

THE HOMESTEAD AT ANOKA

Short-Term Rehabilitation



WELCOME GUIDE

THE HOMESTEAD AT ANOKA

Short-Term Rehabilitation



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 \$12

Lunch/Dinner \$12



THE HOMESTEAD AT ANOKA

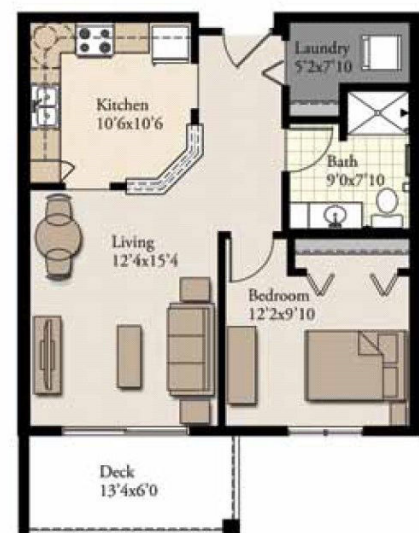
Short-Term Rehabilitation

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.

Services and Pricing

Haircut (with Shampoo) - \$20.00

Shampoo only - \$10.00

Shampoo & Style - \$21.00

Perm (includes haircut & style) - \$65.00

All Over Color (includes styling) - \$50.00

Beard Trim - \$10.00

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				



Smoke-Free Campus

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Anoka, MN 55303

763-528-6400
homesteadatanoka.org
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The Homestead at Anoka reserves the right to make changes to prices and services. Prices and services are accurate as of the printing of this brochure. See a senior living consultant for the most current information.

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