

THE PINES  
OF RICHFIELD  
400 WEST 67TH STREET  
RICHFIELD, MN 55423  
612-861-3331



# Pine Cone Press

VOLUME 17, ISSUE 11

NOVEMBER 2024

## News From The Administrator



**Lisa Curry**  
Housing Director  
The Pines



**Office and Reception  
Hours Until  
Further Notice**  
**Monday—Friday**  
8:30 a.m. to 7:00 p.m.  
**Saturday & Sunday**  
9:00 a.m. to 5:30 p.m.

November is a month to be grateful and thankful for everything that we have. This year I am thankful for being a part of the Pines family for another year. I am grateful for the residents I am in contact with every day. Their smiles, their conversation and wisdom keep me coming back day after day for the past 20 years. I am grateful for the wonderful team I work side by side with every day. They are the ones who do the tough work, the hard work but yet have the smiles and come to work every day for the residents. I am grateful for my family who supports me in the work I do. Stop and think about what you are grateful for every day. There are at least three things you can think of every day. If you need help thinking of three things every day, ask someone. We will help you discuss three wonderful things to be grateful for!

On Wednesday, November 12<sup>th</sup> (the day after the true Veteran's Day) at 1:00 pm we will be honoring residents who have served in the military for Veteran's Day. The Pines welcomes you to join in honoring the residents who have served our country! After the pinning ceremony, we will be enjoying music at 2:00 pm with cookies and lemonade.

Thursday, November 28<sup>th</sup> is our annual Thanksgiving meal at the Pines. Details in this newsletter. Reserve your family space today. Always fun to see family/friends and smiles at the Pines.

**"There is always, always something to be thankful for."**

**Blessings to all.**

**Lisa**

## Resident Spotlight by Sarah Rodriguez



### SHIRLEY FARRELL

Shirley was born in Le Sueur Minnesota. She grew up with 6 brothers and 2 sisters. Shirley graduated from Le Sueur High School. When Shirley became a young adult she met her husband Dawn. She says she was at a friends house and some boys called to ask if they could come over. She met Dawn that day and 10 months later she was married. Shirley and Dawn have 3 daughters, 7 grandchildren and a few great-grand children. Shirley was a stay at home mom, she has always lived in Minnesota. Shirley has travelled across the country, and she says it was nothing intense. Shirley loves coffee and she enjoys chatting with people in the Pine Cone Café.



**Carolyn H...11/1**

**Willie P...11/3**

**Shirley F...11/5**

**Barbara E...11/11**

**Loretta T...11/20**



Daylight Savings “Fall Back”

**Sunday November 3rd**

Turn back your clock 1 hour

## NOVEMBER ACTIVITY OUTLOOK

### November Outings:

November 1st – El Loro Mexican Restaurant

November 8th – The Bakken Museum

November 15th – Abdallah Candies & Gifts

November 22nd— Visit Primrose School

November 28th & 29th—**NO OUTINGS**



Primrose Schools®



### Dates to Remember:

November 4th—Birthday Bash with Musical Guest Mary Franz

November 12th—Veterans Day Pining Ceremony w Musical Guest

Robert Lipscomb

November 14th— Primrose Adopt-a-Grandparent Program

November 19th—5th Annual Deer Season Opener

## **Meet Our Activities Assistant**

**Sara is our new Activities Assistant. She recently moved to Minneapolis from New York. You may also call Sara *Bernie*. Sara has a lot of kindness and compassion for residents' and is a great team player. She will be working Wednesdays thru Saturdays, doing fun activities in Care Suites and doing 1 on 1 with everyone. Let's welcome Sara to The Pines!**

# A Note From Chaplain Julie

## No Need for Haunted Houses. Life is Scary Enough.

Ghosts, goblins, witches, spiders, scary movies, haunted houses... we've just come through the time of Halloween where fear is big business. That said, you and I know that we don't have to pay money to be scared when fear is free on a regular basis.

Fear is free and fears are many. Receiving a diagnosis. Caring for a loved one who is losing their battle with a disease. Learning to live alone after the loss of a loved one. Worrying how long the money will last. These are just a handful of the scary situations we encounter in life.

Our fears can steal the joy right out of our lives. We become so afraid of what might happen, what could go wrong, what else is lurking just around the corner that we miss the happiness, peace, opportunities and relationships that could otherwise be ours. Fear can take over our lives until every day is merely survived, constantly fearful of what might go wrong tomorrow.

So where does fear come from? We usually think that it comes from the world around us, in the circumstances and situations that are beyond our control. But when it comes right down to it, fear is more internal not external at all. I've often heard that fear is not what happens to us but how we respond to what happens to us. Wise words. Fear is our response and reaction to whatever happens on the outside.

I remember someone saying that fear is like cholesterol, there is a good kind and a bad kind. Good fear keeps us from foolishly risking the disasters of life. Bad fear withholds us from the pleasures of life. A healthy fear of fire, falling, or foolishness can make our life safer.

In the Bible we hear much about the apostle Paul, a courageous and fearless character. He took on powerful leaders, traveling on land and by sea was often very dangerous, and he wasn't afraid to let people know what God had put on his heart. In his letter to Timothy (2 Timothy 1:7) he writes, "God did not give us a spirit of cowardice, but a spirit of power, of love, and of self-discipline.

It is the Holy Spirit of God that gives us these internal gifts. This is a promise from God. I don't claim to always be fearless, but when I do find myself afraid I have often been blessed by these words of Paul and the promises of God that remind us that we are not alone in the scary parts of our lives. Perhaps there are also people in our own lives who are great examples of the Spirit's power. Ones who have been given a tough diagnosis take on the disease with amazing courage and strength, the ones who in the midst of financial stress give generously of their time and talents to help others, the ones who surround themselves with people to pray for them when they are needing to make a big personal decision in life. In these real-life examples and the fact that we all have access to the power of the Holy Spirit there is less room for fear.

Receive this blessing as a reminder.... God is above you to watch over you, beneath you to lift you up, before you to guide you, behind you to encourage you, beside you to be your friend and within you to give you peace.

*Peace be with you,*

*Chaplain Julie*

# OUR BAKING GROUP IN ACTION



**ADOPT  
A  
GRANDPARENT**

# HAPPY HALLOWEEN





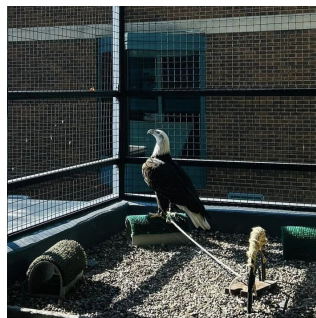
**Magician:**  
**Markus Clegg**



**SPOOKY  
CRAFTS**



**A Tour of the Raptor Center**





## A Classic Thanksgiving Meal

*Thursday November 28th*

Served 11:30am to 1:00pm



\*Dining room closed for supper. Residents on lunch meal plan, a boxed supper will be delivered to your apartment. Four guests per resident are welcome. There will be two seating's 11:30a and 12:30p. Space is limited and once the maximum occupancy has been reached for each seating reservations will be closed. Please sign up at the front desk, it is first come first served. Guests will be required to pay cash/check the day of and must get a pre-paid ticket from the receptionist. Cost for guests is **\$25.00**.

Enjoy Cookies  
Baked Fresh Every Day

*Cookie Prices*

*\$5.50 Per Dozen*

*\$10.00 Per 2 Dozen*

*Please see Receptionist  
for available selection*

### New Employees

- **Eric Z, Staffing Coordinator**
- **Layla B, Receptionist**
- **Sara B, Activities Assistant**

## Employee Anniversaries

Anita—Cook...2 years

Sarahi—Activities Director...5 years

Christina—Housekeeper...6 years



### New Move Ins

- **Jane G. 329**
- **Sandra H. 326**

## Those of Service to You

Lisa Curry: **Director of Housing**

612-259-2882

Lisa.Curry@cassialife.org

Kristian Tsinnie: **Business Office Manager**

612-259-2884

Kristian.Tsinnie@cassialife.org

Victoria Rassi: **Director of Marketing**

612-259-2883

Victoria.Rassi@cassialife.org

Roberto Mendoza: **Executive Chef**

612-259-2887

Roberto.Mendoza@cassialife.org

Herson Villacorta: **Environmental Services Director**

contact via 612-861-3331

Herson.Villacorta@cassialife.org

Ruth Ollanketo: **Director of Nursing** 612-259-2885

Ruth.Ollanketo@cassialife.org

Lexi Estep: **Registered Nurse** 612-259-2974

lexi.estep@cassialife.org

Sarah Rodriguez: **Activities Director** 612-259-2888

Sarah.Rodriguez@cassialife.org

**Care Suite Unit** 612-259-2981