

April 2022 Newsletter

No. 1

**Hello & Welcome
to our first
Newsletter Page!**



Tell us what you think?

Hello there! We are trying something new and fun for our residents, families, and friends. Our newsletter will include fun month events, our residents' birthdays, resident of the month, fun recipes and more! If there are any ideas that you have and want us to include, please share them with us! Email us at admin@vikingmanor.com.

We are happy the weather is warming up and to have the sunshine-spring is finally here! Our residents are getting excited to go outside and enjoy, this has been a long snowy winter for all of us! Hope you enjoy this newsletter, thank you to all those who inspire us each day.

Jessie Lunde-Burnside, Administrator

**HAPPY
BIRTHDAY!**

—
Ron H.- April 8th
Bernice B. – April 17th
Kermit N.- April 25th

Celebrate with us!

April Resident of the Month David A. Mickelson

David was born on December 6, 1933. Parents were Roy and Helen Mickelson. David was born and raised on the family farm southwest of Twin Valley, Minnesota. He has two living siblings, Chaney and Colleen. Siblings who have passed are Thomas Mickelson, Rome Mickelson and Paul Mickelson. David attended country school then later attending Twin Valley High School in eighth grade until graduation. After graduation he worked for a couple of years in the area enlisting in the United States Army in 1955 and was stationed in Germany until 1958 as a paratrooper. He married Coleen (Saker) Mickelson on January 3, 1959. They celebrated their 63rd wedding anniversary this year. David and Coleen have four children, Kari (living in Glyndon MN); Danny (passed away in 2021); Connie (living in Ada, MN) and Bryan (living in Twin Valley on the family farm). David has eight grandchildren, Emily, Ashley, Andrew, Kayla Jo, Heidi, Alissa, Terryl and Cheyenne. He has five great-grandchildren, Dayton, Rowan, Addison, Lennon and Camden. David and his brother, Paul, farmed and had dairy cattle for years until Paul's passing and David retiring in the early 1990's. He continued to farm for friends and neighbors when his help was needed and driving beet lifters during beet harvest. He is a member of Zion Lutheran Church in Twin Valley, MN. He also served on the Soil Conservation Board in Twin Valley. David and Coleen had a small cabin on Tulaby Lake for approximately 15 years where they spent many fun summers with their friends, children and grandchildren. David enjoyed woodworking with his very good friend, Harold Bergstrom, for quite a few years during retirement. He did finish work on an add-on to their lake cabin and did most of the inside work himself. David enjoys cards - especially cribbage - and continues to play when he can find a good cribbage partner. David and Coleen moved into Twin Valley in 2012 and continued to live in their own home until 2020. David has lived with nursing care for the past six months. David enjoys the meals at Viking Manor and the staff that continues to take such good care of him!

Written by: Mickelson Family



**We Congratulate you
David on being Viking
Manor's April Resident of
the month, we sure enjoy
you here with us!!**

Fun Recipes to share from our Dietary Manager, Melanie Kjos:

"I Love this dessert around Easter time with the nice pastel colors"

Fluffy Mint Dessert (13x9)

1 package (15 ½ oz) Oreo cookies crushed

½ cup butter, melted

2 cartons (12oz each) frozen whipped topping thawed

2 cups pastel mini marshmallows

1-1/3 cup small pastel mints (5 ½ oz)

- Reserve ¼ cup of crushed cookies for garnish; set aside. Combine remaining cookies with butter, press into 13x9 dish.
- Fold together the whipped topping, marshmallows and mints. Pour over crust. Garnish with reserved cookies. Cover and refrigerate for 1-2 days to let mints soften. Cut & serve- Enjoy 😊

"This is an east macaroni salad that is excellent as a side or main dish if you add some ham or chopped chicken"

Fresh Garden Macaroni Salad

1 pound elbow macaroni

2 cups mayonnaise

1 cup diced Roma tomatoes

2T distilled white vinegar

2T diced red onion

2T chopped fresh parsley

¼ c diced carrots (I shred mine)

¼ T salt

½ C diced cucumbers

1/8 T pepper

3 stalks of celery diced

- Cook pasta according to package direction. Drain and cool. Place pasta in a large bowl and add tomatoes, onion, carrots, cucumbers, and celery. In a small bowl, whisk together the mayo, vinegar, and parsley. Pour over macaroni. Mix well and refrigerate overnight. Serve chilled.



Check out our facebook page to see fun pictures!

Activity Events Corner:

April 1st- April Fool's Day

April 2nd: National Peanut Butter & Jelly Day

April 6th: National Caramel Day

April 10th: Palm Sunday

April 12th: National Licorice Day

April 15th: Good Friday

April 17th: Easter Sunday

April 22nd: Earth Day

April 29th: Foster grandkids from UH School coming!



Residents enjoy Bingo (they want to play every day of the week 😊), also have been busy with making spring craft/art projects, church & lent services, daily exercise group, daily devotions, and more. We plan to start the Men's Group back up this month as well. We have a resident council meeting monthly, and we discuss any new activity ideas and residents share any input with us to ensure that we offer personalized activity choices that they prefer to make it as fun as possible.

Deb Walton, Activity Director

Social Services News

By: Caitlin Halvorson

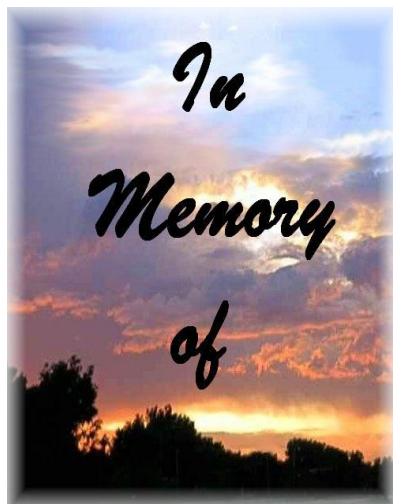
Hello from Social Services! What a long winter it has been; all of us at Viking Manor are so ready for spring and summer.

With the change of seasons, please remember to bring any new items, such as clothing, to the activity office to be inventoried and labeled. If you are able, it would be a great idea to assist your family member in removing any clothing that is no longer used or does not fit (who doesn't love a good closet clean out!). Some items your loved one might use would be: sunglasses, sun hat/cap, light jacket. We are all hoping to enjoy our lovely patio area.

Please do not hesitate to reach out with any questions, concerns, or ideas. caitlinh@vikingmanor.com

Minnesota Fact: You know you are a Minnesotan if you wear sandals and snow boots in the same week 😊

A new month
Push Yourself
Rejuvenate
Inspire Others
Laughter



We extend our love and sympathy to the family and friends of:

Doris Severinson

It was a privilege to know, love and care for them at Viking Manor. She will be greatly missed.