



ANNUAL REPORT
2022



EXECUTIVE COMMITTEE OF THE BOARD OF DIRECTORS

Garth Rydland	<i>President/Chief Executive Officer</i>
Margaret Reed	<i>Chairperson</i>
John Snustad	<i>Vice Chairperson</i>
Pete Hoistad	<i>Treasurer</i>
Karen Brekke	<i>Secretary</i>
Sarah Raymond	<i>Director</i>
Dave Molmen	<i>Director</i>
Michael Brown	<i>Director</i>
Patrick Moore	<i>Director</i>

BOARD OF DIRECTORS

Marilyn Nyberg	<i>Ascension Lutheran Church, Emerado, ND</i>
Loretta Prather	<i>Augustana Lutheran Church, Grand Forks, ND</i>
Sue Moe	<i>Bethany Lutheran Church, East Grand Forks, MN</i>
George Davis	<i>Bethel Lutheran Brethren Church, Grand Forks, ND</i>
Wendy Waller	<i>Bygland Lutheran Church, Fisher, MN</i>
Pete Hoistad	<i>Calvary Lutheran Church, Grand Forks, ND</i>
Kristie Adam	<i>East Walle Lutheran Church, Thompson, ND</i>
Tara O'Hearn	<i>Evanger Lutheran Church, Thompson, ND</i>
Ellis Larson	<i>Family of God Church, East Grand Forks, MN</i>
Ken Miller	<i>Fisher Lutheran Church, Fisher, MN</i>
Roger Stadstad	<i>Middle Grove Lutheran Church, Grand Forks, ND</i>
Sharon Bakke	<i>Ness Lutheran Church, Mekinock, ND</i>
Robin Thompson	<i>Our Saviors Lutheran Church, East Grand Forks, MN</i>
Jim Lancaster	<i>Redeemer Lutheran Church, Grand Forks, ND</i>
Susan Kuster	<i>Reynolds (St. Olaf/Zion), Reynolds, ND</i>
Linda Simmons	<i>St. Mark's Lutheran Church, Grand Forks, ND</i>
Sara Munson	<i>St. Matthew's Lutheran Church, Thompson, ND</i>
Marilyn Nyberg	<i>St. Paul's Lutheran Church, Honeyford, ND</i>
Dave Molmen	<i>Sharon Lutheran Church, Grand Forks, ND</i>
Marilyn Lee	<i>Trinity Free Lutheran Church, Grand Forks, ND</i>
Paulette Novak	<i>Trinity Lutheran Church, Manvel, ND</i>
Marcia Wehe	<i>United Lutheran Church, Grand Forks, ND</i>
Betty Bloomquist	<i>University Lutheran Church, Grand Forks, ND</i>
Susan Hahn	<i>Walle Lutheran Church, Thompson, ND</i>
Jacky Jones	<i>Zion Lutheran Church, Oslo, MN</i>
Sarah Raymond	<i>Member Congregation Clergy</i>
Garth Rydland	<i>President/Chief Executive Officer</i>
John Snustad	<i>Appointed</i>
Margaret Reed	<i>Appointed</i>
Michael Brown	<i>Appointed</i>
Patrick Moore	<i>Appointed</i>
Karen Brekke	<i>Appointed</i>

EXECUTIVE LEADERSHIP TEAM

Garth Rydland

President/Chief Executive Officer

Gina Roller

Administrator, Valley Senior Living on 42nd

Angie Goulet

Administrator, Tufte Manor

Cheryl Ekren

*Housing Manager,
Wheatland Terrace and Country Estates*

Lori Bott

Chief Financial Officer

Adam Edwards

Chief Human Resources Officer

Jenny Schultz

Director of Nursing, Woodside Village

Jess Baumgarten

*Director of Nursing,
Valley Senior Living on Columbia*

Megan Anderson

Administrative Project Coordinator

EMPLOYEES HONORED FOR 2021 LONGEVITY AWARDS

45 YEARS

Meredith Baumann

40 YEARS

Barb Barta
Paula Jensen

35 YEARS

Gina Neal
Janice Lein

30 YEARS

Kevin Nowatzki
Jane Leith

25 YEARS

Donna Schothorst
Jill Blasky
Garth Rydland
Gloria Foss

20 YEARS

Jonina Schumacher
Dan Kostad

Liz Lipsh

Cheryl Vidden
Angie Praska
Natasha Bridges
Linda Halvorson
Kathy Semstad
Jennifer Thompson
Therez Sevigny
Donna Sheard
Rentia Stethem
Kristi Austin

15 YEARS

LeeAnn Novak
Jewel Kostrizewski
Angie Kearney
Max Boushee
Amber Pearson
Jess Baumgarten
Kelly Wollin
Cheryl Ekren
Tessa Clemetson
Braden Thoreson
James Belbas

10 YEARS

Susan Davidson
Sarah Hervey
Ashley Hettervig
Raquel Gonzalez
Nicole Carlson
Holly Nelson
Kendra Nelson
Dawn Dill
Lindsay Vaughan
Karen Vanyo
Jan Wysocki

5 YEARS

Sarah Dahlen
Hawo Farah
Sherri Smart
Cindy Brunelle
Stacey Butters
George Overby
Stacy Nesland
Kristian Aughtman
Therese Brierley
Funmilola Ogunjobi
Sara Foyt

Danielle Johnson

Wilmot David
Christy Hagen
Allison Nowatzki
Nicole Twamley
Alexxis Rosnow
Kylie Brune
Madison Bartlette
Jasmine Pyle
Kaytlin Tronvedt
Kristi Grazadzieleski
Lisa Lyon
Melissa Pietron
Rabi Rai
Molly McHugo
Doreen Reindel-
Rolshoven
Maurine Lukong
Ethan Fendrick
Cynthia French
Sofia Yousuf
Estherlyn Liberty
Itza Bunch



VALLEY SENIOR LIVING ON 42ND

Valley Senior Living on 42nd provides a full continuum of care for independent living (Country Estates), assisted living (Wheatland Terrace), skilled nursing, and memory care (Woodside Village) in a cozy residential neighborhood. The multiple levels of care and services at Valley Senior Living on 42nd offer a wonderful advantage for couples, siblings, and friends to be able to live in the same community.



VALLEY SENIOR LIVING ON CHERRY

Valley Senior Living on Cherry provides two communities in separate buildings joined by a connecting link. Nestled in a quiet neighborhood, an independent senior living community (Cherrywood Village) offers affordable apartments for seniors age 62 or older who qualify as low-income. Our basic care (Tuftes Manor) offers 24 hour nursing and personal care assistance in a warm and inviting environment. Basic care is Medicaid certified and is designed for people who need support services, yet it allows them to maximize their independence.



VALLEY SENIOR LIVING ON COLUMBIA

Valley Senior Living on Columbia offers skilled nursing and transitional care with a physical connection to Altru Health System's main campus. The transitional care neighborhood provides post-acute skilled nursing care and rehabilitative services for individuals to successfully return home or to an alternative level of care. Residents at Valley Senior Living on Columbia in skilled nursing care enjoy cozy neighborhood settings and the many amenities this care community offers.



A handwritten signature in black ink that reads "Garth Rydland". The signature is fluid and cursive.

Garth Rydland
President/CEO

Greetings from all of us at Valley Senior Living! We are at a significant crossroads between the endemic and pandemic phase of COVID. It is an incredibly difficult position for all of us in long term care - promote quality of life yet still provide for a safe environment. Residents are ready to return to a more normal life and we are doing our best to advocate on their behalf. Last month, Valley Senior Living staff and residents wrote over 540 individual letters addressed to CDC and CMS to ask for fewer pandemic precautions for long term care.

Thank you to our staff who are providing compassionate Christian care to the residents each day! Workforce challenges in long term care was our primary issue of 2021 and it continues to be in 2022. Our staff cares deeply for the residents, but the combination of healthcare vaccine mandates, continued PPE precautions, and not up-to-date staff requirements for testing and post-exposure quarantine is a significant deterrent for recruiting and retaining staff in an emotionally and physically demanding profession. Starting wages for about 90 percent of our staff have increased between 16 and 24 percent since April 2021.

At the end of the day, we understand that residents need to pay for these increases. We do not take these increases lightly. Unprecedented inflation with continued pandemic restrictions have put us in this situation. Residents deserve quality care and if we don't stay competitive with wages, the quality of care will quickly erode and lead to temporary staff contracts or what is commonly referred to as the "traveling" nurse. We are very proud that we have not had to utilize temporary staffing contracts for nurse or CNA positions at Valley for 19 straight years!

I want to thank the Executive Committee and all our leadership at Valley Senior Living for prevailing through these unprecedented times. We are thankful for the support of the North Dakota legislature who establishes a reimbursement system that gives us the ability to continue to provide quality of care in a highly unpredictable environment.

We have been blessed to care for people in this community since 1924 and we look forward to continuing that tradition for many years to come!

BOARD CHAIR REPORT



A handwritten signature in black ink that reads "Margaret M. Reed". The signature is written in a cursive, flowing style.

Margaret Reed
Board Chair

It has been another challenging year. The continued effects of COVID, staffing challenges that are extending past healthcare, and the need to find our new norm in long term care have all contributed heavily to the challenges at hand. As the Executive Committee of the Board, we have continued to prioritize the safety of our residents, all staff and care partners.

The effect of COVID has meant that long term care facilities are held to the highest regulatory standards of prevention and screening. This has meant additional efforts, on top of fulfilling our mission, for both leadership and staff. Together and as a team, Valley has met and exceeded these challenges.

Our staff is confronted with compassion fatigue caused by the regulatory pandemic requirements which has led to higher turnover as they pursue other employment opportunities. This resulted in salary challenges and the need for leadership to focus on engagement efforts. We are proud to say that Valley continues to stabilize staffing to avoid contract or travel staff utilization, which is an impossible task for many of our peers in long term care. Strong leadership, salary increases and recruitment bonuses, approved by the Board, contribute to this year's successes. We have met many goals on strategic initiatives and quality goals that have been selected to improve the care we provide. This has all been done while developing our new "norms" in providing care and shaping of our daily operations.

Thank you to the member congregations and the pastors of the churches in our region for your continued support and for believing in Valley Senior Living. We also want to extend a thank you for supporting our chaplaincy program that is so vital to our resident community and to our staff. As board chair, it is phenomenal to know Valley Senior Living is supported by a wonderful community.

Thank you for all you do.



Shaun Havis
Director of Development
Valley Senior Living
Foundation

When 2020 had passed by, we reflected upon a year that presented challenges and a time of change brought upon due to the pandemic. Although the Valley Senior Living Foundation's "Pillars", the focused programs that receive support from the Foundation were negatively impacted, we were able to report success during difficult times. That was possible because of the generosity of all individual, corporate, government and Foundation donors.

In 2021 the Foundation strived to build on the successes experienced during the previous year. One of the goals was to further develop efforts to support the four Pillars. In 2021 four signature events were implemented to garner not only existing donors but to also encourage new avenues of support.



Chaplaincy Ministry

For the second year, a virtual peer to peer Around Our Table fundraiser was held including congregations and their membership to support spiritual care among residents, families and caregivers.



Music Therapy

The Looney Lutherans, a trio of Church Basement Ladies, came to Grand Forks and performed alongside and for residents to raise funds for Music Therapy to provide life enrichment and social interactions.



Intergenerational Programming

Funded by the annual Giving Hearts Day a record amount was raised through the one day online event and will provide positive connections for residents and younger generations.



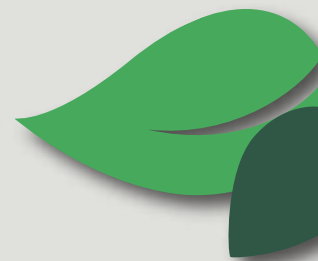
Community Connections

The first annual Oktoberfest was held to underwrite the Community Connections program, helping residents stay active in the community.

In addition to these new and renewed public events to support the Foundation Pillars, the 16th annual Golf Classic raised record funds in 2021 (\$42,000 for Greg V. Hanson Nursing Scholarships & Tufte Manor Outdoor Project), Valley Senior Living employees contributed through their Partners in Caring Campaign (\$51,000 in Neighborhood Funds, Staff Enrichment & Nursing Scholarships) and private Foundation support was led by the Myra Foundation with a \$30,000 grant to Tufte Manor.

The pandemic undoubtedly has left its mark within our community, but we do not have to search to find a silver lining. The Valley Senior Living Foundation has found it through the amazing support of our community partners. Whether it is generous individual donors, faithful volunteers, dedicated staff, or organizations such as corporate sponsors and committed foundations, all are key components that allow the Foundation to accomplish its mission and vision to support life enhancing long-term care for those who call Valley Senior Living "home".

*We appreciate the generous hearts
of our gracious donors and are grateful
to be part of such a caring community.*



The following donors have achieved lifetime giving levels of \$10,000 and higher as of June 30, 2022.

DIAMOND

(\$500,000- \$999,999)

Herman & Matti Jorgenson Estate
US Bank

FOUNDERS

(\$250,000 - \$499,999)

Myra Foundation
Sally J. Page Estate
Clarence & Stella Sande*
Adolph & Georgia Tobiason*

CENTURY

(\$100,000 - \$249,999)

Joanne & Alton Baglien*
Bethesda Society
Vonnie Davis*
Henry M. & Lila M. Havig Trust
North Dakota Community
Foundation
Mabel Sando Estate
Madeline G. Schlosser Estate
Vaaler Insurance

BETHESDA

(\$50,000 - \$99,999)

Alerus
Irene Bostrom Estate
Calvary Lutheran Church
Bernice Goodman
Hugo's
Geraldine Jenson Estate
Garth & Christine Rydland
Wayne & Carol* Stark
Nellie J. Svee Fund
Thrivent Financial
Trinity Lutheran Church – Manvel
United Lutheran Church
Valley Senior Living Club
WIDSETH
Paul & Claudia Zimmer

CORNERSTONE

(\$25,000 - \$49,999)

Altru Health System

Richard Beringer Trust
Bethel Lutheran Church
Donald* & Joy Bostrom
Steve & Lori Bott
Brady, Martz, & Associates, PC
Bremer Bank
C&R Cleaners & Laundry
Camrud, Maddock, Olson &
Larson, Ltd.
Effie Canute*
Victor & Nina Cranley Trust
Fisher Lutheran Church
Josephine Flatrud Estate
Frandsen Bank & Trust
Milton & Luella Homstad*
Les & Patty Howard
ICS, Inc.
Eugene Lautenschlager
Lunseth Plumbing & Heating
Olga Neal Estate
North Risk Partners
Frederick Rehwaldt*
Archie & Alpha Scott*
Sharon Lutheran Church
University Lutheran Church
Ross Watland Estate
Xcel Energy

HERITAGE

(\$10,000 - \$24,999)

Alvis Amble Charitable Trust
American Federal Bank
Donette Arndt
Augustana Lutheran Church
Ben Bjertness*
Mark & Sue Bjornstad
June Blakely*
Border States Electric Supply
Bygland Lutheran Church
C.L. Linfoot Co.
Century Electric, Inc.
CFS Interiors & Flooring
Jack* & Yvonne Cronquist
Pearl Dostal Estate
Ernest & Norma Egeland Estate
Wilma A. Galegher*

Gate City Bank
James & LuAnne Gjerset
Grand Forks Herald
Evelyn Grove*
Greg V. Hanson*
Pete & Melanie Hoistad
Ben & Barb Holien
Home of Economy
Paul Howard
William Hulteng
Gordon & Trudy Iseminger
Charles "Bud" & Claudia Johnson
JR Simplot Co.
John & Doris Lambie
Martin Mechanical Design, Inc.
Norval & Marge Meagher Estate
Walter Mellem*
Joe & Missy Miedema
Patrick & RoxAnne Moore
Myrtle Moss Estate
Robert & Doris Myron*
Networking Specialists, Inc.
James* & Donna Olson
Otto Bremer Foundation
Marie Pederson*
Jean Peterson
Mike & Barb Polovitz*
Reynolds Lutheran Church
Stephen Robinson
Effie Rue Estate
John & Edna Sandmeyer*
Josephine Sandvig Estate
Jim & Corinne Satrom
Sertoma Club of Grand Forks
Dennis Sorheim
Joseph Sowokinos
St. Matthew's Lutheran Church -
Thompson
St. Paul's Lutheran Church
Corene Stolee*
Arthur & Wilma Tinkham*
Tuft Manor Manorettes
Dr. & Mrs.* A.G. Tweet
Arthur & Merle Tweet*
Mildred Ugland Mallinger Estate
Jesse Wedge Trust
Yorhom Medical Essentials



Through gifts to the Valley Senior Living Foundation we are able to provide compassionate care and programs that enhance the daily lives of those who call Valley Senior Living 'home.'

We are grateful to the following individuals and businesses that contributed to the Valley Senior Living Foundation from July 1, 2021 through June 20, 2022. Listed below are those who contributed gifts of \$1,000 or more.

\$10,000 - \$30,000

Gate City Bank
Les & Patty Howard
Gordon & Trudy Iseminger
Norval & Marge Meagher Estate
Myra Foundation
Mr and Mrs Joseph Sowokinos
Bruce & Renee Vaaler
Vaaler Insurance
WiDSETH

\$5,000 - \$9,999

Donette Arndt
Alice Joy Bostrom
Paul Howard
North Risk Partners
Jean Peterson
Garth & Christine Rydland

\$2,500 - \$4,999

Alerus
Roger & Kim Amundson
Lori & Steve Bott
Bremer Bank
C & R Laundry & Cleaners
Hugo's
ICS, Inc.
Chaplain Charles "Bud" & Claudia Johnson
Networking Specialists, Inc.
Retrax Holdings
Nellie J Svee Grant, ELCA

\$1,000 - \$2,499

Alvis Amble Charitable Trust
Elsie Asche Estate
Jessica Baumgarten
Blue Cross Blue Shield of North Dakota
Border States Electric Supply
Brady Martz & Associates, PC
C. L. Linfoot Company
Brittany & Jeff Caillier
Calvary Lutheran Church
Century Electric, Inc.
CFS Interiors & Flooring
Concordance Healthcare Solutions
Victor & Nina Cranley Trust
Richard & Myrna Dahlstrom
Dakota Supply Group
Duane Denney
Essity HMS-Tena
Fisher Lutheran Church
Frandsen Bank & Trust
Terry & Donna Gardner
Happy Harry's Bottle Shops
Dr. Chris Henderson
Peter & Melanie Hoistad
William Hulteng
Innes Construction
Helen Jacoby
JB Electrical Design
Johnson-Dorsher Family Foundation

Carol Johnson
Eugene Lautenschlager
Lunseth Plumbing & Heating Co.
Martin Mechanical Design, Inc.
McKinnon Co., Inc.
Joe & Missy Miedema
Patrick & Rox Anne Moore
Yvonne Murekatete
R. Duane & Lila Nelson
Donna Olson
Right Choice Electric Inc.
Stephen W. Robinson
Kathy & Doug Rood
Doug & Nancy Rothe
Jim & Corinne Satrom
Sharon Lutheran Church
Kathy Smestad
Swingen Construction Co.
Dwight & Ruth Thompson
Family of Duane & Helen Thompson
Thrifty White Pharmacy
Thrivent Choice
Trinity Lutheran Church
Dr. A. G. Tweet
University Lutheran Church
Barb Vigen
Donnabelle Weston
Woodside Industries
Yorhom Medical Essentials



2021-2022 FISCAL YEAR HIGHLIGHTS

The organization remains financially stable with net assets of \$13.36 million and \$13.12 million in cash (the equivalent of 113 days cash on hand) as of June 30, 2022. For the year ended June 30, 2022, the organization experienced an increase in net assets of \$755,348 which equates to a 1.4% margin for the year. Although the financial impact related to COVID has lessened this past year, Valley Senior Living is still experiencing effects of the pandemic and is also dealing with the impact of increased inflation on operations.

CENSUS AND OCCUPANCY

Consolidated occupancy for the year was 94.8% compared to prior year which was 92%. Occupancy in the 2021-2022 fiscal year was closer to pre-COVID historical averages. Valley Senior Living on Columbia and Wheatland Terrace occupancies rebounded the most in 2021-2022 fiscal year.

COMPETITIVE LABOR MARKET AND INFLATION

Due to competitive nature of the workforce, market salary adjustments were required at different times throughout the year for all positions and especially in the nursing department. Total salary and benefit expense increased 11% from the prior year. We anticipate additional wage adjustments will be necessary in the current fiscal year to continue to recruit and retain quality staff. Supplies, food, utilities and other expenses have also increased due to inflation. Total expenses increased 4% this past fiscal year.

COVID-19 FINANCIAL IMPACT

The 2020-2021 fiscal year was significantly impacted by COVID-19. In the 2021-2022 fiscal year, external grant funding and COVID related expenses continued but at a significantly reduced level. Valley Senior Living received federal and state funding in the amount of \$431,574 in 2021-2022 to help offset expenses related to the continued impact of the coronavirus, compared to \$7.9 million in the prior year. The spike in revenue and margin the prior fiscal year was primarily due to receipt of a \$5.6 million SBA Paycheck Protection grant along with Provider Relief funds from the federal government. These funds provided and continue to provide Valley Senior Living with the cash to address recent economic pressures. Directly identifiable COVID related expense for the year ended June 30, 2022 were \$1.5 million compared to the prior year amount of \$3.7 million.

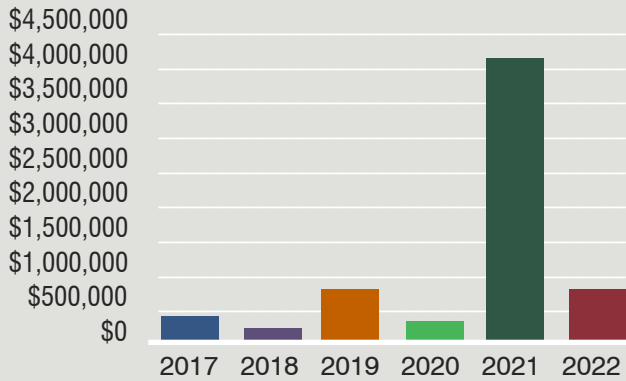
OUTLOOK FOR 2022-2023

The 2022-2023 budget is projecting a profit margin of 1.7% and a relatively stable cash position. Budget assumes consolidated occupancy at 95.4%, a 5.7% increase in revenues and a 6.6% increase in expenses. If operational budgets are attained and cash flow targets are met, the organization intends to fund depreciation for both Valley Homes and Services and 4000 Valley Square the upcoming fiscal year.

*A copy of audited financial statements is available upon request by contacting
Lori Bott at 701-787-7912 or lbott@valleyseniorliving.org.*

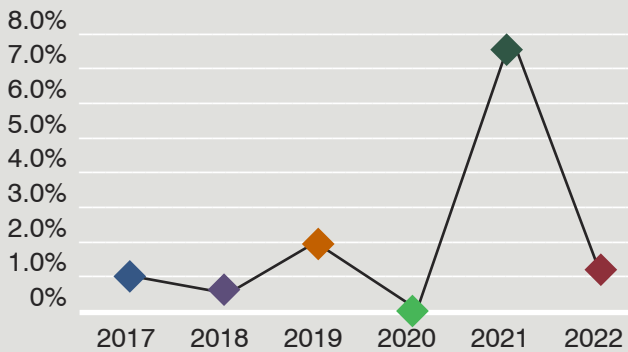
FINANCIAL PERFORMANCE – RATIOS AND STATISTICS

Valley Senior Living Increase in Net Assets



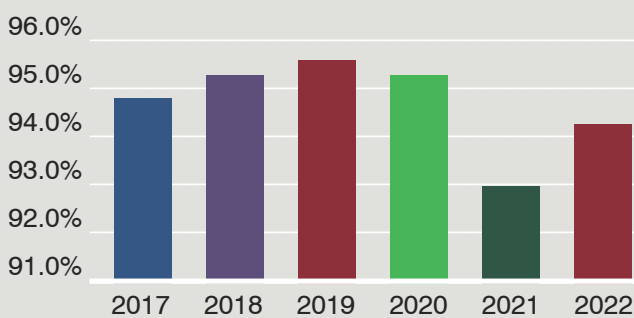
	Increase (Decrease) Net Assets					
	2017	2018	2019	2020	2021	2022
Valley Homes & Services	\$ (31,797)	\$ (572,219)	\$ (512,734)	\$ (210,523)	\$ 2,740,938	\$ 1,056,469
4000 Valley Square	\$ 446,343	\$ 719,605	\$ 1,402,189	\$ 465,224	\$ 1,312,499	\$ (196,844)
Valley Senior Living	\$ 414,546	\$ 147,386	\$ 889,455	\$ 254,701	\$ 4,053,437	\$ 859,625

Valley Senior Living Operating Margin



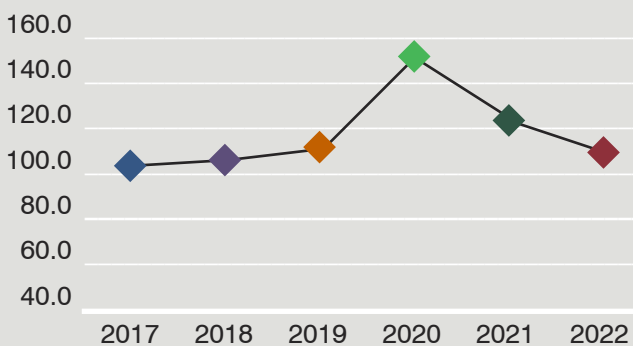
	Operating Margin					
	2017	2018	2019	2020	2021 Restated	2022
Valley Homes & Services	0.1%	2.1%	1.9%	0.8%	8.1%	3.1%
4000 Valley Square	3.0%	4.7%	8.1%	2.4%	5.9%	-0.9%
Valley Senior Living	1.0%	0.4%	2.0%	0.5%	7.6%	1.6%

Valley Senior Living Occupancy



	Occupancy					
	2017	2018	2019	2020	2021	2022
Valley Senior Living	94.9%	95.1%	95.8%	95.1%	92.0%	94.8%
Valley on Columbia	91.9%	90.8%	94.8%	92.2%	86.4%	94.1%
Tufts Manor	95.9%	97.6%	96.0%	85.4%	95.1%	96.4%
Woodside Village	98.2%	98.3%	98.0%	96.8%	95.1%	95.7%
Wheatland Terrace	95.4%	98.4%	96.5%	97.4%	81.7%	91.7%
Country Estates	98.3%	98.1%	95.0%	97.9%	92.8%	96.5%

Valley Senior Days Cash on Hand



	Days Cash on Hand					
	2017	2018	2019	2020	2021	2022
Valley Homes & Services	81.0	83.5	76.5	97.2	79.0	88.0
4000 Valley Square	150.8	152.3	175.9	237.7	180.9	145.5
Valley Senior Living	107.8	108.4	118.3	157.5	121.6	113.1



VALLEY SENIOR LIVING ON 42nd

INDEPENDENT SENIOR LIVING

Country Estates
4002 24th Avenue South
Grand Forks, ND 58201
701.787.7621

ASSISTED LIVING

Wheatland Terrace
4006 24th Avenue South
Grand Forks, ND 58201
701.787.7621

SKILLED NURSING AND MEMORY CARE

Woodside Village
4004 24th Avenue South
Grand Forks, ND 58201
701.787.7500

VALLEY SENIOR LIVING ON CHERRY

INDEPENDENT SENIOR LIVING

Cherrywood Village
3350 Cherry Street
Grand Forks, ND 58201
701.746.2545

BASIC CARE

Tufte Manor
3350 Cherry Street
Grand Forks, ND 58201
701.787.7600

VALLEY SENIOR LIVING ON COLUMBIA

CORPORATE OFFICE

SKILLED NURSING AND TRANSITIONAL CARE

2900 14th Avenue South
Grand Forks, ND 58201
701.787.7900

VALLEY SENIOR LIVING FOUNDATION

2900 14th Avenue South
Grand Forks, ND 58201
701.787.7997

