“I never look back and I never look down. I just look straight at life.”

Looking Straight at Life  By Joe Albarella

I moved to Cassia’s Regent at Burnsville in August of 2016, when my loving spouse Mary was showing signs of Alzheimer’s. We visited several places, but when we walked into this community, there was a feeling of family here—and we knew it was the right place. When Mary moved to memory care in 2018, I continued to spend most of my days with her. She passed away in September 2018. We would have celebrated our seventieth anniversary in June 2019.

Mary and I grew up Catholic in Buffalo, New York. I worked for Exide Battery, and traveled a lot. We soon moved to Denver, and Mary raised our children and cared for her parents as they grew older. In 1969, I was promoted and we moved to Minneapolis, where we had a truly happy and full life. I often reflect on this period with fondness and wonderful memories. I’ve been blessed in many ways; my Catholic upbringing gave me faith and hope, and my philosophy of
Making a Difference in the Lives of Residents and Staff: Bauer Design Build

When Bauer Design Build owner Mike Bauer heard about Cassia’s needs this spring, he was the first to respond, calling our Vice President of Philanthropy personally to offer help. The company generously donated protective equipment for frontline staff. Bauer Design Build also donated funds to purchase technology for resident programming to prevent isolation.

Bauer Design Build worked on numerous Cassia projects, including renovations at Redeemer Health and Rehabilitation Center and building Lakeside Oasis, which provides hospice care. Mike’s first wife passed away at a young age when hospice was not widely available. He wishes she could have received hospice—which is why his company donated countless hours and money to Lakeside Oasis during the building process.

Mike has long been impressed by Cassia. “It’s touching to see maintenance technicians taking residents to the grocery store on personal time—and wonderful when the director of Lakeside Oasis introduces me to every resident as if a longtime friend,” he explains.

Mike believes older adults bring years of wisdom to our communities. He donates to thank them and Cassia staff. His greatest wish? “I’d love to give each resident and staff member a big hug,” he says.

Bauer Design Build’s donation allows residents like Geri at Cassia’s Regent at Burnsville to connect with family members through virtual visits.
You may not know how essential faith communities are to Cassia’s mission—but their support allows us to do much more for those we serve than we could possibly do alone.

Century Baptist Church in Bismarck, North Dakota has donated thousands of dollars each quarter for decades. Funds help support spiritual care, equipment and programs that enhance the quality of residents’ lives. Funds also allow us to employ a full-time chaplain. “Spiritual care goes hand in hand with physical and medical care,” says Century’s Lead Pastor Paul Nather.

Church members play significant roles in daily life at Baptist Health Center. They visit residents at the health care center and bring them to worship services. Youth at the church perform in a yearly musical at Baptist Health Care Center. Last year, teens helped residents move to assisted living at Prairie Pointe.

“Giving to others is a Thanksgiving to the Lord for what He gives us,” says Pastor Nather. “We don’t have to ask anyone at our church to give to the health care center. It’s in our DNA. It’s what we do.”

Mission and Partners

Cassia’s mission is to foster fullness of life for older adults in the spirit of Christ’s love.

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For questions or feedback, please contact Jenna.Zark@cassialife.org or 952-855-5168.

Cassia works with Centrex Rehab, Grace Hospice, Guardian Angels + Elim Care Home Care and Hospice and Pro Rehab to provide home health, hospice and rehabilitation throughout our communities.
Teaching Caregivers to Care for Themselves

Are you a caregiver in need of support and resources who lives in or near Buffalo, Minnesota? If so, you can take advantage of a new Caregiver Support Program launched by Park View Care Center.

The program is funded by significant grants from the Wright-Hennepin Cooperative Electric Association. Funding allows staff to provide individual consultations to caregivers, locate volunteers for in-home respite services and help former hospital/clinic patients or Cassia residents with community resources to stay healthy.

Caregiving coaches listen, offer possible solutions/resources and provide referrals to other agencies. Consultations can occur by phone or in-person. Volunteers can provide respite for a few hours a week or people can attend adult day centers through the program, once social distancing practices are over.

The program also provides education through one-to-one counseling or in group settings. Director of Community Outreach and Caregiver Support Barb Anderley and Director of Quality in Living Services Theresa Henson pursued training and certifications to provide this new service.

For more information about how you can find coaching and resources, please call Barb at 763-951-7819.

Funding from the Wright-Hennepin Cooperative Electric Association allows Park View Center to help caregivers find solutions when they feel overwhelmed.
Redeemer Health and Rehabilitation in Minneapolis has been undergoing renovations in recent months to better serve the community’s needs. Then the Coronavirus arrived—and when the State of Minnesota asked for help, Cassia responded.

The Minnesota Department of Health (MDH) and Statewide Healthcare Coordination Center recently selected Redeemer to set up a COVID-19 Support Site.

Redeemer was chosen because its rehabilitation unit offers an isolated physical space to patients. A contained space for care makes all staff and residents safer, while reducing the chance of spreading the virus.

COVID-19 admissions come from other Cassia communities, hospitals and nearby eldercare providers. Admissions are medically stable. Although patients need skilled nursing care, they don’t need acute respiratory or other assistance typically provided in hospital settings.

The support site is yet another way we can fulfill our mission to foster fullness of life for older adults in the spirit of Christ’s love. This spring, staff throughout Cassia began walking or driving outside Redeemer and other locations to show support for staff. This creates one more opportunity for us to pull together as we serve those in need.

Renovations at Redeemer Health and Rehabilitation in Minneapolis allow Cassia to respond better to the current crisis.
Change Service Requested

If you no longer wish to receive this publication or would prefer to receive it electronically instead, please contact us at philanthropy@cassialife.org or call 952-855-5185. Your help saving paper and postage will be appreciated.

Save the Dates

Cassia events help raise money for essential programs and services, and we hope you’ll save the dates for the events listed here! Golf tournament dates are listed below, but due to current circumstances, some have been canceled.

We will instead be inviting you to make donations directly rather than contributing via an event. To confirm whether an event is happening, please contact Susan.Ask@cassialife.org.

- Community Health Foundation Golf Tournament - Wright County
  Thursday, September 10, 2020

- Princeton Golf Tournament
  Friday, September 18, 2020