

# January 2025

## Newsletter

No. 34

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Happy New Year

### Viking Manor Friends and Family

Greetings all! We Welcome 2025- 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 2024 & pray I have many more of those to add in 2025 😊 and pray that you do too!

Wishing you hope & happiness in the New Year!

*Jessie Lunde-Burnside, Administrator*

*HAPPY  
BIRTHDAY!*

—  
**Shirley W. – Jan 5<sup>th</sup>**

**Arlene N. – Jan 21<sup>st</sup>**

**David U. – Jan 23<sup>rd</sup>**

**Kathryn N. – Jan 30<sup>th</sup>**

**Edwin S. – Jan 31<sup>st</sup>**

—  
*Celebrate with us!*

# January Resident of the Month

## Dale & Cathy Ownby

Dale and Cathy met for the first time in 1957 when Dale was an enlisted airman for the Air Force. Dale was 23, Cathy was 16 at the time, She thought Dale looked quite handsome in his uniform. He thought she looked quite young. Cathy asked if she could send him letters and he agreed. He often said that while he was busy with Air Force matters while wading through chest high snow during the winters, she was writing to him about how much fun she had while sledding or having sleepovers with her girlfriends. However, they stayed friends and by the time he was released in 1959, he was 25 and Cathy was 18. They began dating and in February 1961 they eloped together. In November 1961, their first daughter Cindy was born followed by second daughter Margaret (Peggy) on Christmas Day in 1963, and their third daughter Sarah in May 1969. Dale worked at Being in Wichita, KS for a few years after they were married, also going to college at night, until he was laid off. They moved to Tulsa, OK, where Dale began his life-long career working for the railroad. He worked as sheet-metal and pipefitter, and engines for over 30 years until retirement. Cathy worked various jobs over the years: manager at JC Penny, bank teller, and finally a manager of a Springfield, MO Chick-Fit-A after Dale retired and they moved there.

In November of 2013, Dale ended up in the hospital where he was misdiagnosed with pancreatic cancer and was told he had about three months to live. Dale and Cathy decided to sell their house and move to MN where both of their surviving daughters lived. Their middle daughter Peggy had died in 2006 of a heart attack. They settled in Ulen, MN and enjoyed their time there, close to their family.



***We Congratulate you Cathy & Dale on being Viking Manor's January Residents of the month, we sure enjoy you both here with us!!***

**Written by: Ownby Family**

# VIKING MANOR EMPLOYEE SPOTLIGHT RECOGNITION

**\*5-year anniversary THAT we are HAPPY TO CELEBRATE!\***

**KATHRYN STEVENS** WORKS AS A LICENSED PRACTICAL NURSE HERE WITH US. KATIE IS A WONDERFUL CAREGIVER; HAS SO MANY SPECIAL CONNECTIONS WITH THE RESIDENTS AND SHOWS THAT SHE IS HERE TO PROVIDE THE BEST CARE SHE CAN. SHE IS A HARD WORKER, CARING & KIND-HEARTED! VIKING MANOR IS VERY THANKFUL TO HAVE HER HERE WITH US!



THANK YOU, KATIE, FOR THE YEARS OF SERVICE AT  
VIKING MANOR. WE SURE APPRECIATE YOU,  
HERE'S TOO MANY MORE YEARS!



### January Events Corner:

- January 1: New Year's Day
- January 7: Sing A-long with Susan
- January 15: National Hat Day
- January 17: Entertainment- Tim Stoll Music w/Carrie LeDoux 3pm
- January 19: National Popcorn Day
- January 20: Martin Luther King Holiday
- January 24: National Peanut Butter Day
- January 27: National Chocolate Cake Day!
- January 31: Foster Grandkids coming 😊

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

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

*Kathleen Sullivan, Betty Jacobson,  
Mary Kiehl & Darlene Nord*

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



## Social Services News

### January

January: Loosely translated in Latin to represent "beginnings and transistions". 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 ourselvles. 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 its taking a leisurely winter walk on a decent winter day, or maybe its 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



Check out our facebook page to see fun pictures!