

The LEEflet

SEPTEMBER 2018

Getting older isn't hard, it just happens. Why do people freak out about certain birthdays, it's not like we have a choice. We should consider ourselves lucky on every birthday to have made it another year. Maybe it's time we start celebrating life by looking at birthdays as the start of a great new adventure and not the end of another year. You can't stay young, that's been proven, so find a way to enjoy yourself no matter how old the calendar says you are. May you find some joy in knowing that growing old isn't the worst thing that can happen.

~ Barb Watson

Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. ~Samuel Ullman





Building Business

The U.S. Department of Housing and urban Development (HUD) has scheduled a Mandatory Real Estate Assessment Center (REAC) Inspection. This will be on **Wednesday September 12th starting at 8:00 AM.** The inspection includes the entire property, common area, office, grounds and approximately 25 randomly selected units. You do not need to be home and a member of LEE Staff will accompany the inspector and leave a note if we enter your apartment.

The inspector will be looking at structural, electrical and mechanical systems in your apartment. Please make sure your apartment has no deficiencies by filling out or letting the management office know you need a work order.

- Make sure your front door clicks shut automatically-remove any door sweeps since they can interfere with the operation of the door.
- Make sure windows are accessible and can be opened.
- All light fixtures have working bulbs.
- No extension cords-power strips only.
- All appliances, drains and electrical plug ins work properly.
- The area around your stove is free of combustibles (no items in or near your stove)
- Hallways and doorways are free of storage. **ALL Doors must be clear of items so they open and shut properly.**

**It would be nice if your apartment is relatively clean for the inspection!
Thank you for your cooperation .**

Sandra~

Easy Chicken and Gnocchi Soup

"A WARM AND COZY SOUP FOR CHILLY FALL AND WINTER NIGHTS. THIS RECIPE IS QUICK AND EASY BUT WITH ALL THE COMFORT OF HOMEMADE."

INGREDIENTS

- 3 cups chicken broth
 - 2 cloves garlic, minced
 - 1 1/2 tablespoons unsalted butter
 - 3/4 teaspoon white sugar
 - 1 carrot, thinly sliced
 - 1 stalk celery, thinly sliced
 - 1 cup potato gnocchi
 - 4 ounces frozen peas
 - 4 ounces frozen corn
 - 1 cup shredded cooked chicken
 - 2 ounces baby spinach
- salt and freshly ground black pepper to taste
- 1/2 cup grated parmesan cheese



DIRECTIONS

Combine chicken broth, garlic, butter, and sugar in a large saucepan; bring to a simmer and cook until garlic is tender, about 2 minutes. Stir carrot and celery into simmering broth; cook until vegetables are almost tender, about 2 minutes more.

Bring broth mixture to a boil and stir gnocchi into the saucepan; cook until gnocchi rise to the top and are tender yet firm to the bite, 2 to 3 minutes. Add peas and corn to broth mixture; simmer until heated through, about 30 seconds.

Stir chicken and spinach into broth mixture; remove from heat and season soup with salt and black pepper. Ladle soup into bowls and top with Parmesan cheese.



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 September 27th

Jean W 9/2

Ruth P 9/6

Harriet M 9/7

Melanie O. 9/14

Elaine B 9/24

Marrienne H. 9/28

Judy K-C 9/28



Ice Cream, Cake, Coffee

And live entertainment by Larry Koski for \$2.00

No Charge for Residents with a September 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

A Community of Thanksgiving

Through faith, we believe that God is good and is interested in every part of our lives to bring comfort, peace, beauty, strength and so much more. As chaplain, perhaps my main interest in your spiritual care is to develop a community of thanksgiving. A thankful heart reaps many benefits not just to your own wellbeing but also to the wellbeing of others in your lives.

I was reminded of the power of thanksgiving recently. The week prior to a beautiful vacation in the peaceful north woods, my attentions were on all the things in life that were overwhelming to me. The result was not of peacefulness, but of great stress. But, all that melted away at the cabin when I focused on all that was lovely around me and I was reminded of all the things of which I am thankful for.

All around me was the wonder of nature, the warmth of the sun, and my family enjoying being all together. We all need those reminders that God is good and that He always surrounds us with goodness. It's been my experience that grateful people are often the most encouraging, kind people. It makes sense. When we are reminded of the goodness and love around us and through faith believe that is from the heart of God, it is easy to see the good in others and to try to lift each other up in life's stressful times.



So make that first step of faith and believe in the goodness of God. You can simply start with the beauty of nature around us and ultimately join with the hymn writer, Folliot S. Pierpoint, in singing his song of thanksgiving: For the Beauty of the Earth

For the beauty of the earth For the glory of the skies,
For the love which from our birth Over and around us lies.

For the beauty of each hour, Of the day and of the night,
Hill and vale, and tree and flower, Sun and moon, and stars of light.

For the joy of ear and eye, For the heart and mind's delight,
For the mystic harmony Linking sense to sound and sight.

For the joy of human love, Brother, sister, parent, child,
Friends on earth and friends above, For all gentle thoughts and mild.

For each perfect gift of Thine, To our race so freely given,
Graces human and divine, Flowers of earth and buds of Heaven.

Lord of all, to Thee we raise, This our hymn of grateful praise.

By Chaplain Lane Skoglund-Anderson