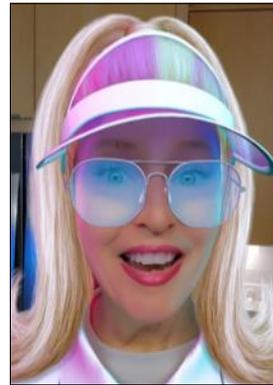




MEET OUR NEW EMPLOYEES



Abby Dauth, RN Nurse
Manager
Phone: 612-238-5110



Merilee Johnson
(sharing a fun picture —
reminding us to have fun
and smile!),
Interim Director of
Housing. Phone: 612-
238-5260



Christy Crosby, Office
Assistant
Phone: 612-238-5555



Lisa Holmes, Director of
Nursing
Phone: 612-238-5047



Jason Hollenbeck,
Director of Food Ser-
vices
Phone: 612-238-5264

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

Merilee Johnson, Interim Director of Housing.....	612-238-5260
Marlene Yochim, Asst. Director of Housing.....	612-238-5870

Business Office

Sandy Grangruth, Office Manager.....	612-238-5256
Christy Crosby, 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

Jason Hollenbeck, 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

Lisa Holmes, Director of Health Services.....	612-238-5047
Abby Dauth, RN Nurse Manager.....	612-238-5110
Care Suites Manager.....	612-238-5405

Front Office
 Monday -Friday
 8am to 4pm
 612-238-5555

A&E Pharmacy
 612-238-8615

Silver Curl
Beauty Shop
 612-238-5263

SPIRITUAL CARE

Dear Amazing Augustana Residents,
Aesop once said, "Gratitude turns what we have into enough." With inflation rising and the pressures of the changing economy, feeling like we have enough can be tough. November is often the month where we highlight gratitude in our lives, since it is the month of our Thanksgiving holiday, it seems the opportune time to develop gratitude. As many of you know, I consider gratitude to be one of the most important spiritual practices we can partake in. So to honor the tradition of highlighting the importance of practicing gratitude, I hope you might consider trying a new practice of gratitude this month. Some options might be to

Write a gratitude journal – note three good things each day that you are grateful for in writing.

Carry a gratitude rock or item – carry it in your pocket, every time you touch it, or notice it, pause a think of at least one thing you are grateful for. When you take it out of your pocket at the end of the day, recall to yourself all of the things you paused to recall.

Write letters of thankfulness to friends or family to note the important thing they have done (recent past or even distant past) that you are grateful for. Before each meal, pause to consider whose hands may have encountered it before you from the seed to the table and everyone in between – imagine thanking each of them for helping it reach your body to nourish it.

Keeping a spiritual practice of gratitude is helpful to remember what good has happened. So let's follow the wisdom of the Psalms as stated in 118:24 "This is the day that the Lord has made; let us rejoice and be glad in it."

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

RELIGIOUS CALENDAR

11/1 – Christian: All Saints Day - this day honors the saints who have attained heaven in the Christian faith.

11/1-2 – Latinx Christian: Day of the Dead/Día de los Muertos – honoring those you love who have died. Some of the most common traditions include placing a loved one's photo on the ofrenda, as well as pan de muerto, sugar skulls and marigold flowers.

11/2 – Christian: All Soul's Day – A day of remembrance of all the faithful who have died. Primarily observed by Catholic and Orthodox Christians.

11/2 – Rastafarian: Anniversary of the Crowning of Haile Selassie

11/8 – Sikh: Birthday of Guru Nanak Ji - A day honoring the birth of the founder of Sikhism.

11/15 – Orthodox Christian: Nativity fast begins (ending Dec 24)

11/24 – Jain: New Year: A holiday always following Diwali;

11/24 – Sikh: Martyrdom of Guru Tegh Bahdur

11/26 – Baha'i: Day of the Covenant - commemorating Bahá'u'lláh's appointment of His son, 'Abdu'l-Bahá to leadership

11/27 – Christian: Advent Begins – The Christian new year and time of preparation for Christ's birth.

11/28 – Baha'i: Ascension of 'Abdu'l-Baha

11/30 – Catholic Christian: Feast of St. Andrew- A day honoring the patron saint of Scotland, Greece, Russia, Ukraine, Barbados, and Romania.

SALVATION ARMY BIN November 14th, 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., John S.

1509: Rose A., Keenan O.

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

COMMITTEE MEETINGS

Food Committee:

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

Spiritual Life Committee:

Tuesday, 8th at 11am in the 1020 party room

Library Committee:

Wednesday, 30th at 630pm in the 1020 party room

RESIDENT COUNCIL UPDATE FOR NOVEMBER

1. Council has been informed of a serious maintenance (i.e., plumbing) issue whereby residents are requested not to flush Baby Wipes and/or other bulky hygiene products down the toilet. Although the packaging may say the product is safe to flush, maintenance tells us "your apartment will flood, so don't do it."
2. Resident Council Meeting – Oct. 17, 2022
 - Flea Market – November 7, 1:00-3:00 in the Dining Room. All residents may contribute. Household items and Christmas items, too.
 - Looking for new members to run for office for the Council. Election in January. 3 Leadership positions and a Secretary and a Treasurer.
 - Early-to-mid December – looking at having another Christmas Dance! Stay Tuned.
 - The Council sent a list of 5 issues to Augustana management, and received a response in writing the same day. The topics are: smoking, parking garage, security, speed limits for scooters and the credit card scanner. The minutes and response were distributed to all residents on October 19th - all are encouraged to read the document.



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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.

FROM THE LIBRARY COMMITTEE: LIBRARY NOTES

November is Native American/Indigenous People month.

This month's book review is by June Englund.

Iron Lake by William Kent Krueger is about Corcoran O'Connor (Cork) the former sheriff of a small town called Aurora, Minnesota. Cork is part Anishinaabe Indian and part Irish and is separated from his wife and children. He is pressed into searching for a missing paper boy and is trying to find the killer of the judge in town. The story is full of conspiracy and corruption and leads to the murder of one of Cork's best friends.

This Minnesotan author writes a well-crafted book and his characters seem like friends and neighbors. It makes you want to read just one more page (until the book is finished); then you want to read more books by Krueger.

The "new" library is located in the 1425 building (across the walkway and next to the 1425 lounge) and will be open on November 01: please come to visit and borrow a book or two.

Open house for the library will be November 01 at 1-3pm.