



## MAY 2023

A season of many changes...April Showers Bring May Flowers! We have certainly had the showers and now we are looking forward to the flowers. Speaking of which, the seed-planting group has met twice and reports that Marigolds and other seedlings are starting to pop through the dirt. Eventually, they will be part of the flowers decorating the patios and other areas of campus. How fun is this 😊

Changes are an on-going necessity in health care and housing. It is rather like a season that never ends. With that, we have news to share in regards to the nursing department. The care suites and many of residents on services are located in the 1020 building. In our desire to be more efficient in service delivery, the nursing department is moving to the 1020 building. Unit #31 in the short hall on ground floor is being converted for the Director of Health Services office, LPN office and care giver space. This change will take place the week of May 8.

New faces: As we say good-bye and good luck to Rose in leasing and marketing, we welcome Nou Lee to this position. Nou comes to us with experience in leasing and marketing. Her first day with us was April 26. We also welcomed Parker Thibodeaux to a newly created role - Human Resource Associate. His first day was April 24.

For anyone with housekeeping and laundry services, there is a change. We want to thank Jaymela Williams for her time in that staff position. Jaymela continues with Augustana as a caregiver and continues a rotation carrying the after-hours phone for staffing. Marlene Yochim, in Housing, is now managing the house-keeping department.

Change is good, change is sometimes challenging, and change is constant. We hope the changes in your life are mostly good and manageable. If you need us, we are here to listen and help as able.

Happy May!

Carol Dexter  
Director of Housing  
612-238-5261

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

**Business Office**

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

**A&E Pharmacy**

612-238-8615

**Silver Curl**

**Beauty Shop**  
 612-238-5263

**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**

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**

Tyler Pritchard, Director of Health Services.....612-238-5047  
 Nurse Manager.....612-238-5110  
 Care Suites Manager.....612-238-5405

## SPIRITUAL CARE

Dear Amazing Augustana Residents,

May is Mental Health Awareness Month, a time to raise awareness of mental health issues and to encourage people to seek help if they are struggling. As a chaplain, I am committed to providing spiritual support to our residents and that means addressing the whole person. Mental health and spiritual health go hand-in-hand: attending to one can help encourage health with the other. There are many small ways that we can help attend to our mental health. Such as: Move your body with regular exercise. Eat a healthy diet. Get enough sleep. Manage your stress. Connect with others. Do things you enjoy. Engage in spiritual practices like journaling, prayer, or worship. Seek professional help if you need it. As the month of May promises to bring us more sunshine and warmer days, consider spending some time out on the patio to soak up some spring sunshine with a neighbor. If you are struggling with your mental health, please know that you are not alone. There are many resources available to help you, and I encourage you to reach out for help.

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

## RELIGIOUS 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

**5/1-4** – Zoroastrianism: Maidyozairem Gahambar - 'mid-spring' feast, 5 day festival ends today, Celebrates the creation of the sky and harvesting of the winter crop.

**5/5** – Buddhism: Vesak - The most important Theravada Buddhist festival that signifies the birth, enlightenment, and death of the Buddha.

**5/8** - 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.

**5/18** – Christian: Ascension Day - marks the 40<sup>th</sup> day following Easter when Jesus ascended into Heaven.

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

**5/25-27** – Judaism: Shavout: celebrates the giving of the Torah on Mount Sinai and a grain harvest.

**5/27** – Buddhism: Vaisakha Puja (or) Buddha Day - marking of the birth, enlightenment and death (attainment of Nirvana) of the Buddha

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

## 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, 17th 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:** Keenan O., Lori T.,

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

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

## RESIDENT COUNCIL MONTHLY MEETING SUMMARY:

Resident Council will provide a summary of their meeting at a later time. Please pay attention to the bulletin boards in the common areas regularly as a summary of the meeting will be posted on these.

**THE GREAT COURSES:** Saturday movies will look a little different in May and June. Barbara Egli will be showing lectures/episodes from The Great Courses: "Native Peoples of North America" and "African American History: From Emancipation through Jim Crow."

Each episode is about half an hour long. For more information on the episodes, please check the bulletin board in your building.

Join Barbara in the 1509 Auditorium on Saturdays starting May 6th at 1pm.

## MEDICINE DISPOSABLE BAGS:

Deterra medicine disposal bags were provided by our neighborhood crime prevention specialist, Renee Allen. They are available upon request in Amanda's office in the 1510 Mezzanine level. (Phone number: 612-238-5262). The following steps (which are also on the back of the bags) are all you need to do to dispose of medicine:

1. Tear open pouch—do not open or remove inner pod(s). Place unused medications inside.
2. Fill pouch halfway with warm water and wait 30 seconds for air to release. Some foaming may occur.
3. Seal pouch tightly, gently shake and dispose of in normal trash.

These bags are not to be used with drugs that are *supplied with specific disposal instructions*.

## SALVATION ARMY BIN **May 8th, 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!





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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: MAY LIBRARY NEWS NOTES

Spring is in the air. Please check out the spring display by Karen Petty in the library. This month we are sharing a book review by June Englund.

At our last library committee meeting we were challenged by our chairperson to pick a book we would never choose and write a book review. I do not enjoy reading short stories so the book I chose is a short story book called Winter Roads, Summer Fields by Marjorie Dorner, a Minnesota author, with whom I was not familiar.

The book is set in fictitious Hammern town ship and takes place between the years 1935 and 1991, we get to know three generations of each family. The stories stand alone, but the people turn up in each other's stories, first as children and then as adults. We meet an abusive husband, and we are angry at a nasty mother-in-law. We are in sympathy with the father who grieves that the family farm will become a golf course because none of his three children wants it. We watch a 54 year old retired farmer build a wonderful tree house for his grandchildren while struggling with what to do with the rest of his life. The final story describes a woman's struggle with memory loss; I felt sad, as though she were a real friend. "These are honest tales of real people."

Come to the Library to see and read other books by Minnesota authors.

PLEASE return books when you finish reading so others can enjoy them.  
THANKS!