Homestead Team

Executive Director
Doug Dolinsky
Assistant Executive Director
Ryan Keller
Housing Director
Jared Keeney
Dietary Services Manager
Jodi Stamper
Medical Director
Dr. Lee
Director of Social Services
Mari Dunderi
Director of Nursing
Beatrice Magangi-Onsongo
Admissions
Alaina Etheridge
Director of Clinical Services
Angie Zimmerman
Business Office Manager
Kathy Nordby
Life Enrichment Director
Dave Nilson
Chaplain
Pastor Bruce Talso
Editor/Marketing
Lauren Dublin

Why are frogs always so happy?

They eat whatever bugs them.
Popular Pages: ‘The Cat in the Hat’

In March 1957, a book filled with rhymes about a whimsical cat debuted and transformed children’s literature. Under the pen name Dr. Seuss, Theodor Geisel wrote and illustrated “The Cat in the Hat” as an exciting alternative to the primers that were used at that time. The book was a huge success, selling 1 million copies after just three years in print and paving the way for a more creative approach to teaching youngsters how to read.

What books did you read to your children when they were little?

March Is National Professional Social Work Month

By Jane Danner, Director of Resident Engagement and Development

Every day social workers work to empower & elevate millions of people, including some of the most vulnerable in our society. National Professional Social Work Month, in March, is an opportunity for social workers & their supporters to educate the public about the invaluable contributions of the profession. Social workers are trained to examine & address life’s problems in a holistic way. They elevate & empower people, giving them the ability to solve problems, cope with personal roadblocks & get the resources they need to succeed. Social workers also bring together individuals with other people, their communities, and local & state government & agencies to address wider problems in our society, including lack of affordable housing, hunger and equal rights for all. You can find social workers literally everywhere – including in schools and colleges, hospitals, veteran centers, mental health facilities, local & federal government, the corporate world & in agencies that help children. America’s population is aging. Social workers help older Americans get the health care and mental health care they need. They also work with older adults and their families to improve their quality of life and ability to live independently as long as possible. Social workers go through years of education to learn & hone their professional skills so they can help others reach their full potential. As we continue moving into the 21st century, our nation still grapples with complex challenges. Social workers will be in the fray, helping our nation forge a path to a better future. Volunteers of America thanks you for all you do for those we serve!
Spring Is on the Way

March 19 marks the first day of spring and the vernal equinox, when the hours of daylight and darkness are nearly equal.

On Shelves Now!

Thank you to Half Price Books in Coon Rapids for donating several large-print novels for our assisted living bookshelves. Check out the shelves and our newest offerings! Feel free to read and return books once you’re done with them.

We appreciate you thinking of us for additional book donations but before donating please consider if it’s something others would enjoy reading. If not, consider donating instead to Goodwill, Half Price Books, or, if the book is in poor shape, recycling it. Thank you for your understanding! Please see our marketing coordinator Lauren Dublin with questions.

Valentine’s Day at Homestead

Above: Assisted Living tone chime choir!
Right: Valentine’s Day quilt winner!
Below left: Science experiments with candy hearts!
Making heart-shaped suet for birds!
All That Glitters

There may not be a pot of gold at the end of every rainbow, but you can mine a wealth of information about this precious metal, which is prized for its beauty, rarity and physical properties.

- All of the gold found on Earth came from meteorites that hit the planet millions of years ago.
- Gold was one of the first metals discovered. It has been mined for more than 5,000 years.
- The chemical symbol for gold is Au, which comes from *aurum*, a Latin name for gold that means “shining dawn.”
- Gold has been discovered on every continent, but the highest concentration is in Witwatersrand, South Africa.
- One of the reasons gold is so highly valued is that it does not rust or decay.

• The purity of gold is measured in karats, and the higher the number, the greater the purity. Pure gold is 24 karats.
• Gold is edible. High-end restaurants sometimes add gold flakes to their dishes.
• The largest gold nugget ever found was discovered in Australia in 1869, and weighed more than 170 pounds and measured 24 x 12 inches. It was called the Welcome Stranger. It was melted down and turned into gold nuggets for the Bank of England. A replica memorial now stands in its place.
• Gold is the state mineral of California, Alaska and North Carolina.
• The visors of astronauts’ helmets are coated in a thin, transparent layer of gold because it reduces glare and heat from the sun.

Meet the Staff: Paula Erickson

Hello, my name is Paula Erickson and I am one of two Concierges in the short term rehabilitation area of our lovely facility. Theresa, same day in the life co-worker, being the other. I have been here for over 3 years now and enjoy my day-to-day interactions with patients, residents & staff.

I am often asked “What is or what does a Concierge do?” I usually reply that I am another person here to help out & pitch in!

I have many years of working in a Senior Environment, going back to starting out as an office assistant in an Independent Senior building. From 2007-2016, I was a Resident Services Coordinator (or jokingly referred to as “Go to Paula”) in an Assisted Living Facility, landing here at the end of 2016.

I grew up in East Bethel, which back in my day was all country territory. I graduated from St. Francis High School & attended Lowthian College in downtown Minneapolis. I currently live in Ramsey with my husband Rob of 30 years (yep, I’m that old) and our sweet 7 year old lab Woody who still thinks he is a puppy. I have 3 sons and thank god one of them blessed us with girls, our cutie pututie granddaughters, Riley & Hayden.

For those of you who know Terry Johnson that resides here in the building that’s my dad!(:
Unlucky Ides

Every year on March 15, it’s likely you’ll hear someone say, “Beware the ides of March!” So what are ides, and why should we be wary of them? In truth, there’s really nothing to fear: On the Ancient Roman calendar, “ides” was simply a word for the halfway point of a month when the full moon usually arrived. However, Julius Caesar made the ides of March famous when he was assassinated on that day in 44 B.C. In William Shakespeare’s play about the famous leader, a fortune teller shouts the “Beware the ides of March!” warning, sealing the date’s fate as an unlucky omen.

Copycat Shamrock Shakes

Whip up a healthier version of the McDonald’s classic at home!

INGREDIENTS
• large scoops vanilla ice cream (about 1/4 c. each)  
• 1/4 c. heavy cream  
• 1/2 tsp. peppermint extract  
• 6 drops green food coloring  
• Whipped cream, for topping  
• Maraschino cherry, for topping

DIRECTIONS
• In a blender, mix vanilla ice cream, heavy cream, peppermint extract, and food coloring until completely smooth, then pour into a glass.  
• Top with whipped cream and a cherry before serving.
The Song That Satisfies the Soul

By Chaplain Bruce Talso

I wonder how many of us could admit that we honestly have a thirst and a longing for God? There are untold longings that the human heart pursues – but for most of us, we do not long after God. St. Augustine is quoted as saying; “Our souls are restless until they find their rest in God.”

Psalm 63 was written while David was in the wilderness of Judah, fleeing from his own son Absalom. 2 Samuel, chapters 15-19 give us the account of Absalom slowly using his influence to take over the Kingdom from his own father, King David. Absalom gathered men around him, and when he felt he had enough power, he pulled off his coup. He swept into Jerusalem, and David, in humiliation had to flee for his own life into the wilderness. He did not choose the wilderness - He was chased there by his own son! We often do not choose our wilderness experiences – we are often driven into them. In reality, these experiences are designed to draw us closer to God; allowing us to develop a dependence upon Him. Wilderness ‘wanderings’ help us discover ourselves; what we are made of, and what we can become. They also create a thirst for God; a thirst that can only be quenched by the water that is offered to us by our Savior.

David writes this Psalm while he was in the wilderness facing unknown circumstances; He writes, “Your loving kindness is better than life, my lips shall praise you. I will bless you while I live, I will lift my hands up to you in worship.” Psalm 63 is a song that satisfies the soul; it teaches us about true joy – about praise – about confidence in God; even in difficult places. Verses 5-6 give us the answer to having a song that satisfies the soul, heartfelt praise to God! David writes; “My soul will be satisfied as with the richest of foods – with singing lips I will praise you. “I lie awake at night thinking of you – of how much you have helped me – and how I rejoice through the night beneath the protecting shadow of your wings.” Notice verse 8 – David says that he, “follows hard after God.” He pursues God! We pursue all sorts of things, but ultimately they leave us thirsting again. As a spiritual leader, my heartfelt desire is that each of you will have a thirst for God; that you will pursue Him; that you will learn to depend upon God for every aspect of your life!
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.