Hot Days of Summer

Dog Days?!

For many, the “dog days,” evoke those summer days that are so devastatingly hot that even dogs would lie around on the asphalt, panting. But originally, the phrase had nothing to do with dogs, or even with the lazy days of summer. Instead, the dog days refer to Sirius, the brightest star in the constellation Canis Major, which means “big dog” in Latin and is said to represent one of Orion’s hunting dogs.

To the Greeks and Romans, the “dog days” occurred around the time Sirius appears to rise alongside the sun, in late July in the Northern Hemisphere. They believed the heat from the two stars combined to make these days the hottest of the year, a period that could bring fever or even catastrophe.

Keep Your Cool

Air-Conditioning Appreciation Days begin on July 3 and run until Aug. 15—a timeframe often referred to as the “Dog Days” of summer.

If you’re trying to keep cool without taxing your A/C too much, the Air-Conditioning and Refrigeration Institute has the following suggestions:

- Raise the thermostat setting as much as you can without sacrificing comfort. For every degree you raise the setting, you can expect to cut your energy consumption by up to 3 to 5 percent.
- Use shades, blinds, or curtains to keep sunlight out of the house.
- Keep windows and doors closed when the air conditioner is running.
- Keep fallen leaves, grass clippings, foliage and other dirt and debris away from your outdoor unit, if you have access to it.
- Don’t block vents or ducts inside the house to assure air flow in the home.
- Run fans to keep air moving.
- Avoid using the oven during the day.
- Run the dishwasher, washing machine and dryer in the evening, when electricity rates may be lower and heat from those appliances won’t increase the demands on your air conditioner.
- Turn off lamps, TVs and other appliances when not in use.
Our Homestead Certified Nursing Assistants

National Nursing Assistants Week is a celebration to honor the hard work they provide for us here at The Homestead. Certified nursing assistants began working under the Red Cross program during World War I. If you had a nurse assistant help you, thank them for their hard work.

Superheroes in Our Eyes!
Homestead Happenings!

We would like to give a huge thank you to Wargo Nature Center - Anoka County Parks for this wonderful program of exploration from water collected at our three backyard ponds, and the Rum River. We always learn so much from each other and appreciate the expertise of Eric and Whitney from the Center. All the folks that participated in this activity agreed this was a very interesting learning experience!

Anoka American Legion - She’s a Grand Ole’ Flag!

Thank you, Anoka American Legion for giving us this honor. All of our veterans were very appreciative watching this ceremony. Also, thank you to the Anoka VFW for donation of flags!

Many shared their Red/White/Blue!
Adding New Life to Our Memory Care Patio!

Thank you to our Marketing & Life Enrichment Team!

Ice Cream You Scream ---- Truck!
Advanced Hearing Care

I’m Steve Moy, and I’m thrilled to be back providing residents with FREE hearing aid cleaning and maintenance services! I’m the owner of Advanced Hearing Care in downtown Anoka since 1996! Having trouble hearing people when you’re at a noisy dining room? Having a hard time understanding people or always asking them to repeat what they said? Do you have to turn the volume up to hear your phone or TV? Come down and get your hearing checked with me on the LAST Tuesday of the month from 1:00-3:00pm in the AL Club Lounge! If you can’t make it, but have questions about hearing aids, call us at 763-421-4234!

Welcome to The Homestead!

Welcome Brian Kniebel our new Director of Nursing for The Homestead at Anoka.

Brian enjoys running, fishing, and hanging out with his 2 children by playing games, traveling, and in this hot weather enjoying Minnesota beaches. His 11-year-old boy loves basketball and sports, and his 8-year-old girl is very girly, funny, and loves spending time with her dad.

Brian previously worked at The Homestead as a floor nurse 10 years ago on 1st floor. After which having other medical experience in various other positions of Long-Term Care, homecare, and ICU / med-surge at a hospital. Brian is looking forward to getting to know the residents and the staff in his new role.

Welcome to the Homestead Jesse Martens

Jesse is our new guest relations coordinator assisting our sales and marketing outreach. He is happy to help residents with their day-to-day needs and willing to learn his new position here at The Homestead. Jesse was born and raised in Wisconsin, and is an Army Veteran who lives with his wife and their 4 children in Andover. He enjoys being outdoors by coaching kids baseball in the summer, actively skating, mountain biking, boating, hunting, fishing and spending time with his beautiful family. We are very happy to have Jesse join our Homestead team - please stop by his office to say Hello!
Chaplain’s Corner

Reconciliation

We have probably all experienced relationships that needed healing and restoration. It may have seemed impossible. Reconciliation is a central message of the Gospel. The most important act of reconciliation is taught in 2 Corinthians 5:19, which says, “For God was in Christ, reconciling the world to himself, no longer counting people’s sins against them. And he gave us this wonderful message of reconciliation.” We are no longer in a broken relationship with God when we trust in Christ. Because we have been reconciled to God, we have the privilege of encouraging others to do the same.

In an interview with Will Norton Jr., best-selling novelist John Grisham recalls: “One of my best friends in college died when he was 25, just a few years after we had finished Mississippi State University. I was in law school, and he called me one day and wanted to get together. So we had lunch, and he told me he had terminal cancer. I couldn’t believe it. I asked him, ‘What do you do when you realize that you are about to die?’

He said, ‘It’s real simple. You get things right with God, and you spend as much time with those you love as you can. Then you settle up with everybody else.’ Then he said, ‘You know, really, you ought to live every day like you only have a few more days to live.’ That left an impression on me. Few things impart more wisdom than to face up to the fact that we will all die sooner or later.”

Pastor Ray Stedman once wrote these thoughts:

“The Ministry of Reconciliation ...
Originate with God, not man
Is personally experienced
Is universally inclusive
Is without condemnation
Is delivered by men [and women]
Is owned and accredited by God
Is voluntarily accepted
Achieves what otherwise is impossible
Is experienced moment by moment.”

Chaplain Scott

Find out how estate donations can deliver tax benefits for you and make a lasting difference in your community.
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.