

# January 2024

## Newsletter

No. 22

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Happy New Year

### Viking Manor Friends and Family

Greetings all! We Welcome 2024- Happy New Years to all of You! I wanted to thank all families that came out to attend our Christmas programs in December, 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 2023 & pray I have many more of those to add in 2024 😊 and pray that you do too!

Wishing you hope & happiness in 2024!

*Jessie Lunde-Burnside, Administrator*

*HAPPY  
BIRTHDAY!*

—  
**Joan W. – Jan 4<sup>th</sup>**

**Shirley W. – Jan 5<sup>th</sup>**

**Arlene N. – Jan 21<sup>st</sup>**

**Kathryn N. – Jan 30<sup>th</sup>**

**Edwin S. – Jan 31<sup>st</sup>**

—  
*Celebrate with us!*

# January Resident of the Month

## Rick Sletmoen

Rick Sletmoen was born on August 27, 1949, the fourth child of Orville & Alpha Sletmoen. His older siblings are 3 brothers: Russ, Doug (deceased), Gene and a foster brother Jim. His younger siblings are 2 sisters: Sherry & Deb. Rick was baptized & confirmed at First Lutheran Church in Audubon, Minnesota. He grew up on a farm 3 miles northwest of Audubon. He milked 54 cows every morning before school. In addition to the usual cats, dogs, horses & dairy cows on the farm, Rick's dad raised peacocks. These beautiful birds freely strutted around the farm. The family also had a pet skunk named Flowers and a pet deer named Bambi. During deer hunting season the family would put a red coat on Bambi and a bell around her neck. Rick graduated from Audubon High School in 1967. He was drafted into the Army on Sept. 23, 1968, served one tour of duty & extended 92 more days during the Vietnam War. Rick worked for Haukedahl Trucking, 1970-1982. At the age of 29, Rick had a stroke. He then went to school at Control Data Institute and worked on computers for the federal government for 12 years, 1985-1997. Rick married Sandy (Myhre) on June 21, 1987. June 21 was the chosen day in memory of Rick's mom's birthdate. Rick has 1 son, Chad (Heather) Sletmoen and 1 daughter, Missi (Dave) Heitkamp. He has 2 granddaughters (Alyssa, Josie), 2 grandsons (Wil, Tristan), and 2 great-granddaughters (Isla, Beckham). He enjoys spending time with his family. Rick is proud to be 100% Norwegian and loves lutefisk & lefse. Rick has a yellow 1970 Roadrunner, a yellow 1967 Oldsmobile convertible. Welcome to Viking Manor, Rick!



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

**Written by: Sletmoen Family**



### January Events Corner:

- January 1: New Year's Day
- January 8: Elvis's Birthday!
- January 15: Martin Luther King Day
- January 20: Walters Entertainment at 2 p.m.
- January 26: 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:

*Muriel Klemetson*

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



Check out our facebook page to see fun pictures!