

July 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

**Great Homestead Get-together**

**August 15, Thursday 1-4 pm**

We will have games, prizes, petting zoo, clowns, face painting, strolling music, photo booth, fair food and the all American Pickles-on-a-Stick!

## Calling All Americans!

### The All-American Test

A citizen, according to the *Merriam-Webster Dictionary*, is “a native or naturalized person who owes allegiance to a government and is entitled to protection from it.”

Our country bestows citizenship on people in two ways—automatically to those born in America (or to parents already U.S. citizens)—or, for foreigners immigrating here, through a process called naturalization.

One required step in the naturalization process is passing the U.S. Citizenship Civics exam. Administered by the U.S. Citizenship and Immigration Services (USCIS), a division of the Department of Homeland Security, every applicant must pass the 100-question test to officially become a legal citizen.

The questions cover the basic concepts of American democracy and vary from the simple to the difficult.

If you ever wondered how you’d do on the civics exam—which naturalized foreigners such as Albert Einstein, Arnold Schwarzenegger, Madeleine Albright and Jim Carrey passed—here’s your chance to test your knowledge:

1. Why did the Pilgrims come to America?
2. What is the basic belief of the Declaration of Independence?
3. What is the most important right granted to U.S. citizens?
4. What are the three branches of our government?
5. What is the supreme court law of the United States?

Have a Safe 4th Of July!







## Celebrating Our Caring Certified Nursing Assistants



Left: Rebeca Malone, CNA – 3 years. “I love the Residents as they have grateful attitudes!”  
Right: Paolo Apacible, CNA – 1 year. “Teamwork makes the dream work at VOA!”



Left: Oretha Kamara, CNA – 1 year. “Homestead is friendly and collaborative – makes work easier for all”



Right: Cilia Mbuntum, CNA – 1 year. “Helping others makes me Happy!”

## CNA June '24 Week - “We’ll Be There for You!”



Pictured left to right:  
Becky Kamin, CNA – 12 years. “I’ve had wonderful connections with the residents and the people at Homestead at Anoka!”  
Mindee Staubs, CNA – 1 year “I like to help where I can.”  
Emma Butler, CNA - 1 year “I have fun with the Residents.”  
Maima Massaquoi, CNA – 7 years “I like to work with people at VOA, because it is decent and clean.”  
Ann Richards, CNA – 25+ years “The residents are easy to fall in love with – that’s why I work at Homestead of Anoka!”  
Beatrice Kallon, CNA – 8 years “Homestead is a beautiful place to work with beautiful people!”



## Wishing Deb the Best Because She Deserves Nothing Less!

### Saying Goodbye Is Never Easy



The unstoppable power of an activity professional—Her name was Deb Bloom, Assistant Activity Director for Housing:

Her mission was clear—to amuse, distract, engage, elevate her despondent elder by any means necessary. And under extremely difficult conditions, with the odds decidedly not in

her favor, she tried her best and succeeded at the Homestead in Anoka. We will dearly miss her infectious

laugh, energy and omnipresent smile along with her unstoppable forces of fun and engagement! She has and will always be one of the great activity professionals for our residents, family and staff. Keep in Touch!



## Advantages of a Pen Pal

Pen pals can benefit people in many ways, including:

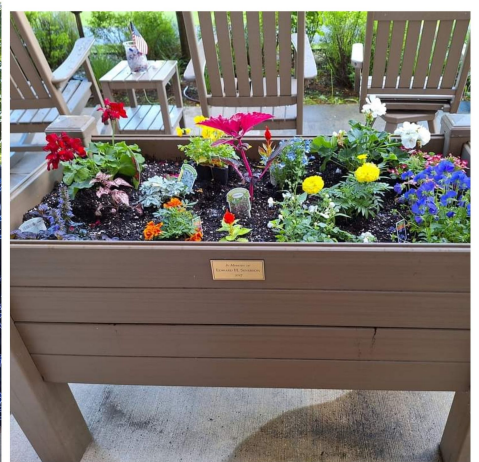
- Making friends: Pen pals can help people build strong relationships with people they haven't met before by sharing stories, memories, and hobbies.
- Improving communication skills: Writing to a pen pal can help improve grammar, expression, vocabulary, and increase attention to punctuation.
- Improving creativity: Writing to a pen pal can exercise the brain and improve cognitive health.
- Developing social skills: Writing to a pen pal can be a fun way to practice socializing from afar and build social skills. It can also cause the brain to access old memories as stories are told.

- Writing letters and having a pen pal is a wonderful way to help children improve their literacy skills.  
Thank you, Residents!





## Independent Living Is Always Busy: Never a Dull Day



## Planting, Luncheons, Cards, Happy Hours!







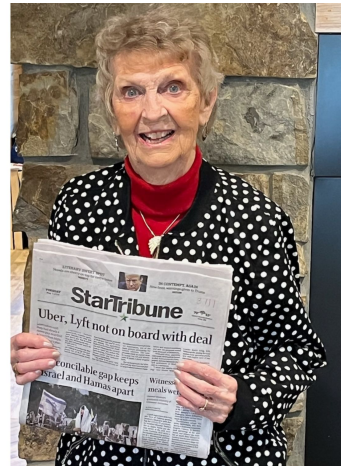
## Honoring Flag Day / Volunteers Needed at The Homestead!

### Honoring Our Flag on Flag Day, June 14th



Flag etiquette has long been established to ensure the flag is treated with dignity. In 1942, Congress created the U.S. Flag Code which provides guidelines for the display and care of the flag. Flags should always hang

freely but never with the stars down, except as a distress signal. When a flag becomes unfit to fly, it should be destroyed with dignity—the American legion accepts flags for this. A flag should never touch the ground.



A BIG thank you to these two, lovely paper deliverers! Marilyn and Sharon!

## Employee Star of the Month!

### Congratulations to Ximena Tellez Cabezas!

Our June Star of the Month Is Ximena Tellez Cabezas, our Activity Assistant!

“Ximena is fantastic, positive, upbeat and never complains. Best Ever!”

Ximena is always willing to lend a hand within the Activity Department and shows support within each of the departments. She definitely deserves the All-Star nomination: Welcome to The Homestead Anoka All-Star Team!

Please show support for Employees 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.







## Chaplain's Corner

### OUR FREEDOMS

Most of us realize we are a blessed people to live in this country. Traveling to other countries or reading history reveals the simple fact that we are the most privileged people in history. There is so much that we have come to take for granted and expect that would have been unthinkable even a few generations ago.

It is easy to take our freedoms and even the design of our government for granted. Our system of checks and balances was genius and the product of our Founding Fathers learning from history. When you consider that the average age of these bold men, in 1776, was 44 years old, that wisdom is quite astounding! (With more than a dozen of them 35 or younger!) God truly blessed us with Founders of wisdom, foresight, and practicality.

The story is told, that when Benjamin Franklin was leaving the Constitutional Convention in 1787, someone shouted out, "Doctor, what have we got? A republic or a monarchy?" Franklin's response was rather ominous, "A republic, if you can keep it." We have no guarantees. As our history has shown, our freedoms and our republic require dedication, sacrifice, and prayer.

Christians cherish their freedoms, but can assume that we are entitled to them.

The book of Galatians is considered our charter of Christian freedom. Freedom from sin is what Jesus Christ offers us. Galatians 5:1 tells us: *"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened by a yoke of slavery."*

I will also remind you of the vast difference between these freedoms. The freedoms of our country, as wonderful as they are, will one day end. The freedom in Christ is everlasting. Knowing Jesus is knowing true freedom (John 8:36). There is insight in these words from Pastor Warren Wiersbe: *"Freedom does not mean I am able to do whatever I want to do. That's the worst kind of bondage. Freedom means I have been set free to become all that God wants me to achieve, to enjoy all that God wants me to enjoy."* Chaplain Scott



the celebration of  
one life can touch  
so many others.

Learn how honoring  
a loved one's memory  
can make a lasting  
difference in  
your community.





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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.