



Giving to Friends, Neighbors and Community

Kirsten Lundgren has lived at Valley View Village in Des Moines, Iowa since 2010 and donates generously to her community. In this interview, she and Cassia Vice President of Philanthropy Matt Crawford share thoughts on giving.



How long have you lived and/or worked in Des Moines?

Kirsten: I came here from Copenhagen at age 21 on Thanksgiving Day, 1953. I became an elementary school teacher at 35, teaching third graders in Des Moines for 22 years. Though I didn't have children, I loved teaching them.

What brought you to Valley View?

Kirsten: My brother and his wife lived here many years, and I visited often. When I could no longer live at home, it made sense to be here. This is a real community where everyone takes care of each other. I have a feeling everybody is happy to be at Valley View.

You've been a generous supporter of Valley View. Why?

Kirsten: I feel we all should contribute to the wellness of the community. Donations really make a difference in people's lives—for example, I helped support a new skilled nursing building. It provides more privacy, new equipment, and even helps with hiring. That's good for everyone!

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If you could answer one question from donors across the organization, what would it be?

Matt: With the new affiliation of Cassia, donors often ask if their gifts will still go to support their local community or a specific program. The answer is yes, absolutely. We want to meet the needs of our communities by connecting donors with giving opportunities they are passionate about. I know Kirsten wants to support programs at Valley View and that's what will happen. Each donation is driven by donor preferences and the needs of our communities.

How do donations help those we serve?

Matt: Donors like Kirsten allow us to dream big. They help fulfill Cassia's mission to foster fullness of life for older adults in the spirit of Christ's love. Because the cost of care and living for older adults often surpasses the financial reimbursement provided, "fullness of life"—programs, services and amenities that extend beyond the basics—is often made possible through the generous partnership of donors.

To learn more about Cassia's philanthropy work, please contact Matthew Crawford at Matthew.Crawford@cassialife.org or call 763-688-3415.

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 612-238-8552.

Live Oaks Community Church Welcomes Trinity Springs Residents and Others in "Encore Years"

If you're a concertgoer, you're familiar with encores, which usually offer the last, best songs of the evening. At Live Oaks Community Church in The Villages, Florida, people say they're experiencing their encore years and want to use their time for giving to others.



In addition to more traditional services, Live Oaks Church offers Sunday afternoon services at 4:30 p.m. outdoors, and broadcasts indoor services outside as well—so if people want to attend in their golf carts, they can still hear everything.

Live Oaks Community Church began with a couple who moved to the retirement community The Villages from Green Bay, Wisconsin. They previously attended the Evangelical Free Church in Wisconsin and missed worshipping there. After contacting the church's district supervisor, they connected with Pastor Chris Holck, who was researching Boomer Generation ministries.

Chris traveled to The Villages to help the couple set up a church, while Elim Care CEO Bob Dahl explored the creation of a care community nearby called Trinity Springs. The idea for a campus shared by the church and Trinity Springs was launched—and today, 1,100 congregants attend services.

"We gather to build community, not just meet," says Live Oaks Administrator Paul Erdmann. Congregants assemble meal boxes or toys for local children, volunteer at soup kitchens or mentor students. Now that Trinity Springs is open, congregants look forward to partnering with residents.



The GEMS model is part of the Positive Approach to Care Skills created by dementia expert Teepa Snow. The model shows that just as gemstones need different settings and care to shine, so do people.

Grant Brings Renowned Expert's Approach to Those with Dementia at Adult Day Centers

When a loved one experiences dementia, caregivers often struggle with how to deal with the disease. The Positive Approach to Care Skills (PACS) was devised by renowned dementia expert and educator Teepa Snow.

This year, Cassia's adult day services staff will receive training for coaches and caregiving employees to apply Teepa Snow's approach to direct care. Funding is provided by the Minnesota Department of Human Services' Home and Community-Based Services Program, which awarded more than \$49,000 to Cassia's adult day centers.

The program will be introduced to adult day services in 2019 and 2020, training staff to address common brain changes and assist people at various cognitive levels. Participants will also learn how to offer consistent, positive reinforcement and proactive interventions to promote wellbeing and reduce stressful challenges.

PACS uses the GEMS® model, which shows that just as gemstones need different settings and care to shine, so do people. The GEMS® model also highlights the functional abilities of those living with dementia and identifies supportive responses that match these abilities.

For more information, please contact Corporate Director of Adult Day Services Gail Skoglund at Gail.Skoglund@cassialife.org or 612-843-4940.

DONOR SPOTLIGHT:

Meet Thelma Joy

Witty, kind and talented are all words that describe Thelma Joy well. You could also say her last name fits her perfectly—and you'd be right.

Thelma grew up in Minneapolis near Lake Nokomis, living in the house where she was born most of her life. She loves photography and can talk at length about light, camera angles and composition.

Thelma wants to share the joy she experiences as a resident at our Minneapolis campus. She is a mentor to students such as Katherine Tilton from Augsburg College. Katherine, who is learning how to become a physician assistant, visits Thelma to learn about older adults. In turn, Katherine finds a willing listener and friend who teaches her a lot about life.

Giving comes naturally to Thelma. “When I donate to Cassia, I know it’s going to someone who needs it,” she says. “That makes me feel good about my life! It’s why I chose to include the organization in my long-term plans with an estate gift in memory of my brother, James “Jim” Joy.”

We are grateful to Thelma for everything she does to help others.



Augsburg College student Katherine Tilton is studying to become a physician assistant. She visits resident Thelma Joy to gain experience with older adults and describes Thelma as a willing listener and friend who teaches her a lot about life.



Prairie Pointe brings new assisted living options to the Baptist Health Care Center campus.

Baptist Health Care Center Campus Enhances Living Options with Prairie Pointe Assisted Living

When the Bismarck assisted living community Prairie Pointe opened in summer 2018 on the Baptist Health Care Center campus, Phyllis Kocher and her husband were among the first residents. “We’ve not regretted it one minute,” Phyllis says. “The staff is fantastic and nobody is a stranger here. We are all close.” Executive Director Mel Soupir adds, “Staff members have a real passion to serve.”

With just 50 apartments, Prairie Pointe has a cozier atmosphere than larger assisted living settings. Residents can choose specific services they need and are not charged for services they do not use. Prairie Pointe is also one of the few communities offering an option called basic care, which can be paid by Medicaid in case residents outlive their funds.

Those who require skilled nursing have access to all the care available at Baptist Health Care Center. Couples with differing needs can now see each other daily. At Prairie Pointe, a trained personal care team is available 24 hours a day, seven days a week to help with bathing, dressing, taking medications and other tasks. To learn more, contact Melanie.Soupir@cassialife.org or call 701-401-5770.

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 those who give so much of themselves. 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 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 philanthropy@cassialife.org or call 763-688-3415.**

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Celebrate Summer with Golf

Get ready to practice your golfing this summer—and support older generations at our tournaments!



Friday, June 14, 2019 - Milaca Golf Tournament

Stones Throw Golf Course, Milaca, MN
Benefitting: Elim Care & Rehab, (Milaca, MN)

Thursday, July 11, 2019 - CHF Golf Tournament

Wild Marsh Golf Course, Buffalo, MN
Benefitting: Lakeside Oasis, End of Life (Buffalo, MN)

Tuesday, July 23, 2019 - Augustana Care Golf Tournament

The Wilds Golf Club, Prior Lake, MN
Benefitting: Augustana Care Chaplaincy

Friday, August 9, 2019 - Twin Cities Golf Tournament

The Links at Northfork, Ramsey, MN
Benefitting: Elim Shores (Eden Prairie, MN)
Cornerstone Assisted Living (Plymouth, MN)
New Harmony Care Center (St. Paul, MN)
Redeemer Health & Rehab Center (Minneapolis, MN)

Friday, September 13, 2019 - Princeton Golf Tournament

Princeton Golf Club, Princeton, MN
Benefitting: Elim Care & Rehab (Princeton, MN)