

December 2024

The Homestead at Anoka



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Homestead Team

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Director of Culinary Services

Interim 763-528-6410

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Chaplain

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Life Enrichment Director

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Happy New Year Wishes to You

Old Man Time has once again passed his sash to a brand new year, filled with hopes of great things to come. Our resolution is to make this the best year ever in our community, and we hope you'll join in the fun. Happy New Year! And as the year passes, The Homestead wishes you tremendous success in the year ahead. We hope you have a wonderful and joyful new year! No matter how you celebrate, make it a New Year tradition to welcome in the next 365 days with gratitude, love and everyone who makes your life a little brighter!



Start your good year by making healthy choices. Here are some goals to get you started:

Schedule checkups and screenings. Older adults need a complete physical once a year, as well as additional screenings for conditions such as osteoporosis. Ask your doctor what is appropriate for you. During your annual exam, discuss any medications you're taking, prescription and over-the-counter.

Set a fitness goal. If you don't already exercise, set a goal to be more active in the new year. Go for a walk with friends, attend a fitness class, or try yoga or water aerobics. If you already exercise regularly, great! Keep it up this year by introducing new activities to your routine.

Improve your diet. Lots of people go on a diet after the new year begins, but quickly crash and burn. A smart way to avoid this is to start with a simple goal: Maybe you want to cut back on caffeine, choose fish once or twice a week, eat a piece of fresh fruit with breakfast, or enjoy a handful of nuts every day.

Take care of your brain. A good way to help prevent dementia is to challenge your brain. Consider making a resolution to learn something new every week—read an article or book, attend a lecture, visit a museum, and stay sharp with games and puzzles. Also, don't neglect another aspect of mental health: depression and anxiety. If you are feeling down, reach out to a friend, relative or health care provider.



Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home—not worry about chilly weather or catching a cold. Here are tips to help the season stay merry, healthy and bright:

Wash your hands. With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

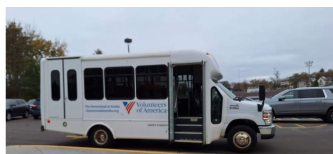
Get a dose of vitamin D. Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, salmon and tuna. Vitamin D boosts your

immune system and helps stave off the “winter blues.”

Dress warmly. Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Go inside immediately if your clothing gets wet.

Watch your step. Wear boots or shoes with nonskid soles, and avoid walkways that are wet, icy or snow-covered. Always hold on to safety railings. If you use a walker or cane, replace any worn tips. After being outside, leave wet shoes by the door to prevent tracking water throughout your home, creating a fall hazard.

Proud Voters for General Election



Register
★ ★ ★ to ★ ★ ★
VOTE



Your Vote: It Counts

Your vote matters. Let your voice be heard and help influence the direction of the country. Election Day provides a chance to elect officials who will make our nation into the country you would like it to be.

We Did Our Duty and Voted!

When people take the oath to become U.S. citizens, the judge takes a few minutes to welcome them to the nation (and the tax rolls) before stressing the rights and responsibilities of citizenship. Voting is always a part of that speech. Our military personnel have bled and died to keep us free and keep our vote intact. This past election, the Life Enrichment Team and Women’s Voter League made a commitment to ensure each resident was registered, had an absentee ballot and was able to vote!

Homestead Halloween - Boo-tiful Costumes!



Anoka Halloween Capital of the World



The Homestead of Anoka did not disappoint - many children in costume came to trick 'r treat, pumpkins were decorated and residents, family and employees decked out in spook-tacular festive outfits!



Holy Nuns Sister!



Halloween Costume Contest Happy Hour! Our Winner was Annie - The Kitty Kat! She won a \$25.00 gift card!



Very Creative: Pumpkin Decorating Contest! All Are Winners!

Very clever non-carved pumpkins this year. Thank you, everyone, for participating!



Pumpkin-Carving Contest

As witches and warlocks sprang up throughout our community for Halloween, we encouraged all our residents and employees to enter our pumpkin-carving contest. We offered gobs of goodies to the winners, and they weren't afraid to show off their masterpieces! And the winners are:



Fall Fun Activities!



Why limit HAPPY to just one hour? Residents enjoyed wine, apple cider and an apple taste test treat!



Employee Star of the Month! / Variety of Craft Projects

November Star Employee of the Month!



Congratulations to Sharon Durgin - Housekeeper! She has a smile and laugh every day. "Sharon is always quick to help her team whenever needed. She also takes an active interest in training new hires. She has been

a wonderful addition to the team. Thank you for all you do to keep our campus CLEAN!

Please NOTE: Family Council Meetings - It is the second Wednesday of each month at 4:30PM.



Many residents participate in the variety of art programs we have at the Homestead. Painting, ceramics, card making, woodworking and more!

An Apple A Day? Orchard Outing for Residents



Independent Living Residents at Pine Tree Apple Orchard



Assisted Living at Knapton's Orchard



Chaplain's Corner

Jesus and Prophecy

May I challenge you for a minute? Have you ever considered the likelihood of Jesus fulfilling the prophecies about Him in the Old Testament? Someone estimated that the probability of just eight prophecies being fulfilled is one chance in 100,000,000,000,000,000. Here's a visual for that. Cover the state of Texas with silver dollars two feet deep. Mark one silver dollar, blindfold someone and ask them to wander the whole state to pick out that silver dollar. Those are the odds.

Scholars believe there are more than 300 prophecies about Jesus in the Old Testament. Mathematician Peter Stoner concluded that the chance of a single man fulfilling "just" 48 of the prophecies would be one in a trillion, trillion, trillion, trillion, trillion, trillion, trillion, trillion, trillion, trillion, trillion. How can anyone think that Jesus just "happened" to be in the right place at the right time? It's no coincidence.

So how many prophecies did Jesus fulfill? Not just 8 or 48, but 324. As a very small sampling, here are a few:

- 1) *Messiah is to be born in Bethlehem.* See Micah 5:2; fulfilled in Matthew 2:1-7; John 7:42; Luke 2:4-7
- 2) *Messiah is to be preceded by a Messenger.* See Isaiah 40:3; Malachi 3:1; fulfilled in Matthew 3:1-3, 11:10; John 1:23; Luke 1:17
- 3) *Messiah is to be born of a virgin.* See Isaiah 7:14; fulfilled in Matthew 1:18-2:1; Luke 1:26-35

We love celebrating the first coming of Jesus Christ at Christmas time. But do you realize there are many more prophecies that Jesus is coming back? He is coming a second time, and He always fulfills His promises. Are you secure in your relationship with God? He says that we will not know the day or time when He returns, but His followers will hear His voice. Are you ready? It could happen at any time! –Chaplain Scott



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Learn how to create annual tax benefits for yourself while improving the lives of others.



TIPS FOR A THEFT-FREE HOLIDAY



AT HOME

- ▶ If you're away from home for the holidays, put a light on a timer and stop newspapers and mail or have a neighbor pick them up.



IN THE CAR

- ▶ Park in well-lit areas.
- ▶ Don't leave valuables sitting in plain sight.
- ▶ Have your keys out and ready before reaching your car.



OUT & ABOUT

- ▶ Use ATMs only during the daylight hours.
- ▶ Keep your wallet in a front or zippered pocket.
- ▶ Don't leave your purse open or unattended.



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.