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NATIONAL
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Elder Homestead

NEWSLETTER November 2025

Elder Homestead Monthly Resident Newsletter: Your Guide to Elder Homestead's Happenings!

A MESSAGE FROM OUR RESIDENCE DIRECTOR



Katelin Kinneman, LICSW, LALD
Residence Director

November is National Family Caregivers Month. We recognize the selfless and difficult task it is to care for someone in need. Most families are juggling their own jobs, families, and other obligations on top of caring for their loved one, which leaves little time for themselves. This month, as we recognize our family caregivers, we also acknowledge the burnout that can be experienced with this. Taking care of a loved one in need often leads to emotional and physical exhaustion, changes in mood, negative impacts on social relationships, financial stress, and more. Often times people aren't aware of the negative impact this has on them because they

are on "autopilot" and are too busy to notice the stress they are experiencing. Or maybe you have recognized some of the signs of burnout listed above, but feel your needs are not as important as your loved one's. When people are stressed, they may experience irritability. Irritability negatively impacts the way we communicate with

others and can lead to conflicts. Finding ways to reduce stress will allow you to provide better quality of care and communicate more effectively with your loved one. We cannot effectively take care of others unless we are taking care of ourselves. As difficult as it is, it is beneficial for you and for your loved one to make sure you are taken care of as well. How do we do this? Sometimes all we need is to not feel alone. A caregiver support group is one way to connect with others who are going through a similar situation and may help lessen the negative side effects you may be experiencing. Talking with others and learning ways they have coped with caregiver burnout can provide you some tips and tricks to help recognize your own burnout and things you can do to reduce the stress you are experiencing. Elder Homestead is offering a caregiver support group which will be available for all families, friends, and staff. Please join us on November 18th at 11:00am in our lower level meeting room to connect with others and learn ways to cope with caregiver burnout.

NURSING SERVICES UPDATES

Help us welcome our newest caregivers, Theo, Chrystal, and Purity! Purity is new to the field and is looking forward to working at Elder Homestead and getting to know our residents. Theo and Chrystal have both worked here as agency staff, but have decided to join our team. Adding these members means we are fully staffed and are no longer utilizing agency. This is a huge accomplishment and helps us provide more consistent care to our residents. Thank you to all who attended our vaccination clinic this year. We had a great turnout and are grateful to provide this service to our residents and our community. We want to continue reminding everyone to wash your hands and report any flu-like symptoms to the nursing team.

Our first cycle fill with our new pharmacy, Thrifty White will begin on November 6th.

All caregivers are required to attend a medication check and training with Thrifty White on November 4th at 3:00pm. We want to acknowledge the hard work and care that our caregivers are providing. We are proud of the work they do and the person-centered care they are providing. Your hard work and efforts do not go unnoticed. We appreciate all of our staff here and are grateful to have each and every one of you on our team. If you see a caregiver, don't be afraid to thank them for the work they do.



Shirley Kamara, RN
Director of Healthcare Services

ENVIRONMENTAL SERVICES UPDATES



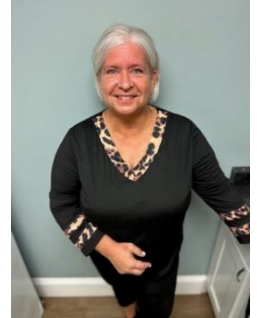
Olex Gerashchenko
Maintenance Director

We are happy to share that we have hired a new housekeeper, Allan. He has many years of experience and is looking forward to making Elder Homestead looking clean and fresh! We want to give him a warm welcome to our community and are excited to have him on our team. The boilers have been turned on for the season. Please let Olex know if you are experiencing any issues with your heat. We recommend propping your front door open to let heat from the common areas into your apartments until Olex can take a look at it.

LIFE ENRICHMENT UPDATES

In an effort to increase activities on the weekends, we had conducted a survey at the end of October. We want to thank those who participated in the survey and were willing to share their input on this topic. We are working to implement items from the results in hopes to increase activity options on the weekends.

Elder Homestead is hosting our first baptism on site on Monday, November 3rd at 1:00pm. We are also having a Veterans' Day event on Tuesday, November 11th at 3:00pm and a baby shower for Katelin on Friday, November 14th at 2:00pm. Please see the November calendar for more fun activities and we hope to see you there!



Sheryl Hassan
Life Enrichment Director

MARKETING UPDATES



Yvonne Cariveau-White
Marketing and Sales Director

We have a few upcoming events scheduled for the month of November.

Join us on Thursday, November 20th at 2:00pm for a presentation from MN Aging Pathways to learn how to avoid frauds and scams. This presentation includes information about fraud prevention, and you'll learn how to detect and report fraud and scams, so you can keep your personal information and yourself safe.

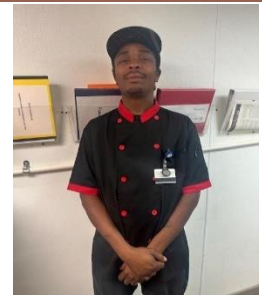
We will also be having our annual Thanksgiving meal for friends and families. This will be on Wednesday, November 26th at 11:00am. Family and friends - please RSVP to Yvonne at 952-283-2626 by Friday, November 14th if you are planning on joining.

Lastly, we are looking to create our own community cook book. If you have a favorite holiday cookie recipe that you would like to share, please give these to Yvonne or email her at ycariveau@voa.org by November 30th.

FOOD SERVICE UPDATES

Jeffrey is in full swing as our dietary director and has been making some updates to our menus and operations. We are thrilled to have him on our team and look forward to continued progress. Jeffrey has over 18 years' experience in the culinary industry. His goal is to create exciting and new menu options for the residents. He has studied in several different cultural cuisines to bring the flare from that country to your palette without you leaving the comfort of the dining room. He is very dedicated to his career, and looks forward to getting to know each and every one of his residents better!

You may have also noticed we hired a new cook - her name is Maria. Maria comes with many years of experience and is looking forward to working with the senior population and forming relationships with our residents. Both Jeffrey and Maria have been great additions to our team!



Jeffrey Taylor
Dietary Director

We hope everyone has a safe and healthy November!

RESIDENT BIRTHDAYS!

11/16: Happy Birthday Diane S!
11/20: Happy Birthday, Brenda D!
11/21: Happy Birthday, Dorothy R!
11/24: Happy Birthday, James!
11/26: Happy Birthday, Char!

EMPLOYEE CELEBRATIONS!

11/18: Happy Birthday, Caroline!
11/25: Happy Birthday, Suki!
11/25: Happy 1-Year Anniversary, Joyce!
11/29: Happy Birthday, Yvonne!

