



VALLEY MONTHLY HIGHLIGHTS

Volume 30, Issue 9 --- September 2023

Upcoming September Events

Sept 7th: ValleyFest at Valley on 42nd

Sept 14th: BioMetric Screenings

Sept 16th: Walk to End Alzheimer's at Sertoma Park



Sept 28th: Oktoberfest at the Alerus Center

Valley Senior Living September 2023 Longevity Recipients

25 YEARS

Deborah Nelson - VC CNA

20 YEARS

Amy Olson - VC Care Coordinator

10 YEARS

Lisa Keegan - WV CNA

As employees celebrate their milestones in their career, VSL will be recognizing staff during their anniversary month. Staff's longevity award for years of service will be deposited into their account on the pay period following their anniversary date.

Employee Illness Line

Please call the Employee Illness Line at 701-741-9646 with any symptoms of illness and for instructions on COVID testing.

Altru offers testing from

8:00am-10:00am Monday-Friday



Welcome New Employees

Valley on Columbia

Colton Agotness
Lyonelle Azenkeng
Cindy Hernandez
Tanya Johnson
Kalia Lord
Deanne Lunski
Nora Mangoue
Adija Maredza
Hannah Merden

Asha Mohamed
Ashley Odden
Madison Phillips
Paul Schwartz
Sophia Volk
Alexis Vondal
Adam Weshnevski
Nicole Yancey

Woodside Village

Haylee Andel
Liberty Bauer
Tania Christiansen

Alyshia Kom
Ashley Lightbourne
Lauren Lundquist

Town Square

Emma Dillon
Travis Fladeland
Nala Jennings
Valerie Kauther

Alexis Odaniel
Keely Olson
Craig Petron
Kylie Woods

Tufte Manor

Allison Brist

CNA Class

Laura Atilano Gutierrez
Sydney Beitel
Lee Billings
Agatha Cote
Aiden Erickson
Maxwell Lachance
Elisha Loisel

Kayleb McCraney
April Mitchner
Katrina Olson
Bolanle Oluwadare
Emily Payne
Xania Quintanar-Valdez
Kayla Vaquez

PTO Payback Policy

The PTO Payback Policy resumes on September 3rd. During the pandemic, we temporarily removed the requirement that a full week of vacation must be used prior to qualifying for PTO payback. We are putting that requirement back in place starting September 3rd.

Wellness Committee Updates

For the month of September, the Wellness Committee will be focusing on building balance and avoiding burnout. Here are some tips from Live Well Solutions on preventing burnout:

- Take care of yourself
- Learn ways to relax and refresh your energy
- Take breaks to recharge
- Connect with other people
- Learn to say "no"
- Make time for activities that energize you
- Aim to do your best, not to be perfect
- Consider ways to use your time more effectively
- Ask for help

Look for more communication on this topic throughout the month from the Wellness Committee.

VSL Clothing



If you're looking to order new Valley Senior Living clothing, check out our online store at <https://valleyseniorliving.itemorder.com/>

Dates to Remember



Sept 10th-Sept 16th

Environmental Services and
Housekeeping Week

Sept 10th-Sept 16th

National Assisted Living Week

Sept 26th

Human Resource Professional Day

SEPTEMBER BIRTHDAYS

Valley on Columbia

Lorilee Bott - 6	Stevetta Karpeh - 18
Samantha Jallo - 6	Ayana Richtsmeier - 19
Linda Kvasager - 6	Annie Shuler - 20
Sally Rude - 6	Nicole Sye - 21
Isabell Crawford - 7	Cheryl Vidden - 22
Diane Habedank - 8	Kylee Morin - 23
Mackenzie Goelz-Dimascio - 8	Kathleen Tuma - 24
Shelley Two Bulls - 8	Koliju Jones - 25
Kia Isherwood - 14	Aiden Erickson - 26
Raymond Peltier - 14	Madisyn Kinzler - 27
MaKinzie Grinde - 16	Carleigh Porter - 27
Shana Tronson - 16	Meranda Braaten - 28
Zoey Sholtis - 16	Sara Herman - 28
Katelyn Greer - 17	Garth Rydland - 29
Tanna Knudson - 17	Susanna Blue - 29
Raygen Hart - 17	

Woodside Village

Jozetta Bruce - 2	Taylor Aloisio - 19
Averie Simon - 2	Amber Pierce - 21
Jessica Grahm - 7	Lisa Kerry - 22
Janie Braaten - 9	Taylor Schuman - 22
Abigail Sundine - 11	Anthony Baker - 23
Alycia Thompson - 12	Casey Krom - 24
Emily Boysun - 13	Liberty Bauer - 27
Kayla Waage - 17	Angelique Lindgren - 28
Mackenzie McKay - 19	

Townsquare

Tenneh Bility - 11	Valerie Kauner - 19
Kade Langowski - 12	Joseph Thompson - 29
Michelle Anderson - 17	

Wheatland Terrace

Lily Burnoski - 30	Jessica Hoff - 30
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Tufte Manor

Defang Asonganyi - 5	Zoe Johnson - 19
Susan Hanson - 10	Gabe Keeley - 21
Greta Salin - 11	Louise Greff - 30

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VSL HIGHLIGHTS STAFF

Editor: Adam Edwards

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