



HLC Highlights

August 1st – 2:00 pm

Special Music with Paul Swanstrom

August 6th – 1:00 pm

Bergeson Nursuery Garden Tour

August 9th – 12:00 pm

Summer Family Social

August 13th – 10:15 am

Back to School Style Show

August 13th – 1:30 pm

Walmart Trip

August 14th – 10:15 am

Communion Service with Pastor Al

August 19th – 11:00 am

Ladies' Luncheon

August 19th – 12:30 pm

Trip to Shooting Star Casino

August 22nd – 2:00 pm

Special Music with Ron Bervig

August 23rd – 10:00 am

Red River Zoo

August 27th – 9:00 am

MN Steam Threshers' Reunion

August 28th – 10:15 am

Worship Service with Pastor Caleb

August 30th – 7:30 am

Men's Breakfast

Exciting News!

You may remember that last month our newsletter was filled with pictures of happy residents going on a bike ride. Shortly after that amazing day, I applied for a grant to help us start a **Cycling Without Age** program which would provide funding from the state to help us purchase a special bike called a Trishaw for use within our community. On July 23rd, I received an email that stated Minnesota Department of Human Services has "selected our proposal for contract negotiations." That means we will be receiving funds from the state to start our own Cycling Without Age program!

"Cycling Without Age is a movement started in 2012 by Ole Kassow. Ole wanted to help the elderly get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a trishaw and he started offering free bike rides to the local nursing home residents...Cycling Without Age has now spread to all corners of Denmark and since 2015 to another 40 countries around the world."

"We dream of creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community."

We do that by giving them the right to wind in their hair, the right to experience the city and nature close up from the bicycle and by giving them an opportunity to tell their story in the environment where they have lived their lives.

That way we build bridges between generations and we reinforce trust, respect and the social glue in our society."

– Cyclingwithoutage.org/about



In the upcoming months we will be looking for donations of time and money to make this program a reality for the community of Halstad. After receiving the funding from the state we will still need to raise approximately \$6,000 to cover the remaining cost of the Trishaw bike.

We will also be looking for volunteers who would like ride with our residents next summer as the grant requires that we have a list of volunteers and a weekly schedule for rides throughout the week. Please contact Jess Karstens or Carla Torgerson for more information - 218.456.2105 or hlact@rrv.net

Making the Difference!



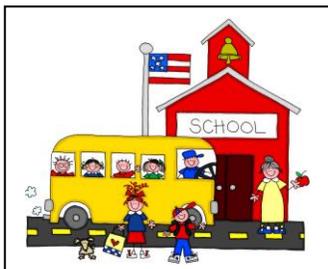
Jessica Vanderplaats, Office Assistant

Jessica lived in Clara City until Her family moved back to Hendrum in 1995. She has been working at HLC for 3 years. She currently live in Hendrum with Wesley and their 3 kids, Malea (8), Beckett (2) and Paisleigh (9 months). Jessica likes to spend time with her family and friends going to the lake, playing volleyball, going for walks and bike rides with the kids and taking the kids to new places. She states, "I love working at HLC, getting to know the residents and being able to help in any way."

Please join us for the
Back to School Style Show

Tuesday, August 13th, 2019
10:15 am
In the Main Solarium

Bring all of your gear to share with the residents as you get ready for another fantastic year of learning



If you plan on coming, please let Jess know:
218.456.2105 or
hlcact@rrv.net

I'd like S'more, please...

On Friday, July 26 we went on an adventure in our own front yard complete with a bonfire and S'mores. It wasn't quite like camping under the trees by the lake with the loons calling but the smell of the fire and smoke in our faces brought back some memories. And even better: there weren't many mosquitoes!



In case you were wondering...

No one knows for sure who invented the s'more. However, the first published recipe for "some mores" was in a 1927 publication called Tramping and Trailing with the Girl Scouts. Loretta Scott Crew, who made them for Girl Scouts by the campfire, is given credit for the recipe. (Wonderopolis, 2019)



National S'more Day is August 11th!

Missing Items

If you notice your family member is missing something please let someone know right away so we can do our best to locate it for you.

Talk to any staff member in the building or call Lorie Paulsrud – 218.456.2105 – to give a description of the item.



Is someone in your life needing a little more assistance to be successful in activities of daily living? Come and see what Halstd Living Center has to offer. Our 44 bed facility offers all private rooms; skilled nursing and support; licensed physical, occupational and speech therapy; meals; laundry; housekeeping; and daily events and activities. We accommodate all kinds of payment options. Check out our website: www.halstadlivingcenter.com or contact Lorie Paulsrud for more information – 218.456.2105 or socialservices@rvv.net

August Birthdays:

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends. Those born between August 23–31 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industrious efficiency makes them smart problem-solvers and fact-finders.



- 6th – Patty W.
- 9th – Brandi L.
- 9th – Ralph C. (HH)
- 13th – Honey O.
- 15th – Donn P.
- 24th – Judy O. (HH)

The Sharing of Gifts

We had a special visit from the kiddos from the Climax-Shelly School Summer Program last month. They helped us make some amazing flowers, dragonflies and snakes out of beads and pipe cleaners. So much fun!

