



Notice of Nondiscrimination and Accessibility Requirements

Valley Senior Living (VSL) skilled nursing facilities comply with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. VMH does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Valley Senior Living:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact your primary Social Worker or the Admissions Department at Valley Senior Living at 701-787-7900.

If you believe that Valley Senior Living has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with our Grievance Official at each campus:

Valley Senior Living on Columbia – Meredith Baumann, Director of Social Services, 701-787-7948, mbaumann@valleyseniorliving.org, 2900 14 Ave S, Grand Forks, ND 58201, or Fax: 701-787-7901.

Woodside Village – Shannon Holte, Director of Social Services, 701-787-7830, sholte@valleyseniorliving.org, 4000 24 Ave S, Grand Forks, ND 58201, or Fax: 701-787-7822.

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Meredith or Shannon is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or, by mail or phone at: U.S. Department of Health and Human Services/ 200 Independence Avenue SW., Room 509F, HHH Building/ Washington, DC 20201 / 1-800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Interpreter Services

ATTENTION: language assistance services, free of charge, are available to you. Call 1-701-787-7900. This chart includes languages spoken in North Dakota. Additional languages are available.

<i>Spanish</i>	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-701-787-7900.	<i>German</i>	ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-701-787-7900.
<i>Chinese</i>	注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-701-787-7900.	<i>Cushite</i>	XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-701-787-7900.
<i>Vietnamese</i>	CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-701-787-7900.	<i>Bantu</i>	ICITONDERWA: Nimba uvuga Ikirundi, uzohabwa serivisi zo gufasha mu ndimi, ku buntu. Woterefona 1-701-787-7900.
<i>Arabic</i>	تكلّمك انت إذا بت ذبّه المساعدة وخدمات العربيه، لك توفّر مجاناً، اللغويه، 1-701-787-7900 دعوة	<i>Swahili</i>	KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-701-787-7900.
<i>Russian</i>	ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-701-787-7900.	<i>Japanese</i>	注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-701-787-7900.まで、お電話にてご連絡ください。
<i>Nepali</i>	□□□□□ □□□□□□:□ □□□□□□ □□□□□ □□□□□□□□ □ □□□□□□ □□□□□ □□□□ □□□□□□ □□□□□□ □□□□□□ □□□□□ □□□□□□ □□□□ □□□□□□ □□□□ □□□□□□ □ 1-701-787-7900.	<i>French</i>	ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-701-787-7900.
<i>Korean</i>	주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-701-787-7900.번으로 전화해 주십시오.	<i>Tagalog</i>	PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-701-787-7900.
<i>Norwegian</i>	MERK: Hvis du snakker norsk, er gratis språkassistansetjenester tilgjengelige for deg. Ring 1-701-787-7900.	<i>American Sign Language (ASL)</i>	