

November 2022 Newsletter

No. 8



Viking Manor Friends and Family

Greetings families and friends, hope you are all doing well. We are currently moving through another Outbreak round of COVID-19. I want to thank all family & friends for being very understanding of the added risks of exposure when coming in for visits at this present time- I appreciate this. We want to make sure we are keeping everyone as safe as possible.

With the holidays approaching us soon we would like to ask that all families that plan to celebrate holidays here at the nursing home to please limit those visits to 5 or less family members in those room reservation requests. This is due to the high number of flu and COVID cases in our surrounding communities and those continue to rise. Thank you for understanding. Hope you have a great November and Happy Thanksgiving to all of you~ Take Care,

Jessie Lunde-Burnside, Administrator

*HAPPY
BIRTHDAY!*

—
Roger N. - Nov 19th
—

Celebrate with us!



November Events Corner:

No resident of the month for November due to COVID outbreak, will resume in December 😊

- November 7th: National Cancer Awareness Day
- November 14th: Children's Day
- November 21st: World Television Day
- November 24th: Thanksgiving Day

Our November "Activity Schedule" is posted on our website under Activity tab if you would like to see more of our fun events. Due to current Outbreak Situation all Group Activities are on hold until we can safely resume. Thank you!

Deb Walton, Activity Director

Social Services News:

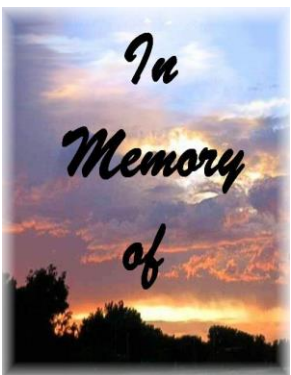
November

After October ending quite chaotically for us here at Viking Manor, I am happy to see the arrival of November (and I don't think I am the only one!). As Thanksgiving approaches, I cannot help but think about all that there is to be thankful for. I know that this is the time of year many people participate in the "30 Days of Thanks" and what an uplifting way to start each day. It is so easy to get caught up in everything going wrong, or everything we "don't have". This month is a great time to turn those thoughts around and focus on everything we "do have". Today I am thankful for my good health, my warm home, and the ability to go to work each day. What are you thankful for?

Minnesota Fun Fact: As we all know, Minnesota is home to many people with Norwegian heritage, but did you also know it is also home to the world's largest lefse? The town of Starbuck, MN got its claim to fame when it made a sheet of lefse over 9ft in diameter!

It was around this time 4 years ago when all of us at VM gathered in the dining room to roll out and fry up fresh lefse. Us young gals got some pointers from the women, like dusting off the lefse and griddle with a new (clean) paint brush to avoid burning the flour. I hope we can soon do that again. Is there anything better than fresh lefse with a good cup of coffee?

By: Caitlin Halvorson, SSD



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

*Jerry Larsen, Jane Henry,
David Mickelson, Kenneth Olson
and Dwight Crozier*

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



Check out our facebook page to see fun pictures!

Some Fun Fall Recipes to share with all of you, we have been working on compiling recipes for years, including past employees & residents - with plans to make a Viking Manor Cookbook someday soon! Hope you enjoy!!



LEFSE

10 lbs potatoes
1 cup whipping cream
¼ cup butter
¼ cup shortening
sugar and salt

Cook potatoes in salted water until fork tender. Drain, rice, and add the rest of the ingredients. Chill over night or for several hours.

When chilled mix in small batches: 1 cup potato mixture with 1/3 cup of flour. Form into balls and roll out on covered lefse board with rolling pin. Fry on very hot griddle.

Sheryl Halvorson (Caitlin Halvorson)

CHICKEN SOUP (with dumplings)

1 pkg chicken drummies	2 tsp chicken bouillon
1 onion, chopped	1 cup chopped celery
2 whole allspice	salt

Put ingredients in large pot and cover with water, cook until meat is tender (about 2 hours) then remove bone from chicken. Chop 1 cup carrots and add to pot, cook

Dumplings:

2 eggs, beaten	½ cup cream
1 tsp salt	1 ½ cups flour

Drop into boiling soup mixture 1 tsp at a time and cook

Bonnie Syverson

By: Julie Gregerson

Chicken Pot Pie Soup

1/4 cup celery

1/4 cup onion

1/4 cup Butter

1/3 cup flour

1/2 cup milk } or 1 cup Evaporated
1/2 cup 1/2 + 1/2 } milk

3 cups Chicken Broth

1 1/2 cup Cooked Chicken, Chopped

1 Can (veg all) vegetables or
frozen (cooked)

Salt & Pepper

1 pie Crust, Baked

Melt Butter, saute celery &
onion til soft - ~~the~~ Stir in flour.

Add milk & Broth - cook till
thickened add Chicken,

Vegetables. Eat with pie crust.