



How many of these Christmas carols can you decipher? Answers are on the next page.

1. The lad is a diminutive percussionist
2. Decorate the entryways
3. Wanted in December: top forward incisors
4. 288 Yuletide hours
5. Do you perceive the same longitudinal pressure which stimulates my auditory sense organs
6. Far back in a hay bin
7. Listen, the winged heavenly messengers are proclaiming tunefully
8. Frozen precipitation commence
9. Our fervent hope is that you thoroughly enjoy your yuletide season
10. Obese personification fabricated of compressed mound of minute crystals

Every year the staff at Halstad Living Center are called to help members of our HLC family on their final journey in life. It is with great honor and fond memories that we remember those we have said goodbye to in 2019.

Jacob Baumgarten	Jay Hanson
Helen Berg	Joyce Klask
Russell Boeddeker	Wayne Mazurek
Jerry Boushey	Zenona Murach
David Branden	Michael Peterson
Welden Brohaugh	Donald Rude
Roger Diehl	Judy Semeling
Dan Dosland	Linda Shepard
Bette Eastvold	Alta Smith
Howard Gilbertson	Donna Thielbar
Marian Gilbertson	Glen Thune
Grace Haisley	Steven Tronnes
	Chet Waller

JANUARY BIRTHDAYS

In astrology, those born between January 1–19 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 wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving “power to the people.”

- 4<sup>th</sup> – Eva  
9<sup>th</sup> – Jane P.  
11<sup>th</sup> – Carla T.  
12<sup>th</sup> – Brandon N.  
16<sup>th</sup> – Phyl  
16<sup>th</sup> – Judy R. (HH)  
19<sup>th</sup> – Dorothy  
20<sup>th</sup> – Doris (HH)  
20<sup>th</sup> – Gabe S.  
23<sup>rd</sup> – Jenna S.  
24<sup>th</sup> – Cassie A.



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)



HLC Highlights

January 8, 15, 22, & 29 – 4:30

Catholic Mass

January 1<sup>st</sup>

Happy New Year!

January 8<sup>th</sup> – 10:15 am

Communion Service

with Pastor Jack

January 13<sup>th</sup> – 2:15 pm

Read & Reminisce with Rita

January 14<sup>th</sup> – 12:30 pm

Walmart Trip

– weather permitting

January 17<sup>th</sup> – 2:00 pm

Special Music with the Bueings

January 20<sup>th</sup> – 6:00 pm

Karaoke with Jon & Joanne

January 22<sup>nd</sup> – 10:15 am

Worship Service

with Pastor Caleb

January 23<sup>rd</sup> – 2:00 pm

Special Music with Ron Bervig

January 31<sup>st</sup> – 7:30 am

Men’s Breakfast

A New Year’s wish from your  
Halstad Living Center family:

May the new year bring you an abundance of amazing opportunities, beautiful moments, and joyful experiences. May your positive actions & attitude inspire others. May you be brave enough to take on and overcome rewarding challenges. May you find yourself in high spirits & excellent health. May you love with all your heart and find peace in even the most turbulent of times. May the love you give always find its way back to you multiplied. And may you forever be filled with the hope & strength necessary to make your dreams a reality.

-Zero Dean -

We would like to say thank you to the Halstad Lions Club for their generous donation which provided 10 free Christmas cards to each resident in the Living Center. This donation makes it possible for our residents to reach out to friends and family during the holidays – something that isn’t always easy to do. Thank you for making our season brighter!





**Apartments Available:**  
**1 bedroom and 2 bedroom**

**Apartment Features:**

- Retirement community
- Each unit has kitchen, living room, bedroom and ample storage
- One level with garages available
- Continental breakfast served daily
- Community kitchen and living room area
- Commons with fireplace and TV
- Exercise room
- Worship services in-house
- Connected to Halstad Living Center & Sanford Health
- Emergency call system and “I’m OK” program

Visit our website [www.halstadlivingcenter.com](http://www.halstadlivingcenter.com) or call Lorie Paulsrud at 218.456.2105 for more information



**Christmas Carol Challenge Answers**

1. Little Drummer Boy
2. Deck the Halls
3. All I Want for Christmas is My Two Front Teeth
4. 12 Days of Christmas
5. Do You Hear What I Hear
6. Away in a Manger
7. Hark the Herald Angels Sing
8. Let it Snow
9. We Wish You a Merry Christmas
10. Frosty the Snow Man

**January is Glaucoma Awareness Month**

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness.

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

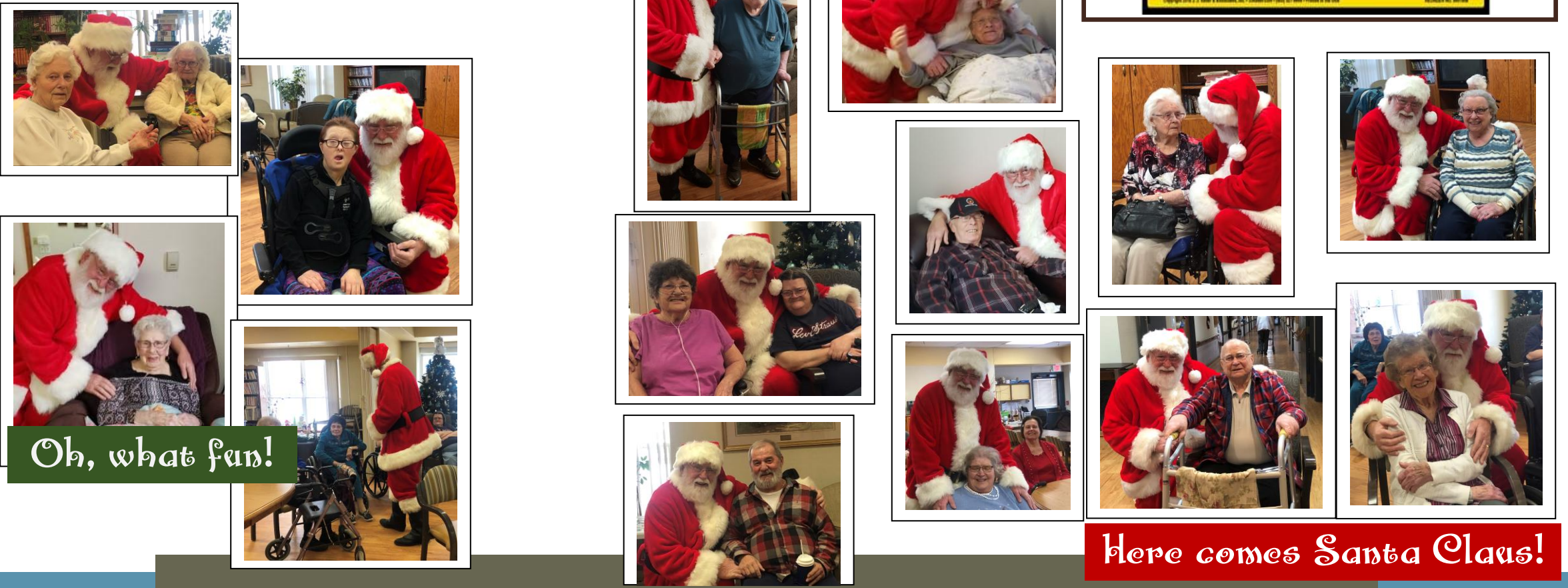
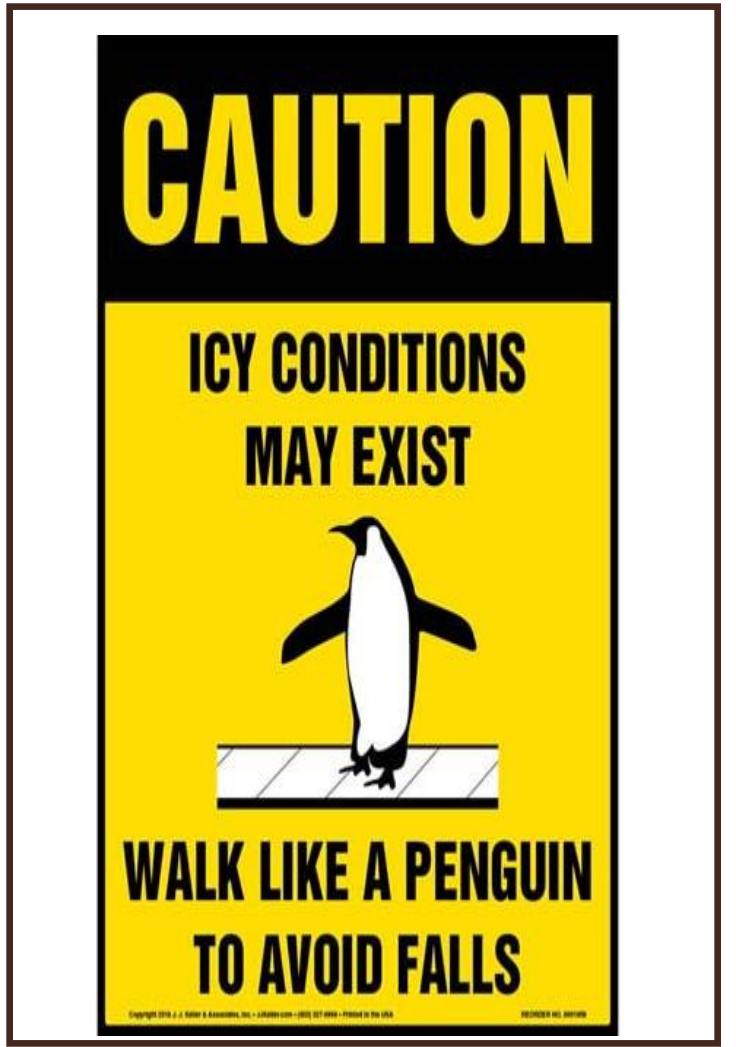
Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Source: <https://www.glaucoma.org/news/glaucoma-awareness-month.php>

**On Monday, December 16<sup>th</sup> we had a wonderful surprise – Santa Claus came to town!**



**Here comes Santa Claus!**