

# June 2024 Newsletter

No. 27

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## Hello June!

Summer is here : )

Our residents have been loving the gardens they planted watching all their produce grow and sample as it pops up! As well as the flowers they assisted planting 🌷 We have had several projects going on here with new concrete at entrances, parking lot repaving and we are in the beginning stages of our garage addition.

Fun quote to share: *"June stands as a reminder that we have the power to bloom again, set new goals, and reach heights we've only imagined".*

Hope you all enjoy the first part of summer - hope it brings you joy, happiness and lots of sunshine! ☀️

Take care, Jessie Lunde-Burnside, Administrator

## HAPPY BIRTHDAY!

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**Gloria P. - June 8<sup>th</sup>**

**Sharon T. - June 11<sup>th</sup>**

**Germaine R. - June 13<sup>th</sup>**

**Ron A. - June 15<sup>th</sup>**

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**Celebrate with us!**

# June Resident of the Month

## Donald Anderson

Don was born on September 16, 1954, in Crookston, MN to parents Gilman & Eliva (Pederson) Anderson of rural Gary, MN. He grew up on a dairy farm with two older brothers, David and Myron. Donald always loved the cows and was out in the barn from the time he was very small because his mother was very active on the dairy farm as well. He loved the cows so much that he painted elaborate signs of cow's heads with their names on them above each stall.

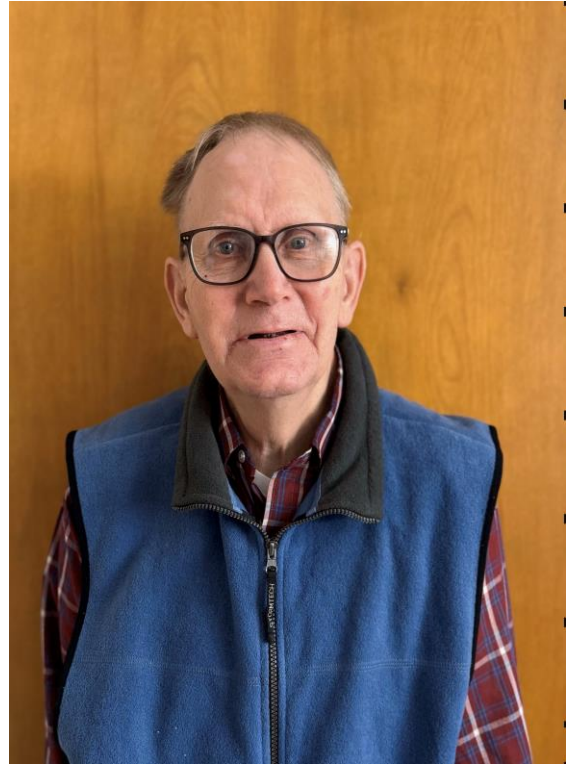
Donald's life changed dramatically with a short motorcycle ride from the football field to the nursing home in Twin Valley in the fall of 1969, to see his grandpa. He had a traumatic brain injury, broken bones and a long recovery ahead of him. In spite of all this he wanted to eventually take over his parents' dairy farm, which he accomplished. He received many awards for his hard work. Donald also enjoyed training his oxen to drive a wagon and spent considerable time training and going to parades with them.

Donald's faith in God brought him through many very tough days and later he went to tour the Holy Lands. He treasures the memories he has of that trip and likes to brag about riding a camel there.

The traumatic brain injury came back to haunt him in 1985 with severe headaches. After consulting with his eye dr, he was sent to neurology in Fargo and had surgery to place a shunt in his head. He had many surgeries over the next 20 or more years just trying to make his life manageable. It was a sad day when the cattle had to go, there was no way he was physically able to care for them anymore.

His father died in 2000 leaving Donald to care for his mother. With the help of Hospice, Don was able to care for her at home until her passing in 2013. Don is a very kind and compassionate person with a strong faith in God. He also has a pretty good sense of humor!

Written by: Anderson Family



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

## Activity Events:



June 1<sup>st</sup>: National Nail Polish Day  
June 7<sup>th</sup>: National Donut Day  
June 14<sup>th</sup>: Flag Day  
June 15<sup>th</sup>: Father's Day Luncheon with Eli & Curtis Performing 2pm  
June 16<sup>th</sup>: Father's Day  
June 19<sup>th</sup>: Juneteenth Holiday (VM office closed due to holiday)  
June 20<sup>th</sup>: First Day of Summer  
June 27<sup>th</sup>: National Bingo Day

Reminder- 2:00p.m coffee social hour every day, please join us! And church on Sundays at 1:00. June Activity Schedule is posted on the website under activities for more. We plan to continue to be outside when we can and take rides on the golf cart- the residents sure enjoy that! Lastly, if you bring in any summer attire, please let us know so we can ensure it gets labeled. Thank you!

By: Deb Walton, Activity Director

## June Social Services News:

By: Caitlin Halvorson, SSD

Welcome to June! May has come and gone, with many busy days in between. I hope this newsletter finds you well and ready to embrace the beautiful days ahead. We plan to do just that by having activities outside, taking golf cart rides and going on outings. Minnesota is in the top 10 states for highest depression rates. I cannot help but wonder if it has anything to do with the long winters with little sunlight. Sunlight is a natural (and Free!) way to boost serotonin, so be sure to allow yourself time to soak up as much as you can this month! If there is one thing that I learned from working at Viking Manor, its that life is too short to be anything but happy. It is okay to slow down, to do something just for you, to live your best life, and to "stop and smell the roses." As always, please reach out with questions, concerns, and suggestions 😊

**Minnesota Fun Fact:** The Minnesota state flower is the "Showy Lady's Slippers". You will find it starting to bloom in late June -early July. Be sure you only admire this flower, as it is illegal for you to pick or uproot it.

