

The Homestead at Anoka



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





Homestead Team

Executive Director, RLC

Administrator

Jeff Richardson 763-528-6404

Assisted Living Director

Sydney Weller 763-528-6490

Medical Director

Dr. Lee

Director of Nursing

Brian Kniebel 763-528-6405

Director of Clinical Services

Sarah Korzendorfer

763-528-6491

Director of Social Services

Kristin Anttila, 763-528-6449

Business Office Manager

Kathy Nordby 763-528-6451

Director of Culinary Services

Kris Trudeau 763-528-6410

Marketing Services

Susan Ekman 763-528-6406

Environmental Director

Jeremy Boyer 763-528-6485

Chaplain

Scott Hillestad 763-528-6461

Life Enrichment Director

Kara Reiser 763-528-6463



Holiday Blessings-Joy of Simple Things

The holiday season is often a busy time, but there's much joy to be found in quieter moments. With cooking, decorating, parties and gift-giving, the holiday season can sometimes feel frenzied instead of festive. Minimize stress and keep your holidays happy with these tips:

Treats. Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations. Setting out some seasonal items can instantly put you in a festive mood. Place a treasured keepsake where you'll see it every day, to stir up warm feelings of comfort and joy.

Crafts. If the weather outside is frightful, you can create a homemade gift. Take pride in using your hands and putting love into your work.

Music. Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

Think ahead. Avoid last-minute grocery runs by stocking up on baking ingredients such as flour, sugar and butter. Replenish your gift wrap stash, too, as well as bags, tags, bows and tape. Shop for presents early in the season, and wrap them as you buy them.

Divide and conquer. Don't be shy about asking for help. Delegate cleaning, cooking and shopping tasks. For holiday dinners and parties, be open to buying baked goods, side dishes instead of feeling obligated to make everything from scratch.

Take care of yourself. Get plenty of rest, eat well and carve out time for yourself. Before your schedule fills up, pencil in a few personal hours.

Focus on fun. As you spend time with friends and family, focus on the fellowship and don't worry about what's still on your to-do list.

Remember these Seasonal ABCs

M is for Making Memories

E is for Elated and Excited

R is for Revelry

R is for Reminiscing

Y is for Year-end fun



Winter Is Upon Us!

Annually, thousands of people, unaware of dangerous conditions outside, a slip and fall on ice, which can very easily happen. 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.

Stay physically active. ...

Try balance and strength training exercises. ...

Fall-proof your home. ...

Have your eyes and hearing tested. ...

Find out about the side effects of any medicines you

take. ...

Get enough sleep. ...

Avoid or limit alcohol. ...

Stand up slowly.

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.



New Year Wishes 2024



Word for January: Resolutions

Officially, the word “resolution” is defined as “firm determination,” “a course of action to be determined or decided on” and “firmness of purpose.” The resolutions we make on Jan. 1, then, are a list of promises we are persistent in carrying out until their completion. For some reason, it often doesn’t work this way. How can we get those New Year’s resolutions to really stick? Like anything else in life, it’s a process. If you are truly committed to your resolutions, then you must understand that you will fail sometimes. This is when “determination” is required—forcing yourself to begin again, even after a setback.

Another year full of surprises is drawing to a close, giving way to a new one full of possibilities and hope. Successes and achievements are all part of life. And as the year passes, the Homestead wishes you tremendous success in the year ahead. We hope you have a wonderful and joyful new year! No matter how you celebrate, make it a New Year tradition to welcome in the next 365 days with gratitude, love and everyone who makes your life a little brighter!



Homestead Halloween - Boo-tiful Costumes!



And the Traditional Anoka Parade



Homestead at Anoka participated in the long traditional Halloween Parade with candy and costumes - featuring the Wizard of OZ characters!



Very Creative: Pumpkin Decorating Contest!



And Costume Contest!





Honoring Our Veterans



Our Honor Walls were highlighted with Fallen Soldiers Table. A powerful tribute to the brave soldiers who made the ultimate sacrifice for our freedom. Let us never forget - freedom is not free.

Proud Voters for General Election - Shuttle Bus





Chaplain's Corner

The Twelve Days of Christmas

For many, “The Twelve Days of Christmas” is nothing more than a novelty song. It is often seen in the same category as other nonsensical numbers such as “Grandma Got Run Over by a Reindeer” or “I Saw Mommy Kissing Santa Claus.” Yet there was a time in England when “The Twelve Days of Christmas” was one of the most important teaching tools of the church.

Christians, persecuted for their faith, refused to abandon their religion. They went underground, studied their doctrine behind closed doors, and hid all signs of their faith at home. The messages of their faith had to be given in a secret code. The twelve days of Christmas marks the time from Christ’s birth to Epiphany—when the wise men came to see the Savior.

The gifts are clues to what was important in their faith (although some dispute this). The importance of Christ’s death and resurrection was the anchor to the faith—and to the song—and was therefore repeated with each new verse (a “partridge in a pear tree”).

The second gift, two turtle doves, stood for both the Old and New Testaments of the Bible. Three French hens stood for faith, hope, and love. The four calling birds represent the authors of the four Gospels. The five rings stood for the five Old Testament books that Christians knew as the “law of Moses.” “Six geese a-laying” symbolize the Lord creating the world in six days. “Seven swans a-swimming” are the gifts of the Holy Spirit. “Eight maids a-milking” represented the eight Beatitudes. “Nine ladies dancing” are the nine fruits of the Spirit. “Ten lords a-leaping” represented the Ten Commandments. “Eleven pipers piping” is for the eleven faithful disciples, and “twelve drummers drumming” represents the twelve points of belief in the Apostles Creed. The importance of what we believe is reflected in this song. Perhaps an understanding of the importance of this song will help you to appreciate it more. Chaplain Scott



take a year-end deduction that gives back to your community.

Learn how to create annual tax benefits for yourself while improving the lives of others.



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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.