



cassia

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Serving all by following One

# Cassia News

Spring/Summer 2020



“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

*Continued inside...*

# Making a Difference in the Lives of Residents and Staff: Bauer Design Build

## ...Continued from cover

life was formed by these. I never look back and I never look down. I just look straight at life.

Life at Cassia's Regent at Burnsville has changed because of COVID-19. While we can't meet in groups or have visitors, we can use FaceTime, ZOOM, or Rosie the robot to see family and friends. Even with these limitations, the Regent staff members are amazing. They bring us daily crossword puzzles, happy hour treats, popcorn, and they offer a TV channel that provides access to worship services. I also have a favorite tradition. Every year since I was a child, I've made palm crosses during Lent and give them to my friends and family.

I hope every person who reads this article decides to support Cassia during this difficult time. Staff provides us with new ways to stay connected to each other, such as iPads and other devices. Donations will help keep this going. It is an honor to give back to this wonderful place, and it is a special way for me to remember Mary and others I love and miss.

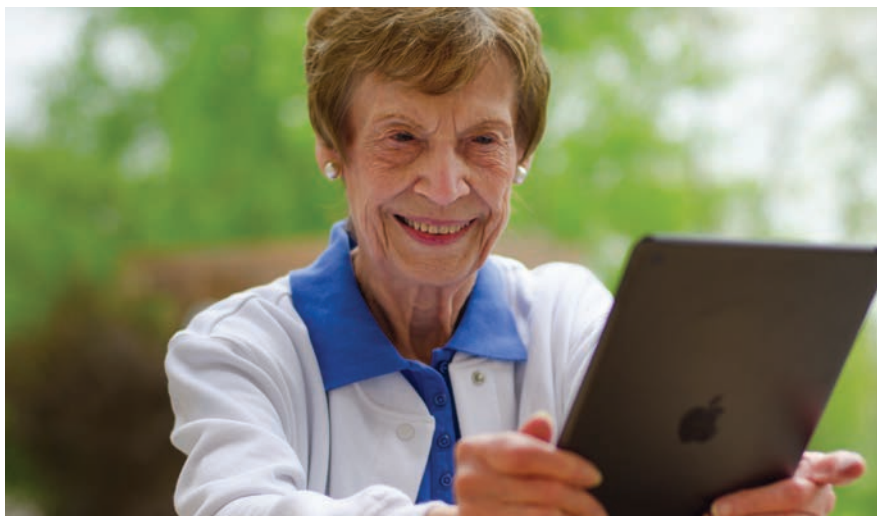
When Bauer Design Build owner Mike Bauer heard about Cassia's needs this spring, he was the first to respond, calling our Vice President of Philanthropy personally to offer help. The company generously donated protective equipment for frontline staff. Bauer Design Build also donated funds to purchase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



## Life-changing Gifts

What's the best way to leave a legacy conveying your values while helping others for generations to come? Gifts by bequest enable us to improve the quality of life for the inspiring residents we serve. Donations may be made using cash, securities, IRA and other retirement accounts, real estate or tangible personal property.

Gifts are deductible to the full extent of the law; consult an attorney to be sure. You'll also want your attorney to verify that the provision states our legal names: Augustana Care, Cassia or Elim Care Ministries. Please inform us of your bequest so you may be acknowledged and we may better plan for the future. **For more information about planned gifts and other donations, please contact [Matthew.Crawford@cassialife.org](mailto:Matthew.Crawford@cassialife.org) or call 952-855-5181.**

## 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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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.

## Giving is in Parishioners' DNA at Century Baptist Church



*Lead Pastor Paul Nather believes giving to others is one of the best ways we can give to the Lord, in gratitude for what we have been given ourselves.*

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."



# 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.*



# Opening Doors at a Crucial Time of Need



*Staff from the home office and elsewhere regularly attend outdoor walks at Redeemer and other locations to show their support for nurses and nursing assistants.*

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.*



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## 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](mailto:Susan.Ask@cassialife.org).

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

Princeton Golf Tournament  
Friday, September 18, 2020