

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.

## Be Weather Wise: Staying Safe During Severe Weather

Severe weather can happen suddenly; we need to be prepared if severe weather happens. The week of April 8-12 is designed to refresh, remind and educate everyone about the seasonal threats from severe weather and how to avoid them. It's also a great time to make and practice your emergency plan. The statewide tornado drills are April 16 at 1:45 p.m. and 6:45 p.m. CDT Warning Sirens will sound outside.

When sirens are sounded during emergencies residents will hear a 3-minute steady signal of the sirens. The sound range of a siren is about one mile, depending on the surrounding terrain. The sirens are designed to warn people who are outside to seek safe shelter. The sirens cannot always be heard when inside the building. It is your responsibility to be weather wise.

When you hear the siren, go indoors and turn your radio or TV to one of the Emergency Alert Stations and listen for essential emergency information. Do not call local fire or police agencies to ask why the sirens are sounding. If it is an emergency, they are busy getting equipment and manpower to the emergency scene.

No “all clear” signal is issued. That is why it is important to monitor your local radio and television stations during times of emergency for further information.

Again, please be weather wise. At Hastings Senior Health & Living/Park Ridge, the safest place in the building is in the hallway outside of the garage and in the tunnel to the Care Center. Please bring a flashlight with you if you go to the tunnel, in case of power loss. There are folding chairs located at the bottom of the stairs in Stairwell A.

Please be prepared by having your medications, water, and food available for a couple of days in case of an emergency. This also includes knowing how to safely use your lift chair without power, if applicable.

If you choose to stay in your apartment, stay away from windows by going into the closet or bathroom. You can also go into the hallway to avoid windows. Sometimes during storms, we lose power in the building, including the elevators. Please use your best judgment and stay safe.

If you have questions about what to do, please contact Anna, Shannon, Heather. Together we can decide what plan of action you want to take in a storm.

April is National Volunteer Month—a time to recognize, celebrate, and give heartfelt thanks to those who generously give their time, energy, and compassion to others. To all of our volunteers, especially the many residents of our building who continue to lead with kindness and purpose: we are deeply grateful for you.

Volunteering is more than an act of service; it is a gift of connection. Whether you're helping with activities, visiting someone at the care center, reading to someone, mentoring, helping at a food shelf or at family services, reshelving book, or simply offering a listening ear, your presence matters. You are strengthening the fabric of our community in ways both big and small.

Your life experience brings wisdom, patience, and understanding that cannot be taught. You remind us that every stage of life holds opportunities to make a meaningful difference. In fact, many of the most impactful volunteer efforts in our community are guided by seniors who show up with dedication and heart, day after day.

And the impact goes both ways. Volunteering has been shown to bring a renewed sense of purpose, foster friendships, and even improve well-being. It keeps us engaged, connected, and inspired—no matter our age.

This month, we celebrate you, not just for what you do, but for who you are. Your generosity creates ripples of kindness that reach farther than you may ever know. You are role models, neighbors, and everyday heroes.

If you're already volunteering, thank you. If you've been thinking about it, there is always a place for you here. Your time, your talents, and your compassion are needed, appreciated, and welcomed.

Together, we are building a stronger, more caring community. And it simply wouldn't be the same without you. With gratitude and appreciation.

### Table of Contents

Activity Highlight.....	2	April Blessing.....	5
Birthdays .....	4	Be Weather Wise.....	8

## Activity Highlights

*“Enjoy fun, friendship, and fulfillment with activities tailored just for you.”*

### April Fools Fun

**Wednesday, April 1 at 3PM**

Get ready to laugh and play—April Fools’ Day is the perfect time for Anna’s lighthearted pranks and joyful surprises!

### \$5 Easter Bingo

**Thursday, April 2 at 2:30PM**

Join us for \$5 Easter Bingo—fun, prizes, and festive excitement all in one!

### Men’s Breakfast

**Saturday, April 4<sup>th</sup> at 9AM**

Kick off the day with good food, great conversation, and fellowship at our Men’s Breakfast!

### Music by Gordy Pearson

**Monday, April 6<sup>th</sup> at 2:30PM**

Lift your spirit and soothe your soul with an afternoon of uplifting and inspirational music with Gordy!

### Resident Council Meeting

**Tuesday, April 7<sup>th</sup> at 3PM**

All residents are valued members of our Resident Council—join us for the next meeting to share your ideas and help shape our community!

Continue to page 3

### Friendship Grows Here Like Wildflowers



*Getting together with fellow residents. We love to gather in the lobby, which is a great place to come together. Sometimes the number of residents outnumber chairs, when that happens, you might want to break off the big group and go into the dining room or the library. Other gathering areas in our building are at the end of the hallways by the low numbers, and on 2nd floor above the lobby. The best part of our community is our residents and visiting and getting together is what makes this a great place.*

*“That’s a wrap on the fun, friendship and fulfillment”*

### Color Hour

**Sunday, April 26 at 3PM**

Unwind and get creative during Color Hour—relax, chat, and let your imagination flow!

### Cookbook Fun

**Monday, April 27 at 3PM**

Join our Cookbook Fun and bring the most important item in your kitchen—help us create a campus cookbook to capture all the amazing culinary talent right here in our community! Our plan is to have this cookbook ready in time for Christmas!

### Homespun Harmony

**Tuesday, April 28 at 3:15PM**

Enjoy an uplifting musical experience with Homespun Harmony!

### Movie & Snack

**Wednesday, April 29 at 2:30PM**

Relax and enjoy a fun Movie & Snack session—great films and tasty treats await!

## Earth Day Coloring Contest



*Pick up your coloring contest sheet today and turn it in by April 17; vote between April 18–21 the winner will be announced on Earth Day, April 22!*

## General Maintenance

The Maintenance department will be checking batteries on our smoke detectors and changing furnace filters in April. Please watch for signs.



*“Even more fun, friendship and fulfillment”*

**Popcorn Social**  
**Friday, April 17 at 3PM**

Enjoy a classic treat and good conversation at our Popcorn Social!

**Coffee Social**  
**Saturdays at 9:30AM**

Sip, relax, and connect with neighbors at our Coffee Social!

**Birthday Card Making**  
**Sunday, April 19 at 3PM**

Celebrate creativity and loved ones by making Birthday Cards—this self-led activity provides all the supplies you need to craft at your own pace!

**Music by Violinist Alexis**  
**Monday, April 20 at 2:3 PM**

Enjoy a beautiful performance with music by violinist Alexis!

**Manicures**  
**Tuesday, April 21 at 3PM**

Treat yourself to some pampering and relaxation with Manicures!

**Exercise with Kay S**  
**Wednesdays at 10:15AM**

Stay active and energized during Exercise with our lovely Kay!

**Poker**  
**Mondays & Thursdays at 6PM**

Test your skills and have fun at our Poker Game!

**Music Performance by the Summit Group**  
**Friday, April 24 at 3:30 PM**

Enjoy a lively performance with the Summit Group, who bring a variety of music styles specially tailored for seniors in assisted living and nursing home settings—each visit is a delightful surprise!

Continue to page 7

**Golden Egg Hunt**

Thursday, April 2

10-12



Each floor will have two golden eggs featuring the Hastings logo. Take a walk, find an egg, and enjoy the chance to win a small or BIG prize!

*“More fun, friendship and fulfillment”*

**Public Library Here!**  
**Wednesday, April 8 1:15-2PM**

The Mobile Public Library will be here—browse, borrow, and enjoy a world of books right on campus

**Lunch at Kings**  
**Thursday, April 9 at 11AM**

Join us for a fun lunch outing to Kings and enjoy a delicious meal with friends!

**Happy Hour**  
**Friday, April 10 at 3PM**

Relax and unwind at our Happy Hour with drinks, snacks, and great company!

**Craft & Gab Social**  
**Saturdays at 2:30PM**

Get creative and chat with friends at our Craft & Gab Social!

**Puzzle Hours**  
**Sunday, April 12 at 3pm – 2<sup>nd</sup> Floor**

Challenge your mind and have fun during Puzzle Hour!

**Bus Around Town**

Wednesday, April 1  
Wednesday, April 15



Schedule your trip with Heather today.

**Blood Pressure Checks**  
**April 13 & April 27 at 2PM**

Take care of your health with our Blood Pressure Check—quick and easy!

**Travel Tuesday- Chile**  
**Tuesday, April 14 at 2PM**

Explore new destinations and adventures at our Travel Tuesday Presentation!

**\$ Store Outing**  
**Wednesday, April 15 at 1PM**

Join us for a \$ Store Outing and find fun bargains with friends!

**Book Club**  
**Thursday, April 16 at 1PM – Library**

Dive into a great story “The Tender Land”—Book Club welcomes new members!

## April Birthdays

Pat Schmitz	April 4
Al Valdez	April 6
Barbara Manning	April 11
Cheryl R	April 20
Tom Blehm	April 21
Dee Molstrom	April 21
Lois Murtaugh	April 24
Penny Bertch	April 27

## Welcoming Families, Sharing Our Community

Living in this community we get to see families visit and fill our building with warmth and laughter. We truly enjoy meeting your loved ones and watching you spend time together—it brings wonderful energy to our community.

Our common areas, like the dining room and the library, are available for residents to use when entertaining guests. These shared spaces are meant for everyone's enjoyment, so please remind your visitors, especially the little ones, that we all share this home. Children's excitement is a joy to see, but running through the halls or using the stairs as a playground can be unsettling for others. A gentle reminder helps keep our community safe and comfortable for everyone.

Let's also remember that all residents have the right to welcome their families and use the common areas when there are no scheduled activities. When you see neighbors celebrating special moments together, take a moment to be happy for them—it's these visits that make our community feel alive and connected.

### *Birthday Celebration*

Wednesday, April 15

3:00 PM



## A Season of Renewal and Faith

April is a wonderful reminder that God's love brings new beginnings, no matter our age. As spring unfolds around us—the blooming flowers, singing birds, and warmer days—reflect the promise of renewal and hope. For us in assisted living, this season is a perfect time to nurture our spirits, strengthen our faith, and find joy in daily blessings.

This month we celebrate Easter, a celebration of Jesus' resurrection and the hope that His love brings to all of us. It's a time to reflect on the blessings we've received, forgive ourselves and others, and embrace the promise of new life. As seniors, we can renew our spirits by joining in prayer, participating in chapel or devotional services, sharing memories and faith stories with neighbors, or simply enjoying quiet reflection in nature.

Even small acts—listening to uplifting music, reading scripture, helping a fellow resident, or connecting with family—can be a powerful way to refresh our hearts and minds. April reminds us that renewal is not just about the world outside, but also the growth and peace we can cultivate within ourselves.

May this season of spring and faith bring you renewed hope, joy, and the comforting presence of God in every day.

## Religious Offerings

### Our Saviours Lutheran Online Church Service

Sundays at 10:30 AM-DR

### Weekly Rosary

Watch Calendar for day in the library

### Prayer Group

Thursdays at 11 AM in the library

### Words & Communion

Tuesday, April 14  
10:00 AM-DR

### Ecumenical Service with Cross of Christ

Wednesday, April 8-2:30PM

