

May 2024

# 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**

Tina Carey 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



## Pondering Memorial Day

**Remember, Honor, Celebrate**

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

*Explore their stories.* Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at [StoryCorps.org](http://StoryCorps.org).

*Tune in to a TV tradition.* On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

*Learn about your family's military heritage.* Talk to family members who were in the military about their experiences. Ask about stories of past relatives who served.

*Post a tribute.* If you have a loved one who is a fallen hero, post a photo and story about them on social media.

*Send a letter.* Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

*Visit a memorial.* Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

*Pause at 3 p.m.* Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.

**Memorial Day Observance Ideas**

This year on Memorial Day, actively remember those who have given the ultimate sacrifice. Visit a cemetery and place flowers on fallen heroes' graves. Visit a memorial. Fly the U.S. flag at half-staff until noon. Participate in a National Moment of Remembrance at 3 p.m. to pause and reflect on the day's true meaning. Or renew a pledge to aid widows, widowers and orphans of our deceased and disabled veterans.



## Can You Hear Me NOW? Hearing Aid Assistance



Darlene shown here with Steven Moy, BC-HIS - We appreciate him!

With the advice of Steven Moy, BC-HIS from Advanced Hearing Care, he is able to assist our residents

monthly with their hearing aid needs. If you or someone close to you is concerned about possible hearing loss, simply get in touch with Advanced Hearing Care for a consultation by a hearing specialist to determine your best way forward.

Hearing Care services offered by Advanced Hearing Care are Hearing Tests & Evaluations, Hearing Aid Repair & Maintenance, Tinnitus Management, and other services ...

Every hearing loss is different and personal – so your hearing aids should fit your individual preferences to let you be brilliant in your daily life.

## Thank You for Serving Us Girl Scout Cookies!



Take a look at the Girl Scout Cookie Program—from 1917 to an icon of American culture today. For more than 100 years, Girl Scouts and their enthusiastic supporters have helped ensure the success of the iconic annual cookie sale—and they’ve had fun, developed valuable life skills, and made their communities a better place every step of the way. Girl Scout Cookies were originally home baked by girl members with moms volunteering as technical advisers. The sale of cookies to finance troop activities began as early as 1917, five years after Juliette Gordon Low started Girl Scouts in the US. In 2020, Girl Scouts showcase all of the amazing things girls learn and do—through the Girl Scout Cookie Program. As always, the true purpose behind Girl Scout Cookies remains the same. All proceeds stay with local councils and troops for Girl Scouts.

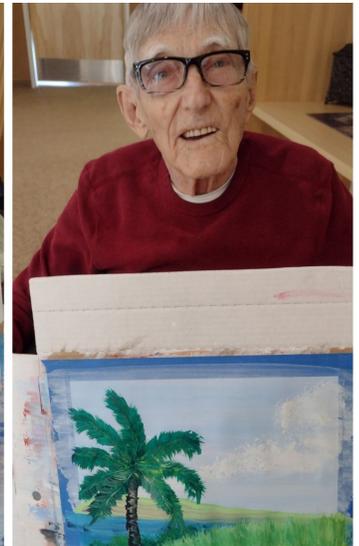
## New Grant Plan Began 2024/ Jelly Bean Contest Winner!

The MN Department of Health has approved a grant for the development of the Onboarding and Retention Success (OARS) Program to improve the quality of life of our residents. This two-year project will be addressing challenges with the current employee retention practices and process, targeting problems with the new staff recruitment and onboarding. All facilities will receive training, which will be provided in different learning modalities including classroom, online learning, guest speaker forums leadership consultants, integrated learning labs, and cohort groups. Welcome to our Grant Director - Carrie Vergara, who will be overseeing and implementing this project.



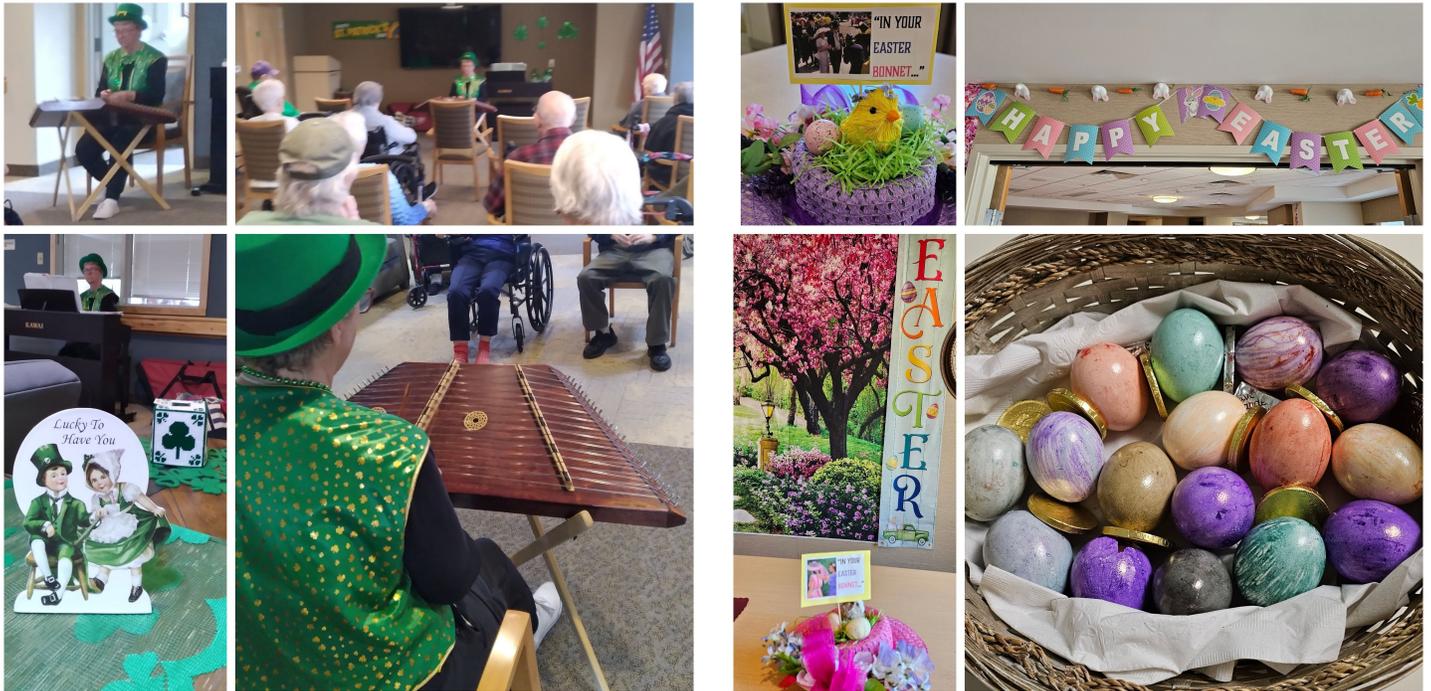
Mai Xiong was the winner of the jelly bean jar guessing #627 with #638 in the jar! Thank you everyone for participating!

## Art Is the Expression of One's Soul



Card Making Fun Monthly with Micki!

## St. Patrick and Easter Blessings-Joy of Simple Things



## Homestead Happenings!



Capri Big Band Performance was wonderful!

We LOVE and encourage the Family Support and Visits!



## Employee Star of the Month!



### Congratulations to Patrick Wambugu, RN

He was awarded as Star Employee of the Month for April by residents, family and co-workers!

Patrick brings an excellent work ethic to the Homestead at Anoka by contributing his exemplary nursing capacities and practice. His personal characteristics of listening to others, caring for residents' safety are just a few of his best practices we encourage within all our employees. Welcome to the Homestead Anoka All-Star Team!

Please show support for Employee by nominating them! The cards can be found at Reception Desk, by the Assisted & Independent living front entrances and Chapel. Each month an Employee will be honored and awarded for their great work at the Homestead.

---

## Are Exercise Machines Good for Seniors? YES!



Paul and Bill taking full advantage of our Exercise Equipment!

Elliptical machines are great machines for seniors because they provide a low-impact workout for the legs and muscles and puts minimal impact on the joints. It allows users to stand for long periods and perform a cardio exercise such as walking, jogging and running.

What machine gives you a full body workout? The stationary bike is an excellent piece of equipment for a full-body workout. It engages your legs, glutes, and core muscles while providing a low-impact cardiovascular workout. Most stationary bikes have adjustable resistance levels, allowing you to vary the intensity of your workout.

How long should you stay on an exercise machine? 150 minutes of moderate or 75 minutes of intensive aerobic activity per week is suggested to maintain your current weight.



## Chaplain's Corner

### Memorials, Legacies and Remembering

What kind of legacy will you leave? Have you thought about your legacy? What do you wish to be remembered for? Many people simply shrug their shoulders and resign themselves to whatever less-than-inspiring image they have of themselves. But that is not God's plan for each of us. He has given each of us a story, and whether we realize it or not, He has been working in each one of our lives.

The idea of remembering is very important in Scripture. God wants us to remember how He has been faithful to us. An example is in Joshua 4:1-8 where the Israelites were to build a monument of boulders as a memorial to God's love and miraculous assistance. The Lincoln Memorial. The Vietnam Memorial ... Memorials are places provided for us to stand and be quiet, to reflect, and to pass on to the next generation the roots of a nation's heritage.

My fear for our present rapid-paced lifestyle is that we have so few memorials and monuments, and often little time is spent in remembrance. Superficial decisions can easily dominate our daily thought life. So little time is spent noticing and recording segments of our lives. Treasures are discovered when we place emphasis on listening, learning, and honoring. Proper perspective is nurtured and grows when we pause to remember with purpose. By returning to meaningful places, we can learn, pass on, and even heal. If we don't, we are prone to live rootless, fast-lane lives without much significance.

A legacy is a memorial. A legacy helps to establish roots, and think beyond ourselves, with vision. In order to leave a legacy that matters, we need to know what we value in life. The foundation of a memorial and legacy is to bless. It addresses six fundamental needs in life: to belong, to be known, to be remembered, to make a difference, to bless and be blessed, and to celebrate life.

Creating memorials, legacies and remembering is an act of blessing and stewardship. *"To give someone a blessing is the most significant affirmation we can offer,"* – Henri Nouwen. Who comes to mind, in your past or present, that you can bless?

Chaplain Scott



your plans today  
can change  
lives tomorrow.

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



# 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.