



November 2024

Connecting with You: A Message from Emily

As we enter November, a month often associated with gratitude, let's take a moment to reflect on what we're thankful for. One of the things that I am thankful for is being a part of our dedicated Apple Valley Villa team, serving our residents and being able to provide them a safe home. I am also thankful to have had the opportunity to work with Jean Andries, former Marketing Director, for the last two years of her 41 year career here at the Apple Valley Village Campus. We are sad to see her go but as we transition and welcome our new Marketing Director, Melody LaClaire, Jean will be around to help with the transition and a few projects. Melody will be joining our team by the beginning of November. Melody comes to us with a background in Creative Marketing and Assisted Living Sales and Marketing Director. Please help us welcome Melody to Apple Valley Villa as we onboard her for our Campus Marketing Director position!

A 60-day notice has been sent out that states effective January 1st, 2025 our 'I'm

Okay' check service will be discontinued. We will still continue our meal ordering process the same way by calling x3800 and leaving your meal order and dining option for the evening. Please see letter that was sent out for additional information and attend our Focus Meeting this month.

Join us for our monthly Resident Update meeting on Monday, November 4th at 2:00 pm in the 5th floor dining room. This meeting brings us together to go over department updates and events or topics to review for the month. We will hold Business Office Hours on Tuesday, November 19th from 2-3:30 pm. This will be a time dedicated for residents to stop by and see Emily, Housing Director; Sherry, HUD Director/Business Office Manager; Melody, Marketing Director; or Annalissa, Resident Service Director/ Social Services with any questions, concerns or stop in to say hi. We are all also available by phone and appointment outside of the office hours. We will have you check in at the front desk and let them know who you are here to see.

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14610 Garrett Ave
 Apple Valley
 MN 55124
 952-236-2600
 a ministry of Cassia
 CassiaLife.org

Message from Emily continued

Our Focus meeting topic will be: 2025 Updates. This meeting will be held on Monday, November 25th at 2:00 pm in the 5th floor dining room. I will go over 2025 increases, handbook updates, and discontinuation of 'I'm Okay' checks. I will also go through forms that will be passed out and need to be returned in a timely manner. Since I will be going over a lot of information at this meeting, I am unable to answer individual questions during this meeting. I will be holding increased office hours during the month of December to meet with residents and families to answer questions.

I have placed a form on our visitors check in table for families to fill out to update contact information and emails. We will have many updates and forms being sent out over the next few weeks and we want to ensure that we have the most up-to-date contact information. If you could please fill out the form with legible writing and also indicate if you are Power of Attorney or Health Care Directive and provide an updated copy of these forms.

With the Holidays upon us, we celebrate Thanksgiving on Thursday, November 28th. Please let the front desk know with as much advance notice as possible if you will be having additional guests join you in our dining room over the next few weeks of holiday celebrations so we are able to staff accordingly.

As November unfolds, let's embrace the spirit of gratitude and connection. Whether it's through sharing a meal with loved ones or simply reaching out to a friend, let's make this month about appreciating the little things and supporting one another.

Wishing you a wonderful November filled with warmth, joy, and plenty of moments to be thankful for.

Emily Kjelstad, Director of Housing
952-236-2628

Director Directory

Staff Title	Phone # Office Location
Emily Kjelstad Director of Housing	952-236-2628 Office: 102
Sherry Eastgate Director of HUD Housing	952-236-2610 Office: 102
Melody LaClaire Campus Marketing Director	952-236-2625 Office: 102
Annalissa Akif Resident Services Director	952-236-2626 Office: 102
Cyndi Sabin, RN Director of Health Services	952-236-2623 Office: Off of Lobby
Leslie Wycoff Director of Housekeeping	952-236-2630 Office: Lower Level
Bre Schlick Director of Activities	952-236-2620 Office: Lower Level
Lisa Brazman Director of Food & Nutrition Service	952-236-2580 Office: Lower Level
Tim Schmidt Campus Maintenance Director	952-236-2589 Office: LL of Health & Rehab Center
Julie Ryan Director of Spiritual Care Chaplain	952-236-2627 Office: Lower Level

If you need to contact a nurse, please call 952-236-2621.
If it's an emergency, please call the Front Desk (0).

Resident Spotlight

Get to know more about a few of the Villa residents!



November's Resident Spotlight shines brightly on Mary Ellen and Fritz Flicek. Mary Ellen was born on a farm by Lonsdale, MN. She has one younger brother, James, who is four years younger. Her maiden name was Kokes. Her mother was a housewife and her father was a farmer. Mary Ellen said that everyone worked on the farm.

Mary Ellen spent her first eight years of school at the Most Holy Trinity School in Veseli, MN. She attended New Prague High School where she graduated in 1962. After high school, Mary Ellen worked at Webster Co-Op which was a creamer in Webster, MN. She worked at the Co-Op for four years. While working at the Co-Op, Mary Ellen met Fritz. Fritz

was working inside the Creamery and later he drove the milk truck and semi truck to pick up milk all over the area.

Francis (Fritz) was born on a farm near Lonsdale, MN. He has one sister, Kathy. His father was a farmer and had a variety of jobs including church janitor, grave digger, and worked at Green Giant. Fritz attended Immaculate Conception Elementary School in Lonsdale and then attended one year of high school at New Prague. Fritz left high school early to help out on the farm.

Fritz is a US Army veteran and served for two years. He was very active in the American Legion and served as Commander and Adjutant in Lonsdale Post 586 as well as Third District Commander where he serviced areas from Forrest Lake, to Pine Island, to North Mankato and Hutchinson and Apple Valley.

Mary Ellen and Frances (Fritz) were married in 1965 and they have five children. LuAnn, Dan (who passed away 19 years ago), Jenny, Tammy, and Scott. They also have nine grandchildren and twelve great grandchildren. LuAnn lives in Arizona after retiring from the US Air Force, while Jenny lives in Lakeville, Tammy lives in Waseca, and Scott lives in Lonsdale.

The Flicek's lived in Elko, MN for fifty-one years and prior to moving to Elko, they lived in Webster, MN. Mary Ellen was the clerk/treasurer for the City of Elko and then worked as a teller and bookkeeper at the New Market Bank as well as cleaned houses for a company based out of Eagan. Mary Ellen was fortunate to be able to help watch her twin grandchildren and their younger sister for twelve years for their son Scott and his wife Jaime.

Mary Ellen and Fritz have been at The Villa for just over two years! At The Villa, they appreciate all the activities and the helpfulness of everyone! Mary Ellen loves Bingo and lunch outings as well as socializing with friends. Fritz enjoys watching TV and the goings on in Apple Valley. Both Mary Ellen and Fritz have always been active and busy throughout their careers. In light of their Czech heritage, their favorite meals are pork roast, dumplings and sauerkraut.

Their motto is "Be thankful for small blessings." In this month's spirit of giving thanks, we are very thankful that Mary Ellen and Fritz live here at The Villa.



Written by Resident Reporter, Lee-Ellen Kirkhorn and Edited by Bre Schlick, Activity Director

Announcements

2nd Floor Library & Book Display

The Villa library books on 2nd floor do not need to be checked out. They are in alphabetical order by author. We have regular print and large print books. When you return a book back to the library, please place it on the small bookcase by the elevator. This month's theme will be books that Bre has either read or has read other books from the author! Please let Bre know what you think of the picks and if you want to discuss the books!

Villa Salon

Located on the 2nd floor next to the laundry room. Call Sandy at 952-215-4163 to make an appointment. The Salon is open Mondays and Thursdays.

The Foot Nurse

If you are interested in receiving nail/foot care, please call **Katie Sikel, RN, CFCS** at **(651) 829-3944**. Appointments in the Nail Salon on 4th floor (#413).

Book Club:

Our next book is "The Personal Librarian" by Marie Benedict and Victoria Christopher Murray. The books are on order from the library, but have haven't come in yet. As soon as they are, Bre will distribute the books. Once you are finished, please return to Bre so the next resident can read it. We will discuss this book in December.

Aquatic Exercise:

See Bre if you have questions about joining our Aquatic Exercise Classes.

Bus Outings

Sign-up sheets for the outings are on the Lower Level Bulletin Board. You do not need to pay to go on these outings. Please see Annalissa, Resident Services Director or Bre, Activities Director, to become certified to ride the bus.

Date	Location
November 4	Walmart
November 5	Dollar Tree
November 11	Walmart
November 12	Aldi/Burlington
November 14	Cub Foods
November 15	Lunch Outing: Casper's
November 18	Target
November 19	Dollar Tree
November 21	Hy-Vee
November 25	Walmart
November 26	JoAnn Fabrics/ Savers



Special Events

Entertainment & Presentations

Entire Month of November: Thankful Together - Thankful Together is a beautiful initiative that encourages us to reflect on gratitude throughout November. Each day offers opportunities to appreciate the richness of our past, the joys of our present, and the hopes for our future. Whether it's cherishing the connections we share with fellow residents and staff, honoring our loved ones, or finding solace in the beauty of the outdoors, this month serves as a reminder to recognize and celebrate the many blessings in our lives. Embracing gratitude together enriches our community and fosters a deeper sense of belonging and appreciation. Weekly prompts can be found on Channel 3 as well as in the elevators.

November 6th: Special music performance by Mark Alewine at 1:00 pm in the Fireside Dining Room.

November 8th: Veteran's Day program with music by Diane Zilverberg at 2:00 pm in the Fireside Dining Room.

November 11th & 25th: Monday Morning Documentary at 11:15 am in the 3rd Floor Wellness Center.



Resident Birthdays & Move-Ins



- Dan Hodgins 037 11/07
- Laurie Johnson 338 11/08
- Susan Groten 410 11/08
- Linda Metcalfe 328 11/08
- Margaret Olson 142 11/11
- Jerry Funk 240 11/12
- Jerry Heath 248 11/12
- Gary Shepard 346 11/13
- Jean Brandt 131 11/15
- Dale Klomps 402 11/16
- Jim Gullickson 239 11/19
- Joyce Sandstrom 440 11/23
- Cynthia Spencer 210 11/26
- Sandra Stanford 409 11/27

**Welcome
New Resi-
dents!**

We're thrilled to have you join us! As you settle in, we want you to know that you're now part of a warm and supportive community. We encourage you to explore all the amenities we offer and participate in upcoming events to meet your neighbors. If you have any questions or need assistance, don't hesitate to reach out. We're here to help you feel at home!

**Elmer & Joan
Fosseen
302
George
Brecheisen
#343**



Spiritual Care News

Spiritual Care Opportunities at the Villa
Weekly Spiritual Care is offered as an ecumenical worship service for all residents every Wednesday at 1:30 p.m. in the chapel on the 4th floor. The **third** Wednesday of each month is a service of Holy Communion.

A monthly ecumenical worship service with Holy Communion is offered on the first Sunday of each month at 1:30 p.m.

On the 2nd through 4th Sundays, worship will be available on Channel 3 on your televisions at 1:30 p.m.

Weekly Spiritual Care is provided for the residents in the Care and Memory Care suites every Thursday.

Bible Study is offered for all residents every week on Thursdays at 10:00 a.m. in the Lower Level Activity room.

Catholic Service is offered on Thursdays at 3:30 p.m. and Catholic mass the 4th Tuesday at 10:30 am

Chaplain Julie is available for individual visits in your home or in her office.

Chaplain Julie is on campus every Tuesday. She can be reached via phone at extension x2627. Her office is located down the Lower Level hallway almost to the Care Center.

**Rays of Hope meeting will be held
Tuesday, November 19th 12:30-1:30
pm.**

Message from the Chaplain

Giving Thanks

It's election season again. Every four years the advertisements tell us why this candidate is great and why the other cannot be trusted. Many are anxious and afraid about the election who already voted and encourage others to exercise their civic duty to vote. We foresee conflict in the days ahead. Whether or not the candidate we support wins or loses, it never gives us a reason to hate. We people of faith are called to seek unity under the grace of God despite our political differences. Ultimately vote your conscience, seek God and His wisdom in your decision and most importantly always honor God's will and pray that His will be done.

The election results may ignite a spirit of thanksgiving or not, but we should have been thankful all along. As we read "Giving thanks in all circumstances; for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:18)

At this Thanksgiving time, we should be prompted to remember all God's blessings which He says "are given richly to enjoy." (1 Timothy 6:17). In spite of trials and tribulations, we still can be thankful. As the old hymn reminds us: "**Count your blessings, name them one by one.**" Let us thank God for our beautiful country and the freedom to live, speak and worship.

Meditate on Psalm 100:4: "**Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name**".

Chaplain Nirmala






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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The Back Page


October 2nd was our Annual Animal Blessing Service. This special service is an opportunity to give thanks to God for the special animals in our lives and to ask for God's blessing on them. Chaplain Julie lead this service outside on a beautiful fall day to bless the many pets at the Villa. Cooper, who lives at the Villa and Berkeley, Chaplain Julie's sweet pup were just a few of the animals blessed at this years service.






Villa Movies

NOVEMBER




Fried Green Tomatoes

(PG-13) Dark Humor/Comedy 2h 10m
Saturday November 2nd 2:30pm




Book Club

(PG-13) Romantic Comedy/Drama 1h 44m
Thursday November 7th 6:00pm




1917

(R) Period Drama/Action 1h 59m
Saturday November 16th 2:30pm





Big

(PG) Comedy/Drama 1hr 44m
Thursday November 21st 6:00pm



The Holiday Calendar

(TV-13) Holiday Romance 1h 35m
Saturday November 30th 2:30pm

In October, we were mesmerized by the talents of Markus Clegg who wove a spellbinding tapestry of magic and shadowography.

Marketing News

Reminder, if you refer someone and they move into a market rate apartment here at the Villa you will receive a \$300.00 referral bonus when they move! **The referral name must be presented or written on the tour card.**

Annalissa Akif
Resident Services Director
Ext. 2626
(This referral bonus does not include new residents that move into HUD apartments)