



June 2024

HAVE A HAPPY JUNE!

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

- Pride Month
- Father's day
- Summer
- Sunglasses
- Sunshine
- Flowers
- Celebrations
- Juneteenth
- Coconuts
- Watermelon
- BBQ
- Hotdogs
- Lemonade

Hopefully these put a smile on your face. *Some funny things kids say:*

- "My name is Liz. Short for Lizard. Not Elizabeth" - Liz, 7 years old
- "Did you know that sleeping is the body's way of telling other people to go away?" - Lachlan, 4 years old
- Rhonda's mom: As we were walking through the store, my 4 year old looks at me and asks "Why do I always have to match my clothes and you don't?"
- Teacher: Where is your homework? 8 year old: I lost it fighting this kid who said you weren't the best teacher in the school.

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.....	612-505-4329
Home Health Aide Emergency Phone.....	612-290-5221

<p><u>Business Office</u> Monday -Friday 8am to 4pm 612-238-5555</p>	<p><u>A&E Pharmacy</u> 612-238-8615</p>	<p><u>Silver Curl</u> <u>Beauty Shop</u> 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 Residents,

Welcome to the early days of summer! June, with its long, languid days and the sweet scent of summer in the air, has a unique ability to trigger a wave of nostalgia that transports me back to my carefree childhood days. It was a time when school was out for summer, and days were filled with sunshine-warmed memories. You might be reminded of your own firefly-filled evenings spent chasing fleeting lights, the thrill of the first ice cream cone dripping down your hands, or the joyous chaos of backyard barbecues with extended family. The rhythmic buzz of a lawnmower cutting through lush grass might evoke memories of helping out in the yard, while the crack of a baseball bat on a warm afternoon could take us back to dusty fields and childhood games.

Nostalgia often gets a bad reputation for its sentimentality for the past, or being stuck in the past. But nostalgia can be a tool for connection. Engaging in a positive exchange of memories can boost your mood, increase your self-esteem, provide a sense of social support, and help you cope. Our most distant memories, while being unique, can be wonderful connective material to help us draw closer to our neighbors. So consider sharing your memories with one another, and see if you can find the dots that connect us all. In your prayer time, consider calling to mind what God has done for you. Remember the wisdom of Psalm 77:11-14 and share the good things you can recall.

Embrace June's golden glow. Let it spark a warm wave of nostalgia, but use it as a springboard to create new experiences that will become treasured memories and connections for years.

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

INTERFAITH CALENDAR

6/7 – **Catholic Christian:** Feast of the Sacred Heart: the feast day memorializes Jesus' love for all humans.

6/9 - **Celtic Christian:** St. Columba of Iona - Christian recognition of Columba who began the famous community of Iona off the coast of Scotland in 563.

6/14-19 – **Muslim:** The Hajj - This annual pilgrimage to the holy city of Mecca that's required for all Muslims during their lifetime if they are financially and physically able to do it.

6/16 – **Sikh:** Guru Arjan martyrdom - Sikh time of remembering those who have suffered for the faith. Observed by reading the Guru Granth Sahib.

6/16-20 – **Muslim:** Eid al-Adha - honors the willingness of Abraham to sacrifice his son as an act of obedience to God's command.

6/19 – **Swedenborgian:** New Church Day - (Church of the New Jerusalem) annual commemoration of the vision document, "The True Christian Religion", by Emanuel Swedenborg in 1770.

6/21 - **Wicca/Neo Pagan:** Litha - Summer Solstice - Summer Solstice, celebrating the longest day and the blessings of light as well as the beginning of the sun god's death. Begins at sundown.

6/24 – **Christian:** Saint John the Baptist - Christian remembrance of the birth of St. John the Baptist who announced the coming of Jesus.

6/29 – **Christian:** Feast Day of Saints Peter and Paul

COMMITTEE MEETINGS

Library Committee:

Not meeting until Fall

Food Committee:

Thursday, 13th at 10:30am in the Dining room.

SOME HIGHLIGHTS/REMINDERS THIS MONTH

Happy Pride Month! “It’s always wrong to hate, but it’s never wrong to love.”

June 5th, Wednesday, 2pm: Memorial Service in the Dining Room, 2pm

Starting June 14th and continuing every Friday in June at 10:30am, with Chaplain Sarah: Lectio Divina Reading Group in the 1509 Conference Room.

June 14th, Friday, 1:45p Friday Social in the dining room: Volunteer duo: Under the Hat & Over the Keys (Kathy & Steve) Piano & Trombone; sing-alongs. Pie & Coffee available for purchase of \$2. All Are welcome!

June 18th, Tuesday, 1:45pm: Entertainment by Adam Daniel in the Dining room, piano & song. All are invited—no charge!

June 28th, Friday, 1:45pm: Friday Social in the dining room, Mary Franz, guitar & song, \$3 for pie, coffee & entertainment.

LIVING WITH DEPRESSION SUPPORT GROUP NOW LIVING WITH* SUPPORT GROUP:

**Living with* is open to those with depression, anxiety, social struggles, or other support needs.*

The group meets on the 2nd and 4th Tuesdays of the month:
June 11th & 25th at 2:30pm in the 1509 Auditorium.

RESERVING COMMUNITY ROOMS

Residents are always welcome to reserve community rooms for personal gatherings with the activities department. Contact Amanda at 612-238-5262 for details.

*If reserving for on-going meeting space for “outside” groups, a current resident must be connected to the group and be in attendance when the group meets.

We do not allow random outside individuals or groups to reserve community room meeting space.
Thank 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.

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LIBRARY NOTES FROM THE LIBRARY COMMITTEE:

June is Gay Pride Month. We have a copy of the national Gay Pride quilt and stories of many honored there.

We have come a long way in recognizing differences and diversity of our friends and family members. Now, literature, the court system and the military are catching up with television programs, supporting our fellow citizens. It takes only one friend, outspoken leader, family member to involve US.

Now to move beyond the label LGBTQ to accept others in our community. You have the Summer to digest and think through this reality. Meanwhile the Library remains open to you with volunteers and committee members ready to help you. Happy Reading—share your books and conversations with us. We wish Karin Sargent well in her move, and welcome Myrna Ten Bensel to the Committee.

JUNE TRIVIA

- ◇ June's birthstone is the pearl, the Moonstone and the Alexandrite.
- ◇ The June birth flower is the Rose and the Honeysuckle.
- ◇ June is derived from Juno, the goddess of love and marriage.
- ◇ June's full Moon is called the Strawberry Moon,. The Strawberry Moon is seen as a symbol of love, purity, and prosperity. It is a time to savor life's sweetness and connect with the love and abundance surrounding us.