

# August 2022 Newsletter

No. 5

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## Viking Manor Friends and Family

Hello there, August is already here, time sure goes by super-fast when we are having nice summer weather! Summer is my most favorite time of the year, especially August 😊! We are hoping to have another fun month for the residents with more planned pontoon rides, Ulen Days Parade and Rollag! They sure enjoyed the pontoon and DQ trips last month. We have hired some new employees if you see some new faces! We are happy to have them join our team and have more CNA's joining us sometime in August-Sept in which we are looking forward too! We will be working on remodeling our tub room, we ordered a new tub that will be delivered in September. One of our residents highlight of the day is their whirlpool bath- so we are very excited for this! I hope you are all staying healthy any enjoying your summer- have a great August!

Take care! Jessie Lunde-Burnside, Administrator

*HAPPY  
BIRTHDAY!*

—  
**Alfred H. – Aug 3<sup>rd</sup>**  
**Llyod P. – Aug 12<sup>th</sup>**

*Celebrate with us!*

# *August Resident of the Month*

## *Lona Rix*

Lona Rix was born in White Earth, Minnesota in July 1936. Her parents were Lyle and Lenore Bryngelson. She has 2 brothers. Lona attended school in Finley, North Dakota. Lona married Richard Rix and she has four children. Clay, Audie, Dana, and Laurie. She has 2-step kids, Richard II Rix & Carrie. She has five grandchildren, Blake, Paige, Claire, Courtney, Candace. Lona was blessed to be a housewife all her life and was able to raise her children. Lona loved to golf, go fishing, play bingo, bowling and also loved to travel. Lona spent her summer months at Lee Lake in Hawley, MN and the winter months in Mesa, Arizona.

Written by: Rix Family



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

## Remember When Summer Lasted Forever?



June has always been magical. It's "open window" season in the midwest. The perfect offering after a long thaw and elusive spring. When the fresh breeze meanders in, a deep breath is all it takes for the good times to flood back. Summertime childhood memories are as ubiquitous as lakes in Minnesota. The best spent though, were the endless days in Grandma's woods. This time of year has me reminiscing "remember when...."

Cool mornings gave way to warm afternoons. Blue skies, plump clouds, and to a small child, endless time. Summer lasted forever.

The crunch of bike tires on gravel and cousin banter was music amidst tall pines. The only argument was a playful one: what color bowl would each receive when Grandma scooped Rocky Road ice cream later? Those little cereal bowls served many a grandkid, and we all had our favorite.

Cottonwood seeds effortlessly floated in the air. If you caught one in a single grasp, you were lucky enough to make a wish. We knew enough not to speak it aloud. It was just like blowing out a birthday candle.

Lemonade stand earnings were saved for two important seasonal events: the county fair and a trip to the Trading Post. At the latter, one could purchase ten-cent candy sticks, any flavor you could imagine. When I close my eyes, I can picture the interior of the building and take in its distinctive smell. A mix of cinnamon and cedar, and genuine anticipation, if that could be detected by senses.

Strawberries grew wild on the side of Grandma's driveway. Though small, our excitement when they were discovered was huge. It seemed as if they appeared only that morning. Busy with play, little eyes failed to notice yesterday. No harm; it offered a wonderful finding for that morning. We ate them as fast as we picked them - a treat even better than candy sticks if one could believe it. No question the berries grew just for us. As if the universe knew cousins would gather that exact

week in June. A grateful favor from the earth whispering gratitude for purely enjoying time together.

It's no wonder I was transformed back to six-year-old me when the discovery of weeds overtaking our garden box was a strawberry patch.

My daughter's eyes were aglow with wonder. Her little, learning hands gently plucked a ripe strawberry. Mama showed her how. An innocent and delighted "oh, wow!" left her mouth as she finished it. Her tiny fingertips stained pink as she asked for more.

New memories are being made to carry with me now. Someday I'll ask my husband "Remember when her hand could wrap around your single finger? Remember when she spent the entire afternoon in her plastic pool? Remember when we explored the state park as a family? Remember when she skipped to the strawberry patch all on her own?" I pray my daughter has her own remember whens to create and look back on fondly someday, and that the simplicity of shared times with loved ones is her most comforting. In the meantime, I'll treasure each experience I'm granted with my not-yet-two-year-old.

Summer does last forever; if only in our recollections. Every good memory is precious, and I believe the sweetest memories were always formed in summer. Simply like wild strawberries at Grandma's.

**By: Emily Waletich (Caitlin Halvorson, SSD sister)**

Former Teacher and aspiring writer adventuring with her husband young daughter, and two dogs in Minnesota and Beyond.

Published at: [herviewfromhome.com](http://herviewfromhome.com) (check out this site!)

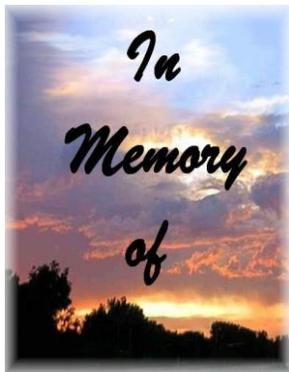


### Activity Events Corner:

August 1<sup>st</sup>: Homemade Pie Day  
August 3<sup>rd</sup>: National Watermelon Day  
August 7<sup>th</sup>: National Friendship Day  
August 10<sup>th</sup>: National Lazy Day  
August 13<sup>th</sup>: National Bowling Day  
August 26<sup>th</sup>: National Dog Day  
August 25-31: "Be Kind to Humankind Week"

Our August "Activity Schedule" is posted on our website under Activity tab if you would like to see more of our events & dates 😊. We have some fun planned events for August that we are all looking forward too!

Thank you!  
Deb Walton, Activity Director



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

*Glen Skjegstad, Ralph Chandler  
& Inez Asleson*

***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!

### Social Services News:

It's AUGUST! My favorite month of the entire year (it's my birthday month 😊.) Some people feel that once we reach August, summer is over; I refuse to believe that for a second. There is so much we can still accomplish! Don't let one second of sunshine or warmth go to waste. If you have a garden that has some fruits and vegetables ripening, what do you do with them? Do you can them, freeze them, or simply eat it all fresh? I love hearing about the former gardens our residents used to have; the amount of work that goes into having one is incredible. If anyone has old canning secrets or a favorite recipe to share, I would love to get it from you!

This time of year, can get quite busy (sometimes overwhelmingly so), but if you have a spare moment I do know our residents would love to receive a quick phone call, a short visit, or even a greeting card in the mail. It can get lonely around here at times; even though we try to stay busy it isn't quite the same as being in contact with friends and family. We are very blessed at Viking Manor to not only have the best residents, but also the best families!

**Minnesota Fact:** There are 66 state parks in this wonderful state of ours. They offer a variety of wildlife, scenery, and adventure at each one. I am often surprised at the number of people (our resident's included) who have not travelled much outside of the area, even right here in Minnesota. Do you have a favorite Minnesota State Park?

Caitlin Halvorson, SSD

