

SEPTEMBER 2023

Happy September everyone! Have a great and safe Labor Day weekend!

Mark your calendars: This month Minneapolis crime prevention specialist, Renee Allen, will be at Augustana on Thursday, September 14th at 2pm in the Dining Room. Please come prepared to discuss your questions and neighborhood safety concerns with Renee.

I think most of us have had it with these hot, humid days and are ready to say "See you later" to Summer! The first day of Fall is on Saturday, September 23rd. We can look forward to cooler days and cozy nights. Here's a little word search puzzle to help you get into the Fall mood:

September October Acorn Leaves Sweater Cider Chilly Apple

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c b h o x j f c l a
a k o b p h m h e p
c j y c l e c i a p
o r a s t v r l v l
r a s g r o a l e e
n o j b r h b y s c
j g t p z v w e m i
s e p t e m b e r d
k s w e a t e r g e
c t b g k p l u m r
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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

Devin Ramsey, Director of Food Services.....612-238-5269
 To Order Meals.....612-238-5265

Spiritual Life

Sarah Karber, Director of Spiritual Care612-238-5283
 Sandra Densmore, Volunteer Chaplain.....612-238-5283

Marketing

Nou Lee, 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

It is back to school season! While it has likely been a while since you entered a school classroom, it is never too late to learn something new. How does that favorite saying of my mother's go? Oh yes! "You learn something new every day, you just have to pay attention!" No literal classroom needed! I love September for starting new quests for knowledge and trying my hand at a new project or two. This year I'm trying a new craft project at home with Addie called "Diamond Painting" which is where you put little rhinestones onto sticky-tack paper to make a bedazzled picture. She is very excited to create such shiny art. In this season of renewed academic and artistic pursuits, what is engaging your curiosity? What is causing you to wonder? This is a great time of year to start bringing your activities indoors and focusing on your inner being. Take a visit to the library, search the internet, ask a friend – you might just find a whole new slew of dinner conversations just waiting to be explored.

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

COMMITTEE MEETINGS

Spiritual Life Committee:

Will not meet this month

Food Committee:

Thursday, 14th at 10:30am in the
Dining room

Library Committee:

Will not meet this month

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., Martha R., Lori T.,

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

General Rep for all buildings:

Darryl L.

INTERFAITH CALENDAR

9/6 – **Muslim:** Arbaeen- An observance that concludes the 40-day mourning period after the Day of Ashura, beginning at Sundown.

9/10 to 9/18 – **Jainism:** Paryushana Parva- the most important Jain religious observance, this festival is about forgiveness, with “paryushana” meaning “abiding” or “coming together”

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

9/15* to 9/17 – **Jewish:** Rosh Hashanah - The Jewish New Year beginning at sundown that encourages reflection.

9/18 – **Hindu:** Ganesh Chaturthi – Birthday of Lord Ganesha, god of wisdom, prosperity and

good fortune and the remover of obstacles

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

9/23 – **Buddhism:** Autumn Moon Festival

9/24– **Jewish:** Yom Kippur - Day of Atonement

9/27 – **Muslim:** Mawlid al-Nabi – The celebration of the birth of the Prophet Muhammad

9/28 – **Ethiopian & Eritrean Orthodox:** Meskel – Finding of the True Cross

9/29 to 10/6 - **Jewish:** Sukkot Begins - The Feast of the Tabernacles and Harvest festival

9/29 to 10/14 – **Hindu:** Pitru Paksha- A time when Hindus pay homage to their ancestors.

SALVATION ARMY BIN Monday 11th:

Bin between Chaplain’s Office and Beauty Shop. Please bring your donations ONLY 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!

RESIDENT COUNCIL'S MEETING SUMMARY: THURSDAY, AUGUST 24TH

Resident Council checking account has a current balance of \$4,131.12.

- Mike from Cassia Corporate has stated that the coil for the 1020 building air conditioner should ship on September 11; the condenser should ship on September 21 and installation will occur in October.
- Fire alarms are going off in buildings and shutting the fire doors due to the extreme humidity occurring this past month.
- Round-the-clock security has been approved for Augustana. Corporate has been convinced there is truly a need.
- The Care Suites in the 1020 building will be condensed to the 3rd and 4th floors only in the near future. There are only 4 residents on the fourth floor utilizing the Care Suite services.
- Clark Worden and Carol Dexter are fully aware of the issues the required door closers have created. Reasonable accommodations can possibly be made, at no cost to the residents, once bids are obtained and more research is completed.
- The Council will be offering Game Night from 2 - 4 pm on Wednesday, September 27. Please mark your calendars and come to support.
- The Food Committee reports that the parts are being awaited for the freezers in the store. Some cold items are kept in the kitchen freezers.
- The Spiritual Life Committee will be reinvigorating the Hymn Sing in September with Myrna Ten Bensel joining as pianist.
- Friday Socials are carrying forward . . . Tyler Pritchard, Director of Health Services, spoke on Friday, August 25; Vern Johnson will rejoin us on September 1; Bruce and David Cantrell will appear on Saturday, September 2 after a lengthy absence; Dan Turpening will return with his accordion talents on September 8; Joe Ahrens will offer his talent on September 15 and our own Naomi Donnellan will host the show on September 22.

RESTAURANT OUTING THIS MONTH: Pannekoeken Huis: "Comfy quarters serving Dutch fare that includes pancakes & other breakfast dishes, plus coffee"

Wednesday, September 20th leaving at 10:30am. Sign up with Amanda at 612-238-5262



1510 11th Avenue S
Minneapolis
MN 55404



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.

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LIBRARY COMMITTEE: A book review by Lois Armstrong

Do you know the Scottish mystery writer, Anne Perry. I loved her books because she sneaks in the historical background of late Victorian England to WW I and African exploitation, as well, forming well-developed characters, and engaging plots.

I am introducing you to an early investigator, Thomas Pitt and wife, Charlotte. Thomas came from the lower classes, gamekeeper's family, and rose through education to be a policeman.

He met and married Charlotte, of much higher social rank. Their marriage was not socially acceptable, though Charlotte, and even her sister and aunt helped the policeman in his cases.

I enjoyed reading many of Perry's mysteries, so carefully researched in historical background, with details I didn't know of late 1800 England, WW I, African divisions and exploitation, even the Irish "troubles".

Traitor's Gate is set in Africa with a setting of European exploitation during colonization.

Ashwood Hall presents the Irish "troubles" by way of another detective.

A series of five mysteries takes an upper-class English family through and after WW I.

My favorite mysteries are: Carlington Crescent, Highgate Rise, Belgate Square, and Pentecost Alley.

I've read them all twice and now share them with you.

WINTERIZING YOUR CAR

Winter is coming! Prepare your car: Tips for winterizing your car with resident volunteer, Annetta.

Annetta will demonstrate on her car some ways you can winterize your car.

Join her in the 1509 Parking Lot next to the 1509 Patio on September 27th, Wednesday at 1:30pm.