# 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** Interim 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** Interim 763-528-6485 Chaplain Scott Hillestad 763-528-6461 Life Enrichment Director



# **Dog Days of Summer!**

#### Be Careful in Summer Heat

Sunlight is vital to our health, providing energy, vitamin D and serotonin, but it can also come with some damaging effects. Spending too much time or doing strenuous activities under the sun can lead to heat-related illness.

*Dehydration.* Heat causes the body to lose fluids quickly, and if you lose too much, you're at risk of dehydration. You may start feeling dizzy or tired or have a headache. Before you feel thirsty, make sure to drink water or an electrolyte-rich sports drink to stay hydrated.

*Hyponatremia*. Also known as water intoxication, this condition can occur when you rehydrate with only water and forgo the sodium lost while sweating. Hyponatremia has similar symptoms to dehydration, as well as loss of appetite, cramps and irritability. Drink electrolytes, or seek medical attention if confusion presents.

Heat exhaustion. Dehydration plus prolonged heat exposure can equal heat exhaustion. Some symptoms include a body temperature between 98.6 and 104 degrees Fahrenheit, headache, dizziness, sweating, nausea and weakness. Immediately move to a cool place, use cold compresses and hydrate. If symptoms don't improve within 15 minutes, seek medical attention.

Heatstroke. Heatstroke can follow heat exhaustion or it may come on suddenly. It can cause damage to major organs—such as the heart, kidneys and brain—if left untreated. If your body temp is above 104 degrees Fahrenheit, you feel hot but aren't sweaty, are struggling to breathe or are experiencing confusion after being in the heat, seek medical attention immediately. Move to a cooler place and obtain a cold compress in the meantime.

### Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.



# **Homestead Happenings!**



We are very excited to announce the Readers' Choice Award of 2024! Thank you for voting Homestead at Anoka for the Best Memory Care Community!



Residents, Family And Friends Celebrating the 4th!

# **Prepare for the Great Homestead Get-Together!**









## Be Sure to JOIN in on the FUN!

We will be offering all Fan Fair Fun, including

- Showcase of Homestead Residents' finest arts and crafts
- Petting zoo
- Fair foods, including foot long hot dogs, corn dogs, cotton candy, popcorn, pickles-on-a-stick, lemonade, and more
- Dunk water chair
- Several Games with prizes
- Photo Booth Fun
- Bouncy House for little & big kids
- Balloon art
- Strolling guitar music

We hope all will join in our festivities because many folks involved took the time to plan and organize this large event! Thank you!



# **Volunteers Celebrating July 4th Spirit With Residents**





Children, Prayer, Crafts, Music, Songs and Treats: Celebrating Independence Day can't get any better than that!







# I Pledge Allegiance to the Flag...





Thank you to the American Legion, Staff & Residents

for gathering to honor Old Glory on June 14th, Flag Day: A wonderful tribute to honor as Americans should.













# **Benefits of Music Therapy**









Michelle. our Music therapist. working with Memory Care Residents

## What Is Music Therapy?

Music therapy draws on the power of music in a therapeutic relationship to improve quality of life. A music therapist tailors sessions to the needs of residents. Music therapy isn't the same as listening to music to help you relax. A music therapist will guide you into listening to music during a session by Creating music: compose music, write lyrics or make up music together. Singing: Use your voice to share a piece of music. Playing an **instrument** like a guitar, drums or piano to share music; Moving to music: As simple as tapping your toes or as complicated as a coordinated dance; Listening to music: You may talk about music and use it to help process emotions or experiences. Your therapist may play music to relax you, using the rhythm to guide you in breathing or stretching. Music is a powerful tool for calming & healing benefits for those with dementia.

# **IMAGINE A Day at a Boutique...in Your Community!**









Models showing off their clothing apparel

Your Fashion. Your Style. Your Place.

TaylorMarie's is a mobile retail clothing store that provides fashionable women's clothing and accessories from respected, high quality brands! Our goal is to recreate the total shopping experience of a store without the hassle of leaving your Campus.

A visit creates an experience that goes beyond the clothing, including fashion shows, and the chance to shop racks of up-to-date and affordable fashions.

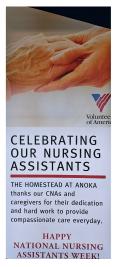
TaylorMarie's has been bringing fine-quality clothing and accessories to women since 2003. Our commitment to quality, fashion and service has been the hallmark of our business and franchise operation. We are committed to serving the senior community and providing easy to wear, stylish and affordable attire to all of our clients. Look for us again in the Fall of 2024!

"I LOVE when TaylorMarie's comes to our Campus."





# We Value Our Nursing Assistants at The Homestead









Nursing homes are an important component of the health care industry that is becoming increasingly complex. Staffing is a structural measure that affects the processes and outcomes of care in nursing facilities because Nursing assistants are the heart and base of any nursing home. Our nursing assistants care for each resident as a whole person instead of treating only their disorders and disabilities. By considering the residents' physical, emotional, social, and spiritual needs, nursing assistants can provide personalized care that promotes independence and dignity. We thank them for all they do for our residents.

# **Employee Star of the Month!**





We are proud to announce the Anoka July Star Of the Month: Cassandra K. She is an LPN on TCUII and has been with The Homestead for 7 years.

"A wonderful, caring nurse. Her kindness has touched my heart! Thank you, Cassandra!" —Cindy K.

Let's all take a moment to congratulate Cassandra on her achievement.

The Anoka All-Star Employee of the month program is a great way to recognize others and to be recognized. Winners receive VOA swag and a \$100 Visa gift card.





# **Chaplain's Corner**

#### THIS ELECTION

The freedom to vote is a gift! As your chaplain, I will simply offer some guidelines for you to consider as we enter this election season. In talking with some of you, I found out you were already tired of it all by last January. It is understandable. The ads, the speeches, the rhetoric seem to go on and on. But nevertheless, elections in this country are important.

I often teach about God's sovereignty, the fact that God is in control and that nothing is outside of His domain. That includes elections. Daniel 2:21 tells us that, "He [God] controls the course of world events; he removes kings and sets up other kings." It is God who appoints our rulers. He may appoint them to bless the land, or appoint them as part of judgment on the land. We partner with Him.

So, we have this privilege, this opportunity to vote. This should not be taken lightly. Historically, many people have died for this right. A free election is almost an anomaly, historically considered. And it is never guaranteed to continue. We need the appreciation and fortitude to persevere in supporting and defending our freedoms.

So now what kind of guidelines might you consider when you vote? I would encourage you to think in terms of biblical values. What might that include? Matters such as life itself, who values life? Every person has been created in God's image. That certainly means each one of us are precious and valuable.

Marriage and family issues—both marriage and family were created by God. Does your candidate respect that and honor His design? Religious liberties: Even though we enjoy this liberty now, there are signs that could be changing. Does your candidate support those freedoms? Standing up to corruption and evil: God clearly hates evil (Hebrews 1:9).

Our role is critical! We have direction and this promise from God to guide us: "If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land" (2 Chronicles 7:14).

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.







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.