

Trip to the Zoo



On July 9<sup>th</sup>, thirteen residents and eleven staff and volunteers and five kiddos met at the Red River Zoo in Fargo.



It was a perfect day: low 80 degrees and a slight breeze.



We had a little sack lunch in the carousel building and then headed out to see the animals.



A few of us took a quick ride on the carousel before we headed home.



A huge thank you to all of our volunteers and staff who made this trip possible!

August Birthdays

In astrology, those born August 1–22 are Leo’s Lions. These “kings of the jungle” are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause. Those born August 23–31 are Virgo’s Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love of others makes them defenders of justice, goodness, and purity.

- 1<sup>st</sup> - Jackie
- 9<sup>th</sup> - Brandi L.
- 11<sup>th</sup> - Penny
- 13<sup>th</sup> - Honey O.
- 15<sup>th</sup> - Donn
- 21<sup>st</sup> - Parker G.
- 23<sup>rd</sup> - Toni S.



Leaving the house doesn’t have to mean leaving 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](http://www.halstadlivingcenter.com) or  
contact **Lorie Paulsrud** for more information –  
218.456.2105 or [socialservices@rrv.net](mailto:socialservices@rrv.net)

Halstad Living Center and Heritage House

133 4<sup>th</sup> Ave E, Halstad, MN 56548 phone: 218.456.2105 fax: 218.456.2290

HLC Highlights:

August 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>  
– 6:00 pm

Bible Study with John

August 3<sup>rd</sup> – 2:15 pm

Ice Cream Sandwiches  
on the patio

August 5<sup>th</sup> – 12:30 PM

Trip to Bergeson Nursery

August 16<sup>th</sup> – 2:15 pm

Sing Along and Snacks  
on the patio

August 17<sup>th</sup> – 12:15 pm

Walmart Trip

August 18<sup>th</sup> – 10:15 am

Communion Service  
with Pastor Alex

August 19<sup>th</sup> – 1:15 pm

Shelly Crop Tour

August 24<sup>th</sup> – 12:00 pm

Shooting Star Casino Trip

August 25<sup>th</sup> – 11:00 am

Resident & Staff Potluck Picnic

August 31<sup>st</sup> – 9:15 am

Trip to Rollag

I Want a Pop

The summer heat has created the perfect environment to enjoy one of the season’s best treats: popsicles. It has been so hot, eating two or three in a sitting is acceptable if not expected. You just have to eat them fast so they don’t end up in a purple puddle on the patio. Okay, maybe three popsicles is a bit much, especially if you are talking about the double-stick twin pop. But if you are sucking on the tubular freeze pop style you probably wouldn’t have to think twice.

When we pull out the popsicles, many of us are reminded of those times as a child running across the yard, sticky stick clutched in hand, red juice dripping off our fist. I was a neat popsicle eater - I hated getting any of it on my face so I would eat mine fast, often biting pieces off to hold in my mouth so they wouldn’t melt on the stick. My sister, on the other hand, liked to shape her popsicles into pointy spears so she would try to keep it in one piece as long as possible which created lots of melting. You could always tell what flavor popsicle she had just by the color of the drips on her chin. In the end, it didn’t matter how hard we tried to stay clean, we would always get a little bit sticky with our cold, sweet treat.

At HLC we try to take advantage of the warm weather as much as possible. Throughout the summer months we schedule one party on the patio per week with a cold summer treat. This year so far, we have had popsicles, Freeze Pops, ice cream floats, Sno Cones, Dreamsicles, Purple Cows, and Orange Julius. In August we will celebrate National Ice Cream Sandwich Day, sample some pickles, (okay, not a frozen treat but they will be cold and crunchy) and we will have a special day of cleaning out the freezer of all the extra frozen treats left over from our earlier adventures. We think sitting in the shade of the patio pergola with a cold treat, reminiscing about the good old days is a great way to spend an afternoon. We hope you have the chance to do the same - just don’t forget the napkins!





## Celebrating Our Cities



Representing The Normandy  
Twin Valley Town & Country Days  
July 17<sup>th</sup>



Representing Halstad Living Center and  
Heritage House  
Pirate/Panther All School Reunion  
July 24<sup>th</sup>

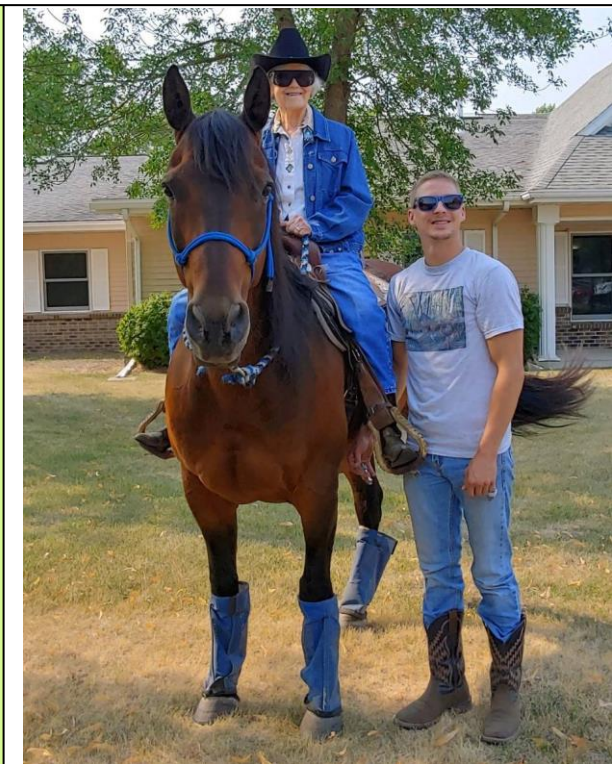
Thank you to Brenda, Leah, Carla,  
Shenay, Sonia and their resident helpers  
for making this magic happen!



## Birthday Ride - 97 Years Young



Reno and his buddy Berent, HLC CNA/TMA, stopped by to help Bev Thune celebrate her birthday her favorite way - on horseback! She and her husband Glen and their kids rode, showed, and paraded horses for many many years. This is the second year that Reno has stopped by to give Bev a special gift. Thank you Reno and Berent - you are awesome!



## Making the Difference!



*Myla Reyes*

*Environmental Services Assistant*

*Myla started her career at Halstad Living Center in October 2020 after working as a nanny for some families in Halstad. She is a member of the Environmental Services team and currently splits her time between the laundry and housekeeping departments helping us keep our HLC family and building looking their best.*

*Myla's favorite part of her job is getting to spend time with the residents, especially her Grandma Carol, who Myla sees every day she works.*

*In her spare time, Myla enjoys spending time with her family and her cat.*

*Thanks, Myla, for making the difference!*

## Harvesting Hints for Vegetables

From Ben Franklin's Almanac of  
Wit, Wisdom, and Practical Advice  
Useful Tips and Fascinating Facts  
For Every Day of the Year



Pick beans every 2 or 3 days to encourage continued production. They'll have the best flavor if you harvest them in the morning.

Use two hands to pick peas. Hold the vine with one hand and pull off the pods with the other.

After you finish harvesting a crop, pull up the plants, compost them, and put something else in the garden. Lettuce, spinach, and Swiss chard are good late-season crops.

Pick corn when the silks feel slightly dry and a kernel pierced with your fingernail squirts white milk. Eat as soon as possible.

Never boil sweet corn for more than 5 minutes, and always cook it in unsalted boiling water. To keep sweet corn yellow, add a drop of lemon juice to the cooking water after the corn has cooked and before you remove the ears.

When you pull carrots, wash them off with the hose and cut off the green tops. (Leaving the tops on will make the carrots limp.) Store in plastic bags in the refrigerator.

Patrol your zucchini patch daily and pick the squash when they are about 8 inches long. Feed your compost - or your chickens - those baseball bat-size zucchini and feel no guilt.

Harvest onions for storage when the tops have turned brown and keeled over. Let the onions sit on top of the dirt (as long as it is dry) for a day before storing.

If you wait until a hard frost to dig your potatoes, be sure to mark the rows before the foliage dies back.

- By the Editors of *The Old Farmer's Almanac*