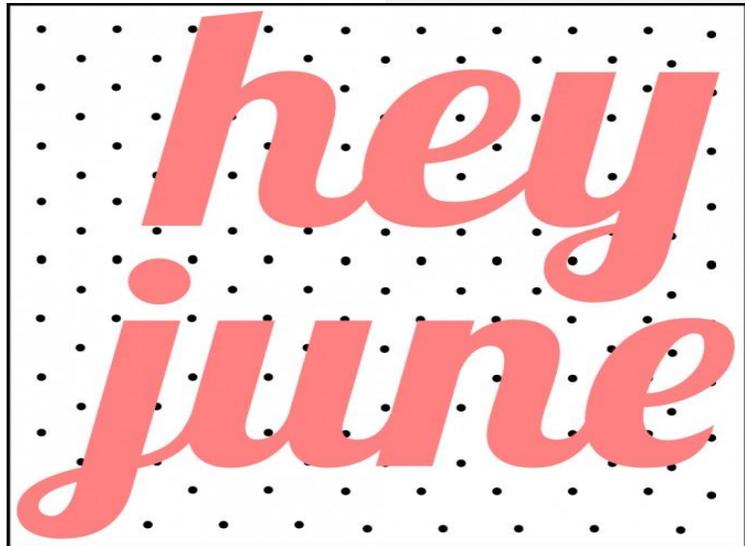


June 2022 Newsletter

No. 3



Halfway through 2022

Hello there and Hello, June! Let the summer begin 😊
Where does time go, doesn't seem like we should be halfway through this year already. But we are finally getting sunnier/warmer weather which has been so nice! The month of June is another busy month for us, we are excited to celebrate some fun events with our residents. We have a couple bus trips planned to the Hawley Dairy Queen and a shopping trip to Walmart that the residents look forward too and will celebrate the fathers on Father's Day! We got all of our flower beds planted last week so the residents can enjoy them. May June- bring you joy, happiness and lots of sunshine!

Take care! Jessie Lunde-Burnside, Administrator

**HAPPY
BIRTHDAY!**

Bob H. – June 1st

Ben S. – June 27th

Celebrate with us!

June Resident of the Month

Ralph Chandler

Ralph Linden Chandler was born on a farm in rural Caledonia, North Dakota on August 9, 1923. He was one of five sons of Arthur and Mary Chandler who also had one daughter. Ralph went to school in Caledonia through the eighth grade. He then worked on his family's farm and other farms in the area. Ralph was drafted into the army where he proudly served in WWII. After an honorable discharge Ralph returned to his home area where he met Charlotte Halvorson, a teacher at the Caledonia Public School. Ralph and Charlotte were married June 15, 1947 in Detroit Lakes, Minnesota. They made their home in rural Detroit Lakes where Ralph farmed with his father-in-law. From there they moved back to Caledonia for three years to farm, then to rural Shelly, Minnesota. They had four children over the years, two sons and two daughters. Ralph farmed in rural Shelly and owned Chandler Trucking, hauling cattle to West Fargo, North Dakota during the 60's and 70's. Ralph and Charlotte built a new home and moved into town in Shelly, Minnesota in 1976. Ralph continued to farm until his retirement in 1985. Ralph spent many hours fishing and enjoyed hunting. He loves a game of cards and usually wins. On ice fishing trips, Ralph was always the first one up very early in the morning. He might have a fish story or two to tell. While living in Shelly Ralph served on the volunteer fire department, rescue squad and also was Fire Chief. He served on the Shelly Marsh River Lutheran Church council, the Shelly Farmer's Co-Op Elevator and Lumber board of directors. He also was a member of the Shelly VFW and is the oldest member of the Neillsville American Legion. For many years Ralph placed the flags honoring the Veterans in the Shelly Cemetery on Memorial Day. In retirement, Ralph and Charlotte enjoyed wintering in Mesa, Arizona. In their later years, they moved into the Heritage House in Halstad, Minnesota.

In June of 2007, after 60 blessed years of marriage, Ralph lost the love of his life, Charlotte. Ralph is now a happy resident of the Viking Manor in Ulen, MN.

Written by: Chandler Family



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

“Happenings in the Kitchen in June”

So excited to finally have some nice weather so the residents can be outside. Hopefully we can bring the ice cream stand out and enjoy that on the patio soon. I have a breakfast casserole this month to try, it is delicious! Have a wonderful June and enjoy the beautiful days 😊

Croissant Breakfast Casserole, Items needed:

8 large croissants from the bakery, not the can. Slice into 1-inch cubes. You need 10 cups (packed)
4 cups of mixed berries (I use raspberries, blackberries and blueberries)
14 oz. cream cheese softened
1 ¼ cup granulated sugar
6 eggs at room temperature
2 cups of half and half at room temp (do not use thinner milk or it will be too runny)
1 T vanilla extract, use a good quality vanilla
1 T lemon juice
2 T Lemon zest
¼ t Salt



Cream Cheese Glaze, Items needed:

2oz cream cheese softened
1 cup powdered sugar, sifted
1 ½ T lemon juice
1 ½ T vanilla extract

Preheat oven to 350 degrees, add the cubed croissants in a single layer to a large baking sheet (15x21) Bake for 7-10 mins till golden brown and toasted. Keep an eye on it so it so it doesn't burn. Set aside to cool.

Custard: Add cream cheese and sugar to large mixing bowl and beat with hand mixer till smooth. Beat in the eggs till smooth, followed by the half and half and finally the lemon juice, lemon zest, vanilla extract and salt. Transfer ½ of the toasted croissants to a lightly greased 9x13 baking dish. Make sure the cubed croissants are cooled! Then layer with ½ of the berries. Pour half of the custard evenly over berries. Add remaining croissants in a single layer followed by remaining custard. Press down with your hands so most of the croissants are submerged in the custard. Scatter remaining berries over the dish. Cover with foil and refrigerated overnight.

Bake: When ready to bake, remove the casserole from the refrigerator and let it sit on the counter while you preheat the oven to 350 degrees. Bake, covered with the foil for 30 mins. Remove the foil and bake uncovered for an additional 15 minutes or until the knife inserted in the center comes out clean.

Glaze: While the casserole is baking make the lemon glaze. Add all the glaze ingredients to a mixing bowl and beat with a hand mixture till smooth. Taste and add additional sugar for sweeter or lemon juice for tangier. Drizzle the glaze all over the casserole. Serve it warm and dust with powdered sugar 😊

By: Melanie Kjos, Dietary Manager

Activity Events Corner:

June 5th: World Environment Day
June 8th: Best Friends Day
June 11th: Making Life Beautiful Day
June 14th: Flag Day
June 19th: Father's Day
June 21st: World Music Day
June 22nd: World Rainforest Day
June 30th: National Handshake Day



We are excited to have all these fun celebrations this month!! The residents sure enjoy these trips during the summer months! Our residents also enjoy keeping busy with their most popular game of Bingo 😊

Reminder if you bring in any new summer attire, please let the activity department know so we can ensure the clothing gets labeled. Thank you, enjoy the nice summer weather!

By: Deb Walton, Activity Director



Check out our facebook page to see fun pictures!

Social Services News:

June

Welcome to June! May has come and gone, with many busy days in between. I hope this newsletter finds you well, and ready to embrace the beautiful days ahead. We plan to do just that by having activities outside, taking golf cart rides, and going on outings.

Minnesota is in the top 10 states for highest depression rates. I cannot help but wonder if it has anything to do with the long winters with little sunlight. Sunlight is a natural (and free!) way to boost serotonin, so be sure to allow yourself time to soak up as much as you can this month! If there is one thing that I have learned from working at Viking Manor, it's that life is too short to be anything but happy. It is okay to slow down, to do something just for you, to live your best life, and to "stop and smell the roses."

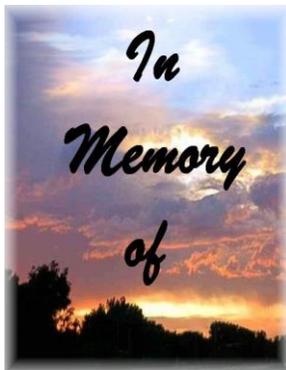
As always, please reach out with questions, concerns, and suggestions 😊

Minnesota Fact: The Minnesota state flower is the "*Showy Lady's Slippers.*" You will find it starting to bloom in late June-early July. Be sure you only admire this flower, as it is illegal for you to pick or uproot it.

By: Caitlin Halvorson, SSD



✿ Flowers & Perennials Planted ✿



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

Linda Olson, Donna Lien and
Ellen Kluver

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