May 2022 Newsletter

No. 2

We Welcome May

Hello there! We have a busy month planned for VM/NLAL, including Mother's Day, Nursing Home Week, Memorial Day and more!! We are sure hoping that the weather starts to warm up so we can get outside and go for golf cart rides soon 😊. I want to thank all of you for being so understanding when coming for visits and following the COVID-19 guidelines we have in place. We are very fortunate to have family & friends like you, assisting us in keeping our residents and staff healthy as best as we can! I continue to look for ways of continuous improvements. Want to remind you all that there are avenues available for you to express your views, suggestions or complaints. We would love your feedback, so we can ensure that we continue to do the BEST we can. Forms are available in the conference room, or you can contact me by email or the contact us option on our website. Thank you, take care!
Jessie Lunde-Burnside, Administrator

HAPPY BIRTHDAY!

Ione J. - May 15th
Bev N. - May 18th
Ron M.-May 31st

Celebrate with us!

May Resident of the Month
Alfred Heiberg

Alfred Heiberg was born in Hawley, MN on August 3, 1944. He attended school in Hawley. Then lived in Brooklyn Center from October 1958. After his parents died he lived with his sister there.

Alfred's first job was a bus boy for Greyhound, then he worked for Northwestern Box Co. In May of 1967 he joined the Navy during Vietnam Era. Was in Japan Philippines, Hawaiian Islands; in service for 4 years.

Then Alfred worked for the General Hospital in Minneapolis. He moved back to Hawley in 1982 and worked as a farm laborer and Carl's Lefse. He then retired.

His family included 10 children; he is the youngest.

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

Written by: Heiberg Family

You Are Our Sunshines!

We Love our May Sunshines 😊

“Things Happening in the Kitchen in May”

We have a busy food month in the dietary dept. for May. We will be celebrating:
Cinco de Mayo on Thursday May 5th with some taco options.
Nursing Home week is May 8-14th so we will have a theme each day and special food to go along with each theme.
Tuesday May 17th is Syttende Mai so we will have a Salad Bar with Norwegian options.
Monday May 30th we will be celebrating our Vets for Memorial Day.

“This month’s recipe is a light, fresh fruit salad 😊 ”

Orange Salad
2 (3oz) orange jello packets
1 cup boiling water
1 cup of mandarin oranges
1 pt. orange sherbet
8 oz cool whip

Mix jello and boiling water till dissolved. Add 1 pt. of orange sherbet and stir until dissolved. Chill for 30 minutes then add 1 cup of cool whip, and 1 cup of mandarin oranges (drained). Mix thoroughly and top with remaining cool whip. Chill for 2-3 hours and served.

This is very refreshing salad for Spring, Hopefully Spring arrives for us soon 😊

By our Dietary Manager, Melanie Kjos

Activity Events Corner:

May 1st: Happy May Day!!
May 4th Space Day
May 5th: Cinco de Mayo
May 8th: Mother’s Day
May 14th: Migratory Bird Day
May 23rd: World Turtle Day
May 30th: Memorial Day

We are excited to have all these fun celebrations this month!! For “May Day” each resident will receive a fun May Day basket, then we have “Cinco de Mayo”- Mel in the kitchen has fun plans for that day! We will celebrate all mothers on “Mother’s Day”, each of them receiving a real flower corsage and we have live music to celebrate! Then its “Nursing Home Week May 8th -May 13th.” Here’s some of the fun things we will be doing for the week: Old Fashioned Picnic Day planned with spring games, picnic food and dress for summer. Cowboy vs Farmer Day, BBQ food, dress up as a farmer or cowboy and fun horse races planned! Carnival/Clownin’ around day, wear mismatched clothes, have mini donuts & cotton candy and fun games- and will wear our clown noses 😊. Garden Day/National Nurses Day, garden/tea party, garden crafts, weather dependent- nature walk and more. And ending off the week with Pajama Day with a pizza party, spa day and popcorn/movie. We sure love these fun events with our residents, we hope that they enjoy it just as much. Watch for pictures on our facebook page!!
By: Deb Walton, Activity Director

Find us on: facebook

Check out our facebook page to see fun pictures!

May Social Services News:

By: Caitlin Halvorson, SSD

What a good feeling it is to have finally reached MAY. We are looking forward to a fun month of activities and can't wait for the day when family and friends can join us again! If you have any requests for me or any concerns, please reach out through email (caitlinh@vikingmanor.com) or give me a call during the week; I am happy to assist in any way that I can.

Minnesota Facts: 16% of Minnesotan's claim Norwegian heritage (I think we might have 15% of that population here at Viking Manor 😜). Is there any better way to celebrate that heritage than with *Syttende Mai*? For those that don't know, this is the Norwegian Independence Day which translates to "May 17th."

Viking Manor Office will be closed on Monday May 30th in honor of Memorial Day, thanks!

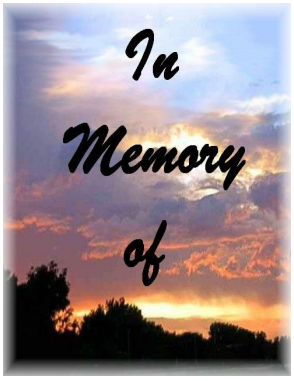
Viking Manor Celebrates
our High-School 2022 Graduates!!

Rylie Theis- Ulen-Hitterdal Graduate, works here as a Dietary Assistant, taking the CNA course so she can work here as a Certified Nursing Assistant

Jack Larson- Ulen-Hitterdal Graduate, works here as a Dietary Assistant

Jada Mickelberg: Hawley Graduate, works here as a Certified Nursing Assistant

We want to wish them the best in their upcoming plans!



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

Ron Halvorson, Duain Haman,

Cheryl Brenna, Gordon Peterson

It was a privilege to know, love and care for them at Viking Manor. They will be greatly missed by all of us!