



# Guardian Angels SENIOR COMMUNITY

## Riverview Landing



December 2022

# RIVERVIEW LANDING CONNECTION

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[www.guardianangelsmn.org](http://www.guardianangelsmn.org)



## LEFSA, A CHRISTMAS TRADITION

*Submitted By: Elain Edge*

If we would conduct a survey of how Minnesotans get ready for Christmas, lefsa making would most likely be on that list. No one seems to know just how or when it became a staple for the season, but it is a "must have" food among many Scandinavian families. It is thought that potatoes became a staple food in Norway a little over 250 years ago and there is agreement that potatoes were added to an original lefse recipe at that time. Before then, it is believed "lefsa making" became a popular part of the family holiday preparation tradition. It was, and still is, common to have a batch of dough that has first been mixed and made into round patties by the mother of a family before it becomes a two person job. One person is needed to roll out a thin round and flat circular sheet of dough, and another to tend and turn it as it becomes spotted with light brown spots which indicate it is becoming baked on top of a grill type of source of heat.

Tradition tells us that in the early days, women went from house to house to share the task. Perhaps, because not everyone would have had the special rolling pin, the turning stick, or a flat grill which are needed to turn out a quality round of lefsa. In modern times, Lefsa making is most often a "family affair."

My family has chosen the flatbread type lefse which does not include potatoes. The reason for that choice has never been explained to me, but I'm guessing that it was the choice that my grandmother's family made, and has been passed down from generation to generation through the years. Because it is crisp and hard, it can be stored without the danger of becoming moldy. When it is to be part of a meal, it is dipped in a water bath, then allowed to soften between layers of waxed paper or dry towels to soften before it is spread with butter and sugar. It is then rolled into a sphere which is cut into serving sized portions. Fillings of various kinds are used by various families, sometimes containing meats, jams, cranberry sauce, or whatever.

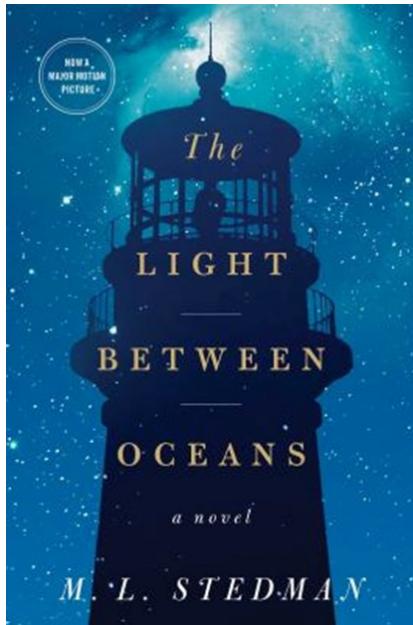
When a person becomes part of our family, they learn that lefsa will be served at Christmas time, and that it is expected to be enjoyed. When COVID presented the challenge of staying away from extended family, many sons in law and nephews became lefse makers, therefore part of the tradition.

When my granddaughter, Katie, was in third grade, her school class studied European countries, and were each assigned one to present to the class. Katie chose Norway, and she asked if I would come to her class and make lefse for them. I brought a batch ready to roll out to her class, as well as a batch which had been prepared with butter and brown sugar ready to eat, a treat for her classmates to sample. In one of the thank you notes the children sent to me, I was called the "Lefsa Queen." A title I wear with pride!!

# Book Review

By: Lynn McCarthy

## *The Light Between Oceans* by M. L . Stedman



Trying to escape the horrific memories of World War I, Tom Sherbourne takes a job as a lighthouse keeper on the remote island of Janus Rock off the coast of Australia. Several years later, he brings his new wife, Isabel, to live with him on the island. At first, all is well. Isabel adapts to the solitary life on the island with only her husband and occasional visitor from the mainland to keep her company until she suffers two miscarriages and a still birth and her resolve to stay on the island begins to crumble. The day a dinghy washes ashore bearing a dead man and a live baby Tom and Isabel's lives are changed forever. Though Tom has severe misgivings, he gives in to the tearful pleas of his wife and the couple secretly keep the child as their own. Two years of parental bliss follow until an accidental encounter with the baby's real mother while on a trip to the mainland. What follows is an emotional rollercoaster filled with happiness, guilt and mistrust for both Tom and Isabel. Steadman weaves a masterful tale of moral dilemmas and the complexities of the human emotion they engender.

## Looking to Get Involved?

Do you enjoy hosting parties or demonstrating a hobby? Maybe you want to start a new group or committee at Riverview Landing. If you are interested in getting involved or volunteering let Lisa in Activities know and we will help find your passion and get you started!



## *My grown up Christmas List*

No more lives torn apart.  
That wars would never start.  
And time would heal all hearts.  
And everyone would always win.  
And love would never end.

...This is my grown up Christmas list.

*Recipes from heaven*

*Happy Anniversary*  
Jim and Diane Stroschein December 14<sup>th</sup>, 1963

## 1 Corinthians 13– Christmas Style

If I decorate my house perfectly with plaid bows, strands of twinkling lights and shiny balls, but do not show love to my family, I'm just another decorator. If I slave away in the kitchen baking dozens of Christmas cookies, preparing gourmet meals and arranging a beautifully adorned table at mealtime, but do not show love to my family, I'm just another cook. If I work at the soup kitchen, carol in the nursing home, and give all that I have to charity but do not show love to my family, it profits me nothing. If I trim the spruce with shimmering angels and crochet snowflakes, attend a myriad of holiday parties and sing in the choir's cantata, but do not focus on Christ, I have missed the point. Love stops the cooking to hug a child. Love sets aside the decorating to kiss the husband. Love is kind, through harried and tired. Love doesn't envy another's home that has coordinated Christmas china on table linens. Love doesn't yell at the kids to get out of the way, Love doesn't give only to those who are able to give in return, but rejoices in giving to those who can't. Love bears all things, believes all things, hopes all things, endures all things. Love never fails. Video games will break, pearl necklaces will be lost; golf clubs will rust. But giving the gift of love will endure.

## WELCOME NEIGHBORS

**Sue Seawell to Apt 232.** Sue was born in Willard, Ohio and has spent most of her years in Sauk Center and Minneapolis. She was married for 62 years and has 6 grandchildren and 8 great-grandchildren. She worked at 1<sup>st</sup> Bank for her career having done several different roles. She loves to read the daily newspaper and rumor has it she is pretty lucky at BINGO too!

Welcome **Earle Wormwood to Apt 245.** Earle was born in Biddeford, Maine. He spent many years in Minnetonka, MN raising his 3 children; Cabot, Carmen, and Yvette. Earle was married for 58 years and worked as a private business owner as a painter. He was also in the Air force in Okinawa, Japan in 1949. You may find Earle up in our library as he loves to read.

Welcome **Patrick Johnson to Apt 205.** Patrick has lived in California most of his years, having spent the last 15 in Otsego, MN. Patrick was married for 33 years and has 2 daughters; Janice and Michele. He worked as an Elevator Inspector at the State of MN, Dept. of Labor and Industry for many years. He even inspected Riverview Landings elevators when we first opened. He was in the U.S Army from 1981-1985 in Ft. Lewis, WA. Watch out for Patrick...he loves to joke around!

Welcome **Norma Olson to Apt 404.** Norma moved here from Minneapolis having spent most of her years living on Chicago Ave. Norma has 2 children; Renee and Mark. She worked as a secretary as Redemption Lutheran Church. Norma loves decorating, ceramics, painting and crafts!

Welcome **Wayne & Marilyn Reistad to Apt 407.** The lovely couple has been married for 63 years having raised 3 children; Ray, Jean and Mark. Wayne was born in Hartland, MN having spent most of his years in Ellendale, MN alongside Marilyn, who was born in Waterloo, IA. Wayne spent 25 years as a UPS driver and Marilyn is a retired bookkeeper for Ed's Repair. They both have many hobbies including gardening, cooking, antique car collecting, fishing and traveling.

### **MEMORY LOSS:**

By Mayo Clinic Staff

#### **7 STEPS TO IMPROVE YOUR MEMORY**

Try these simple ways to improve your memory:

Cant find your car keys? Forget your grocery list? Cant remember the name of the personal trainer you liked at the gym? You're not alone. Everyone forgets things occasionally. Still, memory loss is nothing to take lightly.

Although there are no guarantees when it comes to preventing memory loss or dementia, certain activities might help. Consider seven simple ways to sharpen your memory— and know when to seek help for your memory loss.

**Step 1:** Include physical activity in your daily routine.

Physical activity increases blood flow to your whole body, including your brain. This might help keep your memory sharp.

For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity, such as brisk walking, or 75 minutes a week of vigorous aerobic activity, such as jogging— preferably spread out throughout the week. If you don't have time to work out, squeeze in a few 10 minute walks throughout the day.

**See January 2023 for Step 2!**

**9-1-1 Reminder**  
**If you independently call 911— please also press your emergency pendant. This will ensure awareness to staff to help emergency responders efficiently get to you.**

*"To succeed in life, you need three things: a wishbone, a backbone and a funny bone. " – Reba McEntire*

## Resident Birthdays

Judy Skinner– December 1st  
Rose Mullins– December 3rd  
Colette Horne– December 4th  
Ardelle Dahlin– December 9th  
Shari Bearl– December 12th  
Donovan Johnson– December 12th  
Maxine Sheets– December 13th  
Jill Punch– December 14th  
Lois Zimmer– December 14th  
Marilyn Harper– December 14th  
Ann Wyse– December 23rd  
Loretta Ulferts– December 24th  
Ardis Habel– December 27th  
Sharon Hendrickson– December 27th  
JoAnne Ripley– December 28th  
Bob Johnson– December 30th

## Wacky Holiday on this Day

Eat a Red Apple Day– December 1st  
Roof Over Your Head Day– December 3rd  
Wear Brown Shoes Day– December 4th  
Christmas Card Day– December 9th  
Gingerbread House Day– December 12th  
Poinsettia Day– December 12th  
National Cocoa Day– December 13th  
International Monkey Day– December 14th  
Roasted Chesnutt Day– December 14th  
National Bouillabaisse Day– December 14th  
Festivus– December 23rd  
National Egg Nog Day– December 24th  
Make Cutout Snowflakes Day– December 27th  
National Fruitcake Day– December 27th  
Card Playing Day– December 28th  
Bacon Day– December 30th

## Holiday Season

This Holiday Season we want to thank you, your families and your friends that have made Riverview Landing a wonderful place to live, work and visit. Many of you have been with us from the moment we opened our doors and some will be spending your first Holiday Season with us and we are so happy ALL of you are here.

The holidays– no matter how you celebrate– are meant to be spent with those you love. Some people choose to go on vacations, some have a tradition to relax in PJ's watching movies (or football) and some have long lasting history of egg nog around the fireplace with a visit from Santa Claus. No matter what your plans are this season, be reminded that the staff here, and your neighbors, wish you the very happiest season.

We look forward to what 2023 has to bring!

