

# October 2024 Newsletter

No. 31

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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!

We are planning to have Trick-or-Treating here on Halloween in our main dining room, please come see us! Our residents sure enjoy all the kids and their fun costumes!

As I'm sure you are aware, COVID is in the surrounding communities. We are going to do our best to keep our residents safe & healthy, if you are not feeling well or have had a high exposure, please refrain from visiting until well.

Have a great October~ Take Care,

Jessie Lunde-Burnside, Administrator

*HAPPY  
BIRTHDAY!*

—  
**Richard A. – Oct 22<sup>nd</sup>**

**Lester K. – Oct 27<sup>th</sup>**

—  
*Celebrate with us!*

# October Resident of the Month

## Kathleen Sullivan

Kathleen was born April 11, 1936 in Flandreau, SD to Tim and Mary Corcoran. She has one brother, Fritz. Her family eventually moved to Ulen, MN where she attended and graduated High School. One fine evening at a local dance hall, Kathleen was asked to dance by a handsome man. That man sought her out for another dance a couple of weeks later, and eventually asked her to marry him. She became Mrs. Edwin Sullivan on July 7, 1956. Kathy and Eddie began farming and raised their children outside of Ule. First came twins Mark and Mike, born in 1957, then came another pregnancy a few years later. Her doctor believed she was due to have another set of twins but changed his mind a couple weeks before delivery- Kathy was having identical triplets! Perry, Paul and Pat were born in 1961. Raising 5 boys on the farm was fun but busy, yet Kathy always made time to watch her boys play basketball, wrestling, or perform in musicals. Family was always important to both Kathy and Eddie and they loved finding every opportunity to enjoy life with their children. They loved to take them camping and fishing, they even converted an old school bus into a camper. That love of camping and fishing continued throughout the years. One of their favorite places to fish was Roosevelt Lake in Arizona where they caught many, many crappies and small-mouth bass with Eddie's sister and brother-in-law Nora and Gene. Kathy and Eddie retired in Apache Junction, AZ, where they developed deep friendships with their neighbors at the RV park. Playing cards, dancing and having potluck parties. They also have fond memories of their trips to Hawaii, Alaska, Washington and Mexico. The tour of the USS Ronald Reagan was particularly meaningful for them both. Kathy & Eddie always looked forward to family time at White Earth Lake over the 4<sup>th</sup> of July. It became a yearly family reunion for everyone with various family members renting cabins or RV spots at Cedar Crest Resort. She loved watching the grandkids play at the lake, and absolutely loved the fresh walleye caught by her men and fried up for all! Kathy & Eddie have 5 boys, 13 grandchildren and 14 great grandchildren. She enjoys the many stories, and reenactment of stories told by her kids and grandkids. Her face lights up whenever she talks with her friends and family.



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

*Written by: Sullivan Family*



### October Events Corner:

- October 8: Shopping Trip to Walmart
- October 17: Rhonda Smith Painting
- October 25: Foster grandkids visit
- October 31: Kim Softing Entertains at 2pm
- October 31: Halloween - Please come Trick or Treat!

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!



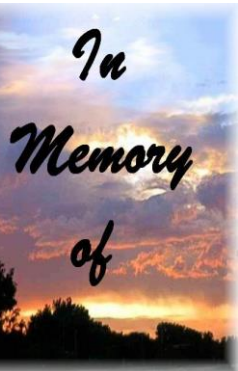
- 1 lb stew meat cut in 1 in. cubes
- 3 TBSP oil
- 1 Cup water
- 3 Lg. Potatoes-cubed
- 4 Med. Carrots-cut
- 4 Garlic Cloves
- 1 Onion, chopped
- 2 tsp. Salt
- ½ tsp. Pepper
- 2 Tbsp instant beef bouillon
- 2 cans stewed tomatoes
- Garlic salt and powder
- 1 Medium Pumpkin

-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



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

*Marlo Gaddo*

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!