



The holidays are fast approaching
And so we must prepare
This most important delicacy
For everyone to share!
Uff da, ja,
It's LEFSE time!



A Hunting We Will Go!



National Hand Washing Awareness Week December 1-7

*** DID YOU KNOW?**

Only 5% of people wash their hands correctly.

Make sure you're one of them.

"Stop the spread of germs by washing your hands before and after handling pets or using the restroom," says **Andrew Pavia, M.D.**, chief of University of Utah Health Care's Division of Pediatric Infectious Diseases:

- Wet hands with clean, running water.
- Wash hands with soap for at least 20 seconds.
- Rinse hands in clean, running water.
- Dry hands with a clean towel.

healthfeed.uofuhealth.org

UNIVERSITY OF UTAH HEALTH CARE



Oh Deer!



**Halstad Living Center
& Heritage House**
Members of Lutheran Homes

133 4th Ave E, Halstad, MN 56548 phone: 218.456.2105 fax: 218.456.2290



HLC Highlights

December 4, 11, & 18 – 4:30

Catholic Mass

December 3rd – 12:30 pm

Walmart Trip

December 4th – 10:15 am

Advent Service with Maxine

December 9th – 11:00 am

Ladies' Luncheon

December 9th – 2:15 pm

Read & Reminisce with Rita

December 10th – 12:30 pm

Special Music with Steve Worner

December 11th – 10:15 am

Communion Service with Pastor Al

December 13th – 2:00 pm

*Special Music with Ada-Borup Choir
Seniors*

December 16th – 10:00 am

Special Christmas Music

December 18th – 10:15 am

Advent Service with Maxine

December 19th – 12:30 pm

Special Music with Ron Bervig

December 25th

Merry Christmas!

December 27th – 7:30 am

Men's Breakfast

What Do Lutefisk & Lefse Mean to Me?

Being the daughter of a Norwegian and a Swede (both Johnsons, by the way, but that's a story for another day) I heard the words lutefisk and lefse frequently while growing up. My mom talked about their family getting the last pieces of lutefisk from the bottom of the lye barrel as Grandpa Art owned the local grocery store in town and they got only what no one else would buy. I wouldn't eat it but those older folks at church would come from far and wide to get a taste. I hear people in Norway don't even eat it since they can get the cod fresh and don't have to ship it across the ocean. Uff da, ja!

Lefse was a different story – potatoes, sugar and butter – what could be better? Of course, we all tried our hand at rolling and frying once or twice. It definitely takes a gentle touch to get it thin enough to see through but not so thin it falls apart on the flipping stick. We also discovered you should probably wear an apron on your front and back when rolling because flour gets everywhere.

Overall, lutefisk and lefse bring me memories of spending time with family and friends in the community and sharing a special treat. I know some folks don't care for either of them and some have never had the chance to give it a try but if you are here for Christmas Eve dinner, be sure to stop in the dining room and ask for a piece of our home made lefse and get a little scoop of lutefisk drowned in melted butter. Hopefully some good memories will come back to you, too.

O Lutefisk, O Lutefisk, how fragrant your aroma
O Lutefisk, O Lutefisk, you put me in a coma
You smell so strong, you look like glue,
You taste yust like an overshoe,
But lutefisk, come Saturday, I tink I'll eat you anyway
~ Artist Unknown

Yust a little lefse will go a long way.
Gives you indigestion most all of the day.
Put it on your menu; you'll be sure to say:
Just a little lefse will go a long way.
~ Stan Boreson

Suggestions for a Happy Holiday

While some traditions may no longer be practical or possible with your family member who has dementia, new traditions can be started. Simple, repetitive tasks are safe and fun to do with your loved one. Such activities include the following:

- Stringing garlands of popcorn or berries
- Linking up paper chains
- Making wreaths
- Creating photo albums
- Baking cookies
- Writing and addressing greeting cards
- Listening to holiday music
- Singing holiday songs
- Reading holiday or religious stories

It also helps to keep expectations in line with reality. If the perfect family get-together isn't in the cards, you can still look forward to spending time together and enjoying the holiday in other ways. Plan to do something special, but keep it simple, such as going for a walk together. Try to stick with regular schedules as much as possible and plan activities during the time of day when your loved one is most calm and interested. And remember to take care of yourself and your own needs while also caring for your loved one.

If you would like to do one of these things with your family member living at Halstad Living Center talk to Jess or one of her activity assistants. They have all kinds of supplies available for different projects when given advance notice.

Source: www.dementiacarecentral.com/holidays/



DECEMBER BIRTHDAYS

In astrology, those born between December 1–21 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure. Those born between December 22–31 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and money.

- 3rd – Amber M.
- 5th – Tiffany R.
- 6th – Lori J.
- 10th – Tracy S.
- 14th – Belit B.
- 15th – David
- 16th – Dorothy (HH)
- 27th – Verna
- 27th – Ardyce (HH)



A Trip to the Heritage Hjemkomst Center

On Tuesday, November 19th a group of residents took a trip to Moorhead to see what the Heritage Hjemkomst Center had to offer. We spent some time listening to Markus Krueger, education director, tell us about their *War, Flu and Fear* exhibit which follows two families from Clay County through their experience in World War I and the concurrent flu epidemic ravaging the world. We took some time to admire the Hjemkomst, visited the America's Monsters, Superheroes, and Villains exhibit, and checked out the gift shop. It was a wonderful opportunity to learn more about our community and experience history through the eyes of local people.



home sweet home

Is someone in your life needing more assistance to be successful in activities of daily living?

Come and see what Halstad 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@rrv.net



We are proud of and thankful for the veterans who live in Halstad Living Center and Heritage House

George Aalgaard – Army

Ralph Chandler – Army

Daniel Dosland – Army

Steven Lee – Army National Guard

Lynn Melhus – Army

Jerome Ness – Army

Donn Pribula – Army

Ivan Vraa - Marines

A huge thank you to our volunteers – Nancy, Sig, Glennys, and Stanley. We couldn't have done it without you!

