



2025

Dates to Remember

April 1st - April Fools' Day
April 18th - Good Friday
April 20th - Easter Sunday



From Your Administrator By Kim Pederson

Severe Weather Awareness Week is April 7th- 11th
Are you ready for severe weather? Every year, the National Weather Service holds Severe Weather Awareness Week in Minnesota. The week is designed to refresh, remind and educate everyone about the seasonal threats from severe weather and how to avoid them.

The most important events during Severe Weather Awareness Week are the two annual statewide tornado drills.

The 2025 statewide tornado drills are scheduled for Thursday, April 10 at 1:45 p.m. and 6:45 p.m.

Outdoor warning sirens will sound in a simulated tornado warning. The first drill is intended for institutions and businesses. The evening drill is intended for second shift workers and families. **Park River will be participating in both drills.**

According to the [Minnesota Department of Natural Resources](#), Minnesota experiences an average of 29 tornadoes per year. In 2021, Minnesota recorded 64 tornadoes, including 22 on December 15 alone, which were the latest reported tornadoes on record. A record was set in 2010 with 113 tornadoes touching down across the state.

Understanding this threat and knowing what to do when a tornado is approaching can save lives.

*Kim Pederson,
Administrator*

The Good Ole' Days

Fifty-five years ago, in April of 1969...

*The median annual income was approximately \$9,400 in the United States. *

*The average cost of a new house was about \$28,000. *

*A new car was about \$2,000. *

*Minimum wage was \$1.60 an hour. *

*A gallon of milk was \$1.10, a carton of eggs was \$.62, and a loaf of bread was \$.23. *

*The average price per gallon of gasoline was \$.32! *

Birthdays

Mary H.	April 2 nd
Barb H.	April 12 th
Marolyn O.	April 14 th
Susan J.	April 17 th
Kristi Lynn J.	April 19 th
Sara T.	April 27 th



Flower: Daisy

Birthstone: Diamond

Zodiac Signs

Aries- April 1st - 19th

Traits: courageous, confident, impulsive

Taurus- April 20th-30th

Traits: hard-working, dependable, stubborn

This Day in History

*Apr. 2nd, 1917, Jeannette Rankin began her term as the first woman in congress, representing Montana. *

*Apr. 6th, 1938, Teflon was accidentally invented by Dr. Roy J. Plunkett, a chemist for DuPont Chemical. *

*Apr. 8th, 1983, on live t.v., magician David Copperfield made the Statue of Liberty magically disappear. *

*Apr. 11th, 1970, with 3 Astronauts on board, Apollo 13 launched for the moon. After an onboard explosion, the flight turned into a dramatic fight for survival. Their safe return is still known as "NASA's finest hour." *

*Apr. 13th, 1949, the Mayo Clinic announced the discovery of Cortisone to treat Arthritis. *

*Apr. 14th, 1935, the Black Sunday dust storm, known as the "Black Blizzard" swept across the Great Plains causing wide-spread illness, death, and despair. *

*Apr. 17th, 1961, Construction began on Seattle's Space Needle, just in time for the 1962 World's Fair. *

*Apr. 18th, 1983, Alice Walker won the Pulitzer Prize for Fiction for her novel "The Color Purple." *

*Apr. 19th, 1897, the first Boston Marathon was held with 15 runners competing. *

*Apr. 21st, 1865, Abraham Lincoln's funeral train left the capital and made its way to his hometown of Springfield, Illinois. Mourners gathered in every city along the way to watch the train pass. *

*Apr. 22nd, 1993, The Holocaust Memorial Museum in Washington D.C. was officially dedicated. The museum serves as a solemn tribute to the victims of the Holocaust and a reminder of the atrocities of the past. *

*Apr. 24th, 1898, Spain declared war on the U.S. marking the start of the Spanish-American War. *

*Apr. 26th, 1984, President Ronald Reagan arrived in China for a historic visit, strengthening diplomatic relations and establishing trade between our two nations. *

*Apr. 29th, 2004, After 107 years in production, the last Oldsmobile rolled off the assembly line. *

*April 30th, 1997, at exactly 12:11, Big Ben, the iconic clock in London, stopped for the first time in 100 years due to a malfunction in its intricate workings. It was soon repaired. *

Hello Spring

Goat Shine Animal Therapy

Have you ever wanted to snuggle with a dwarf goat?! Well you are in luck! Goat Shine is an animal therapy farm, whose goal is to improve people's physical, mental, social, & emotional well-being. Nigerian Dwarf Goats are known for their gentle, affectionate, & outgoing personalities. They are an excellent therapy animal and are the perfect companion pet! Join us for this fun event on April 3rd @ 10:30.

Good Friday & Easter Sunday

Chaplain Sherree will be holding interdenominational services for Good Friday and Easter Sunday.

Good Friday Service- April 18th @ 11:15 in the Chapel

Easter Sunday Service- April 20th @ 2:00 in the Chapel

From Showers to Flowers

Can you complete the following songs and expressions about rain?

(Answer Key on last page)

1. April showers bring _____.
2. Rain, Rain go away, Come again _____.
3. It's raining _____ and _____.
4. It's raining, it's pouring, the old _____.
5. I'm singing in the rain! I'm singing in the rain! What a glorious feeling, I'm _____.
6. Raindrops keep falling on my head, and just like the guy whose feet are _____.
7. It ain't gonna rain no more, no more, ain't gonna rain no more. How the heck am I gonna _____ if it ain't gonna rain no more?
8. Every time it rains, it rains pennies _____.
9. Rainy days and Mondays always _____.
10. Just walkin' in the rain, getting soakin' wet, torturing my heart by trying _____.
11. Neither snow, nor rain, nor heat, nor _____ stays these couriers from the swift completion of their appointed rounds.
12. Somewhere over the rainbow, way up high, there's a land that I heard of once _____.



Chaplain's Corner

Celebrate Easter!

Here is your quiz for Easter:

- | | |
|--|---------------|
| -Easter is, to Christians, more important than Christmas? | True or False |
| -Easter can occur anytime from March 22 to April 25? | True or False |
| -Easter is only a fun spring Sunday to spend with your family? | True or False |
| -The skeleton of Jesus' body was discovered in the tomb? | True or False |
| -The Easter bunny came to the empty tomb of Jesus? | True or False |
| -Jesus' tomb was empty on the third day after his crucifixion? | True or False |

(The answers are: True, True, False, False, False, True)

Easter is often seen as the most important Christian holiday because it commemorates the day Jesus rose from the dead after his crucifixion on the cross. When the women went to anoint Jesus' body on that morning, his body was gone from the tomb! All four Gospel accounts of Jesus' life record the basic facts. Jesus' corpse was never found. Instead, his living body was observed walking around as he appeared to His followers over a period of 40 days. They touched Him and some even ate with him.

People say, "Well, maybe Jesus never died but then revived and walked away." Think about it, no one ever just walked away after being crucified. It was barbaric and final!

Some say, "His disciples made up the story." Think about that. If the disciples took and hid Jesus' body and made up a story to cover their actions, someone would have snitched on them, one of them would have cracked, and certainly the officials would have found the body. And how would they have moved that heavy stone from the entrance?

Jesus' resurrection proves what he said was true. He is the eternal Son of God in human flesh. He came with a purpose to fully provide our salvation through His sacrificial atoning death. We are forgiven! He arose! Death is defeated! We have hope for our future! I hope you know Him!

And that's why we celebrate Resurrection Day—Easter!

+Pastor Sherree Lane, Director of Spiritual Care

Name the “How-To” Experts of the 1940s - 1960s!

Can you remember the last name of these influential voices
who helped people believe in the American Dream?
(Answer Key on last page)

1. Dale _____ was a self-improvement writer and speaker. He promoted self-confidence, people interaction, communication, leadership, attitude, and stress reduction. He wrote the best-selling book titled *How to Win Friends and Influence People*.
2. Betty _____ was a fictitious trademark of General Mills who helped homemakers bake. Her portrait on cake mix boxes and cookbook covers represented an ideal housewife that countless women have strived to be. Her portrait evolved as new generations of women made their homes, but she still stirs with the same red spoon today.
3. Jack _____ encouraged people of all abilities, including the elderly and disabled, to exercise. Called “The Godfather of Fitness,” this bodybuilder led exercises, explained the benefits of proper nutrition and motivated Americans through his t.v. show. He started some of our nations first fitness centers.
4. Norman Vincent _____ lifted spirits and confidence of millions and is known for the quote “When life hands you a lemon, you make lemonade.” This minister inspired Americans through his radio and television shows. He was the author of the book *The Power of Positive Thinking* and was one of the founders of the religious magazine *Guideposts*.
5. Dr. Benjamin _____ encouraged mothers to be “more flexible and affectionate with their children...whereas the previous generation focused on building discipline.” In the late 1940’s, this American pediatrician became known as the expert on parenting skills. He wrote the book *Baby and Child Care*.
6. Ann _____ had all the answers for everyone’s family issues, sticky situations, and life advice. Her famous column was published in newspapers across the country. Her twin sister, Pauline Philips, competed with her by writing her own newspaper advice column “Dear Abby.”
7. Julia _____ believed “The only time to eat diet food is while you are waiting for the steak to cook.” This 6 foot 2 chef taught Americans how to cook fine cuisine on her popular television show *The French Chef* and through her book *Mastering the Art of French Cooking*.
8. Emily _____ was America’s expert on etiquette and manners. She educated the masses by radio broadcasts, in books and in articles in magazines and newspapers. She gave advice on proper behavior during conversations, entertaining, traveling and attending special occasions.
9. Fred _____ was a famed dancer in many films, often with his partner Ginger. He co-founded dance studios that offered classes and training on professional dance.
10. Helen _____ is a true example of overcoming adversity. With the help of her teacher Anne Sullivan, she became a world-renown speaker, author and advocate for people with disabilities.

Key Facility Contacts:

Administrator.....Kim Pederson
Dir. of Admin. Services.....Dani VanBeek
Dir. of Compensation.....Lori Jumper
Dir. of Culinary Services.....Paula Kaniewski
Dir. of Environ. Services.....Connie Riley
Dir. of Finance.....Marti Bullock
Dir. of Health Information.....Pam Carpentier
Dir. of Maintenance.....Kurt Becker
Dir. of Nursing.....Alicia Leavitt
Dir. of Rehabilitation.....Tom Kylo
Dir. of Social Services.....Chris Neely
Dir. of Spiritual Care.....Sherree Lane
Dir. of Staff Development.....Sue Sellner
Dir. of Therapeutic Recreation.....Linnea Maki
Infection Preventionist.....Sam Graf

In the event of a community emergency or natural disaster, please use our emergency number for recorded information and updates: 763-210-7018

From Showers to Flowers Answer Key-

1. May Flowers
2. Some Other Day
3. Cats and Dogs
4. Snoring
5. Happy Again
6. Too Big for His Bed
7. Wash my Neck
8. From Heaven
9. Get Me Down
10. To Forget
11. Gloom of Night
12. In a Lullaby

How to Experts Answer Key-

1. Carnegie
2. Crocker
3. LaLanne
4. Peale
5. Spock
6. Landers
7. Child
8. Post
9. Astaire
10. Keller