

# October 2022 Newsletter

No. 7

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## Viking Manor Friends and Family

Hello there! Hope you all are doing well! Fall is here, hope you enjoy this time of year as much as I do. All the pretty colors and so far, the weather has been beautiful! I wanted to update all families & friends that we have a new RN Charge Nurse on our East Wing, her name is Maicie Bentley. We are very happy to welcome her to our team!

We are very excited that Ulen Dollar General Store is opening this month! (Never thought our small town would have its own Dollar General Store 😊) we plan to take trips with our residents to see the new store & so they can do some shopping in town!

We will be having Trick-or-Treating here on Halloween outside on the main patio, please come see us! Our residents sure enjoy all the kids and their fun costumes. Have a great October~ Take Care,

Jessie Lunde-Burnside, Administrator

*HAPPY  
BIRTHDAY!*

—  
**Jean R. – Oct 11<sup>th</sup>**

**Edna M. – Oct 14<sup>th</sup>**

**Dwight C. – Oct 16<sup>th</sup>**

**Lester K. – Oct 27<sup>th</sup>**

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*Celebrate with us!*

# October Resident of the Month

## JoAnn Ruth Wells

Joan Ruth Wells was born Jan 4, 1936 to Tilford and Blenda Gregerson, their oldest and the first grandchild on both sides. In fact, all 10 of her grandparents and great-grandparents were alive at that time! Joan is a proud descendent of Ole Ulen, she loves to talk about her heritage so its no surprise she volunteered at the Ulen Museum in her later years. Though Jo grew up in Ulen, she raised her own family in the Minneapolis area, when she married George, they parented another son to the mix. Many adventurous years were spent camping & RV'ing in all the states between MN & Texas, plus side trips to Mexico and the Dominican Republic. However, Jo's favorite memories are reserved for their beloved cabin in the woods which they built together up north. Mom wore many hats during her working years but especially got a kick out of being the only woman machinist in a man's world- she's always been able to hold her own! Among her later jobs in the area of customer service she was especially proud of her role in North Memorial Hospital's Business Office (Minneapolis). During their retirement George & Joan were able to travel even more and then moved to Ulen in 2006. They were really happy to be with our large family in our many gatherings. All her life mom has particularly liked experiencing new things from cooking to dancing to playing piano to fashion. Her sense of humor and wit are legendary. As a lifelong bookworm she is now enjoying a newfound interest in audio books. We love her sense of adventure! Can't wait to see what she comes up with next!



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

*Written by: Wells Family*

## We Congratulate: Angela Anderson- on 30 Years!!❤️



On October 5<sup>th</sup> Angie will be with our team for 30 years! We are very fortunate and thankful for all that Angie has contributed and continues to share with our Viking Manor team and our residents. Angie always puts the best interests of our residents in mind. She is very dedicated to her job! We sure appreciate her hard work and her caring for our residents is outstanding and so so much more- she gives to us each day!

**Congrats Angie on this accomplishment, we hope to have many more years with you on our team!**





### October Events Corner:

- October 2: Worner Entertainment
- October 10<sup>th</sup>: Columbus Day!
- October 14: Bueng Entertainment
- October 31<sup>st</sup>: Halloween - Please come Trick or Treat!
- October 31: Swanstrom Entertainment

Our October "Activity Schedule" is posted on our website under Activity tab if you would like to see more of our events & dates. Thank you!

Deb Walton, Activity Director



### Social Services News:

October and Fall have officially arrived in Minnesota! Beautiful foliage, cool mornings, and farmers harvesting are what comes to mind when I think of October. Many farmers reside at Viking Manor, and I very much enjoy hearing them talk about their farming days. We are so thankful for the farming families and all they do, along with the countless hours they put in this time of year. If you happen to come up behind a slow-moving tractor or truck, take a deep breath and be thankful that we live in a world that has farmers 😊

**Minnesota Fun Fact:** Soybeans are Minnesota's top export commodity (export value = \$1.8 billion!) but we are the U.S.'s largest producer of sugar beets, sweet corn and green peas.

By: Caitlin Halvorson, SSD

### Pumpkin Stew Recipe- Fun Fall Recipe!



- 1 lb stew meat cut in 1 in. cubes
- 3 TBSP oil
- 1 Cup water
- 3 Lg. Potatoes-cubed
- 4 Med. Carrots-cut
- 4 Garlic Cloves
- 1 Onion, chopped
- 2 tsp. Salt
- ½ tsp. Pepper
- 2 Tbsp instant beef bouillon
- 2 cans stewed tomatoes
- Garlic salt and powder
- 1 Medium Pumpkin

-Brown meat in oil and add water, potatoes, carrots, garlic, onion, and seasonings. Cover and simmer for 2 hours. Stir in bouillon and tomatoes.

-Wash Pumpkin and cut stem. Empty inside, dry pumpkin and rub with olive oil.

-Fill pumpkin with stew, place in 9x13 pan, bake in 325 degree oven until pumpkin is tender

-Serve in bowls, the pumpkin gets soft on the inside so use a spoon to scrape the sides as you dish up

In  
Memory  
of

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

*Bernice Bjerken, Sigurd Severinson  
and Llyod Pearson*

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!