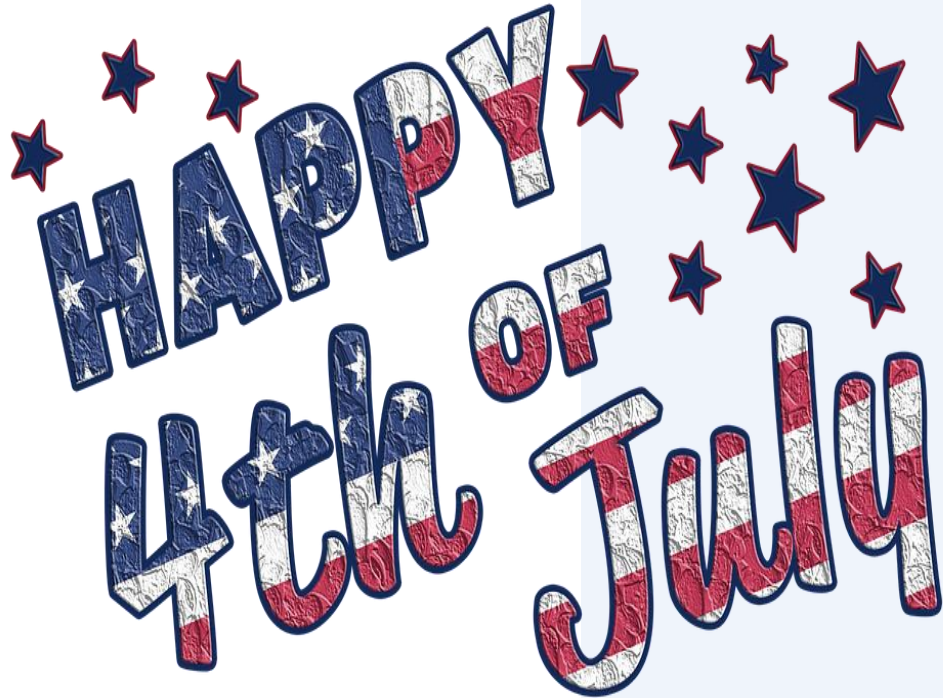


# July 2022 Newsletter

No. 4

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## Welcome July

Hello families & friends, hope you are having a nice summer! Its nice to see all the visitors coming in now that we have some nice weather. Please remember that we are still in COVID-19 precautions and requirements, Clay County is still currently in the Red-High Ranking. Visitors remember to screen in, wear your masks and to social distance from other residents and staff in the hallways during your visits. Nothing else has changed unfortunately, and I understand that other healthcare places have lifted some regulations, but we are not able to do so with Long-term care at this time. We appreciate all of you complying with our guidelines, assisting us to keep our residents/staff safe & healthy. Let me know if you have any questions or concerns at any time. Hope you have a wonderful July!

Take care! Jessie Lunde-Burnside, Administrator

*HAPPY  
BIRTHDAY!*

—  
**Diane P. – July 2<sup>nd</sup>**

**Lona R. – July 14<sup>th</sup>**

*Celebrate with us!*

# July Residents of the Month

## Kenneth & Luella Olson

Kenneth Ordean Olson was born on December 30, 1925, in Blanchard, North Dakota. His parents were Olaf & Ida Olson. Luella Jean Hein was born on September 16, 1929, on a farm near Huron, South Dakota. Her parents were Arthur & Martha Hein.

Kenneth joined the Navy at age 17 on December 29, 1943 and was honorably discharged as a Fireman 1<sup>st</sup> Class on February 2, 1946.

Luella graduated high school from Breckenridge, MN in 1947. Kenneth was given an honorary high school diploma from Mayville-Portland high school, which he earned with his military services during WWII.

Kenneth & Luella met on a blind date and 3 months later on October 11, 1947, they eloped to Ada, MN and got married in the Evangelical Lutheran Church.

Kenneth was an automobile mechanic in the Fargo/Moorhead area for 45 years, with 4 years in Galesburg, ND. After retiring Kenneth worked several summers for the Parks & Recreation of Fargo, ND.

Luella worked for the Ben Franklin stores for 25 years in Fargo, ND. After retiring Kenneth & Luella spent many winters in Arizona and summers at the lakes in MN. They have 5 children, Gerald, Stephanie, Wayne, Roger and Alan. They also have many grandchildren, great-grandchildren and great-great grandchildren.

Written by: Olson Family



**We Congratulate you Ken & Luella on being Viking Manor's July Residents of the month, we sure enjoy you both here with us!!**

“Hello from the Kitchen 😊”

Hello everyone from the Viking Manor Kitchen, hope everyone is enjoying summer! We will be celebrating the 4<sup>th</sup> of July with some picnic foods, and red, white, and blue items.

We have been able to use the Ice Cream Stand a couple times already! We try different flavored ice creams, but the majority favorite is Maple Nut 😊



Want to share a refreshing recipe for the month of July with you,

### Rhubarb Punch

16c. Frozen or Fresh Rhubarb cut up

16c. Water

5c. Sugar

4T Strawberry Jello

4c. Boiling Water

4c. Pineapple Juice

½ c. Lemon Juice

12c. Ginger ale Chilled



Boil Rhubarb and water until Rhubarb is very soft. Drain the rhubarb saving the liquids. In a large bowl combine 5 cups of sugar and 4T strawberry jello. Add 4 cups of boiling water and stir till dissolved. Then add 4 cups of pineapple juice and ½ cup of lemon juice to jello mix. Then combine jello mix to rhubarb liquid. Chill overnight in fridge.

Just before serving add 12 cups of ginger ale (chilled) to mixture. Enjoy 😊

By: Melanie Kjos, Dietary Manager



Check out our facebook page to see fun pictures!

## Activity Events Corner:

July 4<sup>th</sup>: Independence Day!!  
July 9<sup>th</sup>: National Sugar Cookie Day  
July 7<sup>th</sup>: World Chocolate Day  
July 11<sup>th</sup>: Cheer up the lonely day  
July 17<sup>th</sup>: National Ice Cream Day  
July 22<sup>nd</sup>: National Refreshment Day  
July 23<sup>rd</sup>: Hot Enough For Ya Day  
July 26<sup>th</sup>: Parents Day  
July 30: International Day of Friendship



Our July "Daily Activity Schedule" is posted on our website under the Activities tab if you would like to see what we have planned each day. We have a couple dates of pontoon rides coming up that we are looking forward to and another trip to the DQ, which they all love!

By: Deb Walton, Activity Director

## Social Services News: July

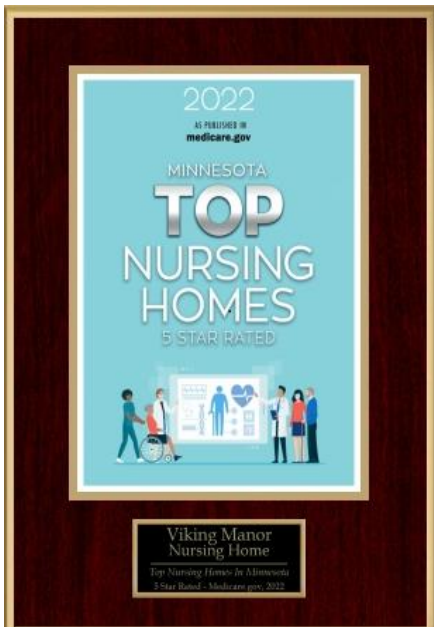
Hello July, the month we get to celebrate American Independence Day (Happy Birthday, America!). Many of us take advantage of this beautiful time of year and celebrate by having a cook-out, going to the lake, camping, and of course, fireworks. I feel obligated to mention, due to the number of veterans we have the honor of caring for, please be mindful of when and where you shoot fireworks. Many veterans who suffer from PTSD struggle on 4<sup>th</sup> of July weekend due to this. Whichever way you choose to celebrate, I hope you have a safe and happy 4<sup>th</sup>!

As always, please reach out with questions, concerns, and suggestions 😊

Minnesota Fact: Minnesota has 11,842 lakes (over 10 acres), how many have you been to?

By: Caitlin Halvorson, SSD

We are very proud and thankful for our team here! Honored to be rated a Minnesota Top Nursing Home & a 5-star rating again in 2022. Visit [medicare.gov](https://www.medicare.gov) to see more information



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

*Helen Malmkog & Glenn Holm*

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