



## MARCH 2023

Spring seems far, far, far away with all the snow on the ground right now. Do you remember what Spring is like? 😊 Here's a poem to help jog your memory. (Maybe if we all wish hard enough we could experience the start of Spring in late March instead of May!) Happy March everyone.

### *Nature's Way by Heidi Campbell.*

Upon a nice mid-spring day,  
Let's take a look at Nature's way.  
Breathe the scent of nice fresh air,  
Feel the breeze within your hair.

The grass will poke between your  
toes,  
Smell the flowers with your nose.  
Clouds form shapes within the skies,  
And light will glisten from your eyes.

Hear the buzzing of the bees,  
Climb the tallest willow trees.  
Look across the meadow way,  
And you shall see a young deer play.

Pick the daisies as they grow,  
Watch a gentle cold stream flow.  
Know the sounds of water splash,  
Catch its glimmer in a flash.

When altogether all seems sound,  
Lay yourself upon the ground.  
Take a moment to inhale,  
And listen to Nature tell her tale...

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

a ministry of Cassia  
CassiaLife.org

# Directory

*If you have phone service through Augustana, dial 9 first then the area code and 7 digit number.*

## Emergency Numbers

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

### **Housing & Social Services**

Carol Dexter, Director of Housing & Social Services.....612-238-5261  
 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

### **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

### **Nursing**

Hayley Brown, Interim Director of Health Services.....612-238-5047  
 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,

Last month I highlighted two great black theologians, to continue on that pattern I wanted to celebrate that March is women's history month with another great theologian and spiritual thinker: Amy-Jill Levine. AJ as she was known in her early published works was actually my New Testament professor at Vanderbilt Divinity School. She is a Jewish woman whose scholarly work on Jesus has been very important for our continued study of Scripture as well as giving practical wisdom on healing and building stronger and more positive Jewish-Christian relations. If you're looking for a book to read, hers called "the Misunderstood Jew" is a really deep read. We will be using one of her Bible studies for our Lent focus on this month Tuesdays at 1pm in the Auditorium. On the more artistic end of the spectrum I would like to highlight Jan Richardson, an artist and poet who often makes me think and hope in a new way. Here is part of her poem: Blessed are you who Bear the Light:

Blessed are you in whom the light lives, in whom the brightness blazes— your heart a chapel, an altar where in the deepest night can be seen the fire that shines forth in you in unaccountable faith, in stubborn hope, in love that illumines every broken thing it finds.  
— Jan Richardson, from Circle of Grace: A Book of Blessings for the Seasons.

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

## RELIGIOUS CALENDAR

- 3/6-7** – Jewish: Purim- Also known as the “Feast of Lots,” this festival celebrates the survival of Jews who were marked for death by Persian rulers as recorded in the Book of Ester.
- 3/7** – Hindu: Holika Dahan - Celebrates the killing of Holika by Vishnu
- 3/8** – Muslim: Laylat al Bara’at – Beginning at Sundown on 3/7 observance of Prophet Muhammad's night journey from Mecca to Jerusalem and his ascension to heaven.
- 3/8** – Hindu: Holi- A festival of colors celebrates spring, love, and new life.
- 3/8-10** - Sikh: Hola Mohalla – The 3-day festival honoring valor, skill, and defense preparedness.
- 3/17** – Christian: St. Patrick’s Day – A fest day of St. Patrick, the patron saint of Ireland.
- 3/19** – Christian: Feast Day of St. Joseph: A day that commemorates the husband of Jesus’s mother Mary and surrogate father on Earth.
- 3/21** – Neo Pagan/Wiccan: Ostara - The celebration of the spring equinox in the Pagan and Wiccan religions.
- 3/21** - Zoroastrian and Baha’i: Naw Ruz: The Zoroastrian New Year that is celebrated at the spring equinox. The New Year for the Baha’i faith, marking the end of the Baha’i fast.
- 3/22-3-31** – Hindu: Navaratri- A festival that celebrates the Goddess Durga.
- 3/22-4/21** – Muslim: Ramadan – Begins at sundown, during this time, Muslims observe a holy month of fasting.
- 3/25** –Christian: The Annunciation - The day in the Christian religion when the Angel Gabriel announced that Mary would become the mother of Jesus.
- 3/30** – Hindu: Rama Navami - celebrates the birthday of Rama, the seventh avatar of the deity Vishnu.

## COMMITTEE MEETINGS

### Food Committee:

Thursday, 9th at 10:30am in the Dining room

### Spiritual Life Committee:

Tuesday, 14th at 11am in the 1020 party room

### Library Committee:

Wednesday, 22nd at 630pm in the 1020 party room

**RESIDENT COUNCIL BUILDING REPS** Please contact your building rep with any concerns, questions or ideas.

**1510:** Jeanne M., Eric R.

**1020:** Rose A., Anthony B., Pat B., Karen P., Patty R., John S.,

**1509:** Barbara E., Keenan O., Lori T.,

**1425:** Judy B., Kathleen K., Kathy M., Laurie R.,

**General Rep for all buildings:** Darryl L.

## RESIDENT COUNCIL MEETING: March 23rd

Valentine's dance from February 11 was a success! The dance raised \$488 which helped to increase the Council checking account to \$4,013.56 (along with Friday Social deposits).

A discussion ensued regarding better guidelines for the Council sponsored Bingo game and current funding. A committee will meet on this subject and provide results at the next meeting.

The Council is looking at possible fundraising projects in the near future, anything from a flea market sale to a bake sale to possible craft sale or an event that could allow residents' families and friends to attend and participate in and help us with our fund drive.

### **Building Reports**

1020 - moving of big dump carts by maintenance during the Friday Social on February 17 were disruptive, and distracting from the performers.

1509 - no issues

1425 - elevator out-of-order since the power outage

1510 - no issues

### **Management reported on following issues:**

Building occupancy: 1020 capacity for 146, 117 occupants;

- 1509 capacity of 71, with 59 occupants; 1425 has capacity for 64 residents with 57 occupants; and 1510 has capacity for 91 with 43 occupants.
- 1510 building repairs/fate is being evaluated for capital repairs and weighing out advantages/disadvantages at the corporate level
- Bids are being evaluated for repair/replacement of the broken store freezers.
- Frequency of 1020 water line repairs is mainly due to items being flushed down the toilet that clog the lines and create costly repair. Nothing other than toilet paper should go into the commode and flushed.
- Garages need cleaning and are done so by maintenance periodically.
- Pest/Rodent update: March 7 all-campus pest control spraying should help eradicate a great deal of the issues.
- Grievance Procedures Outlined briefly, need turn around timeframe that is more acceptable. Vulnerable Adult Reporting information will be placed in a locked case near all building bulletin boards in the near future.
- Complaints of political activists entering a building without consent or permission of residents.



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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:

March is Women's History Month. The theme for 2023 is "Celebrating Women Who Tell Our Stories." For books about and by women see our display in the Library and in the bookcases in each of the building's lounges.

The first celebration of Women's Day was in 1909. Since 1987 each year the President makes a Proclamation declaring March as Women's History Month, encouraging citizens to learn and study about the contributions of women to history and society. The colors of this month are purple, green, and white—the colors of the early suffrage movement in England.

The Library Committee still needs your HELP. We have lots of books to give away; can you or someone you know take a couple of bags to used bookstores (we'll tell you where)? Please contact any of the committee members or Marlene in Housing if you are willing to HELP. Thanks from the committee: Ruth Aaskov, Judy Bergstrom, Barbara Egli, June Englund, Judith Glass, Karen Petty and Anna Sollid.

**SALVATION ARMY BIN March 13th, Monday:** Bin by Chaplain's Office and Beauty Shop. Please bring your donations when you see the Bin. Do not bring or leave donations if the bin is not there. Donate used clothes, books, kitchen items or household accessories. Items must be clean. No pillows. Thank you!