

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



Remembering Our Mothers and Fathers!



In addition to the demanding duties of motherhood, our moms worked second jobs as homemakers, accountants, teachers, scientists, writers, artists, chefs and more. According to a study, the average mother spends 57 hours a week on household and family tasks, including cooking, cleaning, washing, playing nurse to the family, waking up children, serving dinner, wiping down kitchen sides, making beds, and putting a load of washing in. More than 80% of mothers feel that raising children is a full-time job. If an award were to be given for Best Mother Ever, millions of women would be recognized because each mother excels in her own way. However, every last one would probably decline the award, saying that she was glad to do whatever she could to give her children the world. To the best listener, the best cook, the best friend, the best Mom one could ever ask for!

Speaking of which - It took a mother to bring equity to fathers!

As she sat in church more than 100 years ago in Spokane, Wash., Sonora Smart Dodd listened to a sermon about Mother's Day. It made her wonder why there was no Father's Day. Dodd, one of six children, was determined to find a way to honor her father, who raised the family after Dodd's mother died. That year, 1909, Dodd took her concerns to the Spokane Ministerial Alliance and suggested that fathers have their day. Her idea gained support. On June 19, 1910, Spokane recognized the first Father's Day on record. Dodd, who had a son of her own, must have appreciated it when President Calvin Coolidge approved a nationwide celebration of Father's Day in 1924. Dodd, an Arkansas native, was 96 when she died in 1978. Whether he's your Dad, granddad or someone who is like a father to you, we want the best Father's Day wishes for you. Thank you for all the ways you go above and beyond every day for your family.

We would like to thank our mothers and fathers within our campus for their hard work and devotion! We hope your Mother's Day and Father's Day holds all the happiness (and rest) that you deserve!



Rosie Gives Kisses and Hugs - A Favorite Pastime!



Thank you for our donation of potted flowers and scriptures from Volunteer Jacob!

Run for the Roses at the Homestead!



Celebrating Aging Week - A Week of Festivities!



Homestead Spirit Week! Era of Golden Memories



Radiant Memories - A “Tribute to the Golden Age” embraces our residents captivating stories of life. “Golden Memories” honors the continuing legacy of our residents within our campus.

Each day is represented throughout the week of an ERA from the 1920s – to Today!

Staff and residents participated and celebrated with dressing the Style of the Decade, Ice Cream Truck-Treats for All, and a Hallway of History with Collages of Residents posted in hallways. Opening Ceremony with the Erik Skogquist, Council Member to the Mayor - Commencement Speech and fun Entertainment!

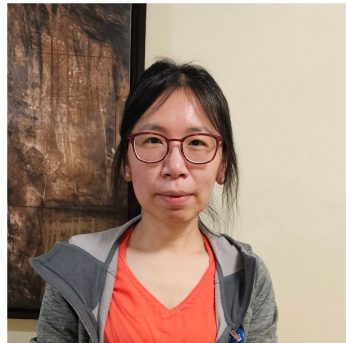


Celebrating Our Caring Nurses



We honored our dedicated nurses for their hard work & commitment. We are proud of our nursing staff!

Our Nursing Staff-Hard Working, Caring and Longevity!



Robin's 40th Anniversary-Homestead's Super RN



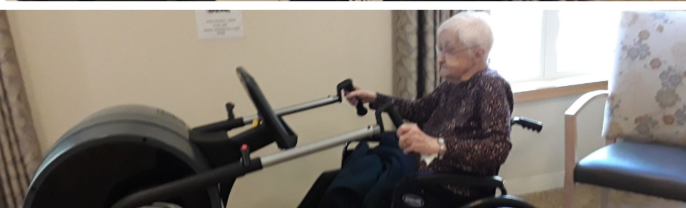
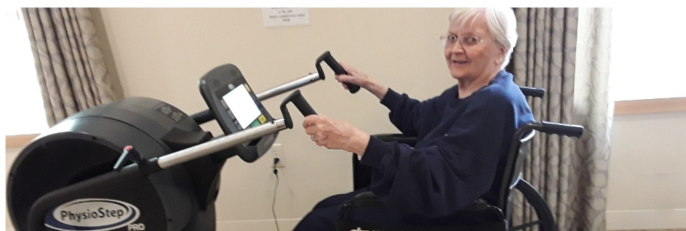
Employee Star of the Month!

Congratulations to Maddie Staubs, CNA. She was awarded as Star Employee of the Month for May by residents, family and co-workers! She has made a huge impact with her caring, kindness and always be willing to help others. She is very efficient, talkative and shares her smile about the campus. She definitely deserves the All-Star nomination - 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.



Homestead Promotes Exercise in Many Forms



Exercise Can Have Many Benefits for Seniors:



Mental health- Exercise can help with anxiety and depression by releasing endorphins. It can also improve mood and outlook on life.

Better sleep- Exercise can help seniors sleep more soundly and deeply, which can help with foggy thinking and irritability.

Cognitive function- Exercise can improve memory, attention, and problem-solving skills, and reduce the risk of cognitive decline and dementia.

Falling- Regular exercise can improve muscle strength, balance, and coordination, to help reduce the risk of falls. Flexibility can help protect seniors from injuries during falls. The Girls shown are go getters indeed!



Chaplain's Corner

LAUGH AGAIN

"You know you're getting old when the candles cost more than the cake," (Bob Hope). Did that bring a chuckle, or a smile to your face? We know everyone has a different sense of humor. Even though life is filled with serious issues, we don't always have to take ourselves so seriously.

For many people getting older isn't funny, but keeping your sense of humor, as we age, has proven to be good medicine. A dose of laughter promotes good health, and has a beneficial effect on some of the most common health challenges of aging. Here are a few benefits of humor:

- Reduces stress and pain.
- Stimulates our lungs.
- Improves sleep and memory.
- Boosts our immunity.
- Increases heart health.

Pastor Charles Swindoll has said, *"It is often just as sacred to laugh as it is to pray."* I believe God has a great sense of humor. You look at some of His creation and have to marvel at His creativity, playfulness, and humor: monkeys, hippopotamuses, the Red-lipped batfish, the Blobfish, the platypus – the list could go on and on.

We know that not all of life is funny. *"To everything there is a season,"* as the book of Ecclesiastes reminds us. But I would encourage us not to neglect a time for humor. A time to laugh again. Chaplain Scott



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.



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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.