

January 2023

Newsletter

No. 10



Viking Manor Friends and Family

Greetings all! We Welcome 2023- Happy New Years to all of You! This winter has sure been full of snow and chills 😊 I'm hoping for warmer temperatures in January, but very unlikely in Minnesota, right?! I wanted to thank all families that came out in the cold-stormy winter weather to attend our Christmas programs, it was so nice to have all of you! Our residents really enjoyed having those events. As the New Year approaches us, I think of new goals, resolutions to set and also reflect on my cherished memories of 2022 & pray I have many more of those to add in 2023 😊. And I pray you do too!

Wishing you hope & happiness in 2023,

Jessie Lunde-Burnside, Administrator

*HAPPY
BIRTHDAY!*

—

Joan W. – Jan 4th

Kathryn N. – Jan 30th

Edwin S. – Jan 31st

—

Celebrate with us!

January Resident of the Month

Ron Anderson

Ron was born on June 15, 1931, to Palmer and Bertha Anderson. He grew up in Cass Lake, Mn., Leech Lake Reservation. He had 1 sister older than him, named Wanda.

He attended school there and after graduation he worked as a post peeler. He also worked for a grocery store and for the GN Railroad. In 1952, he went into the army stationed in Colorado, during the Korean Conflict. In 1953, he got married and had 2 children. He got out of the army in 1954 and adopted another son.

He worked various jobs, but mainly loved to buy, fix-up and sell homes. He flipped 14 homes in various areas of the United States. In 1993, he married Mildred. They made their home in Wheaton, MN., for 30 years. He was blessed with 3 grandchildren and 3 great grandchildren.

Written by: Ron Anderson



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

Viking Manor Employee Spotlight Recognition

We have a couple of 5-year anniversaries this January that we are happy to celebrate~

Randy Bueng, our Maintenance Supervisor, will be here for 5 years on January 10th. Very thankful that he can fix anything, and very handy at what he does! There is never a dull moment with everything-always something not in well working order. He sure has been busy keeping the sidewalks and parking lots clean with all this lovely snow this year!

Caitlin Halvorson, our Social Service Designee/RN Case Manager will be here for 5 years on January 22nd. We sure love her good-hearted uplifting spirit, she is one of a kind that we will treasure forever, very grateful to have her on our team! Always doing what is best for our residents, always keeping their best interests in mind, such a caring lady! 😊



Thank you both for your 5 years of employment here at Viking Manor!

We appreciate both of you!



Caitlin & her family 😊



January Events Corner:

- January 1: New Year's Day
- January 5: National Bird Day
- January 11: National Milk Day
- January 13: Swanstrom Entertainment at 2 p.m.
- January 20: Walters Entertainment at 2 p.m.
- January 27: Foster Grandkids coming 😊
- January 29: National Puzzle Day

Our "Activity Schedule" is posted on our website under Activity tab if you would like to see more of our fun events. Thank you!

Deb Walton, Activity Director

Social Services News

January

January: Loosely translated in Latin to represent "beginnings and transitions". Many people look forward to the feeling of fresh, new year. Attempts at new routines, new habits, resolutions, goals, perhaps change. What if this is the year for acceptance rather than resolutions? Accept who we are as we are and quit being so hard on ourselves. As we learn to accept ourselves, I truly believe that new, small, good-for-us habits will form without even trying. Be gentle and love yourself!

I saw something the other day that I piqued by interest; it said, "make every day a vacation". It didn't mean that you must take a full-on vacation by going to the beach and relaxing, but rather to find a vacation in every day. Maybe it's listening to your favorite song on the way to work while sipping the best ever thermos of coffee, maybe it's taking a leisurely winter walk on a decent winter day, or maybe it's putting your favorite lotion on and climbing into a cozy bed after a long day. Whatever it may be, my hope for you this year is that you can find a "vacation" in every day.

New Years Eve Fun Facts: This day has been celebrated for over 4000 years. Each year 1 million people gather to watch the ball drop in New York's Time Square (that's about 1/5 of Minnesota's population!)

By: Caitlin Halverson, SSD

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

Derek Umstead

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



Check out our facebook page to see fun pictures!