



THE HOMESTEAD AT ANOKA Short-Term Rehabilitation



WELCOME GUIDE

Smoke-Free Campus

For the health and safety of our residents and guests, smoking is not permitted anywhere on campus.



THE HOMESTEAD AT ANOKA Short-Term Rehabilitation

3000 4th Ave
Anoka, MN 55303

763-528-6400
homesteadatanoka.org
Follow us on Facebook

The Homestead at Anoka is a part of the Volunteers of America National Services (VOANS) family of organizations. VOANS, a wholly-owned subsidiary of Volunteers of America Inc., provides affordable housing and healthcare services in over 40 states and Puerto Rico. As a national, nonprofit, faith-based organization, VOANS is dedicated to helping those in need live healthy, safe and productive lives.
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THAA Short Term Rehab BRO 1221





Founders Maud & Ballington Booth

HISTORY

Volunteers of America

Volunteers of America was founded in 1896 by social reformers Maud and Ballington Booth. They envisioned a movement dedicated to "reaching and uplifting" the American people. On behalf of the organization, the Booths pledge to "go wherever we are needed, and do whatever comes to hand." That declaration continues to guide Volunteers of America's outreach.

Volunteers of America National Services

The Homestead at Anoka is a part of the Volunteers of America National Services (VOANS) family of organizations. VOANS, a wholly-owned subsidiary of Volunteers of America Inc., provides affordable housing and healthcare services in over 40 states and Puerto Rico. As a national, nonprofit, faith-based organization, VOANS is dedicated to helping those in need live healthy, safe and productive lives.

Anoka

Volunteers of America has been serving the community of Anoka and Anoka County in what was known as "Anoka Care Center." The Homestead at Anoka opened its doors on Feb. 26, 2013 and recently underwent a massive expansion, adding 65 independent living apartments and 20 memory support apartments. Our professional staff of over 300 employees proudly serves over 300 people daily, including 100 new short-term rehabilitation guests each month.



CARE CONFERENCES

Care conferences are held within 21 days of admission with the interdisciplinary team. During the care conference, there will be discussion on discharge planning, progress in therapy and other concerns. Care conferences are scheduled for 30 minutes and are normally held in the afternoon. Please inform your social worker if you need to schedule a care conference at a different time.

BREAKFAST CLASSICS

Whole Fresh Fruits (Banana, Apples, Oranges)
Cottage Cheese, Yogurt
Dry Cereal: Cheerios/Honey Nut, Rice Krispies, Raisin Bran, Corn Flakes
Oatmeal
Scrambled Eggs

Beverages:

Juice: Apple, Orange, White Grape, White Cranberry, Prune, Tomato
Coffee: Regular and Decaf
Tea: Iced, Black, Green and Herbal Variety
Hot Chocolate

LUNCH/DINNER SELECTIONS

Soup of the Day
Mashed Potatoes and Gravy
Turkey or Egg Salad Sandwich
Chef Salad with Turkey and Side Salad
Hamburger on a Bun
Cottage Cheese, Seasonal Fresh Fruit Cup

Beverages:

Juice: Apple, Orange, White Grape, White Cranberry, Prune, Tomato
Coffee: Regular and Decaf
Tea: Iced, Black, Green and Herbal Variety
Hot Chocolate

OPEN DINING TIMES

Breakfast
7:30 am - 9 am

Lunch
11:30 am - 12:30 pm

Dinner
5 pm - 6 pm

Daily Breakfast options include: assorted cold cereals, fresh fruit, assorted juices, coffee and tea, yogurt and scrambled eggs

Lunch and Dinner options: Please check weekly menu for daily specials

Guest Meals

Guest meals can be purchased at the reception desk.

Cost:

Breakfast \$5

Lunch/Dinner \$8



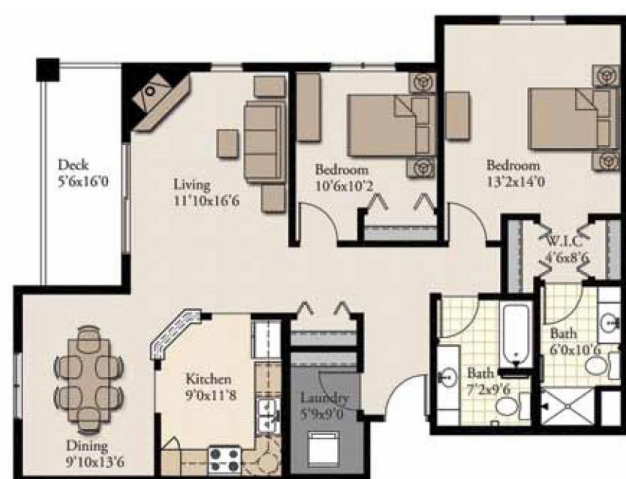


THE HOMESTEAD AT ANOKA

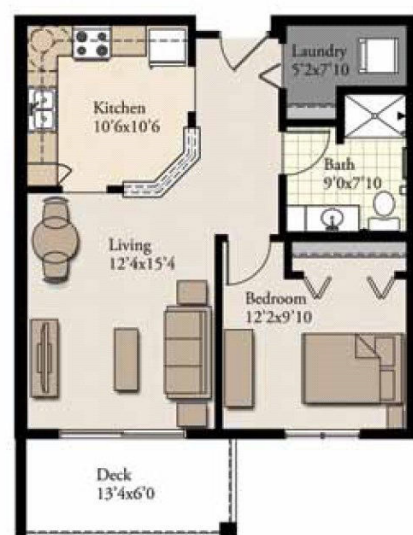
Short-Term Rehabilitation

COME TAKE A TOUR

Independent Living, Assisted Living and Memory Support apartments are available on campus. Please call either (763) 528-6490 or (763) 528-6406 for more information.



The Riverview
2BR/2BA
1,230-1,278 SQ. FT.



The Point
1BR/1BA/Deck
696 SQ. FT.

Floor Plans vary*

AMENITIES

Phone & Cable

Enjoy telephone service and basic cable at no cost.

Complimentary Wi-Fi

Network name: VOAPublic

No password needed

*Certain websites are restricted to avoid slow connection speeds

General Store

For your convenience, a general store is located in the main lobby. The shop provides a variety of products, including note cards, treats, essentials, and more. Cash only.

Coffee & Juice Bar

Guests are encouraged to make themselves at home. Enjoy complimentary coffee and snacks located in each dining room.

MEN AND WOMEN'S HAIR SALON SERVICES

Appointments

Please call the receptionist at (763) 528-6400 to book an appointment.

Stylist Availability

Tuesday, Thursday and Friday.

Services and Pricing

Haircut (with Shampoo) - \$15.00

Shampoo only - \$5.00

Shampoo & Style - \$16.00

Perm (includes haircut & style) - \$55.00

All Over Color (includes styling) - \$40.00

Beard Trim - \$7.00

TRANSPORTATION

Transportation to appointments can be scheduled by the Health Unit Coordinator. **You are responsible for payment of transportation.** If your medical transportation is normally provided through your insurance company, please let us know.

Metro Mobility applications are provided and filled out on-site for future transportation needs.

If you schedule transportation on your own, please provide the date and times to your care team/Health Unit Coordinator.





QUICK TIPS

Laundry Services

Our staff will launder your clothing during your inpatient stay. Friends and family can also launder your items at home if you prefer.

Personal Belongings

Your suite is furnished by Anoka Rehab. Please refrain from bringing personal furniture such as recliners or dressers. Items such as bed blankets, hangers, and laundry baskets are property of Anoka Rehab, and should remain in your suite.

Signing In/Out

We kindly ask that you sign in and out in the main lobby.

Smoke-free Campus

For the health and safety of our residents and guests, smoking is not permitted anywhere on campus.



THERAPY

Much of your time here will involve therapy to maximize your full potential and to achieve optimal recovery and independence. Our therapists offer Physical, Occupational, and Speech Therapy in a fully equipped therapy gym. We offer specialized programs focusing on treating pain, edema, incontinence, cognition, cardiac conditions and balance in addition to general rehab and physical therapy. Therapy schedules are determined at time of evaluation and adjusted based on your individual needs.



LIFE ENRICHMENT PROGRAMS

We are proud to offer daily enrichment activities thoughtfully planned each month. Our life enrichment program is designed with a variety of social opportunities to engage your mind, body and spirit. From musical entertainment, group outings, lively discussion groups, to arts and crafts, fun, interactive games and more. We encourage our guests to socialize and enjoy their stay.

TV CHANNEL LISTING

990 Homestead Info Channel

- | | | | | | |
|----|----------------------|----|-----------------|-----|-------------------------|
| 2 | KTCA-AN (PBS) | 38 | History Channel | 70 | MSNBC |
| 3 | KPXM-AN (ION) | 39 | TLC | 80 | ShopNBC |
| 4 | WCCO-AN (CBS) | 40 | AMC | 81 | Jewelry TV |
| 5 | KSTP-AN (ABC) | 42 | Travel Channel | 96 | Home Shopping Network |
| 6 | PUBACC | 43 | Lifetime | 99 | WUMN-Univision |
| 8 | WUCW-AN (CW) | 44 | Food Network | 103 | OWN |
| 9 | KMSP-AN (FOX) | 45 | HGTV | 104 | C-SPAN 2 |
| 10 | WFTC-AN (My Network) | 46 | USA | 105 | C-SPAN 3 |
| 11 | KARE-AN (NBC) | 47 | TNT | 111 | Investigation Discovery |
| 12 | KSTC-AN | 48 | FX | 114 | BBC America |
| 13 | LOPROG | 49 | SYFY | 115 | Biography |
| 14 | PUBACC | 50 | Comedy Central | 116 | H2 |
| 16 | GOVTACC | 51 | E! | 117 | Women's Entertainment |
| 17 | KTCI-AN | 52 | TV Land | 118 | Style |
| 18 | EDACC | 53 | Disney Channel | 119 | Lifetime Movie Network |
| 19 | EDACC | 54 | Nickelodeon | 127 | TVGN |
| 21 | C-SPAN | 55 | Cartoon Network | 128 | PBS Kids |
| 23 | WGN America | 56 | Animal Planet | 136 | Hallmark Movie |
| 24 | QVC | 57 | ABC Family | 149 | MoviePlex |
| 25 | ESPN | 58 | TBS | 162 | G4 |
| 26 | ESPN2 | 59 | Bravo | 225 | Light |
| 27 | FSN North | 60 | truTV | 233 | Start |
| 28 | Golf Channel | 62 | Spike | 245 | This |
| 29 | Big Ten Network | 64 | VH1 | 246 | ME |
| 31 | CNN Headline News | 65 | MTV | 247 | Antenna TV |
| 33 | CNBC | 66 | BET | 252 | H & I (Heros & Icons) |
| 34 | Fox News | 67 | Hallmark | 291 | EWTN |
| 35 | The Weather Channel | 68 | NBC Sports | | |
| 36 | A&E | | | | |
| 37 | Discovery Channel | | | | |