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## Kristy Bredeson • Director of Activities



I have a background in Occupational therapy and working in adult daycare. I was always drawn to the idea of working with the elderly, and I wanted to do it in a meaningful way.

Now, after 14 years at Heritage, I still thoroughly enjoy my work for the day-to-day diversity of building relationships with the residents, finding events that suit their needs, the challenge of encouraging a reluctant resident to attend an event and watching the sparkle in their eyes as they enjoy it.

The residents at Heritage of Edina can experience hundreds of activities each month. We have a rich mixture of events that brings something of interest to everyone.

My staff really goes out of their way to make certain everyone is involved. They make reminder phone calls prior to events, and, if needed, can provide escorts to the events to insure some residents make it safely.

We spend time developing and designing programs according to the needs and abilities of the residents, the strengths and talents of each Activity staff member, as well as forming a well-orchestrated Activities team. I get to work with the residents directly as well. My job has the variety and hands-on work I love.

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