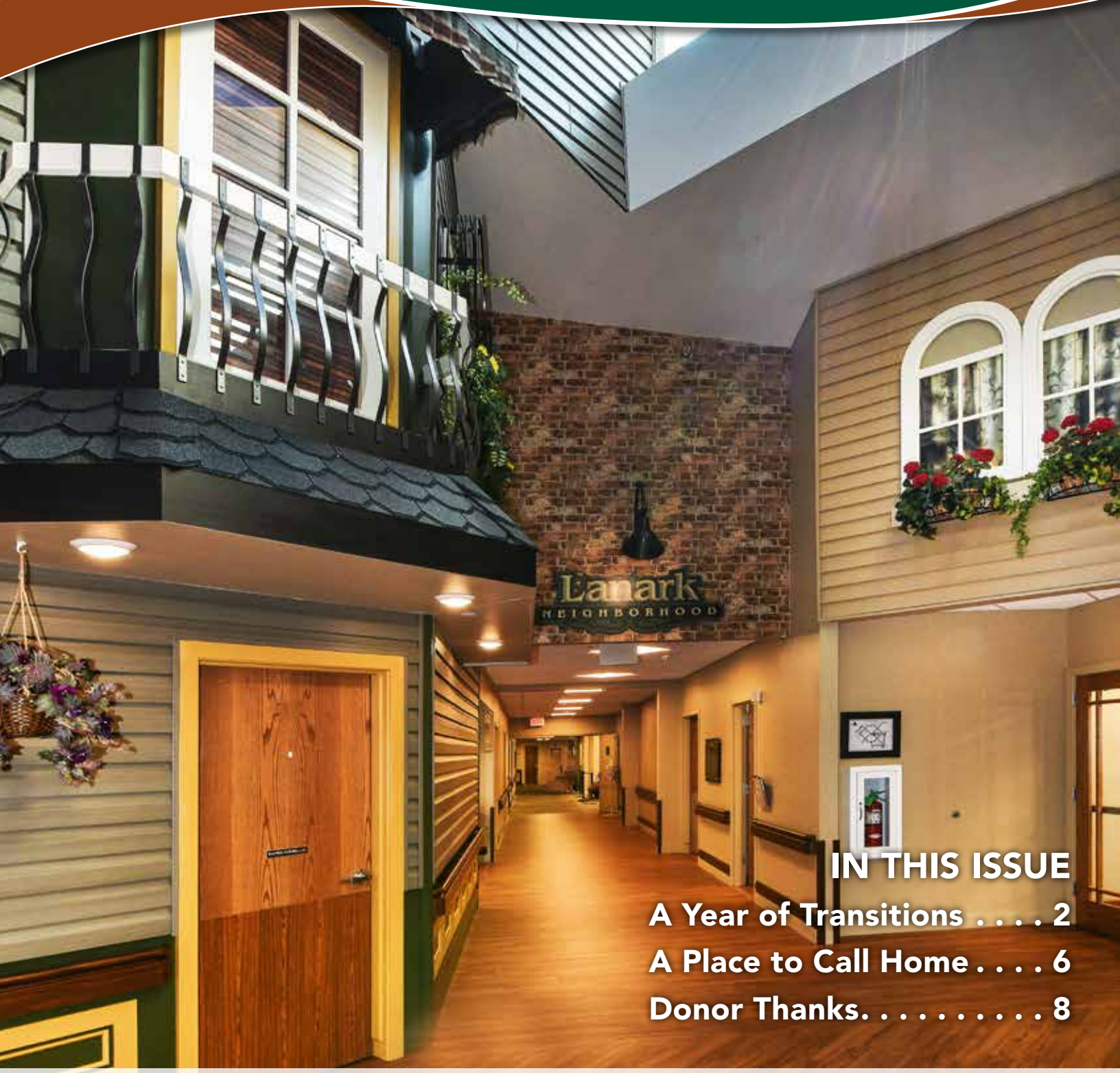


FALL 2018 • GRAND FORKS ND

VALLEY *times*



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Mission Statement

"Valley Memorial Homes provides compassionate Christian care and service to enhance the quality of life for those we serve."

Valley Memorial Homes

Valley Memorial Foundation

2900 14th Avenue South

Grand Forks, ND 58201

701-787-7984 • www.valleymemorial.org

If you would like to be removed from our mailings please contact us.



A Year of Transitions

Garth Rydland, President/CEO Valley Memorial Homes

The future of our organization is bright, though there are challenges that we are facing due to occupancy and reimbursement issues. These challenges are well known in many areas of North Dakota and the United States, but they are now affecting Grand Forks.

Strategic planning sessions were held with the Executive Committee and Executive Leadership within Valley Memorial Homes. These planning sessions were timely as we are facing a number of new challenges with nursing home occupancy and reimbursement as long term care is in a state of transition.

Transitions of Care

We are proud that someone transitions to home or to a lesser level of care almost every day from Valley Memorial Homes. Most of that activity is occurring within Valley Transitions at Valley Eldercare Center. This vital work for the residents of our community gives people the confidence to return to their prior residence.



Tammy Cleem, Wheatland Terrace PCA & Carol Loiland, Wheatland Terrace resident

Transitioning Population

Independent living, basic care, and assisted living occupancy has been strong. However, we are seeing lower nursing home occupancy. Even though we are on track to have about 600 moves to our nursing homes in 2018, the overall census has been about 93 percent. Our population has been transitioning from the larger



“greatest generation” of the 1910s and 1920s to the smaller numbers of those born in the “silent generation” of the 1930s and early 1940s. We project that there will be a few more years of less demand before it increases. The oldest baby boomer is only 73 and less than a quarter of the residents in our nursing homes are under the age of 80!

Financial Pressures

In addition to lower census, one of the factors that has created financial pressure on nursing homes is the legislative cut of the 3% annual inflator on prior year costs. 2018 is the second year with no inflator in the rates, which creates significant financial hardship for our profession. Since this cut occurred in the 2017 legislative session, operating margins in North Dakota nursing homes have declined from an average of -0.8% in 2016 to a -3.6% in 2018. Two-thirds of nursing homes are having losses in 2018. Please encourage your North Dakota Legislators to support the restoration of the 3% inflator during the 2019 Legislative Session.

Our Staff Make These Transitions Possible

We are blessed to have nearly 800 dedicated staff at Valley Memorial Homes! Congratulations to our VMH Employees of the Month for the past year: Sarah Dahlen, Austen Tyryfter, Elizabeth Staatz, Jayne Stempinski, Marlys Goulet, Elizabeth Belgarde, Sarah Hervey, Linda Halvorson, Luke Mathson, Sandy Kemnitz, Fatu Konneh, and Wanda Armstrong!

Of special note we have a transition in Medical Staff leadership. Congratulations to Dr. James Brosseau on his retirement as our Medical Director from Valley Memorial Homes! He has dedicated his career to his patients in our region and we were very fortunate to have his leadership over the last three decades! We welcome Dr. Chris Henderson as our new Medical Director.



Dr. James Brosseau



Dr. Chris Henderson



SMART WAY TO Save on Your 2018 Taxes

FOR THOSE OVER 70½

If you're considering making a gift to a qualified charity, like Valley Memorial Foundation, and are over age 70½, using your IRA as the source may be an attractive option.

Congress passed the Protecting Americans from Tax Hikes (PATH) Act, permanently allowing IRA owners who are at least 70½ years old to give up to \$100,000 directly from their IRA to a charity without having to include the distribution in their taxable income.

Donating the funds directly to a qualified charity, like Valley Memorial Foundation, allows the IRA owner to avoid taking possession of the funds and, more importantly, to avoid the tax bill that normally comes along with IRA distributions. Additionally, this qualified charitable distribution (QCD) can be used to satisfy the IRA owner's required minimum distribution (RMD).

Qualified charitable distributions can be particularly beneficial to individuals with most of their financial assets in their IRA, retirees who don't need their required minimum distribution (RMD) for income, and the charitably inclined who don't itemize deductions on their tax return.

If you are unsure how this strategy might affect your tax situation, it is important to consult with your tax advisor. Additionally, if you choose to take advantage of this strategy, it is advisable to work with your IRA advisor to make sure the qualified charitable distribution is processed correctly.

Feel free to contact the Valley Memorial Foundation if you have any questions or would like more information about gifting an IRA distribution.

This material is not intended to address all issues related to charitable giving. When considering charitable giving, talk with your tax, legal, or financial advisor. The Valley Memorial Foundation does not render legal, tax, or other professional advisory services.



Seated: Stan, Dorothy, Tom **Standing:** Family Members

Dear Valley Memorial Homes,

This year has been one of challenge and change for our family. In late January our father faced health challenges. This was the final factor in their decision that they needed some more assistance to fully enjoy life. While we had looked at Wheatland Terrace previously, they were not ready for the move. Now they were, and they became residents of Wheatland in February.

The move has taken the tasks of living in their own home away and replaced them with caregivers to assist in these tasks. Having these caring staff members providing food, activities, transportation, cleaning and medical assistance has been great. It has provided peace of mind that Mom and Dad can get immediate help should they need it.

Dad was limited in his outside the home activities after he quit driving but now he and Mom can enjoy social activities without risking winter slips and falls. They have made new friends and have found a community to enjoy.

An added benefit is that Mom and Dad have been joined at Wheatland by her brother. He has also just left his home and is enjoying his new apartment, support from caregivers and activities.

We are happy that Mom, Dad and our uncle have found a safe, caring place to live. Thanks to all of the members of the Valley Memorial family for caring for ours.

The family of Stan and Dorothy Hoistad and Tom Carson



Home /hōm/ (noun) the place where one lives

Home is so important to everyone in our communities. We want all of our residents to have a private place to call home. This year we will add 36 private rooms to our nursing homes with a number of great amenities. At the same time we are decreasing the number of residents living in semi-private rooms so that we will only have 26 semi-private rooms in our two nursing homes.

« Woodside Village »

At Woodside Village, the new addition has a total of twenty new private rooms with walk-in showers in their bathrooms. Ten rooms on two floors are built around their own activity and dining space just outside their room. These ten room additions have been well received by the first people to live in them!

Valley Eldercare Center »

At Valley Eldercare Center, 32 residents who were previously living in semi-private rooms will live in private rooms. In converting these rooms in the Riverside neighborhood, we are adding 16 deluxe private rooms with two closets and over 300 square feet of living space. They are the most spacious of our nursing home rooms. It has been great to see people move in their additional furnishings to these rooms to make it more like home! The social areas have also been updated and turned into an outdoor city sidewalk.

Wheatland Terrace & Country Estates »

The new Wheatland Terrace activity room, entrance, and parking lot have been very well received by our assisted living residents and families. Washers and dryers have now been installed in all of our independent apartments, at Country Estates, and a second elevator is under construction.

« Head Start »

Our Head Start preschool partnership has led to the creation of two classrooms for 28 children that will lead to amazing new intergenerational opportunities for our residents and the children in the program! We built the new accessible playground and classrooms with tremendous community support and a partnership with the Valley Memorial Foundation and the Grand Forks Foundation for Education.



Donor Thanks

We appreciate your generous hearts and are grateful to be a part of such a caring community! Every effort is made to correctly list donors, but if we inadvertently omit or misspell your name, please let us know. If you have any questions please call the Foundation Office at 701- 787-7984. Gifts listed were given from June 1 to September 30, 2018.

ONGOING PROJECTS AND PROGRAMS

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Lula Bry
Bethel Lutheran Church
Trinity Lutheran Church
Our Savior's WELCA
University Lutheran Church

In Memory of Beth Anderson

Charles & Claudia Johnson

Beverly Gravelle

Beverly Langheid

Con Whalen

Robert & Olive Weber

Fern Yon

Richard & Kathleen Ramsay

Francis Jacobs

Dorothy Jacobs

Janis Hausmann

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Karen Ryan

Lloyd & Beulah Staveteig

LuVerne Higdeman

Charles & Claudia Johnson

Merle Anderson

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Lula Bry

4000 VALLEY SQUARE CAMPAIGN

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**WOODSIDE VILLAGE
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Oscar & Shirley Byron

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**In Memory of
Harold O. Hanevold**
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**In Memory of
Don Jaros**
Helen & Casey Hutton
Lowell Schweigert

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**In Memory of
Barbara Polovitz**
Beverly Lunde
Lawrence & Ida Heuchert

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Lawrence & Ida Heuchert

Joyce Pond
Wayne & Janis Sykes

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Beverly Lunde

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Ken & Deborah Hovde

Fern Yon
Alice Tveit
Eleanor Tveit

**TUFTE MANOR
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Garth & Christine Rydland

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Donor Thanks

PARTNERS IN CARING – EMPLOYEE GIVING CAMPAIGN

Valley Memorial Homes employs over 800 people. Over 200 of our employees have combined their gifts to make a difference through the 'Partners in Caring' Employee Payroll Deduction campaign. In 2017 their gifts totaled over \$37,000! Employees' gifts help maintain the quality of life for those who call Valley Memorial 'home' and for those who choose to work here. Thank you to all of our employees who have chosen to be a part of the campaign.

Alan & Linda Halvorson
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Giving Made Easy

ONLINE GIVING We have online giving on our Valley Memorial Homes website. To access our online giving:

www.valleymemorial.org

Ways to Help

Donate Now

Simply fill out the form using either a credit card or PayPal. One recent online donor stated that it was an easy way to make a gift with the assurance that the gift would arrive within minutes.

THRIVENT CHOICE Thrivent Financial has a charitable program called Thrivent Choice. This program offers Choice dollars to qualifying Thrivent Financial members. As a member who receives these dollars you may choose a non-profit organization, such as Valley Memorial Homes, to receive those dollars. If you have Thrivent Choice dollars to allocate, we ask you to consider Valley Memorial Homes as you help direct Thrivent Financial charitable funds. To make a gift through Thrivent Choice call 1-800-THRIVENT or go to thrivent.com.

MEMORIAL AND HONOR GIFTS These gifts are a tribute to loved ones. Provided below is a form that can be filled out and sent to the Foundation office. These gifts will be listed in future issues of the *Valley Times* newsletter.

For more information about any of these giving options contact Sue in the Foundation Office at 701-787-7984 or sbjornstad@valleymemorial.org.

Gift to Valley Memorial Foundation

Enclosed is my/our gift of \$ _____ (Please make checks payable to Valley Memorial Foundation)

Name _____

Address _____ City _____ State _____ Zip _____

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Please designate my gift to _____

In Honor of _____ Occasion _____

In Memory of _____

Please notify this person of the gift

Name _____

Address _____ City _____ State _____ Zip _____

Thank you for your gift to Valley Memorial Foundation, 2900 14th Avenue South, Grand Forks, ND 58201



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Consider Choosing Valley Memorial Homes

FOR SENIOR INDEPENDENT LIVING:

Country Estates at 4000 Valley Square

This social community has various 1 and 2 bedroom apartments and benefits from the many amenities offered, such as transportation to medical/shopping, the Myra Café and noon meals, hair salon, libraries, and community rooms for social programs and functions. **Call 701-787-7563 for your tour today!**

Cherrywood Village Do you know someone who is 62 years or older and needs assistance to pay rent? Check out Cherrywood Village located in a quiet residential setting on Cherry Street. Apply at Grand Forks Housing Authority or online at <https://www.thegfha.org/cherrywood-village.tml> or call 701-746-2545.

YOUR AMAZON SMILE CHARITY:

Amazon Smile will donate 0.5% of your Amazon purchases to Valley Memorial Homes if you pick our organization as your charity. This donation is completely free to the shopper.

- <https://smile.amazon.com> each and every time you shop on Amazon Smile. The login for Amazon Smile will be the same as Amazon.



- Once you are logged in you will be prompted to select a charity.

The key is to pick Valley Memorial Homes Charity (not Foundation).

smile.amazon.com/ch/45-0448164



Valley Memorial Homes has been chosen by Dakota Medical Foundation and Impact Foundation to participate in Giving Hearts Day 2019, a 24-hour online fundraising event that will be held on February 14, 2019. Contributions of \$10 or more will be accepted online on February 14 at: impactgiveback.org.



Thank you!