

October 2024

The Homestead at Anoka



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Homestead Team

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Let's Talk About Ageism

Ageism refers to stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) toward others or ourselves based on age. It negatively impacts our health and well-being, our financial security, and the economy. It exists in many forms, influencing everything from personal interactions to public policy, and impacts us at every age.

Ageism shows up in many ways, including:

Internalized ageism: How we feel about ourselves as aging people; and ageism in which older adults marginalize and discriminate against other older people.

Implicit ageism: The unconscious bias that includes attitudes, feelings and behaviors toward people of other age groups that operates without conscious awareness or intention.

Interpersonal ageism: Ageist comments and behavior that happen between people when they interact. This can be implicit and unconscious or conscious. This may be negative, but can also come from positive intent, but still be based on stereotypes.

Benevolent ageism: Patronizing, paternalistic beliefs or behaviors- An example is Elderspeak. People may speak in a higher pitch, speak more slowly, with simple words, as if speaking to a child.

Cultural ageism: The everyday, invisible, and negative messages about aging embedded in movies, TV, songs, jokes, etc.

Institutional ageism: Unfair age-based restrictions in laws, policies, and practices of public and private institutions.

Ageism is one of the most widespread and socially accepted forms of prejudice. Ageism can impact us at any age. Ageism happens whenever we rely on stereotypes about someone because of their age. We are all affected. Stereotypes about age are often internalized at a young age. Even by age 3, children are familiar with age stereotypes, which are then reinforced over their lifetimes. A 2020 poll found that 82% of adults ages 50–80 experience ageism daily. Those experiencing multiple forms of ageism are more likely to have chronic health conditions and depression.

The good news is that we can do something about it, and we begin by spreading the word on Ageism Awareness Day Oct. 9, 2024.



The Great Homestead Get-Together!

The Great Homestead Get-Together Success!

Thank you to the many employees, family, and residents who attended this wonderful gathering!

This end-of-summer event provided enjoyment for all:

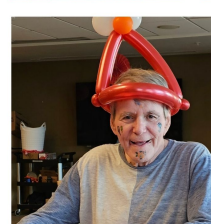
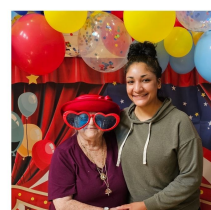
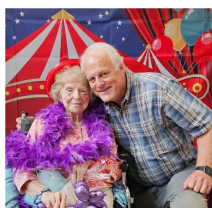
- Showcase of Homestead Residents' finest arts and crafts
- Petting zoo
- Fair foods to include cotton candy, popcorn, pickles-on-a-stick, mini-donuts, lemonade, and corn dogs!
- Several games with prizes

- Photo Booth Fun
- Bouncy House for little & big kids!
- Balloon art
- Strolling guitar music
- Vendors and more!

We recognize the continuous hard work from the many staff involved who took the time to plan and organize a large event – Thank you! See you next year!



Photo Booth Smiles and Fun!



Music, Fair Food, Games, Bouncy House, Petting Zoo FUN!



More Llama-mazing Visits!



Annual Classic Car Show With Donuts and Coffee!



Physical Therapy Month!



Physical Therapy Team from Left to Right: Renee, Tracy, Meghan, Kirsten, Sarah

Physical Therapy - Many Benefits for Seniors

Reduced risk of injury and falls-Physical therapists can help seniors learn how to stay active without putting themselves at risk. They also help seniors practice everyday activities, like getting up from a chair or using stairs.

Pain management-Physical therapy can help seniors manage pain from conditions like arthritis, chronic

headaches, and nerve pain.

Improved mobility and range of motion-Physical therapy can help seniors improve their mobility and range of motion.

Increased strength and endurance-Physical therapy can help seniors increase their strength and endurance.

Increased independence-Physical therapy can help seniors maintain their independence and ability to complete daily tasks.

Reduced need for prescription drugs-Physical therapy can help seniors reduce their need for prescription drugs.

Improved quality of life-Physical therapy can help seniors improve their overall quality of life.

Education on safety-Physical therapists educate seniors on safe movement & exercises from home.

We Appreciate our Physical Therapy Team assisting our Elders in Homestead at Anoka.



Fight Against Ageism - The Peter Pan Story

What Is the Meaning Behind Peter Pan?

The main message of Peter Pan is that children, while wonderful and fun, are innocent and unknowing, and this is why it's ultimately better that children do grow up.

Write a letter to your younger self about the benefits of growing up/growing older.

Decide which younger version of yourself you want to address. Are you writing to your childhood self, teenage self, or young adult self?

Start by reflecting on your current life. What are your accomplishments, challenges, and aspirations? What have you learned through your experiences?

Offer encouragement and advice based on the lessons you have learned.

Acknowledge and celebrate your achievements, big and small. Remember your strength and resilience.

Did you struggle with insecurity, self-doubt, or fitting in? Acknowledge these challenges and offer your younger self compassion and understanding.

What were your hopes and dreams for the future when you were younger? Have they changed? Encourage your younger self to hold onto their dreams and passions.

End your letter with a positive and affirming message. Remind your younger self of their worth and potential.

Employee Star of the Month! / Check Us Out on Facebook!

Congratulations to Nicole Sturm!



We are pleased to announce September's Anoka All-Star Employee is Nicole Sturm! Nicole is a Dietary Assistant who has been at The Homestead for almost 10 months. Nicole was nominated for being "instrumental in making dietary changes work, and being patient with those who jump in to help. It has been tough with the transitions and changes in the Dietary Department, but she is someone we can depend on." Thank you and congratulations Nicole! Please continue to submit your Anoka All-Star Nominations to any drop box, or to our receptionist at the front desk!

Check us out on Facebook - Pictures are worth a thousand words and you may see your loved ones in an activity or two, engaging in FUN! Strong family engagement is central in promoting healthy lifestyles and can contribute to improved wellness.



Engage with us on Facebook!
Please **FOLLOW** us and **LIKE** us on Facebook.

It's EASY...scan the QR code below or go to:
<https://www.facebook.com/HomesteadAtAnoka/>

The Homestead
at Anoka
Volunteers of America | NATIONAL SERVICES



SCAN ME



Chaplain's Corner

Thinking About Halloween

Halloween can be a very confusing holiday for Christians. Some fully engage in cultural practices, while others see nothing but evil in it and totally abstain. How, as Christians, are we to think about it? I certainly do not claim to have the final answer, but I do believe there is a middle course that is also biblical.

I grew up having great fun on that day. I was never one for pranks, I just loved collecting all the candy. In my small town, I would fill up one pillow case and then go get a second. And back in those days, we received full-sized candy bars. Oh, but it did take its toll on my teeth!

However, there is much that is dark about the holiday. Of all people, Christians recognize the presence of evil in our world. Witches, spells, ghosts, and goblins—what are we to make of all that? Scripture is quite clear. We are to abstain from evil, even the appearance of it (1 Thessalonians 5:22-24). Additionally, regarding witchcraft, we are given numerous warnings. So participating in the holiday, to society's full extent, is not a Christian option.

One can make the argument that total abstinence is the only Christian alternative. However, there is something extremely significant in the Christian faith here that is missing in all of this—redemption. The turning of something dark into a point of light. You may recall my column last March entitled "From Eostre to Easter" which was about Christians turning a pagan festival into something extremely sacred. Christmas is another example. Its origins have roots in the pagan winter solstice celebrations. And although there is much about how society celebrates Christmas that we should avoid, it has become a sacred time.

We have a God of renewal and new beginnings. We also have a God that enjoys His people coming together for fun and celebration. So whether it is a "Harvest Festival" or practicing "Trunk or Treat," we can make this holiday simply a time to dress up, play games, and eat some good food. We have a God of redemption, so let's be a people of redemption!


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.





Digging in the Past

Celebrate National Fossil Day—the Wednesday of the second full week in October—with a prehistoric peek at some significant fossil discoveries.

Year(s)	Fossil Findings
1676	An English professor finds a giant femur. Later, it's determined it belonged to the <i>Megalosaurus</i> —the first dinosaur discovered and named.
1835	Biologist Louis Agassiz first describes the megalodon shark. Their gigantic fossilized teeth are triple the size of a great white shark.
1861	The skeleton of a feathered dinosaur, <i>Archaeopteryx</i> , is found, establishing a link between dinosaurs and modern birds.
1909	The Burgess Shale fossil site is uncovered in the Canadian Rockies. It contains numerous examples of early arthropods, mollusks and other creatures.
1938	Thought to have gone extinct 66 million years ago, an alive and well coelacanth fish—dubbed a “living fossil”—is found off the coast of South Africa.
1990	The most complete <i>Tyrannosaurus rex</i> skeleton is unearthed in South Dakota. “Sue” is now on display at Chicago’s Field Museum of Natural History.
2010	Siberian hunters come across the Yuka Mammoth. The 39,000-year-old animal is the best-preserved woolly mammoth in history.

“Then & Now”



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.