength, prosperity and wellbeing." It was first celebrated in 1882 by both the Central Labor Union and the Knights of Labor with parades and picnics in early September. They worked together to make the first Monday of September an official Labor Day. By 1894 30 states recognized Labor Day. In June of 1894 President Cleveland signed the bill making this a Federal Holiday; this only applied to federal workers. By the 1950s all 50 states and territories made Labor Day an official holiday.

"Speaking" of labor, please give thanks to members of the Library Committee who have been busy evaluating and packing books to put on the "new" library shelves, and also packing books to give away. The members are Ruth Aaskov, Judy Bergstrom, Barbara Egli, June Englund, Judith Glass and Anna Sollid.

We still do not have a firm move –in date; we will keep you informed when we do.



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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.

### "SENIORS AS TEACHERS" WILL START UP AGAIN IN SEPTEMBER.

Want to have some fun helping students learn!

This awesome program involves medical students from the University of Minnesota along with physician facilitator, Dr Ratner.

Their goal is to learn about healthy aging; how to do home visits; practice mock assessments related to: nutrition, balance, memory and cognition, social involvement, etc.

YOU CAN HELP by volunteering to meet with a student for an hour or so a couple of times in the next several months. You will always receive a call prior to the visit date to check your availability. You can meet in your apartment or in one of our common areas.

Please think about volunteering. It's a winning program for all parties. If you would like to speak to a tenant that's already in the program, I can hook you up!

Have some questions – Call me 😊

Carol Dexter

Social Services

612-238-5261

### CELEBRATE THE AUTUMNAL EQUINOX

Please join us in Celebration of the Autumnal Equinox on Thursday, September 22 at 2PM in the Dining Room for a program of music, readings, and prayer. This is sponsored by the Spiritual Life Committee.

A REMINDER to clear your voicemail box out: Staff/family/friends are unable to leave phone messages for you when your mail box is full or has not been set up yet. Please check that your phone is fully set up and that your mail box is cleared out.