



### **Note from Jennifer (Interim Director):**

I don't know about everyone else, but I'm always excited for Spring! It brings so many changes, and that's certainly the case here at the Augustana. As you may have heard, we have a new Housing Director starting on Monday, April 29th, and we're thrilled to welcome Luis aboard. Additionally, we've promoted Ryan to the position of Assistant Housing Director! Many of you are familiar with Ryan as he's been with us since December, lending his support in various capacities. Below, you'll find some information about him. We are excited to see him grow in his career.

### **Ryan:**

Hey everyone,  
I just wanted to say I am so excited to work with everyone as the new Assistant Director of Housing. A little bit about myself. I grew up in a small town in Wisconsin called Elk Mound. Go Pack Go. I went to college at the University of Wisconsin – Eau Claire where I majored in Healthcare Administration. I then moved to Minnesota in August and have been loving getting to know the cities and its surrounding areas. It has been an honor to learn everything about what makes Augustana a great community. If you ever have any questions or just want to come say hi I will be located in the Administration office in 1425. Thanks everyone!

### **Announcement from Marlene:**

Dear Residents of Augustana Apartments,  
It is with mixed emotion that I write to announce my resignation from Augustana effective May 10<sup>th</sup>. The next part of my life journey will be turning my hobby of flower farming into a business. Many of you already know that my flower story originated here at Augustana – after Covid restrictions were lifted and we were able to open the dining room again, I started bringing bouquets of fresh flowers for the tables. So many of you reacted with gratitude and appreciation that it ignited a desire in me to bring more flowers to more people. I have found, without question, that flowers make everything better! I will miss Augustana of course – but hope to continue the tradition of sharing flowers with you all. Thank you for all the ways you've enriched my life here these past 10 years. It has been an honor to walk alongside you during your time at Augustana.  
With affection, Marlene

**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

<p><b><u>Business Office</u></b>                  Monday -Friday                  8am to 4pm                  612-238-5555</p>	<p><b><u>A&amp;E Pharmacy</u></b>                  612-238-8615</p>	<p><b><u>Silver Curl</u></b>  <b><u>Beauty Shop</u></b>                  612-238-5263</p>
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**Housing**

Luis Orozco, Director of Housing.....	612-238-5260
Ryan Zurbuchen , Asst. Director of Housing.....	612-238-5870

**Social Services**

Carol Dexter, Director of Social Services.....	612-238-5261
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**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 Care .....	612-238-5283
Sandra Densmore, Volunteer Chaplain.....	612-238-5283

**Marketing**

Nou Lee, Director of Marketing.....	612-238-5255
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**Nursing**

Abu Ahmed, Director of Health Services.....	612-238-5047
Nurse Manager.....	612-238-5110

## SPIRITUAL LIFE

Dear Amazing Augustana Apartment Residents,

May is Mental Health Awareness Month, but guess what? Taking care of your mental well-being should be a priority all year round! Let's work on removing the stigma of talking about our mental health, by including it as part of our whole body's health. Just like you wouldn't hesitate to get a regular check-up for your physical health, checking in on your mental health is just as important.

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 – join in with chair yoga on Wednesday mornings for a spiritual twist on moving your body. 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. 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. Seek professional assistance when you need additional input and perspective. Professionals help you to add tools to your toolkit to stay on top of your health. If you are struggling with your mental health, please know that you are not alone. There are many resources available to help you, such as COPE: Mobile Crisis Response at 612-596-1223, or the Associated Clinic of Psychology (ACP) for ongoing care at 612-925-6033. There are many other options as well, just remember, you're not alone! If you're struggling, there are people who care and want to help. Here's to prioritizing your mental health and feeling your best!

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

## INTERFAITH 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.
- 5/2 – **Baha'i:** Twelfth day of Ridvan - the anniversary of the Declaration of Baha'u'llah's mission to His followers
- 5/4 – Christian/**Interfaith:** National Day of Prayer (USA)
- 5/5 – **Orthodox Christianity:** Easter - One of the most important Christian holidays, it memorializes the resurrection of Jesus Christ.
- 5/9 – **Christian:** Ascension Day - marks the 40<sup>th</sup> day following Easter when Jesus ascended into Heaven.
- 5/23 – **Buddhism:** Vesak - The most important Theravada Buddhist festival that signifies the birth, enlightenment, and death of the Buddha.
- 5/24 – **Baha'i:** Declaration of the Bab - The day that marks the prediction of the Bab as the Messenger of God.
- 5/25\* - **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.
- 5/27 – **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

### Library Committee:

Wednesday, 8th at 6:30pm in the Library.

### Food Committee:

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

## SOME MAY THINGS

X P T F C J F C X I B U C G F  
O I P L H S A O H J Y Q I K Q  
M E M O R I A L D A Y A N Q L  
S Z S W I Z H H Q P X U C C W  
F U I E R M T V I C V S O V T  
S C N R G O O E M S U H D X C  
L P A S W T U T W E F V E K T  
R F X P H D T L H J C V M D F  
N A V L F I B O I E X H A M D  
J M M X T B N V I S R D Y Z I  
R I V Q O L W E U U U S O A T  
W L T M R O P A R A D E D W C  
K Y P A K O Z C K Y N L H A Z  
L E S Z T M Y J F S P R Z C Y  
N C C E H D T T A G T J M L Q

Flowers  
Mother's Day  
Love  
Family  
Memorial Day  
Cinco De Mayo  
Parade  
Sunshine  
Bloom

## BEST WISHES TO YOU MARLENE!

We will miss you very much Marlene! Thank you for your hard work and dedication to residents and staff during your time here. The best of luck to you on developing your Flower Farm business! We hope every so often you take a turn on your new path that leads back to us.

*We will  
miss  
you*  
♥





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.

612-238-5555  
a ministry of Cassia  
CassiaLife.org

## LIBRARY NOTES FROM THE LIBRARY COMMITTEE:

Did you see the emerging leaves appearing miraculously overnight? It is said here in Minneapolis if you miss this week of leafing out, you miss the arrival of spring.

Earth Day, Poetry, Nature, Ecology; some books on these subjects appear on the Library display table—by Kingsolver, Erdrich, and other concerned authors. Do you have an extra copy of Rachel Carson's SILENT SPRING? — other works on saving the earth and its people?

Here are a few lines from the introduction of Wilson's THE SEED GROWERS

*We are hungry but the sleep is upon us  
We are thirsty, but the Mother has instructed us  
not to wake too early...  
We surrendered our wildness to live in partnership  
with the Humans.  
Because we cared for each other, the People and  
the Seeds survived.*

Happy reading! Can you do a book review for us?

Next Library meeting: May 8th (second Wednesday) at 6:30pm in the Library—our last until Fall.

## MEET & GREET

Welcome new residents! We are happy to have you a part of our Augustana community! You are invited to meet with Karen, volunteer resident, and Amanda in Activities. Come say hello and ask questions about Activities. If you need to familiarize yourself more with the buildings and the main Activity spots, we will help you! 😊

When & Where: Monday, May 13th 1:30pm in the Dining Room.