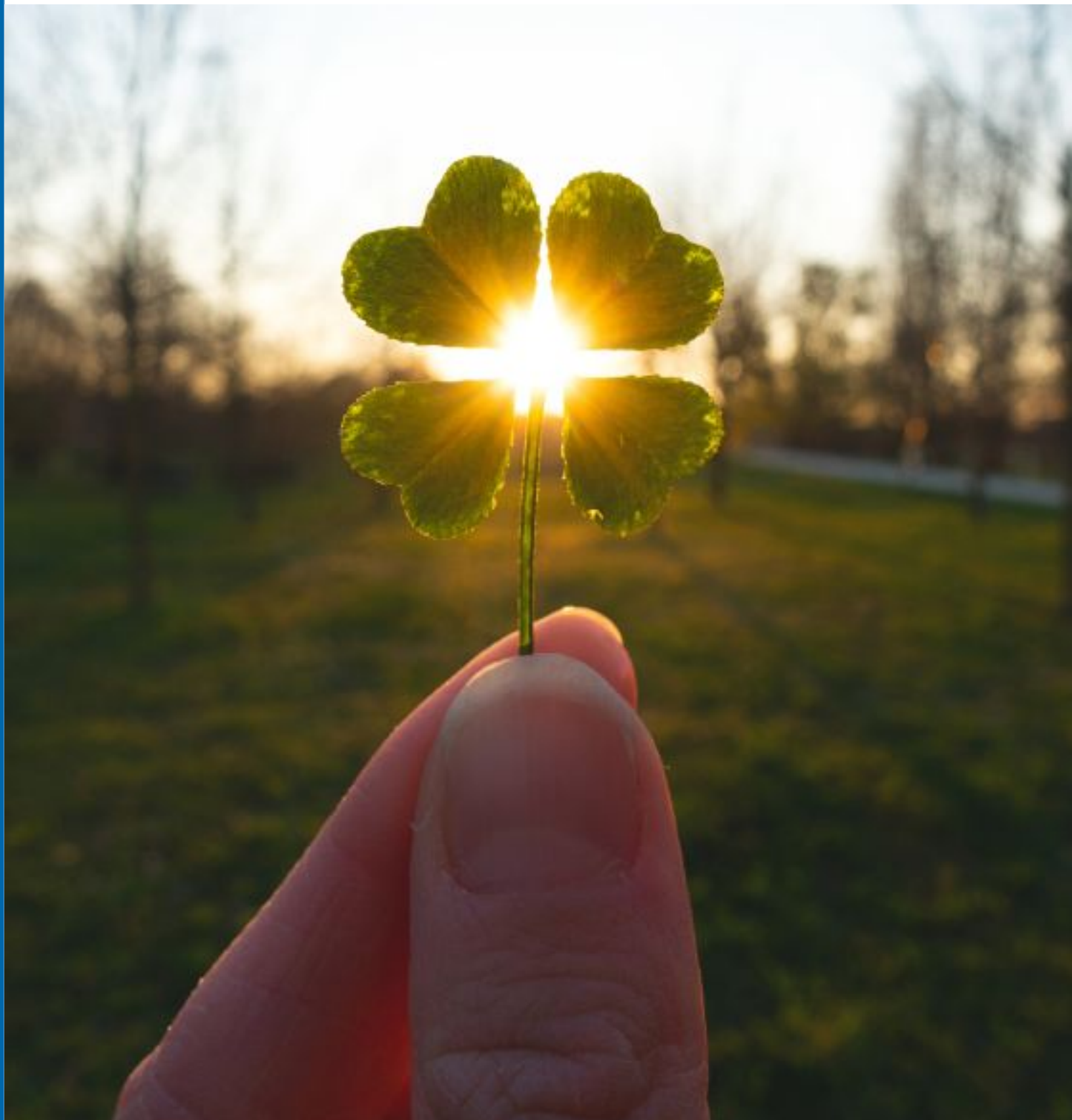


March 2023

The Homestead at Anoka



3000 4th Avenue, Anoka, MN 55303 | (763) 528-6500





Homestead Team

Executive Director

Jeff Richardson x6490

Administrator

Shari McNamara x6442

Medical Director

Dr. Lee

Director of Nursing

Don Dennison x6405

Director of Clinical Services

Beth Anderson x6491

Director of Social Services

Eurel Nwachi x6448

Business Office Manager

Kathy Nordby x6451

Director of Culinary Services

Janna Pearson x6410

Marketing Services

Susan Ekman x6406

Environmental Services

Director

Jeff Niemann x6485

Chaplain

Scott Hillestad x6461

Life Enrichment Director &

Newsletter Editor

Kara Reiser x6463



Participating in Activities You Enjoy

There are many things you can do to help boost your health as you age. Did you know that participating in social activities you enjoy also helps support healthy aging?

As you grow older, you may find yourself spending more time at home alone. Especially after the Pandemic, we tend to be socially isolated or lonelier. This is not good for your overall health. For example, it can increase feelings of depression or anxiety, which can have a negative impact on many other aspects of your health. If you find yourself spending a lot of time alone, try participating in activities you find meaningful—those that create a sense of purpose in your daily life. These can include hobbies, community Homestead activities, volunteer activities, or time with family and friends or your neighbors!

Benefits of an active lifestyle: Engaging in social and productive activities you enjoy, such as taking an art class, joining a hiking club, or becoming a volunteer in our Homestead community, may help to maintain your well-being and independence as you age. An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body.

Research has shown that older adults with an active lifestyle, are less likely to develop certain diseases. Participating in hobbies and other social activities may lower risk for developing health problems, including dementia, heart disease, stroke, and types of cancer. When people feel happier and healthier, they are more likely to be resilient, which is our ability to bounce back and recover from difficult situations.

Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory—and the more variety, the better. Other studies are providing new information about ways that creative activities, such as music or dance, can help older adults with memory problems or dementia.

Everyone has different limits they spend on activities. What is perfect for one person may be too much for another. Start by adding one or two activities to your routine and see how you feel. Participating in activities you enjoy should be fun, not stressful. Find the right balance!



Walk Like a Penguin!

Annually, thousands of people, unaware of dangerous conditions outside, slip and fall on ice. Falls happen! But many of them can be prevented. Take extra caution when walking on wet or icy surfaces. These can be very slippery! Use an ice melt product or sand to clear icy areas by your doors and walkways. We know driving can be treacherous in snow and ice, but just getting from your car to your apartment can be dangerous as well. Be careful when walking through the community, and if you notice icy patches on sidewalks, please let us know so we can dispatch maintenance to salt the areas.



Walk like a penguin! Bend slightly and walk flat footed. Keep your center of gravity over your feet as much as possible. Point your feet out slightly—well, like a penguin. Shuffle your feet and take short steps.

Bistro: Grand Reopening!



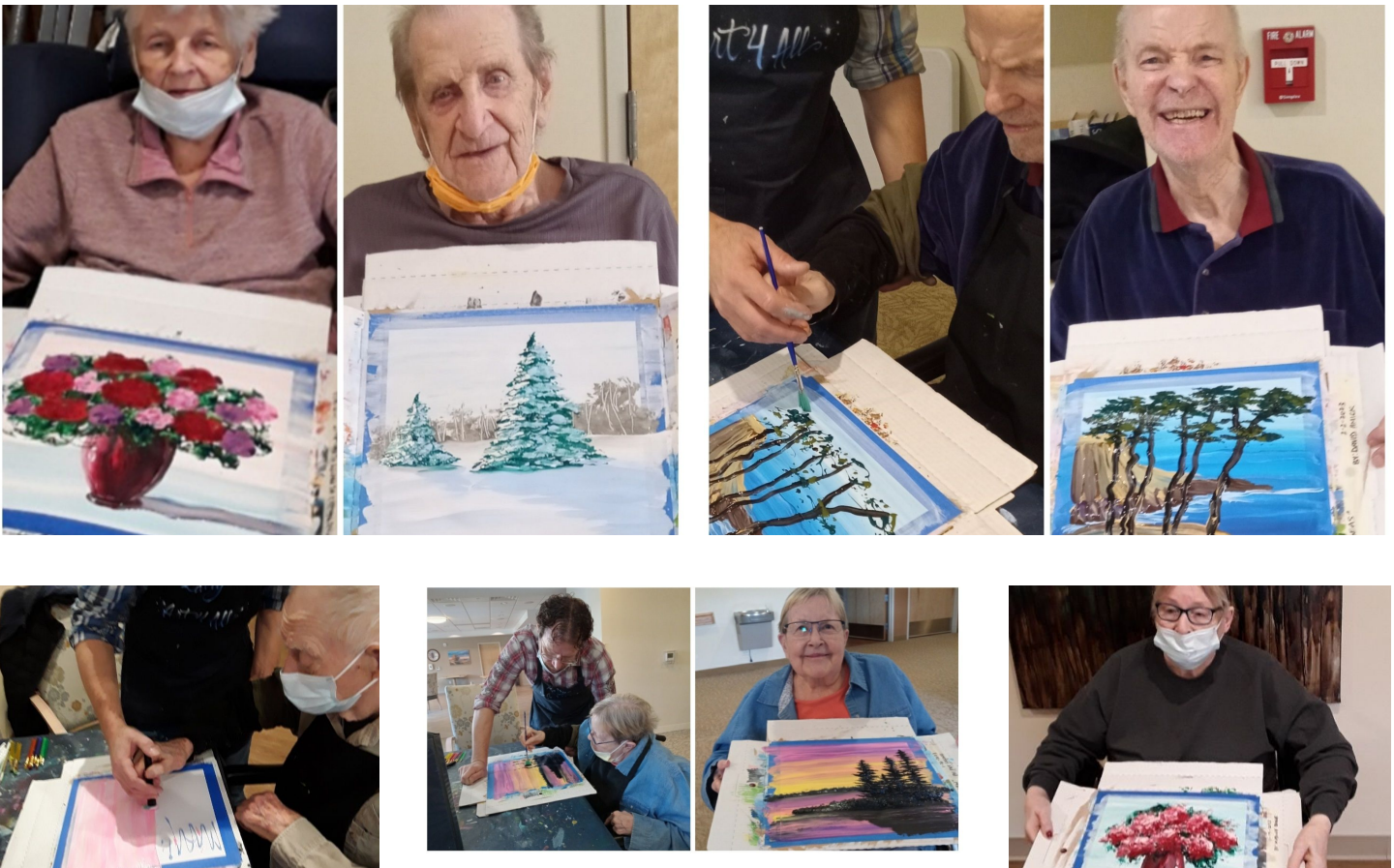
We are happy to announce that the Bistro is now open for lunch from noon until 1:30, M-F. Currently, we have freshly packaged sandwiches, salads, desserts, fruit cups and other items being added weekly. Please, come on down; we take cash or can do a payroll deduction. Soon, we are hoping to have “Servi,” the robot, deliver “DoorDash-style” to the front desk to save you time and footsteps. There’s more to come about this, but for now, come on down and get a healthy lunch without going outside.



Art 4 All: Bringing the Joy of Painting While We Glorify God!



The Smiles of Art Therapy!



We Love Donations! Thank You!



Colorful individual handmade Bears!



Colorful Fleece and Quilted lap robes!

California Wine Happy Hour!





Delivered Goods in Many Ways at the Homestead!



Even in below Zero Temps, our Schwan's driver delivered delicious meals to our Homestead community! We appreciate your service!



Rice-Krispies-treat Smiles were delivered door to door!

Confucius Says: Fortune Cookies Taste Good!





Chaplain's Corner

A Personal Story of God's Faithfulness

2022 was a year our family will never forget. We prayed, agonized, mourned, waited, and celebrated. In new ways, we learned much of the abundant provisions of God. Suffering and pain do not come as a result of bad luck or happenstance. Our circumstances first pass through the hands of our Lord and Savior. That means God has purpose and meaning in allowing it into our lives.

In January of 2022, our 30-year-old son (Scotty) passed away. In his worship of God and love for others, Christ's presence was evident, but his isolation and addiction led to liver failure. For months, I endured severe back pain, and was hospitalized in March. The diagnosis was a bulging disc with sciatica. Through the entire month of May, another son (Erik, 26 years old) was in ICU, with 25 days on life support, while the doctors worked to save his hemorrhaging lungs. He was diagnosed with a very rare form of vasculitis, which for many is fatal.

Through it all, God was more than faithful. Psalm 118:6 was a truth our family claimed regularly, "The Lord is for me, so I will have no fear," along with His promise that "His mercies are new every morning" (Lamentations 3:23). We saw God honor thousands of prayers.

Scotty was rescued from his addiction and is in the arms of Jesus today. I resonated with my wife when she said, "We have witnessed God's severe mercy." My crippling pain was alleviated. Erik has been healed of his debilitating condition. He is still being monitored, and is home with his wife (and now) 15-month-old girl. We attribute these breakthroughs to the prayers of many (including many here).

We have a God of miracles and redemption. We saw God hold our family (9 kids, including spouses, and 9 grandkids), along with many, many others, through prayer. We have seen numerous opportunities to testify about God's goodness. Many good seeds of kindness, gentleness and love that Scotty planted in his life, God is using to bear fruit. Truly, God is good and His faithfulness endures! --Scott Hillestad



many different lives.
one common goal.

At Volunteers of America,
we honor our diversity
by pulling together.
Learn more about the
many ways you
can join us.



The Homestead at Anoka



3000 4th Avenue
Anoka, MN 55303



Come visit *The Bistro Café*, where everyone is welcome to join us for great food, fun treats, and good conversation. Located in the Independent Living Building (3111 5th Ave, Anoka, MN 55303), The Bistro is open daily during lunchtime, 12:00 p.m.–1:30 p.m.