

www.ourlifennwmetro.com

# Wednesday Sept. 25 Noon - 4:00 pm Green Haven Golf Course

2800 Greenhaven Rd, Anoka  
(Directions located in the center  
of this section)

## seminar sponsors:


**Humana**  **North Suburban  
Eye Specialists**  
A Division of Twin Cities Eye Consultants

**Edina Realty**  
KATHY TADYCH  
Senior Real Estate Specialist

## silver sponsors:

**NCIA**  **ELK RIVER  
SENIOR LIVING**  
NORTH CENTRAL Insurance Agency

## bag sponsors:

 **The Homestead  
at Anoka**  
Volunteers of America

## coffee & cookie sponsor:

 **Guardian  
Angels**  
SENIOR SERVICES

# our life nw metro 2019

**FREE  
EVENT!**

Presented to you by:

 **Tealwood**  
SENIOR LIVING  
...because the journey matters

 **Sterling Pointe**  
SENIOR LIVING

 **Arbor Oaks**  
SENIOR LIVING

 **Urbana Place**  
SENIOR LIVING

 **Cedar Creek**  
SENIOR LIVING

 **Arbor Oaks**  
SENIOR LIVING

 **The Legacy  
of St. Michael**

 **The Landmark  
of Fridley**



**FREE** Cookies & Coffee  
& Prize Drawings!



**an expo** For adults over 55 years young!

Brought to you by:

**ECM**  
Publishers, Inc.

**STAR NEWS**

**LIFE**  
Blaine / Spring Lake Park / Columbia Heights / Fridley

**Shopper**  
ANOKA COUNTY

**UNION HERALD**  
Anoka County

**APG**  
EAST CENTRAL MINNESOTA

# OurLife NW Metro Expo features resources for seniors

Successful Expo heads into second year Wednesday, September 25 at Green Haven Golf Course, Anoka

The Our Life NW Metro Expo is a valuable resource for local residents age 55 and above, and/or the children of aging parents.

The Our Life NW Metro is noon to 4p.m. on Wednesday, September 25 at Green Haven Golf Course, Anoka.

The expo is a free resource for attendees to speak with more than 40 exhibitors who will discuss topics that range from health care, housing, services, planning and much more. Many exhibitors will have giveaways or activities for prizes at their booths and some will provide free health screenings.

There are also free seminars that take place throughout the day where attendees can get useful information on integrated therapy, Medicare changes, age-related macular degeneration, and moving and downsizing. There will be

free cookies and coffee at the seminars.

“We had an incredibly successful inaugural event last year. Both vendors and attendees said it was one of the best senior expos they had attended. The expo provides a great opportunity to gather a wide range of valuable information all in one location,” Event Organizer Jerry Gloe said. “And you don’t have to be a senior to attend the event. It’s also for those helping their parents plan or making their own plans for the next stage in their lives.”

The event is free to attend and there will be lots of random prizes (gift cards, gift baskets, etc.) given away throughout the afternoon.

The presenting sponsors for the event are Arbor Oaks Senior Living, The Estates at Arbor Oaks, The Landmark of Fridley, Sterling Pointe Senior Living, The Legacy of St. Michael, Cedar

Creek Senior Living and Urbana Place Senior Living.

Seminar sponsors for the event are North Suburban Eye Specialists, Humana and Edina Realty-Kathy Tadych. Silver sponsors are Elk River Senior Living and North Central Insurance Agency. The Homestead at Anoka is this year’s bag sponsor and Guardian Angels is sponsoring the free coffee and cookies.

The Our Life NW Metro Expo host venue, Green Haven Golf Course, is located at 2800 Green Haven Rd, Anoka. Golf cart shuttles will be available from the parking lot to the door.

For more information go to [www.ourlifennwmetro.com](http://www.ourlifennwmetro.com).

Editor’s note: Adams Publishing Group/ECM Publishers, Inc. produces the Our Life NW Metro Expo.

Win cool stuff!

You will receive a registration card when you enter the expo. Fill the entry blank out and enter to win some of the many fabulous prizes below. Some of these prizes will also be given away at the vendor booths so be sure to play a game or register at each booth too. Need not be present to win.

ACTIVITIES, FREEBIES & RANDOM DRAWINGS

Tealwood Senior Living .....	Stadium blanket for the first 500 attendees!
Allina Health Aetna .....	Plinko/\$50 Gift Card
Armor Construction .....	Texas Roadhouse Gift Card
Bluestone Physician Services .....	\$50 Target Gift Card
Crest View Senior Communities .....	2 Crestview Experiences-Overnight Stay in a Guest Suite
Elk River Senior Living.....	Spaghetti Dinner Basket
Guardian Angels .....	Gift Basket
Guardian Angels Elim Home Care & Hospice.....	GA Elim Home Care and Hospice lunch bag with gadgets included
Healthy for Life Meals .....	One week of meals
HealthPartners.....	Bean Bag Toss
Home Service Hearing Aid .....	Prize Wheel
Humana.....	Gift Basket
Mary Kay-Sheryl Carlson.....	Product Demos, samples-Mary Kay Product Gift Basket
Mary T. Inc. ....	Crooners Gift Card
Minneapolis Vascular Physicians/Minneapolis Vein Center.....	Free Screenings/Leg veins for varicose veins/spider veins, Leg arteries for PAD (peripheral artery disease)
Miracle-Ear.....	Hearing screenings and hearing health discussions/Free Giveaways
Monarch Healthcare Services .....	The Mad Hatter Restaurant & Tea Room Gift Card
North Suburban Eye Specialists .....	Glasses Cleaning/ Eyeball Stress Ball Giveaways
Physical Therapy Consultants.....	Plinko/Prize Wheel! 60 Minute Massage Certificate
Seniors Blue Book .....	Gift Basket
Stoney River Senior Living .....	Wine Basket
The American Club .....	Sparky’s Café Gift Card
The Goodman Group.....	Gift Card
The Homestead at Anoka.....	Spin Wheel
The Legends of Blaine.....	Giveaway
UCare .....	Prize Wheel
Washburn-McCreavy Chapels .....	Gift Card



# Experience, expertise and care sets Tealwood apart

At Tealwood Senior Living, we provide the Lifestyle older adults want, and the care they need, when they need it! In the over 30 years of experience caring for seniors, we understand the importance of expertise and depth in knowledge. We strive to create warm and friendly communities to start your new chapter in life. We believe everyone's journey matters, and while we share likenesses, providing for your individual tastes and needs are center in what we do.



**Tealwood**  
SENIOR LIVING

*...because the journey matters*

Tealwood provides senior living services in the Midwest which include: **Independent, Assisted Living, Memory Care, Long Term Care, Short Stay Rehabilitation, and Outpatient Therapy.**

Our research based programs are the foundation of the person centered lifestyle and healthcare we deliver. Inspire Wellness is our 7 Dimensions wellness initiative coupled with ACTIVLife Solutions, will get you engaged

in things you've always wanted to do but never had the time. We look for individual activities that you like best, while broadening your experiences with new adventures to keep life fun!

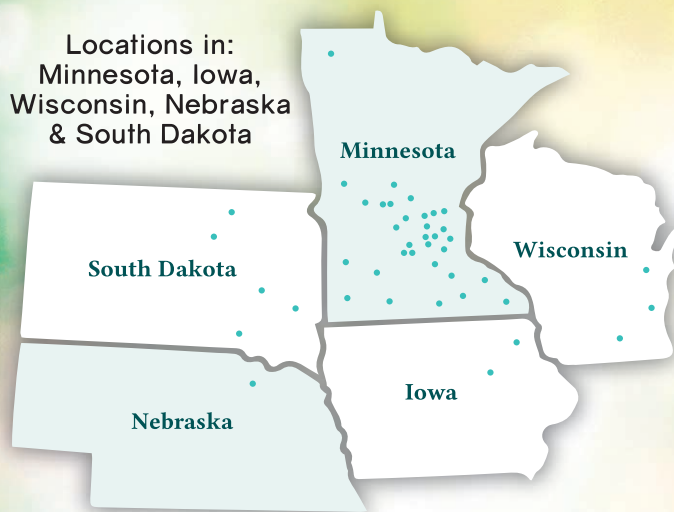
Memory Care is a skill. It requires the programs and training to give residents, families the best experience possible. Enriching Connections provides the roadmap for our memory care services. Dementia certified staff training, 8am to 8pm experience calendar, and Inspire Wellness

7 dimension approach, give our resident's meaningful encounters everyday.

We've added new communities to serve the Midwest in the premier senior lifestyle options. The most recent community to open is Urbana Place Senior Living in Brooklyn Park, MN. Whitefish at the Lakes in Crosslake, MN, and Kettle Park Senior Living in Stoughton, WI are soon to come online.

Live your best life now, with us!

Locations in:  
Minnesota, Iowa,  
Wisconsin, Nebraska  
& South Dakota



For more information and a full listing of our communities visit:

[www.twsl.com](http://www.twsl.com)

Or call **800.783.7390** today!



**Tealwood**  
SENIOR LIVING

*...because the journey matters*

7400 W 109th St • Bloomington, MN 55438





# The art of living. The art of life.

*Dynamic senior communities to cover all your needs...because the journey matters!*

Locations in:  
Minnesota, Iowa,  
Wisconsin, Nebraska  
& South Dakota



For more information and a full listing  
of our communities visit:

[www.twsl.com](http://www.twsl.com)

Or call **800.783.7390** today!



**Tealwood**  
SENIOR LIVING

*...because the journey matters*

7400 W 109th St • Bloomington, MN 55438



**Independent Living • Assisted Living • Memory Care  
Care Suites • Short Stay Rehabilitation • Long Term Care • Outpatient Therapy**





ARE YOU TURNING 65 OR NEW TO MEDICARE?



# Turn to an agent.

**Take the guesswork out of Medicare. Get face-to-face answers from your local, licensed sales agent.**

It's easy. Just make a list of the benefits you want, and your licensed sales agent will help you find the Humana Medicare Advantage plan that fits you best. Many of these Humana plans have extra benefits you might not even know about.

**Turn to a local, licensed sales agent for helpful Medicare advice.**

- Makes house calls
- Answers your questions
- Helps you compare plans
- May help make switching plans easier



**Taja Berg**

**320-496-3975 (TTY: 711)**

Monday – Friday, 8 a.m. – 5 p.m.  
humana.com/tberg

# Humana®

Humana is a Medicare Advantage HMO, PPO and PFFS organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. For accommodations of persons with special needs at meetings call 1-800-457-4708 (TTY: 711), 8 a.m. – 8 p.m., seven days a week. Applicable to H5216-063. **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711).

**Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):**

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-320-1235** (TTY: 711)



# Downsizing? What you need to know before selling your home.

Kathy Tadych (Dorso) is a skilled and experienced home seller with Edina Realty and knows that downsizing can be a great option for seniors. But it can also be very daunting with all the details that are involved.

Moving on from a family home can take an emotional toll on folks and Kathy is committed to helping seniors and/or their families plan ahead to make the transition easier. With more than 26 years of sales and marketing experience, Tadych's passion of working with seniors is personal as her mother had dementia and Kathy spent many years helping her. Empathy for families that find themselves in difficult circumstances as they or their parents age is shown in her quest to make the process as painless as possible.

Seniors and their care-taker children have many more options today than even 10 years ago.

There are senior living facilities, co-ops, single level homes, and condos that support the unique circumstances that each family encounters.

Getting to know her clients on a personal level allows Kathy to serve as an advisor to find the best solution for those wanting to move out of their larger homes to more sizeable alternatives. Tadych has sold more than 600 homes in her 18 years of experience as a realtor and can offer advice to homeowners regarding simple things that will make their home more saleable. Things like:

Enhancing the curb appeal – even painting the front door or the mailbox can help!

De-cluttering – potential buyers are buying your home – not your history.

Staging your home – maybe some new plants or simply rearranging the furniture can make a

room seem bigger and more inviting.

The goal is to get the most out of your home to give you more alternatives when choosing where and what your next home will be.

Kathy Tadych (Dorso) is a graduate of Metropolitan State University and prior to obtaining her real estate license with Edina Realty, worked at Liberty Mutual and Target Stores headquarters.

Join Kathy Tadych's seminar at the Our Life NW Expo for answers to many of the questions you may have regarding downsizing or working on behalf of your parents to sell their home. There are many things to think about and plan and Kathy can help you start and work through the process.

*This content was produced in association with our advertisers.*

## Stop by the Edina Realty booth at the Our Life Expo and learn how to unlock the potential of your home!



- Home Pricing Expert
- Skilled Negotiator
- Networking Powerhouse

Kathy Tadych is a Senior Real Estate Expert with Edina Realty and has more than 18 years of experience and more than 600 homes sold.

**Kathy Tadych**

phone: 612-840-7063

email: [kathytadych@edinarealty.com](mailto:kathytadych@edinarealty.com)

[www.kathytadych.com](http://www.kathytadych.com)



**Edina Realty**

**KATHY TADYCH**  
Senior Real Estate Specialist



## North Suburban Eye Specialists

A Division of **Twin Cities Eye Consultants**

### Scott Peterson, DO

Dr. Peterson is a board certified medical retina specialist committed to providing the best eye care to his patients. Dr. Peterson offers the latest in intravitreal injections and lasers to treat many retinal conditions, including:

- Macular degeneration
- Diabetic retinopathy
- Macular edema
- Floaters
- Retinal breaks and tears

Following completion of his ophthalmology residency with Michigan State University, Dr. Peterson completed further fellowship specialty training in medical retina with the Harvard Medical School and the Joslin Diabetes Center in Boston, Massachusetts.



Dr. Peterson will be hosting a seminar on Age Related Macular Degeneration - Who is at Risk and What does it mean for me? Join him for an informational session on this and other important topics about your vision.

While at the Expo, stop by our booth for more information about North Suburban Eye Specialists.

North Suburban Eye Specialists serves the north metro with offices in Blaine, Coon Rapids, and White Bear Lake.

Phone: 763-421-7420  
www.nseyespecialists.com

# Eye specialists offer leading tech, patient focus



## North Suburban Eye Specialists

A Division of **Twin Cities Eye Consultants**

North Suburban Eye Specialists was formed in 1976. For many years North Suburban Eye has provided general ophthalmology care to the northern Minneapolis suburbs. What began in a small, three-room office by Mercy Hospital grew over time.

North Suburban Eye Specialists is so much more than an eyeglasses shop. From state of the art LASIK and cataract surgery to compassionate retina care, our doctors are able to diagnose and treat all manner of eye related problems. Our eye physicians and surgeons can help you with everything from routine eye examinations to ongoing care for potentially blinding problems, and everything in between. Recently, we have added retina care to our practice, so now those with macular degeneration, diabetes, or other retina problems can receive the care they need with injections and lasers in-house to keep you and your family seeing as well as possible.

The practice is physician owned and has sought to build its reputation on exceptional patient care for the last 30 years. The organization believes great medical care depends not only on using the best technology but also on building strong patient relationships. At North Suburban Eye Specialists, we take the time to educate patients about their eye care and procedures. We look after our patients as if they were family members.

North Suburban Eye Specialists'

mission is to continue investing in the community and state-of-the-art technology to bring the highest quality care to patients.

The practice has a significant presence in the north metro. Its largest clinic is located in Coon Rapids, one block east of Mercy Hospital. In addition to the Coon Rapids office, a second state-of-the-art clinic has opened in Blaine, in the Blaine Medical Center Building off of Highway 65 and 117th. The practice's newest facility in White Bear Lake allows easy access to residents right off Highway 96 and I-35E.

North Suburban Eye Specialists has both board-certified ophthalmologists and optometrists on staff to provide specialized care for individual needs. Services include general optometry, comprehensive ophthalmology, LASIK, refractive surgery, Visian ICL (phakic IOL), advanced cataract surgery, cornea/ocular surface disorders care, corneal cross-linking for keratoconus, cataract surgery, clear lensectomy and glaucoma surgery. Subspecialists are available to treat retinal, oculoplastic and corneal diseases. The practice also offers treatments such as Botox and Juvederm.

North Suburban Eye Specialists prides itself on "the region's leading LASIK program," pointing out that no other center in the region offers the same technology.

This content was produced in association with our advertisers.

# For Agents at North Central Insurance Agency Customer Satisfaction Is Key

North Central Insurance Agency in Elk River has been helping people in the northwest metro area find the best and most affordable insurance options for nearly two decades.

NCIA offers both personal and commercial lines with options for health, life, home, auto, business and many other types of insurance coverage.

“Our agents have an average of almost 20 years of experience for each agent [at NCIA], and we’re very proud of that,” says Ben Bauman, who has been with NCIA since 1999 and has been the company’s president for the past 18 years.

“We work with many great companies to find the best package and price, giving great value for our customers’ insurance dollar,” says Christie Stang, who has been an agent at NCIA since 1999.

“I like to be able to help people see that value is a better measure of your insurance than price - showing someone that few extra dollars a year can double their coverage is often surprising to them.”

If you’re looking for better insurance coverage or just curious of how much agents at NCIA may be able to save you, call **763-241-7900** or visit **northcentralinsurance.com**.

North Central Insurance Agency is located at 16854 Highway 10 in Elk River.

“Give us a call to see if you can get better coverage with better companies at a better price,” Bauman says. “We do the shopping, you get the savings.”

*This content was produced in association with our advertisers.*

## Medicare health coverage for the whole you

Are you turning 65?

.....  
Call to learn more.

**Benjamin J Bauman**

**1-763-241-7900 (TTY: 711)**

9:00 a.m. - 5:00 p.m. CT, Mon. - Fri.

A licensed sales agent will answer your call.

**ben@northcentralinsurance.com**

**AllinaHealth** | **aetna**

Allina Health | Aetna Medicare is a PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.

©2018 Allina Health and Aetna Insurance Company  
Y0130\_4002\_13053\_M Accepted 09/2018\_L

7A.12.309.1 MN (9/18)





# Elk River Senior Living has flexible living options

Those seeking a senior community where they can remain as their needs change can find what they're looking for at Elk River Senior Living.

Residents have the option to move in independently and add services as they may need them down the line - no need to move to another apartment if they heed assisted living services in the future. Elk River Senior Living's Assisted Living Care Team is there to help with medication management, grooming, dressing, bathing and a variety of other daily activities.

Elk River Senior Living says its thoughtfully designed spaces help residents maintain their independence for as long as possible. Each unit features kitchens with full-size appliances, 9-foot ceilings, bathrooms with walk-in showers, storage and in-floor radiant heat. Most units include in-unit laundry and dishwashers, while many feature walk-in closets and balconies.

Amenities offered at Elk River Senior Living include underground heated parking, a restaurant-style dining room, a

community room and deck, a screened porch, a theater, a fitness room with classes led by a certified personal trainer, a craft room, a hobby shop, a bistro with daily snacks and beverages, a library, a club room and an on-site salon.

The Memory Care Neighborhood is designed to promote the well-being of its residents by providing an optimal balance of security, independence and empowerment for those living with the challenges of memory loss and dementia. The secure neighborhood features a variety of studio and one-bedroom apartments, a day room, a dining area and an enclosed outdoor patio area so residents can safely enjoy the outdoors.

More information is available at [ElkRiverSeniorLiving.com](http://ElkRiverSeniorLiving.com).

This content was produced in association with our advertisers.



## ELK RIVER SENIOR LIVING

We offer high quality, comfortable homes to meet residents' current and future needs.

Our beautiful Independent Living, Assisted Living, and Memory Care community is located near premier retail and eateries.

At Elk River Senior Living, we want you to feel right at home - **because that's exactly where you are.**

**763.276.7076**  
Call us today to schedule your tour!

11124 183<sup>rd</sup> Circle NW, Elk River  
[ElkRiverSeniorLiving.com](http://ElkRiverSeniorLiving.com)





Green Haven Parking Lot

Wednesday,  
September 25  
Noon-4:00 p.m.  
**GREEN HAVEN  
GOLF COURSE**

**OUR LIFE  
VENDOR**

**SEMINAR ROOM**

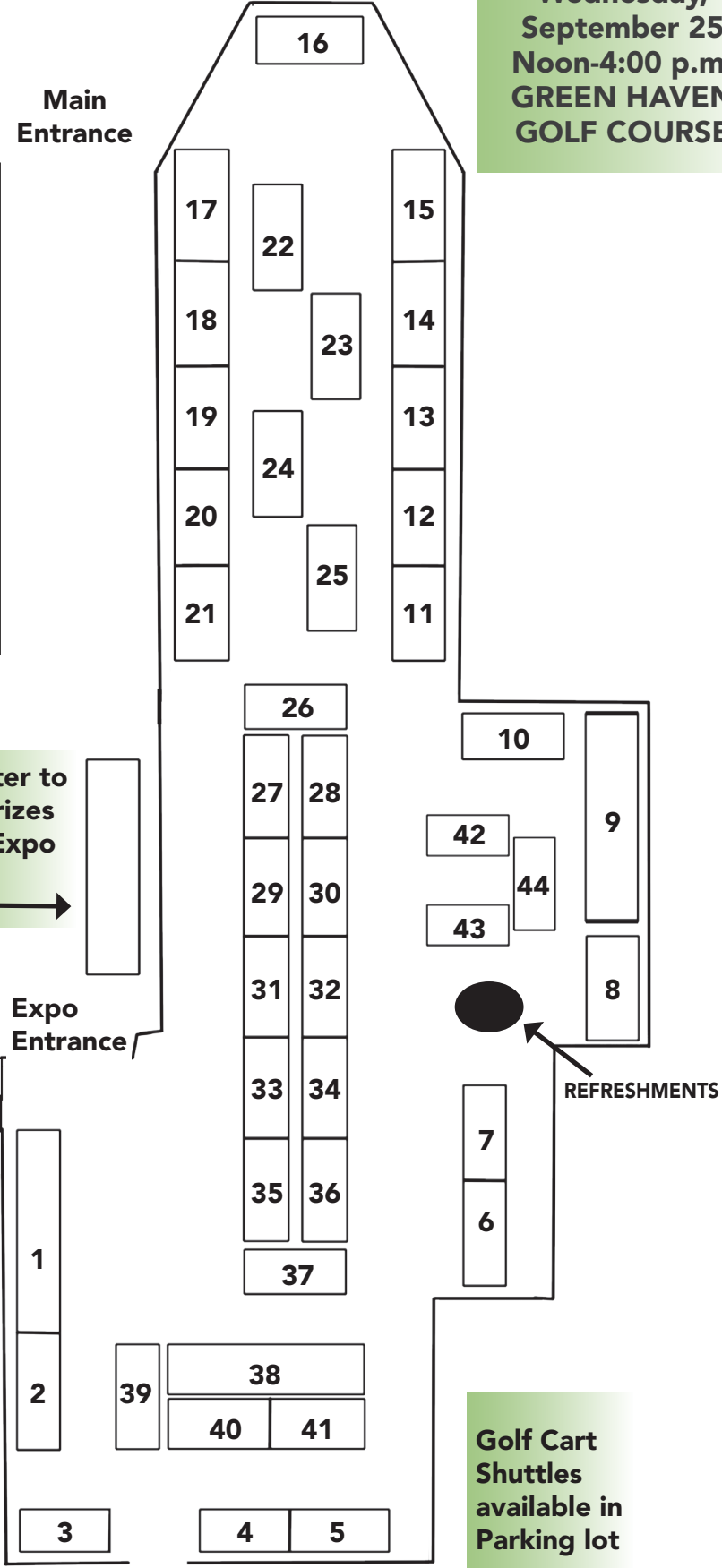
FREE COOKIES & COFFEE

Register to win prizes  
Free Expo  
Bags

Expo  
Entrance

**TAVERN AT  
GREEN HAVEN**

**RESTROOMS**



- Booth #
- 28 Allina Health Aetna
  - 22 Armor Construction
  - 37 Beltone
  - 14 Bluestone Physician Services
  - 30 BridgeWater at Hanover
  - 17 CapTel
  - 20 Cremation Society
  - 16 Crest View Senior Communities
  - 40 Edina Realty-Kathy Tadych
  - 12 Field Law, P.A.
  - 41 Elk River Senior Living
  - 21 Greenhaven Marketing
  - 7 Guardian Angels
  - 43 Guardian Angels Elim Home Care & Hospice
  - 39 Healthy for Life Meals
  - 33 HealthPartners
  - 29 Home Service Hearing Aid, Inc.
  - 38 Humana
  - 15 Insurance Brokers of Minnesota
  - 32 Mary T. Inc.
  - 35 Mary Kay Cosmetics-Sheryl Carlson

- 18 MI
- 10 MI
- MI
- 27 MI
- 5 NO
- 23 PA
- 2 PH
- 6 PU
- 4 NO
- 44 RE
- 26 SE
- 42 ST
- 1 TE
- 9 TH
- 31 TH
- 13 TH
- 19 TH
- 36 TH
- 8 UC
- 11 WA
- 34 WA



E NW  
R LIST

miracle-Ear  
Minneapolis Vascular Physicians/  
Minneapolis Vein Center  
Monarch Healthcare Management  
North Central Insurance Agency  
Park Dental  
Physical Therapy Consultants  
Pillman Place  
North Suburban Eye Specialists  
Renewal by Andersen  
Seniors Blue Book  
Shoney River Senior Living  
Tealwood Senior Living  
The American Club  
The Goodman Group  
The Homestead at Anoka  
The Homestead at Coon Rapids  
The Legends of Blaine  
Care  
Walker Plaza Senior Living  
Washburn-McReavy Chapels

# Green Haven Golf Course

2800 Greenhaven Rd, Anoka, MN



## GREEN HAVEN GOLF COURSE

### Directions

~From the South: Take Highway 169 north to Main Street and take a left. After you drive under Highway 10, Main Street will dead end in our parking lot.

~From the East: Take Highway 10 West to Main Street / Greenhaven exit. Turn right. This will dead end in our parking lot.

~From the West: Take Highway 10 East to Main Street / Greenhaven exit. Turn left. This will dead end in our parking lot.

Presented to you by:



Brought to you by:



# Discover the Guardian Angels Advantage!

Caring for seniors for 53+ years! Faith-based and nonprofit with priority access to Guardian Angels services.

Guardian Angels Senior Services is a faith-based, nonprofit organization which provides innovative health, housing and supportive services for seniors and their families in the northwest metropolitan area. Guardian Angels is based in Elk River, MN and provides housing and services to seniors in Albertville, Becker, Elk River, Otsego and Zimmerman. Guardian Angels serves over 3,000 seniors annually through long-term care, transitional care, assisted living, memory care, independent senior housing, adult day, home care and hospice and wellness center. The mission of Guardian Angels is to provide exceptional healthcare, housing and supportive services to seniors and their families in the spirit of Christ's love.

Our newest location, Riverview Landing in Otsego, offers independent, assisted, memory care and adult day services. In addition, this beautiful new location located on the Mississippi River offers a state-of-the-art wellness center which includes cardio and strength training equipment along with a pickleball court and warm water therapy pool. Our Club GA wellness center is open to the public.

Come tour Guardian Angels – a welcoming home for everyone! For more information call **763-241-4438** or visit us online at **[www.guardianangesmn.org](http://www.guardianangesmn.org)**.

This content was produced in association with our advertisers.

## Discover the GA Advantage!

**Now Open  
in Otsego!**





**Guardian  
Angels**  
SENIOR SERVICES

**Caring for seniors for 53+ years!**  
**Faith-based and nonprofit with priority  
access to Guardian Angels services.**

**Guardian Angels Senior Services:**

- Senior Housing
- Assisted Living & Memory Care
- Long/Short Term Care
- Adult Day Services
- Home Care & Hospice
- Wellness Center

Albertville | Becker | Elk River | Otsego | Zimmerman

**CALL TODAY FOR A TOUR!**  
**763-241-4438 / [guardianangesmn.org](http://guardianangesmn.org)**





# The Homestead at Anoka is owned and managed by Volunteers of America

A national, non-profit faith based organization touching the lives of more than 2 million people each year. We're a vibrant community of distinctive living and care choices – a welcoming place you'll be happy to call home.

Our delightfully spacious, well-appointed apartment homes invite you to enjoy privacy, security and lovely surroundings, rich with amenities. Add the reassurance of in-home personal care delivered by staff specially trained in caring for older adults.

We're dedicated to helping you live each day as you choose. With independent living options, and care choices that include assisted living, memory support, long-term care and short-term rehabilitation, we meet your distinct needs today

and in the future – nurturing your health and independence. The Homestead at Anoka offers the perfect blend of classical charm and contemporary senior living with our family atmosphere, proven expertise, and abundance of community resources. We collaborate with you and your physician to design individualized plans for your health care, and are devoted to helping you enjoy your favorite activities daily.

Compassion, empathy and personal attention are at the core of how we help Homestead residents feel cherished, and at home. We respect the human spirit, and believe the right to dignity doesn't diminish with age.

*This content was produced in association with our advertisers.*



Independent Living | Assisted Living | Memory Support  
Short-term Rehabilitation | Long-term Care



**PREMIER  
HOSPITALITY  
MEETS  
WORLD-CLASS  
HEALTH CARE**

**THE HOMESTEAD AT ANOKA**

A SENIOR LIVING AND CARE COMMUNITY



**Call Today! (763) 528-6500**

[homesteadatanoka.org](http://homesteadatanoka.org)

3000 4th Ave Anoka Mn 55303





THE  
**AMERICAN**  
CLUB

---

ANOKA | MN

**Reserving Now!**

“Cooperative Living  
Exclusively  
for Club Members 62+”

**763-225-1000**

 [TheAmericanClub.com](http://TheAmericanClub.com)

**1, 2 & 3 BEDROOMS OPENING SUMMER 2020**  
Active Senior Living starting in the low \$1,000's



Join our INSIDER LIST: **LegendsOfBlaine.com**  
for the opportunity to apply before the general public!


 **THE LEGENDS**  
of Blaine  
SENIOR LIVING

**10826 Austin St NE | Blaine, MN 55449 | 763-401-4328**  
[Legends.Blaine@dominiuminc.com](mailto:Legends.Blaine@dominiuminc.com) | \*Restrictions & income limits apply.

**Medicare Plans  
that fit your needs  
and your budget.**

Talk with a de-complicator today.

612-676-3500  
TTY 612-676-6810  
8 am – 8 pm, daily

 **ucare**<sup>SM</sup>  
[ucare.org/medicare](http://ucare.org/medicare)

**HOME SERVICE HEARING AID INC.**

- All Major Brands
- Siemens, Starkey, Phonak, Unitron, Oticon, GN Resound, Widex
- We Offer In-Home Services & Supplies, New, Repair, and Batteries

Certified Hearing Professional  
**Shai Stadfelt**

Call for an appointment  
**763-441-1278**  
[www.homeservicehearingaid.com](http://www.homeservicehearingaid.com)



**Pullman Place**  
*A 55+ Cooperative Community*



**17155 Quincy St NW  
Elk River, MN 55330**

**Call for a tour!**  
**763.633.0999**  
**Monday-Friday 9am-3pm**

**[www.pullmanplace.org](http://www.pullmanplace.org)**  
**It's not real estate, it's a lifestyle!**



**walker**  
methodist  
**Plaza**



**Have You Seen Us Lately?**

CityView Senior Apartments  
are refreshed, remodeled, &  
ready for YOU!

Call Jen to schedule a tour  
(763) 453-7008  
[JFoehse@WalkerMethodist.org](mailto:JFoehse@WalkerMethodist.org)

 **131 Monroe Street  
Downtown Anoka  
[WalkerMethodist.org](http://WalkerMethodist.org)**







**INSURANCEBROKERS**  
OF MINNESOTA, INC.

3553 ROUND LAKE BLVD.  
ANOKA, MN 55303  
**763-323-3000**  
CALL ANYTIME BETWEEN 8AM - 5PM



Aric, Gary and Aaron • The Sorensons

**One Call - Shops Them All**

Visit our website: [www.insurancebrokersmn.com](http://www.insurancebrokersmn.com)

**FIELDLAW**  
Field Law, P.A.

Over 28 Years' Experience in:  
Wills • Trusts • Probate

**WealthCounsel**  
Practice Excellence™

MEMBER

Meeting Locations in Anoka, Cambridge, Elk River, Maple Grove and Roseville

**763-427-9066 • [www.jfieldlaw.com](http://www.jfieldlaw.com)**




Joseph A. Field  
Attorney

Free  
Consultation

**If you have experienced any of the following, you may have a hearing loss:**

- Asking others to repeat
- Increasing the TV volume
- Difficulty hearing in background noise

Visit our booth at the OurLife Expo September 25 to see how Beltone can help improve the quality of your life



**Beltone**  
*Helping the world hear better*

Beltone Services Offered:

- **FREE** Hearing Evaluations
- **FREE** Demonstrations
- **FREE** Hearing Aids Trial
- **FREE** Service on all brands

**Beltone Locations Near You: 1-800-334-3795**

Coon Rapids   Plymouth   Bloomington   Burnsville   Roseville   White Bear Lake

**STOP BY OUR BOOTH FOR A FREE WINDOW GIVEAWAY!**


**Renewal by Andersen**

**WINDOW REPLACEMENT** an Andersen Company

1920 W County Road C, Roseville, MN 55113  
**651.264.4753**

MN-BC 130983/WI-266951





**Park Dental**

Convenient Twin Cities locations.  
Preferred provider for most insurance companies.

**No dental insurance?** Ask about Park Dental's Care Packages savings plan.

**Call 855-215-2173 or go online to request an appointment.**

[parkdental.com](http://parkdental.com)

From cleanings to cosmetics.



**Living well starts here.**

**THE HOMESTEAD AT COON RAPIDS**

**Assisted Living and Memory Support**

**Call today to schedule a personal visit!**  
**763-233-5100**

11372 Robinson Drive NW  
Coon Rapids MN 55433   
[www.homesteadatcoonrapids.org](http://www.homesteadatcoonrapids.org)

**RESERVE YOUR SUITE**

**PRIVATE SUITE AVAILABLE**



**BRIDGEWATER**  
AT HANOVER



Skilled Nursing Care   Assisted Living Care   Memory Care

763-463-0708   [BridgeWaterMN.net](http://BridgeWaterMN.net)   10875 Settlers Lane N., Hanover, MN



**Greenhaven**  
Marketing Corporation

Helping You Choose The Products That Fit Your Needs

Long Term Care • Term Life & Universal Life • Final Expense  
Medical Insurance • Dental Insurance • Medicare Supplements

[www.GreenhavenMarketing.com](http://www.GreenhavenMarketing.com)




**Bluestone**  
Physician Services  
EXPERT CARE.  
MORE CONVENIENCE.



**A UNIQUE MODEL OF CARE FOR PATIENTS IN SENIOR LIVING COMMUNITIES**

- Dedicated physicians and nurse practitioners
- Regularly scheduled in-home visits
- Close collaboration with patients, families and community staff
- Better primary care for chronic conditions

**BluestoneMD.com • 651.342.1039**



**Unsightly Varicose Veins or Leg Pain got you down?**

**Stop by Our Booth for a Free Leg Vein & Artery Screening**

Minneapolis Vascular Physicians are the Twin Cities premier vascular specialists that treat a wide-variety of vascular disease, including varicose veins and leg artery blockages.

**Call us today! 763-398-8710**  
**mplsvascular.com // mplsvein.com**

MINNEAPOLIS VASCULAR PHYSICIANS Experts in vascular care. MINNEAPOLIS VEIN CENTER

Locally Owned Company Specializing in  
**ROOFING • SIDING • WINDOWS**  
**GUTTERS • HAIL DAMAGE**  
**REMODELING • STORM DAMAGE**  
Residential • Commercial

**A+ BBB FREE INSPECTIONS**

6740 Highway 10 Suite 200, Ramsey, MN  
**763.862.7299**  
MN Lic. #BC633611

Voted **BEST Roofing**  
**BEST Siding Company**  
**BEST Remodeling**

**LIFE 2019**  
**READERS' CHOICE Award**

**HAIL DAMAGE?**



**ARMOR CONSTRUCTION INC.**  
**www.ArmorConstructionPro.com**

**MAIN MOTOR**



**ANOKA CHEVROLET**

**(763) 421-2700** | **Service & Parts**  
435 W. Main Street, Anoka | Mon-Thu 7:00AM - 9:00 PM  
Fri 7:00AM - 6:00 PM • Sat 8:00AM - 3:00 PM

**mainmotor.com**

Guardian Angels † Elim  
**HOME CARE & HOSPICE**  
CARING HEARTS ♥ CARING HANDS

*Now offering  
in home care  
to the metro area!*

**In Home Care • Hospice**  
403 Main Street, Elk River, MN 55330  
Phone: 763-241-0654 • Fax: 763-241-0274  
**www.gaehomecarehospice.org**



**HEALTHYFORLIFE**  
*meals*

**www.HealthyForLifeMeals.com**  
**763-746-8800**  
**See us at the Expo!**

**maryt inc.** Senior Living Continuum of Care

Family owned & serving the community since 1976

- Margaret Place Senior Apartments
- Home Health & Hospice Care
- Skilled Nursing, Transitional Care, Rehabilitation & Camilia Club Adult Day Program
- Assisted Living with Memory Care



**Senior Living**  
(763) 862-5432


**Camilia Rose Care Center**  
(763) 755-8400



**www.marytinc.com • www.camiliarose.com**

Member Leading Age MN

**Cremation Society of Minnesota**  
*The New Tradition*



**Duluth Chapel**  
4100 Grand Ave  
Duluth, MN 55807  
218-624-5200

**Minneapolis Chapel**  
4343 Nicollet Ave S  
Minneapolis, MN 55409  
612-825-2435

**Edina Chapel**  
7110 France Ave S  
Edina, MN 55435  
952-924-4100

**St. Paul Chapel**  
1979 Old Hudson Rd  
St. Paul, MN 55119  
651-789-0404

**Brooklyn Park Chapel**  
7835 Brooklyn Blvd  
Brooklyn Park, MN 55445  
763-560-3100

**www.cremationsocietyofmn.com**





**THE ESTATES**  
AT TWIN RIVERS

**The Estates at Twin Rivers** is a skilled nursing facility dedicated to providing compassionate care in our therapeutic, homelike environment. Rehabilitation services are key for anyone wanting to recover from a stroke, accident or major surgery.

305 Fremont St. | Anoka, MN 55303 | 763-421-5660



**THE ESTATES**  
AT FRIDLEY

**The Estates at Fridley** are dedicated to providing compassionate, individualized care in an environment that maximizes freedom of choice. We are a skilled nursing facility located less than four miles from Unity Hospital and just minutes from the beautiful Mississippi River.

5700 E.River RD. | Fridley, MN 55432 | 763-571-3150





**Can't Hear on the Phone?**

Enjoy phone conversations confident you'll catch every word! Read closed captions of everything your caller says.

**Alexandra Cooper**  
alexandra.cooper@oeius.org

oeius.org/profile/alexandracooper  
612-300-1565

CapTel® 2400i

**CapTel®**  
Captioned Telephone  
CapTel.com



**Resources For Aging Well**  
**We love our Seniors Blue Book!**

It's filled with great articles and resources.  
We can also read it online at [SeniorsBlueBook.com](http://SeniorsBlueBook.com).

 **SENIORS BlueBook**  
RESOURCES FOR AGING WELL  
[www.SeniorsBlueBook.com](http://www.SeniorsBlueBook.com)



Facebook.com/SeniorsBlueBookTC or  
Call Janell Beck, Publisher @ 952-476-2841  
Email: [Janell@SeniorsBlueBook.com](mailto:Janell@SeniorsBlueBook.com)

Pick up your copy at your local Lunds & Byerlys stores,  
Cub Food stores, YMCA's, Senior Centers or Library.



**Visit Our Booth!**

**Benita Jackson**  
**Medicare Sales Executive**  
**(763) 412-0358**

**Allina Health** | **aetna**

**Washburn-McReavy**  
17 locations to serve you

With over 160 years of service, you can trust the McReavy family for funeral, cremation and pre-planning services.

**Pre-planning...**

- Know your options
- Relieve your family of difficult decisions
- Express your own wishes
- Avoid emotional over-spending
- Learn how to protect your money

**Funeral & Cremation Services**  
**Pre-Arrangement Center**  
[www.washburn-mcreavy](http://www.washburn-mcreavy)  
**612-377-7841**



**Protect yourself and your family by being prepared**

**Pool Therapy Provider**

 **RAMSEY Physical Therapy**  
7876 Sunwood Dr. NW, Ramsey, MN 55303

OPEN 7:00am to 7:00pm  
**763.283.5977**  
[www.physicaltherapyptc.com](http://www.physicaltherapyptc.com)




**Simply**  
a better place  
to call **HOME!**

 **STONEY RIVER**  
ASSISTED LIVING • MEMORY CARE

612-615-9936 | Ramsey, MN | [StoneyRiverRamsey.com](http://StoneyRiverRamsey.com)

**Our VIVA! Lifestyle**  
inspires joy,  
meaning  
and purpose!



 **Miracle-Ear®**  
**miracle-ear.com**

# Win cool stuff!

***You will receive a registration card when you enter the expo. Fill the entry blank out and enter to win some of the many fabulous prizes below. Some of these prizes will also be given away at the vendor booths so be sure to play a game or register at each booth too.***

***Need not be present to win.***

## **ACTIVITIES, FREEBIES & RANDOM DRAWINGS**

<b><i>Tealwood Senior Living</i></b> .....	Stadium blanket for the first 500 attendees!
<b><i>Allina Health Aetna</i></b> .....	Plinko/\$50 Gift Card
<b><i>Armor Construction</i></b> .....	Texas Roadhouse Gift Card
<b><i>Bluestone Physician Services</i></b> .....	\$50 Target Gift Card
<b><i>Crest View Senior Communities</i></b> .....	2 Crestview Experiences-Overnight Stay in a Guest Suite
<b><i>Elk River Senior Living</i></b> .....	Spaghetti Dinner Basket
<b><i>Guardian Angels</i></b> .....	Gift Basket
<b><i>Guardian Angels Elim Home Care &amp; Hospice</i></b> .....	GA Elim Home Care and Hospice lunch bag with gadgets included
<b><i>Healthy for Life Meals</i></b> .....	One week of meals
<b><i>HealthPartners</i></b> .....	Bean Bag Toss
<b><i>Home Service Hearing Aid</i></b> .....	Prize Wheel
<b><i>Humana</i></b> .....	Gift Basket
<b><i>Mary Kay-Sheryl Carlson</i></b> .....	Product Demos, samples-Mary Kay Product Gift Basket
<b><i>Mary T. Inc.</i></b> .....	Crooners Gift Card
<b><i>Minneapolis Vascular Physicians/Minneapolis Vein Center</i></b> .....	Free Screenings/Leg veins for varicose veins/spider veins, Leg arteries for PAD (peripheral artery disease)
<b><i>Miracle-Ear</i></b> .....	Hearing screenings and hearing health discussions/Free Giveaways
<b><i>Monarch Healthcare Services</i></b> .....	The Mad Hatter Restaurant & Tea Room Gift Card
<b><i>North Suburban Eye Specialists</i></b> .....	Glasses Cleaning/ Eyeball Stress Ball Giveaways
<b><i>Physical Therapy Consultants</i></b> .....	Plinko/Prize Wheel! 60 Minute Massage Certificate
<b><i>Seniors Blue Book</i></b> .....	Gift Basket
<b><i>Stoney River Senior Living</i></b> .....	Wine Basket
<b><i>The American Club</i></b> .....	Sparky's Café Gift Card
<b><i>The Goodman Group</i></b> .....	Gift Card
<b><i>The Homestead at Anoka</i></b> .....	Spin Wheel
<b><i>The Legends of Blaine</i></b> .....	Giveaway
<b><i>UCare</i></b> .....	Prize Wheel
<b><i>Washburn-McReavy Chapels</i></b> .....	Gift Card



# our life

nw metro 2019



## SIGN UP TODAY!

Only \$45 (52 issues) + 4 weeks Free

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I will be paying by:

\_\_\_ VISA \_\_\_ MC \_\_\_ AMEX \_\_\_ Discover

credit card number:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Exp Date: \_\_\_ / \_\_\_ / \_\_\_ Sec Code: \_\_\_ / \_\_\_ / \_\_\_

I have enclosed a check

Anoka County  
**UNION**

For new subscribers only.  
Expires September 30, 2019.

Mail to:  
ECM Subscriber Services  
4095 Coon Rapids Blvd.  
Coon Rapids, MN 55433  
**763.712.3544**



## CELEBRATING 67 YEARS OF NONPROFIT, FAITH-BASED SERVICES

**Expo Drawing** – Enter to win a Crest View experience,  
including an overnight in our guest suite.

One night per campus given away. No purchase necessary. Do not need to be present to win. Must meet Crest View age requirements to enter.



**Crest View**

[CrestViewCares.org](http://CrestViewCares.org)

**Blaine Campus** – ph. 763-762-8430

Independent, Assisted Living, Memory Care, Care Suites

**Columbia Heights Campus** – ph. 763-782-1601

Full Continuum of Care from Independent to Skilled Nursing



### Sheryl Carlson

Independent Beauty Consultant  
Forest Lake, MN 55025

**ADVANCED Color Consultant**

**651-485-6832**

[carlson.sheryl@yahoo.com](mailto:carlson.sheryl@yahoo.com)

[www.marykay.com/scarlsonfl](http://www.marykay.com/scarlsonfl)

Enriching Women's Lives™

Join us at the OurLife  
NW Metro Expo!

**September 25<sup>th</sup>**  
**12:00 - 4:00 p.m.**

**GREEN HAVEN  
GOLF COURSE**

2800 Greenhaven Road  
Anoka, MN 55303



**CHANDLER  
PLACE**

Senior Living



**AUTUMN  
GLEN**

Senior Living

Minneapolis, MN  
612-788-7321

[chandlerplacesenior.com](http://chandlerplacesenior.com)

Coon Rapids, MN  
763-772-4492

[autumnglenseniiorliving.com](http://autumnglenseniiorliving.com)

MANAGED BY The Goodman Group



**Questions about medicare?**  
**STOP BY OUR BOOTH AT THE EXPO!**

Our experts are here  
to help. Learn more at

**[healthpartners.com/medicare](http://healthpartners.com/medicare).**






**HealthPartners®**

HealthPartners is a PPO plan with a Medicare contract. Enrollment in HealthPartners depends on contract renewal. HealthPartners Medicare Supplement plans are underwritten by HealthPartners, Inc.  
H4882\_113487\_C IR 08/2018  
Supp\_113487 IR 08/2018

learn something new!  
**seminar schedule**

**Brought to you by:**



SEMINAR HOST	20 MINUTE SEMINARS	SEMINAR DESCRIPTION
 A Division of Twin Cities Eye Consultants	<i>Age-related macular degeneration - Who is at risk and what does it mean for me?</i> <b>12:30 pm</b>	Hosted by: Scott Peterson, DO, North Suburban Eye Specialist Dr. Peterson treats many retinal conditions, including: <ul style="list-style-type: none"><li>• Diabetic Retinopathy</li><li>• Macular Degeneration</li><li>• Macular Edema</li><li>• Floaters</li><li>• Retinal breaks and tears</li></ul>
	<i>Medicare</i> <b>1:00 pm</b>	Take the guesswork out of Medicare. Get face-to-face answers from your local agent, Taja Berg.
	<i>The Advantages of Integrative Therapy - It's so much more than a massage!</i> <b>1:30 pm</b>	Hosted by: Tealwood Senior Living - Monica Hunter Learn the benefits of Integrative Therapies in your quest for overall wellness. Preventative and healing therapies that compliment your lifestyle!
 <b>KATHY TADYCH</b> Senior Real Estate Specialist	<i>Downsizing</i> <b>2:00 pm</b>	What you need to know before you sell your home Hosted by: Kathy Tadych (Dorso) – Senior Real Estate Expert with Edina Realty

**FREE COOKIES & COFFEE DURING SEMINARS**