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Issue 5

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Angela Poole: AL Housing Manager

Bev Erickson: HIM

**Kelsey Kasprowiez: Director of
Dietary**

**Jason Johnsrud Maintains ,
Housekeeping, Laundry**

Jan Lamb: Chaplain

Renee Davis: Activity Director

Dates to Remember

8/7 Larry Wheeler

8/13 Birthday Party

8/14 Bob and Nancy

8/16 Chuck Gust

8/21 Senior Citizen Day

9/12 Larry Wheeler

9/28 Lane Lindseth

10/10 Larry Wheeler

10/17 Cathy Erickson

10/31 Halloween Party

April: We couldn't celebrate April Fools because we couldn't find a fool living here! Cathy Erickson started April out with her accordion music. Things are always lively when she is entertaining us. April 9 was the Birthday Party hosted by Zion Lutheran Church/ Warren. The program was wonderful with singing and looking at the true meaning of Easter. Lane Lindseth and David Jeffery was our Saturday, April 13th entertainment, and the music had everyone toe tapping and bobbing heads. The residents look forward to when they can come. Family Council met on April 15th and was well attended by families of our residents. Holy Week was observed by religious services on Sunday (Palm Sunday) Maundy Thursday, Good Friday and Easter Sunday. Birthday Breakfast was on April 17 hosted by Mark and Carla Bichler with good food and good company. There was Easter Bingo held on Saturday, April 20th that had Grab Bay Bingo with special prizes that brought smiles to everyone. Larry Wheeler finished up our first full month of spring with beautiful music enjoyed all present.

May: May is a very busy month with the National Nursing Home Week May 12 – 18. There is entertainment happening every day of that week. We vote on who will be our King and Queen (residents and staff) and then have a 30 piece band at the Coronation Ball on Monday, May 13th. They will reign for one full year and be part of the Warren Fair parade in July. May Day was observed by little May Baskets set by their plate at lunch. Everyone enjoyed the basket and the little pieces of candy that were in the basket. May 4th Some of the senior girls from WAO high school came and showed off their prom dresses for our ladies to see. The ladies could not get over how beautiful the girls and their dresses were. May 7th was resident council, and many of our residents enjoy attending this group. May 8th we start the voting process of picking our King and Queen for the year. May 12th was Mothers Day and also the start of Nursing Home Week. Monday, May 13 was Coronation day. A 30 piece band was on hand to play, and the crowning of the King and Queen took place. Pictures were taken, and the smiles were big on the new royal couple. The May Birthday Party was held on May 14 and hosted by St Peter and Paul Church in Warren. The rest of the week was full of music by Theresa and the Plow Boys, Chuck Gust, and Lane Lindseth. On May 17th the WAO musical was shown along with popcorn and soda. This was a very busy and successful Nursing Home Week at North Star Manor. Birthday Breakfast was on May 22 hosted by Mark and Carla Bichler. May ended with the Rusty Cord Trio singing great gospel music and lets our hearts swell with the love of

God. **JUNE:** On June 6th Larry Wheeler came to entertain us with his Karaoke singing. June birthday party was hosted by Assembly of God Church/Warren on June 11th at 2:30. Great singing and gospel readings were well received and appreciated. Lane Lindseth was here on June 15th and was enjoyed by all the residents. Birthday breakfast was on June 19th hosted by Mark and Carla Bichler with pancakes, eggs, bacon, sausage, coffee, juice, milk, and good conversation. Chuck Gust finished the entertainment calendar on June 21.



Activities Goals

Activity is a department at North Star Manor that is dedicated to making sure every resident is treated with respect, given one on one time, and be able to enjoy the time they spend with us. Besides the entertainment listed above there are groups offered every day that includes, Name that Tune, Trivia, Adopt a Grandparent, Baking two times a week, Religious groups (Mass, Rosary, Protestant Church, Bible Study, Hymn Sing, Prayer Group),(weekly), book reading, current events, Bingo four times a week, Birthday Parties and Birthday Breakfast (once a month), Fancy Finger (nail polish), exercise every day but Sunday, outings(in warm weather), Patio time (weather permitting), gardening, arts, and crafts, one on one meetings with the residents that are unable to attend groups, Yearly we try to have a petting zoo, Old car clubs come with their cars, Time at the Warren Fair, High School Girls come and show off their Prom gowns, old movies, and going for short walks out of doors with residents (weather permitting). Every resident has a choice to attend a group or to say no not today. It is our prayer that every one of our residents is able to enjoy living here and finds a smile every day.

Baking is Big at North Star Manor



Shirley Peterson, Gertie Kuznia, Dorthy Palm, and Darline Broten made cookies and are waiting for some to come out of the oven and some that need to go into the oven. Wednesday mornings are busy with baking, good conversation, and coffee or tea.

April Birthday Party



Ladies from Zion Lutheran Church/ Warren were the hosts for the April birthday party on April 9th. Carol Monroe, Verona Poolman, Marlene Silnes, and Karen Larson gave a wonderful program about Easter and games we used to play as children.

Happy Birthday! I pray that your special day will be filled with all the glory and the wonder of God's unfailing love and may you feel his presence working on your life all throughout the coming years!



April Birthday with some of our residents. Marlys Kohlhase, Shirley Roley, Emelia Novacek, Gertrude Kuznia, Irene Rud, Eileen Engen, Mary Lindblad along with North Star Manor Apartment members.

On your special day, I pray that God will continue to warm your heart and lift your spirits while granting you peace and serenity on this very special day of yours.

Volunteers Luncheon Continued



We have wonderful people from ODC that help our residents and pass out candy to the winners at bingo. Two home school young men that donate their time on Fridays also for bingo and our residents love their kindness and help. People from the North Star Manor Apartments donate time to help us with arts and crafts, gardening and bingo which make them invaluable to us. We gave a luncheon to say thank you so much for the kindness and the love you show our residents.

Adopt A Grandparent

The 5th-grade children from WOA elementary came to visit us on April 29th. This winter, with the respiratory flu and strep, we have not been able to have the children most of the winter. The residents look forward to having them come, and the smiles couldn't have been brighter. The residents, over coffee, after the children had gone back to school, loved the pictures the children colored for them, and they had to show each other just how great their children had colored their pictures. It was like a contest, and every child won.



Busy Mothers, Thank You

When these ladies were young, their mothers taught them how to cook, bake, and take care of a family. Once they were married and had children of their own, they baked(cookies, pie, cakes, bread) cooked (every meal from scratch). They canned, (made sure Sunday clothes were done on Saturday. Saturday night baths), cleaned house, made beds, put bandaids on skinned knees and elbows, read stories and sang songs to the children (no TV back then), taught them to pray before bed, and tuck them in with a kiss. They embroidered pillowcases, made doilies and quilted blankets to use in their homes. These women did not have washing machines as we have now (ringer washer)it took a good part of a day to do the wash. You hung the clothes out on the clothesline summer or inside in winter (no dryer). Made clothes for all the children and themselves, kept a vegetable garden, darned sock, and patched knees on jeans. Knitting mittens, socks, and hats for everyone. Adjusted clothing to make it last longer for one child or be able to pass it along to the next child. If you lived on the farm, women often had to do the milking. They separated the milk, made cheese, butter, and other dairy products, collected eggs, helped butchered chickens, turkeys and pigs. Then canned the meat for their family (no freezer). They were part of the **Greatest Generation**. When the men went to war, you had to do everything in the home and work the fields, run the business, paid the bills; some worked in factories to earn money. They held the family together, in good times and bad. Warm kitchens were always the favorite spot for everyone to gather. This is where being a family came together, each doing their part to get things done. Thank you, Grandmother and Mom.



Coronation 2019 with The Second Wind Band



Our Queen is the lovely Darline Broten, and Our King is the handsome Murry Goodwin they were chosen by a vote of the residents and staff at North Star Manor.



Second Wind Band is made up of retired citizen in and around the Grand Forks area. They have been at the Coronations here, at North Star Manor, for many years, and we hope to keep them coming.



Residents, staff, family, and friends enjoyed their very wonderful music, and congratulated our King and Queen on their win.

May Birthday Breakfast



May birthday breakfast was held on May 23, 2019, and hosted by Mark and Carla Bichler. The birthday people were Floyd Nelson, Shirley Johnson, Dolly McGlynn, and Fredryce Sundby. Not everyone was able to attend. Happy Birthday !!

Stephen Argyle First Grade Square Dancers



Twenty-six first graders came to North Star Manor to show our residents what square dances they have learned this year. The Stephen Argyle Elementary have been bringing the children to dance for us every May for many years, and our residents enjoy having them here and look forward to seeing the dancers. Family and friends of the children also came to see them dance. It was a fun afternoon.



Busy Fathers

It was not easy being a father back in the day. Woman very rarely worked outside the home, so the financial burden of the family mostly rested on the husband's shoulders. So many of our gentlemen were farmers who worked the land and took care of the animals. Cows, chickens, pigs, turkeys, geese, sheep, and horses. He showed his sons what it means to care for a family. Loved his daughters and showed them what it is like to be cared for and loved. Lived a life that showed he loved God, believed the Bible, and was honest in all things. He taught the sons to treat women with respect and that you don't talk back to your mother.

If you owned a business, you had to please anyone who came into your store or restaurant. The customer is always right. The same rule of raising a family applied as with the farmer. Hard work, honesty, and having goals in your life to achieve the kind of life that you wanted.

You are the greatest generation who not only survived the depression, but when called to help our fellow countries to rid themselves of the evil of Hitler, and the Japanese, you went and did the job. You flew the plains, parachuted out of them, drove tanks, walked miles, drove ships that protected our country, and got much-needed supplies where they needed to be. You improved airplanes, ships, tanks, submarines, and deciphered codes so we were the best in the world. You watched friends die and wonder why God had kept you alive. You chased the enemy back to their own countries on two fronts. Held the ones in charge, of treating other people less than animals, accountable by punishing them for their deeds. The men that stayed home had the huge job of running farms, plants, corporations with fewer men and as efficiently as possible because the men overseas had to have what they needed to fight. They helped the government with victory gardens, rubber drives, scrap metal drives, and held air raid practice in case we were under attack. These men, fathers, sons, brothers, did what no other nation in the world has done. They fought. and died for people who were not Americans. They did not do it to gain land for ourselves. The only land that the United States asked for is enough to bury our dead. These men have earned respect and deserve whatever we can do for them. Thank you, Granddad and Dad.