

The LEEflet

OCTOBER 2018

Life is not about proving anyone wrong, life is about proving yourself right. Life is not about competing against others, life is about competing against yourself, to make sure you are better than your previous self better than you were yesterday. To make sure you are growing ,developing, learning and experiencing. Life is not about being perfect, It's about being happy not all the time but every time you can. Life isn't about being right, It's about being kind. When you have a choice to be right or kind, choose kindness, choose love. Life is not about noticing the negatives, It's about creating such positives the negatives pale in comparison. Life is not about just you, It's about everyone and everything. We are all connected and all sharing challenges and struggles. Be kind, lift others up, give freely without expecting anything in return and the world will return happiness and abundance beyond your wildest dreams.

Written by: fearless motivation & a fearless soul (KW)

Happy Fall

Barb Watson





Building Business

- A friendly reminder from the new mail carrier ~ Please try to include your apartment number on all mail. Your mail will be ready for pick-up when the mail light is on and the gates are closed..
- Open Enrollment starts October 15th Cost plans will continue beyond 2018 in St. Louis County. If you have any questions or want to review your benefits you can make an appointment with Barb Monday – Friday 9–4:00.
- Get a jump start on Christmas gift giving. Craft Wednesday~ Wednesday October 17th 1:00 in the LEE Center DR . If you want to set up a table stop in the office and sign up before October 10th
- We hope that you can get out and enjoy the new front patio. It's a beautiful addition to the LEE Center.
- Thank you to all the residents for your Cooperation during the REAC inspection..
- We have installed doggie stations on the north and south end of the buildings. Please remember to pick up after your pets.
- Sign-up in the office to have you're a/c covers put on.
- We will be doing a salvation Army food drive on Thursday October 18th. If you bring a non-perishable food item to the community meal we will take a dollar off your meal. All you can eat for \$2.00.

Fall Trash

Ingredients

- 1 large bag of mini - round pretzels
 - 1 large bag of party mix
 - 2 large bags of original bugles
 - 1 can cashews
 - 2 packages of medium m&m's
 - 3 small bags of candy corn
 - 1 can peanuts
- 1/2 box cinnamon toast crunch



Mix in a large bowl and enjoy

Gonna miss you

Judy

Bernice

Florence

Welcome

Mary Ann # 404

Carolyn & Wayne # 306

Betsy # 410



It is because of our Christian faith that Avinity is guided by the following core values in support of our mission:

- *Excellence– we have high standards; we seek to be innovative.
- *Compassion– we open our hearts to our residents, caring for the whole person: body, soul and spirit.
- *Respect– we hear and support the needs of others; we work to build trust.
- *Integrity– we consistently adhere to high ethical standards and best practices.
- *Fellowship– we encourage an inclusive spiritual community.
- *Stewardship- we use our resources prudently.



The Birthday party will be on October 25th

10/1 Marlys # 605

10/2 Debbie # 610

Ice Cream, Cake, Coffee

And live entertainment by Dave & Laurie for \$2.00

No Charge for Residents with a October Birthday's





Resident Resources

LEE Center of Hibbing
3220 8th Avenue East
Hibbing, MN. 55746

LEE Center Office
218-262-2166

Resident Services Coordinator Barb
218-336-2361

Housing Administrator Sandra
218-336-2362

Certification Specialist Angela
218-336-2363

Maintenance Supervisor Ward
218-336-2365

After Hour Caretakers
218-969-8599

AEOA Meals on Wheels
218-262-4784

Hairdresser Shirley
218-262-6324

Healthy Foot Care Dawn
218-969-5770

Hibbing Area Transit
218-263-7115

LEE Center Office Hours

Monday—Friday 9-4:00

Stamps \$10.00 for a book of 20

Quarters \$10.00/ roll

Bus Passes

\$15.00 for 15 rides with no expiration, or unlimited monthly pass.

Copies .10/ each

Stamps, quarters and bus passes are available from the office
Mon-Friday 9-11:00 AM



Catholic Church Services

Catholic Mass 2nd Wednesday @
1:30

Rosary Every other Tuesday @ 2:00

Catholic Connection 4th Wed @1:15

All services will be held in MPR

Bible Study

Every Thursday
@ 2:00 MPR

Methodist Church

Methodist Communion/Church service

1st Tuesday @ 1:00

Lutheran Church Services

Lutheran Communion 1st
Wednesday @ 10:00

Lutheran Church Service 1st & 3rd
Sunday @ 1:00

Scripture/ Prayer

Every Monday
@ 9:00 DR

Truth Test

Every day we are called upon to judge the accuracy of the messages we hear and see. One TV news network tests political ads and mailers and then gives a grade (A-F) for their truthfulness. One recent mailer was graded "F" for its false claims. Living in a democratic nation, we enjoy freedom of speech, but that means people have the freedom to *stretch* the truth. That makes it extremely difficult for citizens to sift through the muddle and get at the truth.

In high school, our class learned about "Fallacies in Reasoning." We then perused newspaper articles to find examples of these fallacies. It made a huge impression upon me. One of the fallacies in reasoning was called, "Everybody's doing it" or the bandwagon fallacy, which suggests that we should accept a certain idea as truth because the majority think that way. But we know that theory is suspect because our mothers taught us, "Would you jump off a bridge just because everybody else is doing it?" You probably said that to your children! Another fallacy is attacking the person instead of answering the argument.

We have heard in recent years that senior adults are particularly vulnerable to phone and email scams because of their kindness, trust and generosity. **So, how do we find the truth?**



photo:acurweddy.net

This is not a comprehensive list but hopefully offers some principles:

1. **Is the message clear or is it veiled?** One religious flyer I received was so mushy sweet, it sounded like Scripture but not quite. It sounded spiritual, somewhat, but the teaching was not clear. Jesus' words are clear. He is truth.
2. **Is the message lasting,** or has the story changed with each telling? Detectives know when a defendant keeps changing their story, truth is missing.
3. **Is there a sigh of relief?** Does the message make sense? Jesus said, "You will know the truth and the truth will set you free" (John 8:32).
4. **Compare the message to what you already know is true.** My friend is a banker. We asked him how he recognizes counterfeit bills. He said that all day long he handles the authentic bills—100s, 50s, 20s, 10s, 5s, etc. He knows the feel of the authentic, so then he can discern the counterfeit. Likewise, when we keep looking at the One who is Truth, then we learn to discern the genuine from the deceptive.

Truth will ultimately overcome; but for now we have to weigh what we hear, say a prayer for wisdom, and ask God to bring the truth to light.

-Written by Chaplain Sherree Lane