

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.

Surveys Really Count

Quality of Life Survey Interviews

On Monday, May 18th researchers from Vital Research will be here in our building to do Quality of Life Survey Interviews. They randomly select residents and survey them for the Minnesota Department of Health Assisted Living Report Card. They randomly select residents, who can be either independent living or assisted living. The interview should last about 15 -20 minutes and they come to your apartment. They will not interview everyone; it is random selection. Please go about your day. They also will contact families to do the Family Satisfaction Surveys. Reminders will be posted closer to Monday, May 18th. It is a great opportunity to share your opinion. We do not get individual results – we get the combination for a grade. If you want to see ours from last year, please go to Minnesota Assisted Living Report Card website.

Insights that Inspire: Cassia Resident & Family Satisfaction Survey

Beginning May 4th, our community will participate in Cassia’s system wide Resident and Family Satisfaction Survey. This brief survey gives residents and families the opportunity to share feedback about care, services, and programs—helping shape improvements both here and across Cassia. The survey takes approximately 5–10 minutes and will be sent electronically to the email address or cell phone number on file. For those who prefer assistance, in person support will also be available at scheduled times. Every response matters as we work toward our participation goal, and we appreciate your help in making your voice heard.

Note from the Nurse:
With the warmer weather, remember to stay hydrated—be sure to drink water throughout the day and take care of yourself while enjoying the sunshine!

What’s Good?

If you’ve ever seen our volunteers strolling around in their bright “What’s Good” t-shirts, you know they’re not just making a fashion statement—they’re sharing a mindset. Life may be a mixed bag (some days more mixed than others), but here’s the delightful secret: we tend to find what we’re looking for. If you go hunting for joy, you’ll spot it—even if it’s hiding behind your morning coffee mug or tucked into a grandkid’s goofy grin.

Scripture puts it beautifully. Ecclesiastes 3:12–13 reminds us: “There is nothing better for people than to be joyful and to do good as long as they live; that each of them may eat and drink and find satisfaction in all their toil—this is the gift of God.” Yep, God is good, and so is the gift of finding joy in the little things.

Spotting the Good Stuff

Take a look around. That sunny morning? A blessing. That laugh from a grandchild. Pure gold. That quiet routine you’ve perfected over the years? It can feel like a warm hug.

Joy doesn’t always arrive with trumpets and confetti. Sometimes it tiptoes quietly, waiting for us to notice.

When the Blues Try to Crash the Party

We all have days when the joints creak louder than the floorboards and the worries sneak in uninvited. Feeling that way is human. Just don’t let those blues take over the whole party. Our minds love to confirm whatever story we tell—so let’s make sure we’re telling a good one.

Change the Attitude, Change the Outlook

Here are a few simple habits that help joy shine a little brighter:

- Name three things you’re grateful for each morning (your comfy slippers absolutely count).

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Activity Highlights

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

\$5 Grilled Cheeseburger Friday, May 1 at 5pm

\$5 Grilled Cheeseburger – Join us for a delicious grilled cheeseburger meal for just \$5! RSVP to Heather by Wednesday, April 29th.

Men’s Breakfast Saturday, May 2nd at 9am

Calling all Men! Start your day with good food and great company at our Men’s Breakfast!

Art with Jess Monday’s at 2pm- 2nd Floor

Join Jess for a fun and creative art class as we make our own beautiful serving trays!

Eagan Men’s Chorus Tuesday, May 5 at 6PM

Enjoy a special musical performance as the men from Eagan Men’s Chorus come to share their wonderful songs with us, featuring our very own Raul performing with them!

Planting Flower



Would you like a flowerpot in the back for planting flowers or a tomato plant? Be sure to reserve yours with Heather today!

Blood Pressure Checks Wednesday May 6 & Wednesday May 27 2pm- Dining Room

Stop by for a quick blood pressure check and take a simple step toward staying healthy and well.

Live 2B Healthy Mondays & Fridays at 10:15am

Join us for Live 2B Healthy and enjoy fun, gentle exercise designed to keep you moving and feeling your best!

Women’s Breakfast Saturday, May 9 at 9:30am

Enjoy a relaxing morning with a delicious breakfast and meaningful time spent together with friends.

Chaplain Corner Continued

feet into the path of peace”. How do we shine on those experiencing darkness at that moment and what does that “light” look like? For me “the Light” is His unending presence day in and day out. The Word says in Deu. 31:8: “Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you”.

There have been many times in my life that knowing the Lord had already gone to the places I was concerned about and actually frightened about, but gave me much peace. It was as if the places were dark but knowing Jesus had already been there and, in a sense, “turned the light on” by His very presence...I am reassured. In my devotion this week it stated “Just as He came as the light of the world, He commands us to be ‘lights too’. In Matthew 5: 14-16 we see believers depicted as the light of the world. Just as the moon has no light of its own, reflecting the light of the sun, so are believers to reflect the Light of Christ so that all can see it in us.

I will try to reach out to each of you right now and humbly ask you to continue to build bridges with each other like a shining light, in your family, and within our community; and closely watch for those opportunities to spur each other on to steadfastly serve in our valuable mission together. May the Lord bless you and keep you in His grace.

Rev. Dr. Chaplain. Alem. A

Memorial Service

Wednesday, May 6, 2026

3:00 PM



Please join us as we honor and remember Rosalie Becker, Carrol Tammen, Bill Farone, Millie Ruhr, Shirley Sweeney, and Gene & Virginia Clark. Together we will share prayer, scripture, and reflection in faith, remembrance, and gratitude.

Homespun Harmony Tuesday, May 26 at 3:15pm

Join us for a performance by the Homespun Harmony Singers from Berean Baptist Bible Church as they share uplifting music and joyful harmonies with our community!

Popcorn on the Patio Friday, May 29 at 3pm

Enjoy Popcorn on the Patio, a relaxing time outdoors with fresh popcorn, good company, and great conversation in the sunshine!

“Even more fun, friendship and fulfillment”

**Craft & Gab Social
Saturdays at 2pm**

Bring your own craft project to work on while enjoying time with friends, or don't worry—we'll also have a craft available for you to complete that day!

**Card Making
Saturday, May 17 at 3pm**

Drop in and get creative as you design your own handmade cards at your own pace.

**Lemonade and Art on the Patio
Tuesday, May 19 at 2pm**

Join us for Lemonade and Art on the Patio, a fun community event happening during the summer months! Enjoy a refreshing glass of lemonade while creating an art-themed project or craft and spending time with friends and neighbors outdoors

**Travel Wednesday: Guatemala
Wednesday, May 20 at 3pm**

Take a virtual trip to Guatemala and explore its culture, sights, and traditions from the comfort of home.

**Picnic Down by the River
Thursday, May 21 at 11am**

Enjoy a free picnic down by the river with tasty food, fresh air, and the relaxing sight of boats passing by!

**Sherlock Holmes Happy Hour
Friday, May 22 at 3pm**

Join us for Sherlock Holmes Happy Hour and enjoy themed drinks, tasty snacks, and a fun afternoon of mystery and detective-inspired conversation!

**Coffee Social
Saturday May 16, 23, 30 at 9:30am**

Start your Saturday off right with our self-serve Coffee Social—enjoy a fresh cup of coffee, friendly conversation, and a relaxing way to begin your weekend!

**Root Beer Floats
Monday, May 25 at 3pm**

Join us on Memorial Day for a Root Beer Float Social as we come together to enjoy a sweet treat, good company, and a time of remembrance and gratitude.

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“More fun, friendship and fulfillment”

**Music with Mary
Monday, May 11 at 3pm**

Join Mary for a joyful music time filled with favorite songs and good cheer!

**Movie & Popcorn
Tuesday, May 12 at 3pm**

Sit back, relax, and enjoy a great movie with fresh popcorn and friends.

**Public Library Visit
Wednesday, May 13 from 1:15-2pm**

The public library will be visiting from 1:15–2:00 PM, giving residents the chance to check out books, return books, and browse magazines right here in the community. They can also help bring books from your favorite authors! If you have questions or special requests, please ask Heather in Activities.

**Poker
Mondays & Thursdays at 6pm**

Gather for a friendly game of poker in the library for an evening filled with fun, laughter, and good company!

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**Spheres of Women:
How the Civil War Impacted**

Marie McNamara (Goodhue) and Heather Loeschke (Cannon Falls) are Civil War living historians



who explore how the Civil War (1861-1865) impacted and affected the lives of women. They discuss how women contributed to the war efforts through volunteerism efforts such as participating in ladies' aids societies, expressed their patriotism through clothing, worked amongst the troops as army laundresses, volunteered as nurses, risked their lives as arsenal workers and spies and explain how mid-Victorian women mourned in a time of great human loss. Enhancing their presentation are numerous artifacts, both original and reproductions, that represent women during this period. *Come and see the museum they bring to you on May 15th at 3pm.*

Poppies

Poppies will be available in the lobby for a goodwill donation to support the American Legion. Watch for Signs.



Getting Outdoors

During the summer months, we offer weekly trishaw rides through the Hastings Area Rotary Club, an affiliate of Cycling Without Age, an international nonprofit based in Denmark. Hastings Cycling Without Age brings elderly community members the opportunity to experience our city and trails from the comfort of a tricycle, sharing stories and enjoying the simple pleasure of the wind in their hair. Our vision is to build bridges between generations while fostering trust, respect, and meaningful social connections. This is a completely free service, just have to sign up in the outing book in our dining room. In addition, twice a month we head out on a pontoon through Hastings Rivertown Fishing, providing free fishing and boating excursions for seniors and veterans. Guided by volunteer captains and crew, our specially equipped pontoons offers a comfortable way to enjoy the beauty of the St. Croix and Mississippi Rivers, all while sharing the joy of fishing, fresh air, and a relaxing day on the water.

Watch for signs so you can enjoy these amazing adventures.

- Find one beautiful moment each day—even if it’s just a bird bossing everyone around at the feeder.
- Share a happy memory with someone. Joy multiplies when it’s shared.
- Celebrate small wins. Finished a puzzle? Had a great chat? That’s victory.

These tiny practices help train our eyes and hearts to spot the good more often.

Joy Isn’t Hidden

Remember, joy and satisfaction aren’t buried treasure. They’re everyday gifts from God, waiting patiently for us to notice. So, what’s good? Plenty.

Let’s keep looking for the good, laughing whenever we can, and holding onto this truth: God is good all the time, and all the time God is good.

May Birthdays

Phyllis Cole	May 14
Margaret Goderstad	May 17
Marcia Pletcher	May 21
Jim Saccoman	May 27
Clayton McNamara	May 30



Birthday Celebration

Wednesday, May 13 – 3:00pm

Chaplain Corner

Matthew 20:28 The Son of Man did not come to be served, but to serve.

Greetings to everyone,

Let me introduce myself. This is Rev. Dr. Alem Asmelash the new chaplain. I am married and have two grown children, and I live in Saint Paul. Originally, I am from Ethiopia and I was born there but grew up in Sweden and came for higher education to Saint Paul 26 years ago. So far, I speak 6 languages. I’ve always wanted to serve people & truly make a difference in people’s lives. I’ve been blessed to fulfill this desire first as a Chaplain, and then as a Pastor. From the first week of April, 2026, now I am your Chaplain.

Now getting the opportunity to serve as part of the CASSIA Chaplaincy team is the best place to serve. I was praying fervently for the right doors to open and God truly answered my prayers. Thank you to the Board members, Kim and Julie, for giving me this amazing opportunity. “This is the day that the Lord has made.” That means we get the opportunity to choose to rejoice and be glad in it. I am doing so right here and right now.

The role of Chaplaincy that we play in our community is the need to bring light into dark places. Luke 1:79 says, “to shine on those living in darkness and in the shadow of death, to guide our

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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, May 19

10:00 AM-DR

Ecumenical Service

with Pastor Alem

Monday, May 4 & Monday May 18

at 3pm

Ecumenical Service

At the Care Center Chapel

Sundays at 10AM

Catholic Mass

with Father Dave

Thursday, May 7 at 10AM