

February 2024

Newsletter

No. 23



Viking Manor Friends and Family

Hello there,

Hope you are all doing well. What nice weather we are having in the middle of Minnesota Winter! I heard the Groundhog saw its shadow so in for another 6 weeks of winter- but I will take it for how mild it has been for us!

Just a friendly reminder when new clothing gets brought in, please give it to the Activity Department to get it marked as laundry going missing has been a concern the past few weeks, we try our best to monitor this as well but things do get missed unfortunately.

Wishing you a great February, it will be a fun month here with fun planned events and one of our favorites is to celebrate Valentines Day with the residents! Take care,

Jessie Lunde-Burnside, Administrator

*HAPPY
BIRTHDAY!*

—
Brad P. – Feb 20th

Kermit R. –Feb 22nd

Tom S. – Feb 26th

—
Celebrate with us!

February Resident of the Month

Arlene Nygaard

Arlene Nygaard (affectionately known as "Bub") just turned 99 on January 21, 2024, at the Viking Manor. She got to celebrate with family and friends and her sister, Marilyn, from the Iron Range surprised her with a visit. Arlene was born to parents Olive (Purrier) and Palmer Stende on a day when there was no snow (just like this year!) The doctor did not arrive in time so Arlene was brought into the world by her grandmother, Mary Ellen Punier. Arlene attended country school at Walworth District 35 which was located 1/2 mile south and one mile east of her home. She and her sisters, Eldora and Marilyn walked to school. Her memories of school are filled with lots of fun and playing games. Arlene's Christmas memories include excitement about Christmas Eve. She remembers her father coming in from doing chore and changing clothes for the Christmas supper. It was a special night and Arlene was in charge of reciting "Twas the Night Before Christmas". Arlene helped at home inside and outside and at the neighbors. She hauled wood and carried water for thirsty horses. Arlene's life has centered around caring and cooking for others. Her first job was at the Ulen Food Market in Ulen. She worked with Kathryn Fuglie Nelson who just turned 102 at the Viking Manor in January. Arlene also owned a beauty shop and worked 14 years at the Red Owl in Detroit Lakes in the deli, serving many hungry working men from Swift and other places in town. Also worked at the Ulen Senior center and baking pies on Fridays. Arlene married Millard Nygaard and they purchased 40 acres of hunting land near Itasca State Park and family used 4 old buildings for a hunting shack. Here they enjoyed time with family fun and food which was prepared by Arlene. Arlene is most proud of her son Jon Stende who resides with his wife Betty on the Iron Range. She loves children and did many babysitting days for working moms who lived in the trailer court in Detroit Lakes. Arlene's strong faith has seen her through many trials in her life and she enjoys sharing the Good News of the Gospel. She taught Sunday School and VBS for years! Arlene's life has been about helping others and making sure they were well fed. She has a servant's heart for others.



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

Written by: Nygaard Family



February Events Corner:

- February 2nd: Groundhog Day
- February 14th: Valentine's Day & entertainment at 2pm
- February 16th: Caregivers Day
- February 19th: President's Day
- February 21st & 28th: Lent church service at 1pm

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

February

February has arrived and with it, longer days! We have officially made it through the "darkest" days of winter. Have you rested and rejuvenated? If not, there is still time to do so! Something that we can always count on is that there will be a "few" cold days before the warmth. Allow this time if the year to seep into your soul, cozy up, and prepare for the busy days of spring and summer. Only 49 days until Spring, we got this!

Minnesota Fun Fact: The coldest day recorded in Minnesota history was February 2, 1996: -60 degrees Fahrenheit!

I hope that record stays in 1996 where it belongs 😊

By: Caitlin Halverson, SSD

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

Marvin "Ben" Syverson &
Aili Vasseur

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!