

## The Legacy of the Birkebeiner



Covered in snow, north Wisconsin heats up in February, thanks to “Birkie Fever.” On February 21, around 10,000 skiers from more than 25 countries will participate in the American

Birkebeiner, a cross-country skiing marathon. At 53 kilometers, Wisconsin’s “Birkie” is the largest cross-country skiing race in North America. Of the numerous cross-country ski marathons worldwide, the American Birkie is considered one of the toughest. With temperatures hovering around zero degrees Celsius and an undulating course of hills and valleys, it’s no wonder the race has been dubbed the “Greatest Show on Snow,” where world-class athletes are tested to the limits of their endurance.

The origins of the Birkebeiner races date back to the early 1200s, commemorating an event that inspires much pride among those with Norwegian ancestry. All Birkebeiner races recall a heroic moment in Norway’s history. Historian Sigvart Sorensen told of how, on January 1, 1204, King Haakon III of Norway died suddenly, possibly by poisoning. After the king’s death, a civil war erupted, pitting the wealthy Bagler faction against the Birkebeiners.

A year later, it was decided that the king’s hitherto-unknown heir, an 18-month-old prince, would have to flee. This could be done only with the help of long-distance skiers. Two skiers from the Birkebeiner faction, Torstein Skjevla and Skjervald Skrukka, struck out on a 60-mile journey in the midst of a storm over treacherous mountains to deliver the babe to his mother, Queen Inga, in Trondheim.

The prince, whom we now know as King Haakon IV, would eventually unite Norway, all thanks to two brave Birkebeiners.



**Colette Caron- 1<sup>st</sup>**  
Aubrey Filan- 3<sup>rd</sup>  
**Clem Moreau- 7<sup>th</sup>**  
**Phyllis Ford- 7<sup>th</sup>**  
Kayden Sellers- 10<sup>th</sup>  
Brooklyn Becker- 12<sup>th</sup>  
**Janice Liverseed- 14<sup>th</sup>**  
Natasha Reyes- 15<sup>th</sup>  
**Audrey Nyman- 16<sup>th</sup>**  
Brittany Otterness- 20<sup>th</sup>  
**Joan Eastman- 22<sup>nd</sup>**  
**Don Burgoyne- 22<sup>nd</sup>**  
**Dianne Morris- 24<sup>th</sup>**

## The Long Sleep



Karolina Olsson of Sweden became known as the “Sleeping Beauty of Oknö” when, on February 22, 1876, at age 14, she fell into a deep sleep and did not awake for 32 years. How did she survive? Legend has it that family members diligently spoon-fed

her sweetened milk each day. Over the years, they sometimes observed her sleepwalking or crawling. Her family and much of her small remote village believed the girl bewitched. When Olsson finally awoke, she looked in the mirror and burst into tears. She hardly recognized herself. And yet, she seemed to have aged only to her mid-20s, when she should have been 46. Doctors examined her to find no lasting physical or mental damage, only that her mind was still that of a 14-year-old. Olsson had amazingly, inexplicably “hibernated,” though today’s doctors suggest she might have been in a state of catatonia.

February 2026

# Faribault Senior Living

843 Faribault Rd Faribault, MN 55021 | 507-331-6510 | [www.faribaultseniorliving.com](http://www.faribaultseniorliving.com)



## Celebrating February

### Time Management Month

#### Plant the Seeds of Greatness Month

#### Spunky Old Broads Day

*February 1*

#### Groundhog Day

*February 2*

#### Periodic Table Day

*February 7*

#### Valentine’s Day

*February 14*

#### Random Acts of Kindness Week

*February 15–21*

#### Chinese New Year (Year of the Horse)

*February 17*

#### International Mother Language Day

*February 21*

#### Tell a Fairy Tale Day

*February 26*

## Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d’Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy’s cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless relay passes on the ice, supporting teammates in grueling downhill runs, or striving to shave precious seconds off their times, the Olympics showcase how dedication and collaboration turn individual effort into shared achievement. Even the competition itself, while intense, is framed by respect and admiration, highlighting the joy of challenging oneself and connecting with others from around the world.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. Whether you’re drawn by the chance to witness record-breaking performances or simply to enjoy the snowy landscapes and Italian charm, the 2026 Winter Olympics are shaping up to be a spectacular, heartwarming celebration of skill, spirit, and wintertime joy.

## Good Deeds and Good Fortune



February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year.

Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Using a knife might just "cut off" the flow of good luck and prosperity to a home.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can begin only after proper homage has been paid. On New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears.

Next door to China in neighboring Tibet, February 18 brings the new year, called *Losar*—Tibet's most important holiday. Drawing from Buddhist tradition, Tibetans believe good comes only to those who do good themselves. For this reason, *Losar* rituals include a focus on "virtuous attitudes," "virtuous actions," and thus, a "virtuous new year." For three to 15 days, depending on the locale, family and friends gather and celebrate by eating good food, telling stories, lighting fireworks, and playing games. Celebrations also involve donning one's finest clothes to visit temples and offer good wishes to the living, the dead, and the spirits of the enlightened. Since it's common to hurl barley flour, known as *tsampa*, as a spiritual offering, it may be a good thing their neighbors have a broom handy.

## Guardians of the Arctic

You don't have to live in the Arctic to celebrate International Polar Bear Day on February 27. The polar bear is one of nature's most awesome beasts and is the world's biggest hunter. Polar bears spend much of their time lying in wait outside holes cut in the ice by ringed seals, which must return to the surface for air every five to 15 minutes. A seal's survival depends on maintaining its series of breathing holes. That same survival instinct is what eventually provides the polar bear with its next meal. As the Arctic warms and ice recedes, polar and brown bear habitats have begun to overlap, and hybrid polar-brown bear offspring have appeared. Dubbed *nanulaks* by Canadian wildlife officials, the hybrid bears are whitish brown with long claws and a humped back. Offspring of a male polar bear and a female grizzly are called *pizzlies*; reverse the parentage and it's a *grolar bear*. However, as long as there is ice to roam and there are seals to hunt, a polar bear's home will always be the Arctic.

## Dancing the Divine



Ballet is not only a beautiful and elegant dance form, but it's also the perfect civilizing art, says ballerina, critic, and historian Jennifer Homans. Throughout its history, ballet has been used to refine the body, mind, and soul. Since its origins as a dance of wealthy Italians during the Renaissance, ballet grew beyond the dance floors of the rich. To develop its fluid and balanced movements, choreographers used math and geometry, then taught by ballet teachers to their students. The dance was thought to be so harmonious and perfect that it was given religious significance. In their view, mastering ballet could actually improve the soul. With results like that, why not try a few steps on February 7, Ballet Day?

## February Aloha

For those dwelling in the northern hemisphere, February brings a chill to both the air and the spirit. Spring is just a month away, but who can think of spring when the snow's still falling? Drive away the chill on February 1 with Hula in the Coola Day.



Hula dancing is an integral part of Hawaii's Polynesian history and culture. The dance is far more than swaying the hips in a grass skirt; it's a ritual way to explain Hawaiian gods and goddesses, the history of the people, and the mysteries of natural phenomena through chanting, singing, and dancing. Hula has been performed during religious rituals, rites of passage, social gatherings, and even football games. So if you're looking to warm your spirit this February 1 with a little *aloha*, find a real *kumu hula* teacher. Ditch the grass skirt for one made of *kapa*, a traditional fabric handcrafted from the bark of the paper mulberry tree.

Since hula is Hawaii's iconic dance, the ukulele must be Hawaii's iconic instrument. In the 1900s, the ukulele became part of the musical backdrop to hula dances, so it stands to reason that World Ukulele Day falls on February 2, the day after Hula in the Coola. Famed Hawaiian musician Samuel Kamaka explained that the ukulele was first played in the islands in 1879 by João Fernandes, an immigrant from Portugal. His fingers rapidly strummed a four-stringed *braguinha*, which the native Hawaiians nicknamed *ukulele*, a word meaning "jumping fleas."

Perhaps no ukulele musician was as beloved as Israel "IZ" Kamakawiwo'ole. Raised in a musical family from Honolulu (his uncle was Moe Keale), he was exposed to entertainers like Don Ho and Palani Vaughan. His version of "Over the Rainbow" may rival Judy Garland's. It will, no doubt, be strummed the world over on World Ukulele Day.

## Engineering a Solution

The fields of science, technology, engineering, and mathematics, known collectively as STEM, are considered some of the most critical when it comes to industry and the economy. Research conducted by the American Association of University Women found that in many STEM fields, men outnumber women—a fact they say threatens to stifle both wage equality and creative thinking. That's why February 26 is Introduce a Girl to Engineering Day. Dr. Maria Klawe, former president of Harvey Mudd College, says the solution is to encourage collaborative and creative problem solving in computer science fields. The lonely engineer toiling away in a dark basement may be no more. The future of STEM is unintimidating, social, bright, and equal parts female.

## Trekkies Rejoice



This year, *Star Trek* celebrates an incredible milestone: 60 years of exploring strange new worlds. Since its first broadcast in 1966, the franchise has captivated audiences of all ages with its stories of courage, friendship, and hope for a better future.

For longtime fans, the anniversary is a chance to reconnect with cherished memories. Special events are planned across the country, including fan conventions, commemorative exhibits, and even themed museum displays showcasing classic costumes and props. Streaming services will highlight favorite episodes and launch new series like *Star Trek: Starfleet Academy*.

A themed cruise from February 20–27 offers a fun way to join fellow fans, but the celebrations extend far beyond the ocean. Whether revisiting the adventures of Captains Kirk and Jean-Luc Picard or discovering new stories, the 60th anniversary is a joyful reminder of the optimism and imagination that *Star Trek* has inspired for six decades.

# A Friendly Reminder

Assisted Living residents, when leaving for an appointment, paperwork for you to take is located in black hanging basket above resident sign out (Near Front Desk).

Papers will be in an envelope with your name on it.

- Please see Jenafer at front desk before entering offices, as we may be busy or on the phone.
- No plastic bags of any kind in recycling bins, these are not allowed by our service provider and results in contamination charges for the facility.
- Post your weekly Activities calendar where you can see it. Try something new this month!
- In the interest of building safety and security, residents should not open doors for people they are unfamiliar with. Visitors may contact a staff member for entry

### FSL WIFI

**Username:** FSL Family  
**Password:** Smiles@843!

## Employee Anniversaries

Jennifer Gutierrez- February 19<sup>th</sup>  
1 year

*Thank you for all the time, care, and effort you give to make FSL a WONDERFUL place to live and work.*

## New Neighbors

**Donna Morgan- 220**

**Gene Trahan- 301**

**John Roskob- 404**

**Karen Swenson- 405**

**Dorthea "Dot" Wolkenhauer- 408**



In our home, Love, Laughter, and Friendship are always welcome.



## Helpful Phone Numbers for Seniors

<b>Buckham Memorial Library</b> 334-2089	<b>Meals on Wheels</b> 800-277-8418 ext. 328
<b>Fashions on Central</b> 334-9242	<b>Rice County Public Health</b> 332-6111
<b>Faribault City Hall</b> 334-2222	<b>Rice County Social Services</b> 332-6115
<b>Faribault Community Center</b> 334-2064	<b>Senior Companion Program</b> 330-1867
<b>Faribault Senior Center</b> 332-7357	<b>Senior Dining</b> 332-7680
<b>Hiawathaland Transit- bus system</b> 866-623-7505	<b>Senior LinkAge Line</b> 800-333-2433
<b>Veterans LinkAge Line</b> 888-546-5838	<b>Social Security</b> 800-772-1213

## FEELING LONELY?

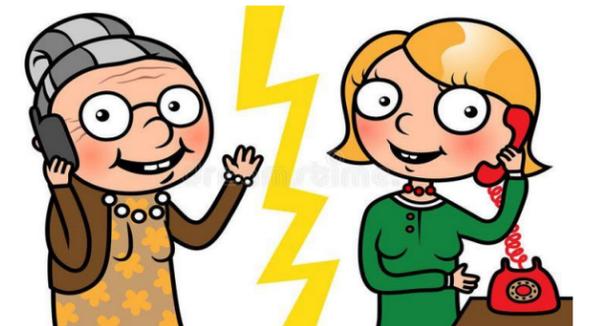


## Senior Friendship Line **800-971-0016**

The Institute on Aging offers a **Senior Friendship Line** that anyone can call toll free.

The friendship line is available 24 hours a day and you can both call in whenever you like and receive calls from them.

The people on the other end of the line will provide emotional support, check in on your well-being and provide any needed counseling. The main goal of the line is suicide prevention, but it can be a resource worth trying out when you feel lonely, even if you're not at risk of suicide.



## Dining Information



### Kitchen (Main Line) 507-331-6515

- Please call the Kitchen main line **minimum two hours in advance** if you are requesting a meal, making any changes or having a guest.
- If you would like to request a menu alternative or smaller portions, please fill out a menu and place in the black wire basket in the Dining Room or call the kitchen a minimum two hours in advance.

## LAUNDRY ROOM ETIQUETTE

Laundry Rooms are available for residents to use. These are a shared space. Please be respectful of others and their laundry.

- Place your room number magnet on the machines you are using.
- Once machine is operating leave alone until complete
- Please remove clothes in a timely manner so that everyone has a chance to use the machines.
- After using dryers, please clean out the lint traps.
- If someone's laundry has been sitting for a long while, please ask a staff member for assistance, you may also go to apt of items in machine and ask them to move items.



Thank you for being kind & courteous!

### FSL Monthly Blood Pressure Clinic

Friday, February 20<sup>th</sup>

10:30-11:30a

Lounge

Come see our nursing team to have your vitals and weight checked!!



**Date(s):** 4th Tuesday of the month  
**Time:** 5:30—7:00 p.m.  
**Location:** Buckham West Commons  
507-332-7357

Are you helping an elder with daily living activities? Then you are a caregiver. Join us on the 4th Tuesday of the month at Buckham West ~ 19 Division St. W. in Faribault for conversation with other caregivers. Open to all; no charge.

## Contact Us

**Main Line: 507-331-6510**  
**Fax: 507-331-7252**

### Office Hours:

**Monday-Friday**  
**8:00am-4pm**

### Executive Director

**Sarah Valentyn (LALD):** 507-331-6521  
[sarahv@faribaultseniorliving.com](mailto:sarahv@faribaultseniorliving.com)

### Assisted Living Director

**Heather Tesch (LALD):** 507-331-6517  
[heathert@faribaultseniorliving.com](mailto:heathert@faribaultseniorliving.com)

### Nursing Office:

**Director of Clinical Services**  
**Calista Vos (RN, BSN):** 507-331-6520  
[calistav@faribaultseniorliving.com](mailto:calistav@faribaultseniorliving.com)

**Assistant Director of Clinical Services**  
**Alyssa Moravec- (RN, BSN)** 507-331-6512  
[alyssam@faribaultseniorliving.com](mailto:alyssam@faribaultseniorliving.com)

**Resident Coordinator**  
**Rachel Byrne- (TMA)** 507-331-6511  
[rachelb@faribaultseniorliving.com](mailto:rachelb@faribaultseniorliving.com)

**Maintenance Manager**  
**Pat "Nezzy" Nesburg**  
[patn@faribaultseniorliving.com](mailto:patn@faribaultseniorliving.com)

**Office Coordinator**  
**Jenafer Jensen**  
[office@faribaultseniorliving.com](mailto:office@faribaultseniorliving.com)

**Activities Coordinator**  
**Donna Boyer**  
[activities@faribaultseniorliving.com](mailto:activities@faribaultseniorliving.com)

## The Loft Salon on 3<sup>rd</sup>

(Open by Appointment)

**Salon #: 507-331-6519**

**Kathryn #: 507-838-0492**

Hello, from Kathryn!  
Set up your hair, manicure,  
or Pedicure Services!

*Please let the salon know  
if you will not be coming  
to your hair appointment.*



Please stop by to see Sarah, Heather, or Jenafer on Wednesday, February 4th or Wednesday, February 11th between 10:00 a.m. and 2:00 p.m. to sign your new lease. If a family member signs these documents on your behalf, you may disregard this notice.

Thank you!

# What is there to do at Faribault Senior Living?

As the weather gets cooler, we will be spending more time indoors.

***Take a tour of the building and get to know what there is to offer!***

A variety of activities are offered daily. You will receive a new calendar each week at your door. Hang it up somewhere you can see it each day. If you need another, they are at the Activities office on the first floor by the Library.

- **-1 (Basement level):** Exercise Room, Vending Machine, garage parking access
- **1<sup>st</sup> Floor (Main):** Library, Lounge, Dining Room, Front Desk, Activities Office, Back Patio (through the dining room), Front parking lot, "Reflections" Living Area
- **2<sup>nd</sup> Floor:** Community Room (*Room can be reserved for parties/gatherings*)
- **3<sup>rd</sup> Floor:** Hair Salon (*Call Kathryn for appt. 507-838-0492*)
- **4<sup>th</sup> Floor:** Movie Theater & Craft Room

**If you need help navigating, you can ask staff or your neighbors,  
and we will help you find your way.**

### **With colder temperatures, here are a few tips for heating in your apartment!!**

1. Keep heat around 70-75, turning the thermostat up further than this could actually overheat the system and cause it to shut down
2. Make sure all windows are shut and locked, if you need assistance, please ask staff for help.
3. Do not run heat and air conditioning at the same time, this is counterproductive and bad for the heating system.
4. Do not use oven as a heating source, if your heat does not seem to be working, please let a staff know.
5. To reset heat, turn thermostat all the way down, and then back up until you hear a click (usually around 70).



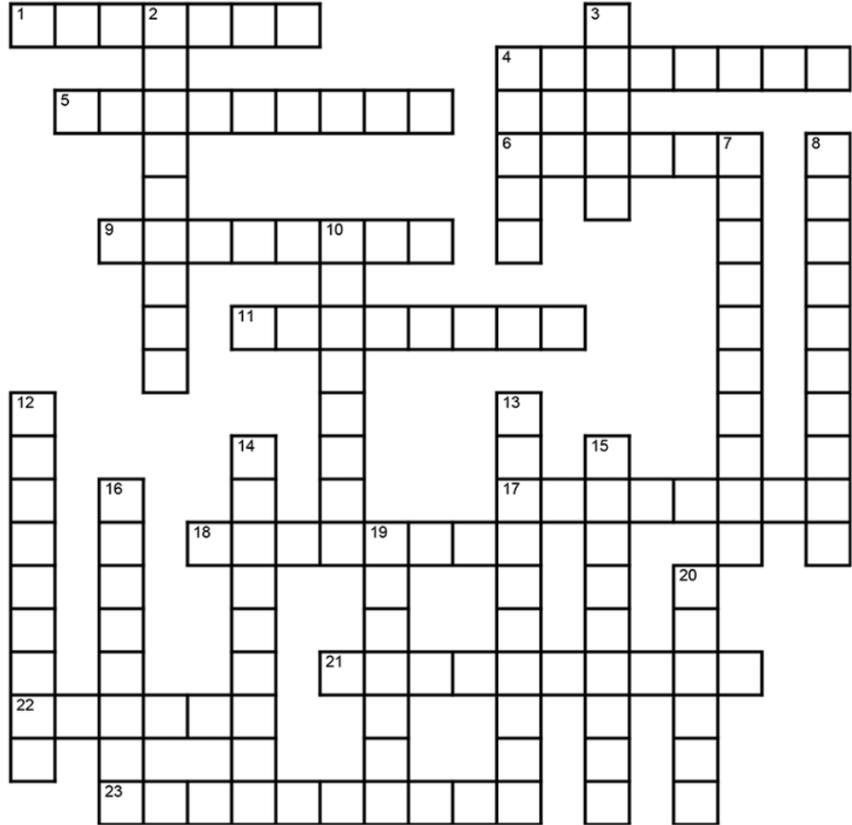
Name: \_\_\_\_\_ Date: \_\_\_\_\_

ACROSS

1. Famous president born in February
4. Festive celebration before Lent
5. Weather-predicting animal on February 2nd
6. Zodiac sign for late February birthdays
9. Winter sports event often held in February
11. February's purple birthstone
17. Special February with 29 days
18. Early-blooming February flower
21. President honored on Presidents' Day
22. Chilly season in February
23. Leaders celebrated in mid-February

DOWN

2. Sweet treat often given on Valentine's Day
3. Icy coating on February windows
4. Love-spreading cherub with bow and arrow
7. Delicate ice crystals falling in February
8. Affectionate term for a Valentine
10. Freezing February weather event
12. Major football game in early February
13. Love-filled holiday on February 14th
14. Colorful celebration before Ash Wednesday
15. Sweet message delivered on Valentine's Day
16. Sudden drop in February temperatures
19. Love in the air during Valentine's season
20. Purple flower associated with February



- |           |            |             |
|-----------|------------|-------------|
| AMETHYST  | ICE STORM  | ROMANCE     |
| CANDYGRAM | LEAP YEAR  | SNOWFLAKES  |
| CARNIVAL  | LINCOLN    | SUPER BOWL  |
| CHOCOLATE | MARDI GRAS | SWEETHEART  |
| COLD SNAP | OLYMPICS   | VALENTINE'S |
| CUPID     | PISCES     | VIOLET      |
| FROST     | PRESIDENTS | WASHINGTON  |
| GROUNDHOG | PRIMROSE   | WINTER      |

